

September 2021 Newsletter ...

Hello,

The arrival of Labor Day beckons us to shift our focus to fall. I love the warm days and cooler nights, the abundant harvest, and the gorgeous foliage. It's a time to pull inward and prepare for shorter days and colder months ahead. This month I recommend that you focus on your inner self, do self-reflection and deep self-care. Also do some activities that bring you joy. Then share your joy with the outer world. We will all benefit.

Here's a link to an inspiring story from the [Good News Network](#) about a realtor in Missouri who transformed an abandoned property into a village of 31 tiny homes for chronically disabled homeless people. What an amazing project! She's gone on to create two more villages with a goal of completing five in the Springfield, MO area. Her [Eden Village](#) is a role model for 34 projects throughout the country. What a great way to provide reduce chronic homelessness and provide people a helping hand.

Another inspiring initiative I recently learned about is the [Village to Village Network](#). This is a movement to help people age in place by providing seniors with affordable, local support services, household help, technology support, home repairs, social programs, and transportation. It's about neighbors caring for neighbors. It originated in Boston and has grown throughout the country. It's a membership driven, grassroots, nonprofit organization, run by volunteers and some paid staff. This program is helping to add more meaning to the lives of seniors, reduce isolation, and reduce the overall cost of care. It's a win-win.

Enjoy September!

Peg

September Feng Shui Forecast

September 6th: New Moon in Virgo ... Focus on Health and Well-Being

September 20th: Full Moon

September 22nd: Autumn Equinox

September 27th: Mercury Retrograde Begins

August Recap ... Children, Creativity and Joy Gua

The check-in that aligned with the August full moon and focus on your Children, Creativity and Joy gua, began with the August 22nd full moon. This Children, Creativity

and Joy gua is the center-right of your home and every room in your home, from the main entrance, when you overlay a nine-block grid, similar to a tic tac toe board, on your space. New moons are a favorable time to set intentions, to cultivate new initiatives and beginnings. Check back two weeks later at the full moon to notice how things are progressing.

Did you set an intention for more fun, personal enjoyment, and play during August? Did it happen? Or perhaps you tapped into creative pursuits? Review the [August Feng Shui Forecast and Suggestions](#).

September 6th New Moon in Virgo ... Focus on Yourself!

The September new moon in Virgo falls on Labor Day, September 6th. Each new moon provides a wonderful opportunity to set new intentions. Aligning your wishes with the energy of the new moon and also refreshing the corresponding area of your house and workspace can put you in the flow of positive energy and lots of synchronicity.

The September 6th new moon in Virgo correlates with the **Center** of your home, every room in your home, your workspace, and your yard. The theme is your personal well-being and health. How have you been feeling ... physically, mentally, emotionally, and spiritually? Are there any gaps between where you are and where you'd love to be?

This month I highly encourage you to put yourself first and to have a personal shift or breakthrough in any area of your life. Begin by tuning into yourself and what brings you joy. Size up the gap between where you are and where you'd love to be. What is required for you to truly thrive?

You might decide to eat healthy food, do exercise you enjoy, get more sleep, release stress. Perhaps you want to change the dynamics of a personal, family, or business relationship. Or commit to explore your perspective about a situation or change or release a personal habit. It can be anything. Make yourself a priority. Since it takes about 30 days of focused attention to successfully change a habit, you'll have cosmic support the entire month.

The energy in the Center of your house sets the tone for your entire space. It permeates throughout every room. If the Center of your home is well maintained, it sends positive energy to the rest of your house. If it is cluttered, bogged down with things you don't use or love, needs repair, or is energetically imbalanced, it sends a vibration throughout your space that can contribute to stress and anxiety, muddled thinking, chaos and more. Currently, there's a lot of tension and stress in the air. You can bring more peace to your own situation by focusing inwardly on yourself and outwardly on your space. You and yours. Not anyone else's.

Virgo is an Earth sign that represents service to humanity. The archetype is the Craftsman and an image we're familiar with is that of a maiden or goddess. These are

masculine and feminine representations of Virgo. Traits include being detail-oriented, well-grounded, logical, practical, analytic, organized, solution-focused, kind, gentle and supportive. On the downside, Virgo energy can be overly critical, too much of a perfectionist, worrisome, and shy. Work is a key focus of Virgo energy, finding it a challenge to stop and relax.

The spiritual side of Virgo is about being of service. This month, be of service to yourself. Tune into your deep inner being and address at least one aspect that's bothering you or that has been overlooked or set aside in recent months. Perhaps you've been focused on helping others. If you continually serve others at the expense of taking care of yourself, you'll deplete your energy and not be in the best position to serve. This month, make yourself the center of your attention. Doing so puts you in a stronger position to move forward with grace and ease.

The Center of your home relates to overall Health and Well-Being.

The Center of your home can be the physical or energetic center. It's the gathering spot or heart of your home. The quality of energy in the Center of your home influences your entire space. Tune into how it feels. Look around and observe your space. Take some photos and study them. What do you notice? Does the space feel good to you or are there changes or adjustments you'd like to make? This is a favorable month to do so.

Pay attention to Center of your home (and every room) if you'd like to:

- Have a personal breakthrough
- Create a healthy habit
- Shift the dynamics of a relationship
- Reduce stress or worry
- Improve your digestion
- Eat healthier
- Get more sleep
- Cleanse your body
- Deep clean your home
- Have a Space Clearing
- Take more responsibility for yourself
- Treat yourself better

Archetype: The Peacemaker

The Center of your home is associated with the Earth element. The archetype for Earth is the Peacemaker. The Peacemaker values serenity, stability, comfort, quiet time, meditating, cooperation, and trust. The Peacemaker harmonizes environments, putting people at ease. Focusing on aspects that bring mutual benefit, the Peacemaker works to unify whatever is divided or antagonistic, converting discord into harmony. This month, focus on disharmony within yourself. What are some ways you can bring yourself into a

better state of equilibrium, so that you experience grace, ease, and joy daily?

In balance, Earth energy is nurturing, comfortable, stable, grounded, and unifying. You nurture yourself and others without going overboard. When Earth energy is deficient, you might be focused on survival or be feeling very unstable. You might also feel closed off both emotionally and spiritually. In excess, Earth energy manifests as not being able to do enough for other people. It can come across as smothering, stifling, and overprotective. You might also experience muddled thinking and constantly feel worried.

How do the attributes of the Peacemaker and Earth energy touch your life? Are there any areas you'd like to explore more deeply? This month is a favorable time to experience a positive breakthrough and put yourself on a new track.

The Center of your Home

From a health perspective, the Center of your home is associated with your stomach, spleen, pancreas, digestive system, lymph, and nervous systems. If you have imbalances in any of these areas, check the center of your home, every room in your home, your workspace, and yard. What captures your attention? Does the space feel alive and vibrant or does it seem bogged down or stuck in any way? If it's the latter, it's time to refresh.

The Center of your home and the Five Elements

The Center of your home is associated with the Earth element. This is represented by the color yellow, square shapes, low flat rectangles, heavy furniture that hugs the ground, horizontal lines, pottery and earthenware, bricks, and seashells.

Earth energy is strengthened by Fire and depleted by Metal, Water, and Wood energy. Balance the Center of your home with Earth and Fire energy. Use Metal, Water, and Wood energies to harmonize it. When it feels good to you, you have it right.

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.

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.

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.

Water energy helps to create flow. It also brings reflective and philosophical qualities.

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 is represented by:

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

Tips to Enhance the Center of your Home

- Place a beautiful vase of sunflowers or red and yellow flowers.
- Use natural items: shells, brick, earthenware, adobe, tile.
- Hang pictures your favorite people or animals.
- Use triangle and diamond shapes to add some zip.
- Use square shapes for more grounding.
- Add a bowl of fruit to represent vibrant health.
- Incorporate some pottery into your décor.
- Need to be more grounded? Use brown.
- Add a sun sculpture or some red for more vitality.
- Hang a beautiful chandelier.

As you make changes, 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.

Write Your Intention and Meditate on September 6th

I recommend that you refresh and revitalize the Center of your home during the first week of September. Then write a clear intention about what you'd like to bring into your life, prior to the September 6th new moon. Place your intention in a red envelope, energize it with a prayer or blessing and then place it in the Center of your home. Write your intention in the present tense, using positive words, just as if it's happening for you now. For example: "I fully step into my own power daily and live my life from a position of strength and joy." The more specific you are, the better your result.

Do a mediation on Labor Day, Monday, September 6th. Visualize a positive and successful outcome for your intention. Skip over how things will happen. That's a job for the Universe, not you. Your job is to give thanks in advance that whatever you desire is already happening. Expect your intentions to unfold easily and they will. Also, be open to the end result showing up in delightful ways that you don't anticipate.

Check-in at the Full Moon

The full moon is two weeks later, on Sunday, September 20th. Reflect on your intentions for the month and notice what's emerging. Notice the small things. Watch for synchronicities and unexpected delights. They gain momentum and turn into bigger results. For example, perhaps you connect with a friend who provides you with an easy solution to a problem, you connect with a new practitioner or have a breakthrough with a nagging health situation, or you discover that peace comes from within, and you create a new daily habit to cultivate positive energy.

Contact Peg for a Consultation

Would you like some clarity about how to strengthen the Center of your home to align with your intentions? Would you like to resolve a personal dilemma and move forward? Contact Peg for a complimentary 15–30-minute consultation to explore the possibilities and put you on a path to success.

Need a Personal Breakthrough? Try this!

One of my teachers, [Katherine Metz](#), gave me permission to share this "Small Bite" with you. Katherine's "Small Bites" are words of wisdom accompanied by a recommended practice to shift challenging situations. These are derived from Katherine's many years of study with [Professor Lin Yun](#) and Katherine's long-term mastery of the Black Sect tradition of feng shui.

This month's Small Bite aligns perfectly with the theme of Personal Growth and Self Mastery. It is a practice to correct your past mistakes, understand your blind spots, erase regrets, and become stronger and wiser.

As synchronicity would have it, Katherine's email arrived the day I began writing the September newsletter. Thank you, Katherine for your generosity and wisdom, and for keeping Professor Lin Yun's teaching alive and relevant.

It is the season of Heaven over Earth in the I Ching. (Moon Within and Sun Without)

It is time to correct your past mistakes. Work with courage and bravery to understand any blind spots and erase any regrets. You will become stronger and wiser than in the past. Demonstrate that the lessons have been learned. Let the light of the sun and the moon circulate inside every cell in your body, cleansing both your heart and mind.

Here is one way to proceed:

Visualize that the sun and the moon appear in the sky at the same time. Take this image to heart. You already have the spiritual power of both, and you can turn the power on and off like a switch. The yang chi of the sun symbolizes strength and energy, brightness, and heat. The yin chi of the moon symbolizes the removal of illness, darkness, and coolness. Together, the chi is vigorously uplifted.

Visualize that the *sun and the moon* shine down upon you at the same time. The light of both is showering down upon you.

Feel just the right temperature. You can control it, so visualize what is right for you—not too hot and not too cold. You are very comfortable and happy.

In the brightness of the universal light, all sufferings and bitterness are forgotten, bringing you comfort and peace. You have a brightness of mind, body, and future. You are calm and wise. All misunderstandings, complaints, and regrets have dissolved.

Take special note when you see both the sun and the moon in the sky at the same time. Make a wish during this auspicious time.

As a practitioner of Black Sect Feng Shui, I have chosen to honor the long-held tradition of the Red Envelope. As we show our respect for this tradition, we honor Professor's lineage, his memory, and his Buddha wisdom.

If you are inspired by the words, you read as you explore this bundled collection, please send along red envelopes with even a penny in each. Let me know what moved you, and what steps you took to make a change.

Your participation in the exchange celebrates the success of all those upon whose shoulders we stand - our teachers, their teachers, and those who have chosen to work outside the circle of the known in the sacred and limitless realm of the transcendental. As you share your success, you are paying homage to their work and adding your own power to each and every cure and adjustment.

Thank you for standing with me in the light and grace of our ancestors.

With sincere appreciation,

Katherine

The Art of Placement | 15843 198TH PL NE, WOODINVILLE, WA 98077

If you find this Small Bite helpful and/or you practice this procedure, I would be honored if you would send Katherine Metz one or more red envelopes prepared according to the feng shui tradition, with any amount of money in each one (even a penny). I usually send nine red envelopes, in one envelope.

If you are not familiar with the Red Envelope Tradition, you can read about it on my website. You'll find a summary of the practice on the [Attachments You May Print](https://fengshuiconnections.com/attachments-you-may-print/) page. <https://fengshuiconnections.com/attachments-you-may-print/>

Mail your package of red envelopes to:

Katherine Metz
The Art of Placement
15843 198TH PL NE,
Woodinville, WA 98077

Finetune Your Well-Being: Take an Energy Inventory

Energy is at the heart of everything, including your health, well-being, and prosperity. Autumn is an ideal time to tune into yourself and take an Energy Inventory, note your patterns, and to put a plan in place to strengthen yourself from the inside out, one step at a time.

Fall is a more yin time of year. Yin energy has been quietly gaining momentum since the summer solstice. Following the September 22nd Autumn Equinox, each night will be longer than each day, until the Winter Solstice on December 21st. Rather than push out, retreat, look inward, and shift yourself from the inside out. As I often say, the “work” is always on oneself. The people in your life show you the way, as they provide ample opportunities for self-growth and development.

In our book, [*Money Is an Energy Game*](#), Madeline Gerwick and I present a six-week program that we call: “Take an Energy Inventory for Prosperity.” We recommend that you take one week for each category and note your patterns for:

- Sleep
- Food
- Exercise
- Feelings
- Thoughts
- Spiritual Awareness

Improve Your Sleep

Although you can do the program in any order, we recommend beginning with sleep because it has such a profound influence on your overall well-being. There's a strong correlation between quality sleep and overall well-being. When you're tired or worn down, your energy is low, and well-being and prosperity run away from you.

- It's easy to get sick or have an accident.
- You make more mistakes.
- Your performance suffers and you miss opportunities.
- Appliances or electronics break down.
- Unexpected expenses show up.

To begin, read Chapter 11 in our book or [print this worksheet](#) and track your sleep patterns for the next seven nights. At the end of the week, note the patterns that you'd like to change.

Strengthen Your Chi via Food and Nutrition

Tracking your food and beverage intake can be an eye-opener when you correlate it to how you feel. There's no calorie counting or restrictions. All you do is note what you eat and drink over seven days and note how you feel at various intervals. This helps you to tune into how the food and drinks you're consuming directly impact your energy. Some foods boost your energy while others contribute tire you out. When your energy is sluggish, your performance is reduced, and you push well-being away.

During this week, also reflect on the quality of your food and how it was grown. I find that organic food from my local Farmer's Market has a much higher vitality than organic food in my supermarket. Grown closer to home, it's fresher and more sustainable. Less energy was used in its production (particularly transportation). In addition to strengthening your health, it also helps your local economy.

- Food influences your body, mind, and spirit.
- Notice when you feel more vibrant and alive after eating, vs. being tired.
- Sluggishness results in fewer opportunities and higher expenses.
- Some foods boost your brain power while others reduce it.
- Notice which foods strengthen or block your intuition.
- When you eat out, tune into the vitality or chi of your food. Does it feel vibrant?
- Does your food contain toxins? These build up in your body and limit your well-being.

[Print this worksheet](#) to track your food intake for a week. At the end of the week, note the patterns that you'd like to change. You'll find more information in Chapter 12 of [*Money Is an Energy Game*](#).

Exercise Pays Dividends!

Exercise increases your physical, mental, emotional, and spiritual energy, making it easier for well-being and prosperity to flow to you. When you feel great, you attract more positive experiences to yourself.

It's helpful to integrate movement and activities that you enjoy into your life rather than make exercise a dreaded activity that you "have" to do. The more joy you feel the greater the benefits. During the warmer months I love to kayak. I enjoy being on our lake and taking in the sights and sounds of nature. I also love to walk and hike. During the winter, I hike and snowshoe.

Recently a friend invited me to play tennis. After not picking up a tennis racket in over 40 years, I decided to go for it! I was surprised at how easy and fun it was. We practiced for a bit and then played a very respectable set. I'll do it again soon. [Pickleball](#) is another activity I'm planning to do. A combination of tennis, badminton, and ping pong, my daughter describes it as "human sized" ping pong. It's fun for all ages.

- Exercise strengthens your balance, bones, and muscle tone.
- Your oxygen levels increase, and your breathing improves.
- You burn calories, which is usually welcome.
- Your brain power improves, and solutions flow to you more easily.
- Exercise lifts your mood ... you're happier.

[Print this worksheet](#) to track your exercise and movement for a week. Read Chapter 13 of [Money Is an Energy Game](#) to learn more about the connection between exercise and health. At the end of the week, note the patterns that you'd like to change.

Your Mood Matters!

Feeling good attracts prosperity and well-being and feeling bad pushes it away. It's as simple as that. We all have ups and downs, and some days are easier than others. Understanding that the Universe is always responding to your vibration or the vibes you emit, it's easy for me to bounce back after a bad day. When I my emotions run low, I know it's best for me to go to bed early and get a good night's sleep. I'll wake up the following morning feeling much better and wondering how I felt the way I did.

Take a week and track your emotional patterns. Notice what's happening when you feel your best vs. when you don't feel so great.

- Are you a glass half-full or half-empty person?
- The more content you are, the more easily life flows for you.
- The happier you are, you're likely to be healthier also.
- Negative emotions push well-being away from you.
- Resilience enables you to bounce back after things goes awry.

- If you're stuck in a rut, there are many tools to help you.

[Print this worksheet](#) to track your feelings for a week. Read Chapter 14 of [Money Is an Energy Game](#) to learn more about the connection between your emotions and your well-being. At the end of the week, note the patterns that you'd like to change.

Your Thoughts and Words Matter!

This is a big topic. Thoughts really do create things. Monitoring your thoughts for a week provides you and opportunity to observe the connection between your thoughts and words, as the results, first-hand.

One of my favorite books is [The Four Agreements](#), by Don Miguel Ruiz. He highlights four personal practices to avoid communication mix-ups, relationship problems, and more. The first agreement is to be impeccable with your word. To me, this means to be precise about what I say and to use kind, gentle language. There's no need for cruel, harsh, sarcastic, or bitter words. This also extends to the thoughts I think and it's one reason why I look for the best outcome in situations vs. defaulting to what's not working.

I encourage you to take a week and monitor your thoughts and words. See what you notice as a result.

- Positive and happy thoughts extend to positive and happy experiences.
- Negative stories drag you down.
- Gossip pushes well-being away from you.
- Positive conversations uplift your spirits.
- Notice your default habits and patterns.
- Practice telling a new story with an uplifting or positive outcome.

[Print this worksheet](#) to track your thoughts and language for a week. Read Chapter 15 of [Money Is an Energy Game](#) to learn more about the connection between your thoughts, language and more synchronous or prosperous situations flowing to you. At the end of the week, note the patterns that you'd like to change.

Tap into your True Power

It's often been said that we're spiritual beings living a human existence. I recommend that you take a week and reflect on the feminine and masculine aspects of spirituality. Feminine traits are allowing and trust, being, openness, mindfulness, and resilience. Masculine traits are right action, responsibility, leadership, and power. Each of us needs a blend of both. How are the feminine and masculine characteristics integrated into your life?

- Are you kind and compassionate with yourself and others?
- Do you easily forgive, or do you hold onto grudges?

- Are you open to new possibilities, challenges, and opportunities?
- Do you take time to meditate or contemplate?
- Do your actions reflect your values?
- Do you keep your commitments?
- Do you accept others' rights to hold different beliefs?

These are a some of the patterns you'll track during this week. It can be a fascinating process of self discovery as you connect your response to the world and those around you with specific outcomes. When you're aligned with your soul's intent, you have true power. You also have access to deep wisdom, clarity, and love. This in turn, strengthens your well-being and attracts more prosperity.

[Print this worksheet](#) to track your spiritual patterns for a week. Read Chapter 16 of [Money Is an Energy Game](#) to better understand how the connections among what you say, think, do, and feel are connected to your spirituality and well-being. At the end of the week, note the patterns that you'd like to change.

This program, *Take an Energy Inventory for Prosperity*, is also available as a series of six audio classes, in MP3 format, in the [Polaris Business Guides](#) online store. Check it out if you prefer an audio format.

Listen to [interviews](#) about [Money Is an Energy Game](#). You might discover a new podcast host or hostess you'd like to tune into regularly. I particularly enjoyed my interview with medical intuitive, [Catherine Carrigan](#).

For ongoing Prosperity Tips, follow "madelineandpegsmoneytips" on both [Facebook](#) and [Instagram](#)." 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 ...

"Congratulations on the success of your book Money is an Energy Game. The things you and Madeline Gerwick discuss are so important to humankind that I believe the title could very well be "Life is an Energy Game." As I'm reading your book, I find that most of the principles in it are so similar to what I've learned in my 50 years of Nichiren Buddhist practice. We practitioners learn to overcome many obstacles, including money, health and relationships. I have created abundant wealth though this spirituality that includes the daily chant 'NAM MYOHO RENGE KYO.' You may learn more about this Buddhist practice at www. [SGI-USA.org](#)." Thomas Rebek, <https://thomasrebek.com/> August 2021

Mercury Retrograde September 27th through October 18th

If you've been feeling like you need time to catch up, it's coming! Mercury Retrograde from September 27th through October 18th is the perfect time to slow down, clean things out, make repairs, do research, and reconnect with those who you've missed.

Mercury is the planet that rules communications. It appears to back up and retrace its path about three times a year for approximately three weeks. Take care of important business ahead of this cycle. Sign contracts and purchase electronics before or after the Mercury retrograde cycle, but not during it. More things tend to go awry during this period. Communications get mixed up, electronics break down, cars have trouble, accidents occur. You can thrive during this cycle by planning ahead and taking advantage of ideal activities to do while Mercury is retrograde. Mercury will be backing up in Libra, the sign of balance, during this particular cycle. Perhaps we'll see more balanced information emerging?

During Mercury retrograde cycles it's recommended that you:

Don't

- Tightly schedule appointments or activities,
- Purchase cars, computers, phone, appliances, or other electronics,
- Argue or get pulled into nasty disagreements,
- Drive aggressively or erratically,
- Sign contracts.

Do

- Cut your schedule in half,
- Allow more time between appointments,
- Be kind to yourself and other people,
- Pause, breathe, and think before reacting to anything that annoys you,
- Drive carefully ... pay attention to other drivers,
- Plan renovations and remodeling projects,
- Research future options and intended purchases.
- Relax and read.

For inspirational Mercury Retrograde activities, look to words that begin with the letters "re." Here are some worthwhile activities:

Within your home or workspace:

- Redo your workspace ... working from home will continue for a bit.
- Recreate a space for yourself or other family members.
- Refresh, renovate, or repaint a room.

- Repair something worthwhile.
- Repurpose one or more items.
- Refinish furniture.
- Repot house plants. Thin out your garden.
- Release old emails, text messages and electronic files you no longer need.

For yourself:

- Retreat at home or have a spa day.
- Reflect deep within yourself.
- Reconsider your choices.
- Release fears, trapped emotions, and nonbeneficial beliefs.
- Reassess your plans for the remainder of the year.
- Rediscover interests.
- Rehearse and/or record videos or music.
- Read books, magazines, or other items of interest.
- Rewrite something.
- Remain grounded and centered.

I love Mercury Retrograde cycles. They provide me the freedom to slow down, clean things out, and catch up with activities that have been set aside during busier periods.

This is the last Mercury Retrograde cycle for 2021. The next one is January 15 – February 5, 2022.

September Special: 30-Minute Consultations \$45.00

To help you get back on track after the summer months, I'm offering 30-minute consultations via Facetime, Zoom or phone for \$45.00. This is 50% off! We can cover any topic you'd like: feng shui, how to uplift the energy of a particular space, releasing blocks, eliminating self-sabotage, etc., Send [Peg](#) an email to schedule.

Feng Shui Business Tip: Sit in a Supportive Chair

If you work at a desk, one of the best things you can do for yourself is to sit in a supportive chair (unless you stand all day). A supportive chair is comfortable and ergonomically correct. It also has a high back, lumbar support, a headrest, and arm rests. This blog about [Best Ergonomic Office Chairs](#) might interest you. The best chairs will help you to sit up straight and to sit comfortably. You'll also have strong support for your back, head, and arms. Support from behind and on each side is also great feng shui, as is comfort and safety.

Feng Shui Home Tip: Prune Your Garden

In northern New England, our gardens have been growing nonstop after an abundance of rain throughout July and again at the end of August. If you haven't done so, it's time to trim things back. Consider this clutter clearing for your garden. Your autumn plants

will have more space to grow and show their beauty. The best time to trim is after the full moon, although if your garden is severely overgrown, any time after the new moon will work well. Trim your gardens and sweep your walkways to attract good chi!

Prosperity Tip of the Month



Do you live in Joy every day? If so, bravo! It's great for your own well-being and you're likely to be an inspiration to those around you.

If you tend to see the glass as half-empty rather than half-full, train yourself to change your story. Notice your default patterns and choose to create new and more uplifting replies. Answer questions with a positive response and words that expand energy vs. words that spiral down.

I recently asked a friend how she liked her chosen vacation destination. Her immediate reply was “It’s too crowded!” I said, “Wow. You’re also planning to relocate there. Why are you relocating if it’s too crowded for you?” She replied with “It’s only overcrowded during the summer months.” “What do you like about the area?” I asked, to shift the conversation in a more positive direction.

Some people automatically respond to questions with a complaint or negative response. They don’t even realize that they’re doing it. As a result, they’re pushing joy away from themselves and their lives reflect those patterns.

I recommend that you take things one day at a time. Today, choose to live in joy. Then do the same tomorrow. Choose joy each day, for the next 30 days. After that, chances are that you’ve created a new default pattern of living in joy every day.

Give Joy a chance. As you change yourself, you’ll also impact those around you. This gets catchy. It can spread throughout the world.

Affirmation # 258

“I treat myself and others with love and kindness today and receive abundance in return.”

Raise the Consciousness Level of Your Environment

Are you familiar with Focused Life Force Energy (FLFE)? It’s a service that raises the consciousness level of your environment. You can put it in place for your home, using your home address or carry it around with you via your phone. I’ve had it in place on my home and my phone for the past three years. I really like it. I’ve noticed that I’m more creative, problems are easier to solve, we’ve been very healthy and life in general has been quite good.

FLFE helps you to:

- expand your consciousness
- sleep and meditate more deeply
- boost your body’s natural healing ability
- increase focus, concentration, creativity
- energize your living/working space

FLFE also helps to harmonize EMFs, relieve the effects of geopathic stress, clear negative history from your land, and more.

Now you can try FLFE for free for 30 days! 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 10 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!

Client Testimonial After Dream Coaching Program

"For the past several years I have the good fortune to work with Peg on Emotional Freedom & Healing Release sessions, Personal Clearings, Life Coaching and most recently as my Dream Coach.

It is always an honor to collaborate with Peg. She is so knowledgeable, uses wisdom to provide thoughtful solutions that help sort through the clutter. Her intuition makes the process easy.

Peg helped me to become unstuck, taught me how to focus on the things I truly want and how best to set the intentions to make them a reality.

She has been a wonderful asset in leading me to a happy and prosperous life."
JS, NH, USA, Aug 2021

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

- 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.