

December 2021 Newsletter ...

Hello,

What a whirlwind year it's been. As I reflect on the past twelve months, I feel blessed. I have a rich and full life. I've been healthy, I've continued to spend time outdoors daily, I've had ample work, I've read some good books, I've been cultivating deeper friendships, I'm learning new things, I have access to healthy food, and my husband and I continue to explore many locations with a day's drive.

After visiting friends in NYC for Thanksgiving, we'll be traveling to Edinburgh, Scotland for Christmas. We're looking forward to it. We enjoyed it when we visited 30 years ago, and we'll do so again. It'll be a delight to see it the city at Christmas.

Whatever your holiday plans, make things as easy as you can for yourself and choose to be happy. Next month I'll provide insights about 2022. Let me know if you'd like an annual Flying Star summary for your home. I'll add you to my list. First come, first serve.

Happy Holidays and Merry Christmas!

Peg

December Feng Shui Forecast

December 4th: New Moon and Solar Eclipse

December 18th: Full Moon

December 21st: Winter Solstice

November Recap ... Focus on Prosperity!

The check-in that aligned with the November full moon and focus on the Prosperity sector of your home, began with the November 19th full moon and lunar eclipse. The quality of energy in the furthest left corner of your space influences your wealth, prosperity, and abundance. This is the back left corner section of your home, every room in your home, your work space, and your land. New moons are the time to set intentions and full moons are when you're likely to see the results of your intentions begin to emerge and come into the light. I find that when you work with natural cycles, life flows more easily. You have fewer obstacles and the blocks that you experience are easier to resolve.

Did you set an intention for prosperity and abundance during November? Perhaps you cleaned, cleared, or energized the back left corners of your home, yard, or workspace?

What are you noticing as a result? Review the [November Feng Shui Forecast and Suggestions](#).

December 4th New Moon in Sagittarius ... Let Your Light Shine!

The December new moon is in Sagittarius. This is the month to work with your **Knowledge gua**. It's the **front-left corner** of your house, every room in your house, as well as your yard and workplace. The energy of this areas influences your inner wisdom, your intuition and guidance system. It's also about expanding your horizons, branching out and learning about new topics, developing new interests, and discovering new places.

The Archer, the centaur of mythology (half-human, half-horse) symbolizes Sagittarius. This sign is known for its higher intelligence, spiritual ideals, and philosophy of life. Traits include being a deep thinker, honest, sincere, independent, a free spirit, curious and having a zest for life. On the downside one might be impatient, careless, boastful, or explosive when things go awry. Ruled by Jupiter, Sagittarius energy expands boundaries, raises awareness beyond the physical world, and pushes you to reach your full potential. Thus, the connection to the Knowledge gua.

The Knowledge Gua

The Knowledge and Self Development gua holds energy for cultivating wisdom, joy, and a zest for life. The energy of this area can help you tap into your intuition, enabling you to draw on your higher self for guidance and wisdom. This is where you find peace, grace, and solace, traits that can help you navigate daily life more easily. Going inward strengthens your core and grounds your energy, providing a firm foundation to react to daily life. Use the energy of the December new moon to reflect on your light and to bring it out into the world.

The Knowledge gua is an Earth area in the feng shui bagua. From a health perspective, it correlates with your shoulders, back, arms and hands. Back and shoulder problems can indicate that you may be carrying too much responsibility. If you have such ailments, are these due to your responsibilities or are you carrying the weight of others? What can you do to ease your burden? Be sure to create a comfortable space for yourself. Reflect on what makes you happy and spend more time doing that.

Holiday Décor Shifts Chi

Decorating for the holidays shifts the chi in your home. If you enjoy it, the shift will be positive and uplifting. Many decorations hold special memories and family stories. When we put up our Christmas tree each year, we often reflect on each ornament as we place them on our tree. Many came as gifts, and they evoke happy memories with cherished family and friends.

If the holidays feel like a chore and burden, be aware that you might instill these qualities throughout your home, if they predominate. Other people will feel the energy,

even if you don't. I encourage you to let go of décor, activities, and traditions that no longer feel good to you. You'll feel lighter and you'll be happier as a result.

Prior to decorating for the holidays (if you do so), pay particular attention to the front-left corners of your house and that of each room. Remove clutter and give the areas a deep clearing prior to adding decorations. Your house will feel more spacious if you temporarily store objects and décor that you display throughout the year, prior to placing your favorite holiday items. As you take out your holiday decorations, swap an item already in place for each seasonal item that you add. Less is more. Shifting the chi in your space, also shifts your chi and that of everyone there.

Emphasize Fire and Earth Elements

The Knowledge gua is an Earth area, in the Five Element system. The Center of your home and the Relationship gua in the back-right corner, are Earth areas also. Earth is strengthened by Fire and weakened by Metal, Water and Wood. Fire energy is transformative and brings joy. Earth energy is stabilizing and brings comfort. How nice that comfort and joy are also the messages of the season.

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

- Fire, flames, lights, sunlight, candles
- Stars, triangles, pyramids, diamond, and cone shapes (Christmas Trees!)
- People and animals
- Electronics and electrical items
- Red, burgundy and the red palette
-

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

- Natural items such as pinecone wreaths
- Pottery, earthenware, bricks, and clay
- 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:

- Shiny ornaments
- 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:

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

Tips to Uplift your home during Holidays

- Remove what you don't need to create more space.
- Decorate with fresh greens and natural items.
- Add a fresh poinsettia plant.
- Add a natural, seasonal scent in a diffuser and place in a safe place.
- Add seasonal candles or lights.
- Light a fire in your fireplace (or turn on a gas fire).
- Decorate a Christmas tree or a Chanukah bush.
- Place a welcoming wreath on your front door.
- Play your favorite Christmas carols or other uplifting music.
- Cook or bake some special treats. Let the aroma fill your house.
- Hang a birdfeeder outside. Enjoy the sights and sounds from your windows.

The Importance of the Relationship Gua

Pay attention to the opposite gua as well. The Relationship or Partnership gua is the area diagonally opposite Knowledge, in the back-right of your space. Cultivating a healthy relationship with yourself helps you to be in healthy relationships with others. As within, so without. Your inner self drives your relationship with others.

The two areas work hand in hand. If you're activating your Knowledge gua, cleaning and decluttering your Relationship areas will provide an added boost. The Relationship gua is also associated with Earth energy. In the Relationship area, a nice touch is to include a picture or art that reinforces your relationship with your partner, spouse, or someone you'd love to bring into your life.

December 4th Total Solar Eclipse

The December 4th total solar eclipse is a positive one, related to happy events and good news. It's about time! The eclipse passes directly over Antarctica and parts of southern Africa. Although we won't see the eclipse in the USA, you can be impacted by its energy if you have important points or planets 9 -15 degrees Sagittarius or Taurus.

Eclipses come in pairs, six months apart. Solar eclipses happen at new moons and lunar eclipses occur during a full moon. Lunar eclipses are about completions and solar eclipses are about new beginnings. The December 4th solar eclipse is a companion to the November 19th lunar eclipse.

Let go of what's not working for you and open to new opportunities. Release your fears and nonbeneficial beliefs. Experience new possibilities. As you open to the joy and wonder of the season, view things with child-like wonder.

Write Your Intention and Meditate on December 4th

On December 4th, write a statement about what you'd like to manifest related to yourself, your inner knowing, and what brings you joy. Put your intention in a red envelope, activate it with a prayer or blessing and then place it in the Knowledge gua of your home, bedroom, or office. Write your intention in the present tense, using positive words, just as if it's happening for you now. For example: "At this new moon I fully embrace my love of life as I look forward to new, exciting, and inspiring adventures during the coming year." The more specific you are, the better your result.

Do a mediation on Saturday, December 4th. Visualize the end result of your intention. Surround it with positive energy and see it unfolding for yourself. Let go of how it will happen. Your job is to set the intention and embrace the outcome. Leave the details up to the Universe. What you ask for may come to you in ways you don't even anticipate. Be open to the unexpected in a positive way, so that you notice and express gratitude when it arrives.

Check-in at the December 18 Full Moon

The December full moon is two weeks later on Friday, Saturday, December 18th. On this day and the following two weeks, look for signs that the intentions you set on December 4th have taken root. As the light of the full moon shines bright, may it fill you with you and inspiration as well.

December 21st Winter Solstice

Tuesday, December 21st, is the winter solstice in the Northern Hemisphere and the summer solstice in the Southern Hemisphere. For us, it's the shortest, darkest day of the year and the first day of "astronomical" winter. As we know, our meteorological winter begins at least three weeks earlier! A bright spot is that the days will begin to grow longer for the next six months. Until we begin to notice this, holiday lights will fill the gap. They spark joy during our long cold nights. By February we'll really notice the difference.

To learn more about the winter solstice, this [Farmer's Almanac](#) article might interest you.

Contact Peg for a Consultation

If you'd like help applying these concepts to your space, contact Peg for a consultation. It can help to put you on a path to success.

Cultivate Joy This Holiday Season

It's that time of year again: the holidays! This is a time of excitement, happiness, and joy for some people; depression, anxiety, and stress for others and a mix of both for many.

If you're feeling out of sorts or mixed about the holidays, I recommend that you turn your focus inward. Reflect on what brings you joy and make that a priority. You can't control other people, you only have power over yourself. Whether you realize it or not, you choose your thoughts, you experience feelings related to those thoughts, and you choose your perspective and your reactions to what other people do and say. Let go of other people's expectations and manage your own. Happiness is an inside job.

A friend of mine was feeling out of sorts about the holidays. Her family has always spent Christmas Day together. This year, her son and his wife have a new baby and they've decided to stay at their house, rather than travel two hours to visit parents and grandparents. They're choosing a new tradition for themselves.

My friend was troubled about this for a bit, primarily with how she would break the news to her husband and daughter. Although they were invited to visit their son and his family at his house, they don't want to do so. It's a long ride and they also prefer to stay home. It would be the first time in over 35 years that their core family unit wouldn't be spending Christmas Day together. To add to it, December 25th is my friend's birthday. So, in addition to skipping their traditional Christmas, her son would not be visiting his mother on her birthday. Ugh!

My friend adopted a healthy attitude. She reflected on when she created her family traditions years ago and she respects her son's preference to do the same. She proposed to her family that they each celebrate at their own homes this year and then get together on New Year's Day. They'll try it out and see how it feels, reserving their options to keep adjusting things until their new tradition feels good for all involved.

If you're feeling troubled this holiday season, go within. Reflect on what truly brings you joy. Is it something within your control or is it dependent on other people? If it's dependent on other people, peel the layers away until you're left with what you can control. Happiness is an inside job. Once you clarify what you want and why you want it, you can cultivate more of it.

This year, put yourself first and do more to please yourself. Then do what you can to encourage others nurture themselves.

Here are some tips to help you enjoy the season:

1. **Define the holidays your way.** I'll be traveling abroad for Christmas. Even though I love to cook, decorate, and prepare for the holidays, I lightened my load this year and it feels great. Decide what's important to you and make that a priority. You're in control of your thoughts, feelings, and actions. Choose to be happy.
2. **Clean your space.** Doing so automatically lifts the chi. Use natural cleaning products, rather than ones with chemical additives or artificial fragrances. White vinegar and baking soda work great. Citrus adds vitality.
3. **Create a welcoming entrance.** It attracts good chi. I like to hang a fresh wreath on my door. I also love seeing a variety of beautifully decorated doors.
4. **A fresh Christmas tree, wreath, a fresh poinsettia, fresh evergreens, or flowers** bring in fragrance, color, and a high quality of chi and life force. When the holidays are over, you can recycle them, eliminating storage.
5. **Reassess your holiday décor and display what brings you joy.** Let items go that you no longer like and put away at least one thing for every item that you add. When too much is left out in the open, the space feels overwhelming.
6. **Lights** uplift chi. They add joy during the dark days of winter. Enjoy them.
7. **Play music!** Classical music, in particular, has a high vibration. It brings joy.
8. **Be flexible if you're purchasing and/or sending gifts.** The supply chains remain sluggish. Have alternatives. Buy what's available locally. Mail early.
9. **Connect with people who are important to you.** Call them, connect virtually, send a handwritten card. Reach out to people who are alone or those who have been going through hard times. A small gesture goes a long way.
10. **Nurture yourself!** Do selfcare; get a massage; enjoy a long, hot bath; enjoy some favorite foods, watch a favorite movie; curl up with a cup of tea and a good book.

This holiday season, put yourself first and take good care. You can choose to be happy. As you do so, you'll automatically help uplift the spirit of others around you.

December Special: Personal Clearings \$135.00

Peg is offering a special on Personal Clearings this month through December 10th. You'll save 25% if you schedule by December 10th! This means you can schedule from December 1 – 10 and pay when you have your clearing, even if it's in a month or two. Pay of \$135.00 instead of \$180.00. Send [Peg](#) an email in you're interested.

Tap into Nature for Healthy Living and Work Spaces

Have you heard about the new dormitory that is in the planning stages at the University of California, Santa Barbara? The proposal is for an 11-story building that would house 4,500 students. The designer, billionaire Charles Munger, is not an architect. He's donating \$200 million to the University under the condition that he design the building and that it carries his name.

There's quite a bit of controversy about the building because 94% of the 7 x 10-foot dorm rooms will not have windows and will depend on artificial light, among other mechanical, electrical, and wireless systems. Munger says that his building will have virtual windows with LED screens that will mimic natural light. To me, it sounds like a huge social experiment without a good outcome.

Access to natural light and fresh air are primary aspects of healthy living and healthy buildings. We already know that our society is heavily stressed, and that young people are carrying a disproportionate level of it. Living in small, windowless rooms with artificial light could be damaging to their physical, spiritual, and mental health. On the other hand, if the students only sleep in these rooms, they might be able to sleep in a dark space. The lack of fresh air is also troublesome though.

Safety is another factor. What happens in the event of a power outage or even a fire? How do 4,500 people exit quickly and safely? If another pandemic occurs, and chances are it will, what happens when 4,500 stay enclosed in such small cell-like spaces, without access to natural light and fresh air?

There's a huge housing shortage in the Santa Barbara area. A better solution would be to limit the number of students rather than cram so many into a huge windowless building. Time will tell how this will work out.

To learn more, go to:

<https://slate.com/business/2021/11/charles-munger-uc-santa-barbara-dorm-nightmare.html>

<https://www.nytimes.com/2021/10/30/us/charlie-munger-ucsb-dorms.html>

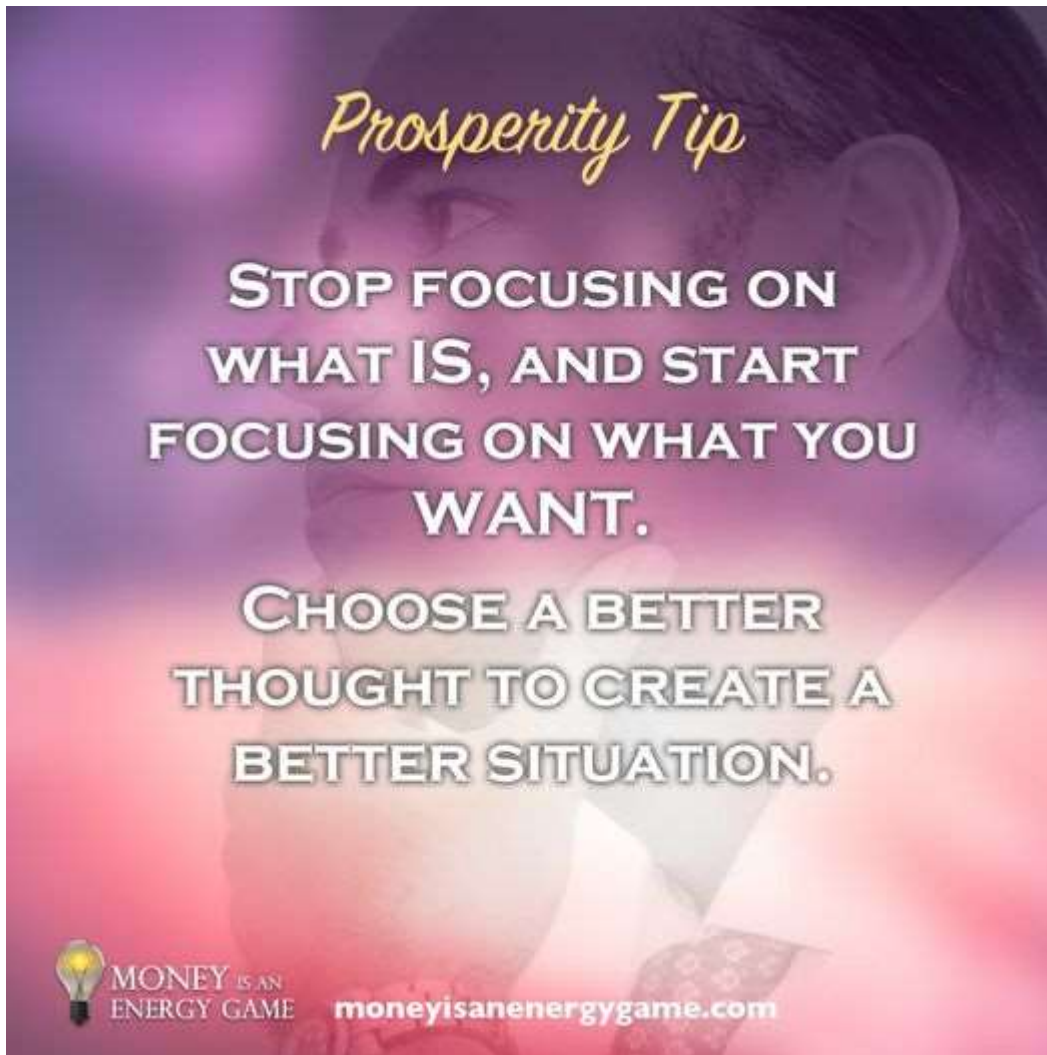
Feng Shui Business Tip: Clean Out the Old

The end of one year and beginning of another is an excellent time to clean out the old in order to bring in new ... eliminate files that you no longer need, both paper and digital. Paper takes up physical space and digital takes up cyberspace. Everything is energy. Hanging onto things that didn't work out or that you don't need to retain consumes energy and space that could be filled with new opportunities and new business.

Feng Shui Home Tip: Clear Out Excess Products

Clutter includes excess opened, partially used products lying around in your kitchen and bathrooms. Clean out your cabinets and refrigerator. Discard products that you don't plan to use again or that you really don't like and don't plan to use. Use your remaining products and replace them when a new one is needed. You and your space will feel better without the clutter.

Prosperity Tip of the Month:



We live in a rapidly changing and somewhat chaotic world. I trust that there's a higher purpose to all of this, I just don't know what it is. Given that, I find it easy to go about each day without being bogged down by day to day news or world events. I focus on what's within my control and what I want for myself and my family. As a result, things often seem to unfold magically. I think a thought and often before it's completed I see evidence of it playing out. For example, someone I'm thinking of might call me, my husband might suggest something I also had in mind, client work emerges with perfect timing, the weather cooperates for a daily hike, trips for errands are easy and effortless, and much more.

My husband and I called a friend to wish him a happy birthday. He had recently returned home after two weeks in a hospital, due to a fall and subsequent infection. His situation was a series of misfortune and mishaps. The hospital was shortstaffed, resulting in 30

hours in the emergency room. He was in discomfort and pain the entire time. His two week experience didn't get much better. He expressed one complaint after another.

As challenging as it is at times, sending out positive thoughts can make a big difference in the way events unfold. For example, continually see yourself in good health. If you need medical services, set the intention and expectation that things will move along smoothly. Assume you'll receive the appropriate care and attention that you require, in a timely manner.

As long as I have known him, my friend views life from a glass half empty perspective. He expresses things in terms of what's wrong vs. what's right or what's working well. His wife does too. Throughout their more than 15 years of retirement they've had multiple and longterm medical emergencies. It's a sad situation because he worked hard his entire life and he and his wife were looking forward to happy retirements. They don't realize how their thoughts, words and attitudes shape their experiences. They more that they emphasize how bad things are, that will continue to be their experience.

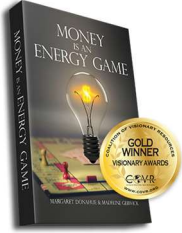
The alternative is to choose a better situation for yourself. Let go of the world at large. Begin with you and what you can control, which are your thoughts. As you think happier thoughts, you'll have happier feelings. Happier feelings contribute to better health and an easier ebb and flow to life. When things go awry, create options for yourself. In my friend's situation, a better thought an option might have been: "If this hospital is too shorthanded or too busy to help me, perhaps they'll send me elsewhere."

Madeline Gerwick and I provide over 100 tips, tools and techniques for attracting better situations to yourself in our book, [Money Is an Energy Game](#). We've also done a series of [podcast interviews](#) about the concepts in our book that might interest you. There's a wide variety of hosts and programs. You might discover a new host or hostess you'd like to tune into regularly. Here's a link to an interview Peg did with Barb Crowley about [The Language of Prosperity: Why Your Words Matter](#).

<https://www.voiceamerica.com/episode/134385/the-language-of-prosperity-why-your-words-matter>

For ongoing Prosperity Tips, follow "madelineandpegsmoneytips" on both [Facebook](#) and [Instagram](#)." When you're on Instagram, also follow [Feng Shui Connections](#) for the newsletter articles that are posted throughout the month.

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!



Affirmation # 347

“When I joyfully contribute to the abundant circle of prosperity, more blessings come to me.”

Focused Life Force Energy



Link for banner: [](https://tm179.isrefer.com/go/gift-30/PegDonahue)

[Focused Life Force Energy](#) is one of my favorite tools for raising the vibration and consciousness of your environment. In particular, I like the EMF harmonization. I no longer worry about the harmful effects of EMFs because I know that the negative effects are neutralized. In addition, there are numerous additional benefits, including better absorption of food and nutrients and support for attracting ([magnetizing](#)) whatever I want. Explore FLFE’s various [features and benefits](#).

You can put FLFE in place for your home, using your home address or carry it around with you via your phone or a designated personal object. You can also put it in place for your business. I really like it. I’ve noticed that I’m more creative, problems are easier to solve, I’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 relieve the effects of geopathic stress, clear negative history from your land, harmonize EMFs, and more.

If you're curious, try **FLFE for free for 30 days**, without submitting credit card or getting caught up in any obligation. If you're already a subscriber, remember to do the daily boost for important activities. In addition to problem solving, 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!



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Client Testimonial ...

A Personal Clearing is Life Changing!

"Peg's work is life changing. Her connection to the Source is pure. In just one entity clearing session she uplifted my vibration to joy, love and health and my consciousness to peace and acceptance. I wholeheartedly recommend Peg's services." TM, the Netherlands, Feb 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 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.