

## July 2021 Newsletter ...

Hello,

Wow, it feels like the past six months have flown by. Hold onto your hat, things are moving ahead very quickly. Also, be sure to take some time and enjoy the month ahead. July 13<sup>th</sup> and 14<sup>th</sup> are exceptionally good energy days. Use these well.

I plan to spend more time outdoors enjoying the lake, family, and friends. July is one of my favorite months.

Enjoy the month ahead!

Peg

### July Feng Shui Forecast:

July 9<sup>th</sup> New Moon in Cancer... Family Gua

July 23<sup>th</sup> Full Moon

### June Recap ... Your Knowledge Gua

The check-in that aligned with June's full moon and focus on your Knowledge gua, began with the June 24<sup>th</sup> full moon. Your Knowledge gua is the front-left corner of your home and every room in your home, from the main entrance to the space. If you set intentions for the June 10<sup>th</sup> new moon new moon and solar eclipse, tune in and notice what's happening. Small shifts turn into bigger ones. The full moon is a time when more light shines. Things that have been hidden come into full view. The seeds you set on June 10<sup>th</sup> have taken root and changes are underway, even if you don't currently see the full result. Stay tuned, continue to refine your approach, and go with the flow.

The Knowledge gua is about going deep within yourself. Through a process of self-discovery, you may find that you're ready to release the parts of the past that have been holding you back or hindering you from living your best life. I call this taking inspired action. The work is always on oneself. When other people irritate you or "push your buttons," it's a clue that you have work to do. June's Mercury Retrograde cycle may have brought such patterns to the surface.

I see feng shui as a dance between your outer space and your inner self. When you consciously arrange your home and workspace (the outer part), eventually you'll be led to do your inner work. New moons in Gemini, such as we had in June, support your efforts and intentions in this area. Even if you weren't trying, you may have had some nice self-discovery experiences last month. Did you? Does anything come to mind? Did

you have any revelations about personal shifts you'd like to make? If so, act on them. Take positive steps forward.

As I was writing the July newsletter, I noticed two garden snakes on two consecutive days shortly before the full moon. One emerged from a garden as I was watering flowers and the second was on a hiking trail the following day. Snake energy is about change, transition, death, and rebirth. Snakes shedding their skin symbolize letting go of the old, bringing in higher wisdom, and seeing the world from a new perspective. Things continue to change rapidly. I'm curious about what's ahead.

Review the [June Feng Shui Forecast](#).

### July 9<sup>th</sup> New Moon in Cancer ... Family Gua

Each new moon ushers in new beginnings. The July 9<sup>th</sup> new moon in Cancer correlates with your Family and Ancestors gua. This is the center-left side of your home, every room in your home, your workspace and your yard or land, when you divide your space into a grid of nine areas, like a tic tac toe board. The quality of energy in this area influences your relationships with your parents, grandparents, siblings, aunts, and uncles, etc.

Cancer is a water sign, ruled by the Moon. Cancer traits include being caring, charismatic, passionate, intuitive, creative, sympathetic, family oriented, quick to help, and protective of loved ones. On the downside, Cancer energy can be impatient, emotional, and moody at times. Cancers love to spend time at home and creating harmony in the home. Cancers also love relaxing near water. How nicely this aligns with the summer months.

The July 9<sup>th</sup> new moon is a time for nurturing people and projects. It's also a good time to spend with family and to reflect on your vision for your future. Tune into your intuition. Pay attention to what captures your attention and follow your hunches. A positive communication cycle is coming into range, so take advantage of this if you have important information to share with others. July is also a favorable month to spend time outdoors, socialize, and fully enjoy the summer!

### **The left-center area of your Home relates to your deep Family connections.**

Visualize a tic-tac-toe board over your home, yard and workspace, a grid of nine spaces. Stand at the entry to wherever you are. The center-left section is the Family and Ancestors gua. This is the area of focus for the month of July. It is associated with your deep roots and your connections to your parents, siblings, and ancestors. What are your first impressions of your space? Does it look and feel good? Is the energy uplifting? Do you feel motivated or inspired to spend time here? Is it clean, well-kept and in good shape? These are things to consider as you survey your space.

### **Archetype: The Pioneer**

The Family and Ancestors gua is associated with the Wood Element. The archetype for Wood is the Pioneer. The Pioneer is known for breaking tradition, traveling new paths, exploring the unknown, and pushing limits. Pioneers like to create, build, and produce. They venture out and direct their energy into paving the way for others to follow. Pioneers are also self-motivated. They are driven, ingenious, resourceful, and determined. Working well under pressure, they take risks and introduce change as they break new ground. Growth and innovation characterize the Pioneer.

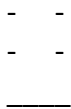
The Wood element is best represented by Spring, a time when new growth bursts forth. Vitality, determination, flexibility, and resilience are key attributes, along with upward expansion, action, change, and overcoming obstacles. In balance, Wood energy is confident and bold. People take appropriate risks, handle stress well, work through challenges and make good decisions. In balance, people whose leading element is Wood make natural leaders.

When Wood energy is deficient in people and spaces, people might express apathy, be sluggish, feel bogged down by life, are emotionally sensitive and irritable. Wood in excess is expressed by anger, hostility, impulsivity, irresponsibility, and impatience.

Do you recognize attributes of the Pioneer in your life? Are they expressed by you or others living or working in your space? Does the energy feel balanced? If it doesn't, make some adjustments to your Family guas to smooth things out a bit.

### **The Family Gua and the Thunder Trigram**

The foundation of the feng shui bagua come from the eight trigrams in the I Ching, the oldest book of divination. The trigrams represent eight basic energies of Water, Fire, Earth, Heaven, Thunder, Wind, Mountain and Lake. They are represented by a stack of three yin and yang lines. Yin energy has feminine traits and yang energy is masculine in nature. The Family and Ancestors gua is characterized by the Thunder trigram: a solid line on the bottom, capped by two dashed or feminine lines on the top. It represents a firm foundation.



Thunder is an energy that breaks boundaries, forges ahead, and creates new pathways. The Eldest Son is the family member associated with the Family and Ancestors gua. The Eldest Son thunders forth and leads the way for the remaining family members. A tree picture, sculpture or live plant with deep roots, or family photos taken during happy times are excellent symbol this trigram.

### **The Family Gua and Health**

The Family gua is associated with your liver, gall bladder, triple burner, and liver, as well as your feet. The origin of this is found in the Five Element system. Guard against running yourself ragged and burning out. Family roots run deep. If you have trouble or imbalances in any of these areas, reflect on your relationships with your family and also check your space. In your home or workspace, look for aspects of the Wood element that may be out of balance, particularly in the Family and Ancestors gua. Wood out of balance might express itself as too many plants, too much blue and green, an excess of floral décor, an overabundance of woody fabrics such as cotton, linen, denim, seersucker, corduroy, jersey knit or elastic. It could also be an abundance of columns, vertical lines, long (vertical) rectangles, or stripes.

### **Family and Ancestors Gua and the Five Elements**

In the Five Element system, Wood is characterized by blues and greens, floral patterns, fresh flowers, plants and trees, vertical columns, and stripes.

The feng shui color for Family and Ancestors gua is green. Picture the lively green color of the leaves and plants as they emerge in the spring. They have a wonderful essence and vitality. Having a fresh plant, green or something that represents Wood energy is supportive in your Family and Ancestors gua. Although you might think of wooden furniture as representing the Wood element, it's actually the Earth element because it's harvested (dead) wood. The Wood element is about energy that is alive and vibrant.

Wood energy is fed by Water and depleted by Fire, Earth, and Metal. Visualize rain feeding the trees and plants, enabling them to grow and thrive. Use attributes associated with the Water and Wood elements as a base in your Family and Ancestors areas. Complement these with Fire, Earth, and Metal energies.

Any room can fall within your Family and Ancestors gua. Regardless of the room and its use, you can enhance Wood energy to deepen your connections with family. In addition to the Family room, Wood-type rooms include the office, work areas, garage, shed and gardening areas.

Here's an overview to help you recognize each of the Five Elements in your space:

**Water** energy helps to create flow. Water attributes can help you to feed and strengthen Family relationships. Water is represented by:

- Water features and water itself
- Mirrors, windows, glass, reflective and shiny surfaces
- Black and very dark colors
- Free form, wavy and symmetrical shapes
- Pictures of lakes, rivers, harbors, ocean views

**Wood** energy is about growth and expansion. Wood elements can assist in deepening roots and strengthening Family bonds. Wood is represented by:

- Fresh flowers, plants, and trees
- Floral fabrics and patterns
- Vertical stripes and tall columns
- Vertical rectangles
- Green and blue

Balance the Water and Wood energies in your space using Fire, Earth and Metal.

**Fire** brings dazzling, sparkling energy to a space. It is represented by:

- Fire, flames, lights, sunlight, candles
- Triangles, pyramids, diamond, and cone shapes
- People and animals
- Electronics and electrical items
- Red, burgundy and the red palette

**Earth** energy grounds and anchors your space. Earth items include:

- Pottery, earthenware, bricks, and clay
- Seashells and natural items
- Square shapes
- Oversized or heavy furniture that hugs the floor.
- Yellow, brown and earth tones.

**Metal** energy helps bring clarity to a space. Metal items include:

- All metal: gold, silver, brass, aluminum and more (pots & pans, lamps, picture frames...)
- Marble, granite, flagstone
- Natural crystals and rocks dug from deep in the earth.
- Circles, oval and arch shapes
- White, gray, and pastel shades.

### **Ten Tips to Enhance Your Family and Ancestors Gua**

There are multiple ways to personalize and intentionally enhance each of the guas in your home. Be creative. Through the years I've found that most people have more than enough items in their homes that can be strategically placed to leverage the power of feng shui and bring the energy of your home into alignment with your desires. Working with one gua each month makes the process easier.

Here are ten suggestions for your Family and Ancestors gua:

- Happy family photos

- A beautiful tree (or picture) with deep roots
- Fresh flowers and plants
- Floral patterns or fabrics
- Vertical, rectangular picture frames
- Vertical art or sculptures
- Stripes and columns
- Greens and blues
- A water feature
- A mirror

Remember to do the Three Secrets Reinforcement with each cure or enhancement that you place. The Three Secrets process is a way to strengthen your intention and to transfer it to the related object you place or the action you take. [Contact Peg](#) if you need the process for the Three Secrets Reinforcement.

### **The Importance of the Children and Joy Gua**

Pay attention to the opposite gua as well. The Children and Joy gua is the area diagonally opposite Family and Ancestors. Family represents your past and where you came from. Children and Joy, on the other hand, represents what you birth, the future and where you're headed. Bring some whimsy and fun into the Children and Joy gua. It's also about lightening up as well as finding your voice and speaking authentically.

The two areas work hand in hand. If you're enhancing your Family gua, cleaning and decluttering your Children and Joy areas add a boost. The Children and Joy gua is associated with Metal energy. If you have excess Wood energy, Metal is a quick way to cut through it and rebalance.

### **Write Your Intention and Meditate on July 9th**

After refreshing the Family and Ancestors areas in your home or workspace, write a clear intention about your family or ancestral relationships prior to, or on, the July 9<sup>th</sup> new moon. Put your written intention in a red envelope, energize it with a blessing and then place it in your Family and Ancestors gua. Write your intention in the present tense, using positive words, just as if it's happening for you now. For example: "I am grateful to be blessed with a loving family." The more specific you are, the more targeted the direction of resulting energy will be.

Do a mediation on July 9<sup>th</sup>, visualizing loving family relationships or whatever you'd like to manifest relating to Family. Skip over the logistics of how things will unfold. Know they will and give thanks, in advance, for your intentions taking root. Giving thanks in advance is one of my favorite techniques. It works! It bypasses your thought process and the ways something may or may not happen. When you get excited about *already having* what you want, the path to make it happen begins to unfold and seemingly magical things can appear.

### **Check-in at the Full Moon**

The full moon is two weeks later, on July 23<sup>th</sup>. This is the day to reflect on your intentions for the month and notice what's happening. Look for small changes first. Small shifts turn into bigger ones as they gain momentum. For example, perhaps you reconnect with a family member, there's progress with an estranged family member, or you get together or arrange to meet with family members after a long absence.

### **Contact Peg for a Family Gua Consultation**

Would you like some clarity about how to strengthen the energy of your home (or office) or set intentions related to Family and Ancestors? Would you like to dissolve obstacles and move forward? Contact Peg for a complimentary 15-30 minute consultation to explore the possibilities and put you on a path to success.

### **July Special: Complimentary 15-30 Minute Consultations**

That's right! My gift to you this month is a free consultation, up to 30 minutes, on any topic, via phone. If you'd like a few tips about a room or particular or area of your house or office, a challenging life issue, releasing blockages or self-sabotage, how to uplift the energy of a space, etc., Send [Peg](#) an email to schedule.

### **Feng Shui Business Tip: Plants Add Vitality**

In a business, your employees are your "family." A great way to enliven the Family and Ancestors gua in a business is to add fresh green plants, flowers or even trees. Keep them watered, free of dust, and in great shape. As they thrive, your business will too.

### **Feng Shui Home Tip: Hang a Mirror to Reflect on Family**

A mirror carries the reflective qualities of Water energy. A well-placed mirror can be used to support and deepen family connections and relationships. Notice what's reflected in the mirror and make sure it's something pleasing.

### **Vacation in a Tiny Home**

Remember Tiny Homes? They may have fallen by the wayside during the past 18 months as people spent more time at home and realized that they needed more space to accommodate work and schooling.

Now that it's time to get outside again, Tiny Homes have re-emerged as vacation spots in at least six states. In NH, there's a [Tiny House Village](#) at Tuxbury Pond in South Hampton. Five unique retreats are available inside this RV resort. Each tiny house ranges from 175-250 square feet and sleeps from 2 to six people. They include a full bath, bed linens, kitchens as well as an outdoor BBQ grill and picnic table. Prices begin at a very

reasonable \$135.00 per night, although the rates in FL are higher. Some are pet friendly. If you like the outdoors, rustic retreats, and are curious about tiny houses, this could be a great vacation.

Other tiny house retreats, known as [Petite Retreats](#) are located in FL, OR, and WA. In addition to a tiny house, you can also vacation in a cabin, yurt, tent, or teepee. If you don't see a selection of tiny houses, check the details as the site may be a cottage without the fine details and amenities associated with Tiny Homes (such as including bed linens).

If you missed it, this June 7, 2021 NH Chronicle story on the [Tuxbury Tiny Home Village](#) might interest you. It looks like a fun and relaxing way to vacation while also experiencing a tiny Home.

## Feng Shui and the Energy of Water

The words feng shui mean “wind” and “water.” Water is deeply philosophical and represents the unconscious, both collective and personal. The idea is to have water that is alive and vibrant meander gently toward you and embrace you and your space. Water is known for carrying blessings and is represented by all of its forms:

rain, sleet, snow, ice and all forms of precipitation  
puddles and mud holes  
rivers and streams  
ponds and lakes  
oceans and seas

Roads are also a modern interpretation of water energy, this includes paths and walkways.

As humans, we're drawn to water. Your body is about 60% water, and you need to keep it well hydrated for good health. When you're dehydrated, you're likely to feel tired and worn down, experience headaches, muscle cramps, depression, hypertension, gall stones, joint complications and more.

Sense how clean the air feels when you go outside after a rain storm. You're smelling ozone, along with plant oils and soil bacteria that have been released into the air. With snow, a particular nerve is stimulated in your brain that triggers the unmistakable snow “scent.” It's also very relaxing to spend time at and in water bodies, when the water is calm, slowly meandering or gently flowing. One of my favorite experiences is spending time in natural mineral baths in Iceland. There are natural healing waters worldwide,



including many in the USA and Canada. You might seek these out and experience them as you travel and explore new areas.

I live at a lake. I love experiencing the energy of the water in all seasons. Summer is my favorite time because we can spend extended time on and in the lake. It's so relaxing. Early morning sojourns are soothing to the soul. I love paddling my kayak or swimming as the day is taking shape. The water is often very calm, and the reflections are amazing.

The quality of reflection is where the concept of mirrors and glass representing the Water element comes from. Mirrors are often referred to as the "aspirin" of feng shui, as they have many uses. A mirror can be useful in any area of your home (any gua), even if the primary energy of the gua conflicts with the water quality of the mirror.

Sometimes mirrors are used to introduce and enhance Water energy. Other times they are used to pull chi in, get it moving, redirect the flow, cut a hole in a blockage (such as a tree or a "dead" door), double the influence of an image and more. Even though many feng shui books say never have a mirror in a bedroom, a properly placed mirror can provide a view of the door (and settle your nervous system) when there are no other options.

Black and very deep tones also reflect water energy. When you look at a still body of water, it often looks black, like an abyss that runs very deep. My pond looks this way. It's a reminder of the philosophical aspects of water and the search for truth. Water is mysterious, harboring an essence that feeds and renews life. It links the past with the future and is seen as a source for intelligence. According to Harriet Beinfeld and Efram Korngold in their book, *Between Heaven and Earth*, water matches knowledge with wisdom, power with compassion, and dreams with aspirations.

In addition to mirrors, glass (windows), and the color black, free form and wavy shapes, reflective surfaces, cut crystal, pictures of lakes, harbors, ocean views, rivers, and other water bodies, are great ways to add Water energy to any space. Outside, ponds, water features, bird baths, and reflective gazing balls are fabulous enhancements.

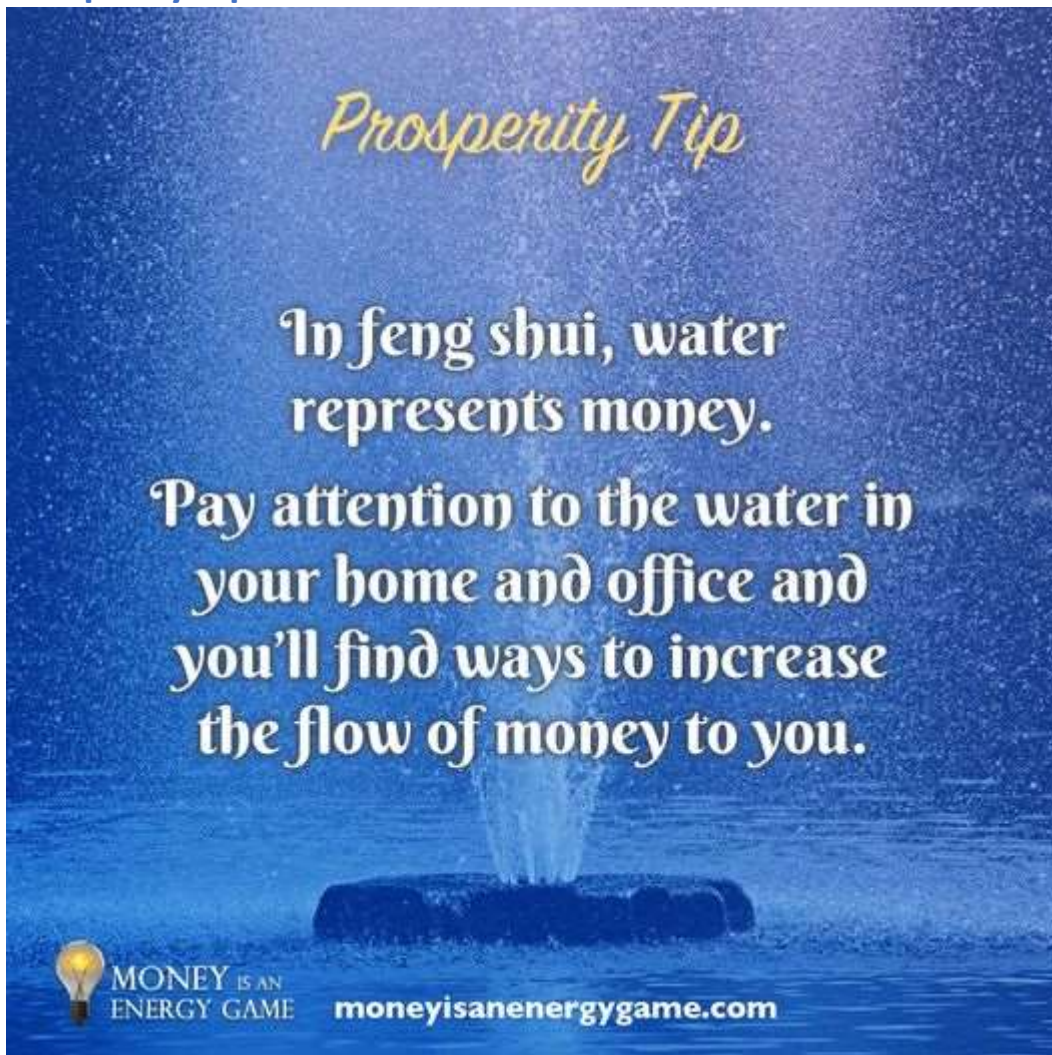
A curvy pathway to your front door, wide enough for two people to walk side by side is a very favorable feng shui feature. This encourages a nice flow of chi toward your entrance. Straight walkways set the stage for rushing chi, which bring along stress and anxiety. If you have a straight walkway, you can create a curvy flow with scalloped edges via landscaping and plants at the edges of your walkway.

In balance, Water can assist you to be clever, curious, candid, insightful, and spiritual. It can also help you to think through. You can also have too much. An over-abundance of water leads to people lacking enthusiasm or a zest for life, depression, self-pity, stagnation, being overly blunt, detached, insensitive and lonely. If your environment is lacking Water energy, you might be irritable, stingy, critical, fearful, or superficial.

Too much Water energy can contribute to environments that are too reclusive and if there's too little the space may feel very dry and lacking vitality. Strive for balance, where you and your environment feel great. Remember, you reflect your environment, and it reflects you.

When you have a unique situation or circumstance, a feng shui practitioner can assist you to use the right enhancement or make the proper adjustment for the appropriate reason. The two go hand in hand: what are you aiming to accomplish and why? If you'd like to further explore these concepts and how you can benefit, contact [Peg Donahue](#) to schedule a complimentary 15 minute conversation.

### Prosperity Tip of the Month



During June, Madeline Gerwick and I continued a series of interviews to share the more than 100 tips, tools and techniques we wrote about in [Money Is an Energy Game](#). Many of the interviews are through YouTube, search “*Money Is an Energy Game*.” Some that are being recorded now will air in November, December and later.

See below for links to recent interviews. If you listen to podcasts, you might discover a few new hosts and programs that you would enjoy listening to periodically in the “Conscious Media” world. These are also posted on the book’s [website](#) under the Interview tab.

Julie Rutkowski, host of [Wicked Healthy Radio](#), Nashua, NH, interviewed Peg about various aspects of *Money Is an Energy Game* and how they influence your health.

[BV-TV BizWize Channel](#) with host Malcolm Gallagher ... this is a UK-based business program.

[Empower Your Spirit!](#) Listen for tips as Terri Ann Heiman interviews Madeline and Peg about tips, tools and techniques presented in *Money Is an Energy Game*, on June 12, 2021.

[Nat Rich of I Am Sound Academy](#), in the UK, interviewed Peg about money, energy and well-being.

[Dave the Mystic](#) interviewed Madeline and Peg on BlogTalk Radio.

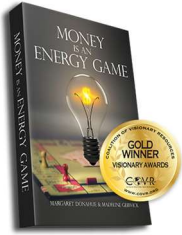
Robert Sharpe, [Bringing Inspiration to Earth Radio](#) (BITE), interviews Madeline and Peg.

Matt Nappo, [MinddogTV](#), interviews Madeline. Scroll to E497 May 19, 2021. It runs 01:07:55

Each host has a unique style and we’ve been exploring different aspects of the book as we go along. We’re scheduled to do more interviews in the coming months.

We’re posting Prosperity Tips on Facebook and Instagram. Follow “madelineandpegsmoneytips” on both [Facebook](#) and [Instagram](#).” Both pages are just getting started. When you’re on Instagram, also follow [Feng Shui Connections](#) for periodic photos, with a feng shui focus or energy reflection.

**If you’ve read the book, we’d love your review! You can place it directly on [Amazon](#) (scroll to the bottom of the page) or send it to [Peg](#) via email.** Thank you!



Here's what one reader had to say ...

*"If money and success are important to you then this book is a must-read. The book does a remarkable job of explaining the science behind money, and helps you understand the pragmatic tools that can be used to attract and maintain a financially rewarding and prosperous life or business. The book does a remarkable job of making us understand why Money Is an Energy Game and how we can attract money based on our energetic patterns and responses. Highly recommended."* Pat Mitchell, via Amazon, 3/18/2021

## Affirmation # 177

"Today I am blissfully swept into the abundance and joy that surrounds me."

## How Your Health is Mirrored in Your Space

Feng shui is the art and science of arranging your environment to enhance your life. It's about the quality of energy that flows through your space as well as the placement patterns of your furniture and possessions. A key premise is that your space reflects your inner self, and you reflect your space. Patterns have been observed for thousands of years.

There are many patterns related to your health and overall well-being. They are rooted in the Five Element system as well as the practice of placing a body image over your house. In addition, particular house systems such as your plumbing, electric and the placement of doors, windows and toilets also influence your health.

Here are five methods for identifying how health issues are mirrored in your physical space:

1. If you don't sleep well or have health issues, **check your bedroom for geopathic stress**. If your bed is located over geopathic stress, it is best to move or shield it. You can check for geopathic stress via dowsing. (Peg can map dowse your floor plan for geopathic stress too.)

2. **Lay an image of the human “body” over the floor plan** of your house face down, beginning at the front door. Place the head of the body at the front door, even if the door is not centered. Place the feet in the far left and right corners and the arms and hands along the sides. Depending on the shape of your house some body areas may be stressed, compressed or simply uncomfortable. Note any association between body parts and the specific area of your house.
3. Looking at your house and land, **the left side is related to the female and the right side is related to the male**. Is the house balanced? How does the land slope? How does the house look overall: happy and uplifting? Are the windows/doors balanced? Steep drop-offs on either side can impact health of the associated person. For example, a steep drop-off in the land on the left side has been associated with breast cancer. A steep drop off on the right side can impact the male’s health.
4. Use the [health bagua](#) to correlate body parts, organ networks and common ailments and emotions to your space. You can lay the bagua on multiple areas: your land, your house, every room in your house, desktops and tabletops. See if you can find a pattern related to your problem area.
5. **Correlate your [chakras](#) to your environment**. Note the patterns. The lower chakras (Root, Sacral, Solar Plexus and Heart) are about safety and security. They correlate to your wealth, family, career and relationship goals. Higher chakras are about truth/integrity, intuition, spirituality (Throat, Crown, Crown).
6. **Assess the Flying Stars** (compass feng shui) and how they relate to your house. The “5-2, 2-5” combination represents excess Earth energy and relates to illness. You have to put it into context of the location within the house and who is impacted by it (family members via the I Ching). To bring into balance, you typically reduce “Earth” with “Metal.”

The Health Bagua is packed with information and patterns. It may be overwhelming at first. A good way to work with it is to highlight the topics that jump out at you or the topics that align with health areas you’d like to shift. Note where they’re located in your home and then audit that area. Eliminate clutter, check for anything needing repair (doors, windows, plumbing and electric in particular), look for physical obstructions, study pictures and art for symbolic blockages, assess the overall quality of chi. Is there anything that needs to be fixed, repaired, or adjusted?

In particular, it’s preferable that your bed is in a Command position (solid wall behind, view of the door, not aligned with the door) and that it’s not in alignment with any toilet. In addition, make sure your plumbing and electric are in working order. Leaky plumbing and electrical shortages are associated with health problems. Emotional imbalances are another big category. Study these in both the Health and Chakra baguas.

Note your patterns. Foggy windows are associated with blurry vision and a lack of clarity. Blocked doors represent obstacles.

It's a challenge to assess your own space. The reason is that it's easy to overlook patterns or simply not notice them. A feng shui practitioner is trained to listen to your intentions or wishes, study your space, and identify the imbalances and blockages. It's like putting the pieces of a puzzle together. When you step back and observe from a distance, it's easier to see the patterns.

When it comes to health, your intention, thoughts, and feelings are very important. Set an intention for vibrant health. Choose to think positive thoughts and choose to feel healthy. You can prevent situations from manifesting by maintaining a clear focus and addressing obstacles and blockages early, before they turn into something bigger. If you are immersed in a health challenge, adjusting your space can help the chi to flow better. In turn, this may lead you to better outcomes, including information and skilled health practitioners or specialists.

As Esther and Jerry Hicks and Abraham write in *Ask and It Is Given*, Hay House, 2004:

*"There is no condition so severe that you cannot reverse it by choosing different thoughts. However, choosing different thoughts requires focus and practice. If you continue to focus as you have been, to think as you have been, and to believe as you have been, then nothing in your experience will change."* p. 95

*"When your desire feels so big that it feels unreachable, it is not on the verge of manifestation. When your desire feels to you like it is the next logical step, then it is on the verge of manifestation."* p. 122

Feng shui is showing up more and more in mainstream healing spaces. This story about the application of feng shui in the design of the [South Denver Heart Center in Littleton, CO](#), to create a healing environment, is worth reading.

If you'd like help assessing your home or workspace, contact [Peg Donahue](#) to schedule a free 15-minute consultation about how feng shui may help.

## Harmonize EMFs with Focused Life Force Energy





FOCUSED **LIFE-FORCE** ENERGY  
SUPPORTING A HIGHER LEVEL OF CONSCIOUSNESS

“I’ve noticed less headaches, decreased digestive issues, a sense of calm and peace, and ***the best sleep ever***. The biggest thing I’ve noticed is more restful sleep, and I’ve also had more energy to do things.”

~ ***FLFE Home Subscriber***

If you’ve been feeling out of sorts recently, it might be the effects of solar flares that have been hitting the Earth. Some people report having low energy, others are completely exhausted, having hot flashes, headaches, feeling light headed, etc. The many EMFs (electromagnetic frequencies) due to wireless devices and other common modern conveniences also negatively affect each of us. I’ve been writing about this for over 15 years and the problem is escalating.

Fortunately, there are many EMF tools and products on the market to mitigate EMFs, and I’ve tried most of them. In particular, I like [Focused Life Force Energy \(FLFE\)](#) because it harmonizes EMFs by raising the consciousness of your environment and reducing the harmful effects. In addition to EMF Harmonization, FLFE provides many benefits to you and those who spend time in your space. The benefits include increased focus, concentration and creativity, an energized living/work space, deeper sleep, a boost in your body’s natural healing ability, an overall sense of calm and peace. Users report fewer headaches, improved digestion, restful sleep, and more energy.

FLFE recently upgraded its [EMF mitigation service](#) to include satellite-originated EMFs to harmonize a broader spectrum of consciousness-lowering EMFs. The upgrade is included with every subscription and all free trials. Cell towers and emitters — such as the *new 5G frequency, cell phones, routers, laptops, baby monitors, cordless phones,*

smart appliances and radio frequency devices such as smart-meters all generate consciousness-lowering EMFs.

Harmonizing EMFs means that instead of blocking EMFs, they are transformed into either neutral or consciousness-raising EMF - similar to the EMFs generated in nature. The FLFE service works with energy instead of against it. To find out everything included in the FLFE subscriptions, visit the [Service Details](#) page.

FLFE offers a [15-day free trial](#) for each service. I encourage you to try it out. If you're already a subscriber, remember to do the daily boost for important activities. You can boost your property for 30 minutes daily or for 5 minutes with a phone subscription. I like to do the property boost when I have a significant activity underway or if I want more clarity about a situation. Check it out!

### **Other Recommended Products and Services**

Last month I listed several recommended products and services. Periodically I am overwhelmed with the information that comes my way. As a result, I overlook information in favor of clearing out my inbox. You might feel the same way. Here's a link to last month's blog post about [Recommended Products and Services](#) from other practitioners or companies. Check them out if you're interested.



### **Client Testimonial**

*"Peg (Feng Shui Connections) has helped me in ways that I almost find hard to put into words! She is one of the most wonderful people and warm souls I have ever met. Her knowledge and understanding of Feng Shui is amazing. I had Peg come to my home to help with energy and different areas of my life. I had always felt some sort of stale energy in this space and I was looking for help to move it or achieve a better sense of home. Peg's suggestions and guidance to do this have literally transformed not only myself but how my husband and I feel in our home now. It's been several months, and I am still fine-tuning different areas and it continues to amaze me at how these small steps have achieved such a massive change in us and our home. I would highly recommend working with Peg for home and/or business. You will be so happy you did."*  
(TB, NH, USA)

**Contact Peg to schedule a service or for more information.**

### **Services**



- Dream/Life Coaching
- I Ching Readings
- Feng Shui Consultations
- Office Feng Shui Consultations
- Business Feng Shui Consultations
- Space Clearings and Personal Clearings
- Personal Empowerment Coaching Sessions
- Emotional Freedom & Healing Release sessions

#### **A Presentation, Workshop, or Class**

Peg works onsite as well as remotely via email, web, phone, Facetime, Skype, WhatsApp or Zoom. EF&H and coaching sessions are generally via telephone. Consultations are tailored to your needs.

*Thank you for reading! Please pass along to anyone who might like to read this as well.*