ENERGY TRANSFORMATIONS COURSE CATALOG

Welcome to Energy Transformations Course Catalog

We offer a variety of courses that help participants to grow, deepen, and expand one's energy and consciousness. Like the butterfly on the front of the catalog, we emerge from our cocoons and transform over and over again into the fullness of our beauty and light. We support our students' healing and transformation and offer experiences to empower them to live a life of wholeness and to freely express truth. We offer one to several day courses, retreats and conferences, as well as home study courses. Our goal is to provide a high quality experience in a safe environment for the participants to discover their gifts and to learn new techniques that will lead them to a place of wholeness. We provide excellent teachers and handouts for our students to learn, assimilate, and remember their experiences.

Many of the courses included in this catalog have been approved to provide CE hours to massage therapist, nurses, social workers and acupuncturists. If you have any questions, feel free to email me at mylifeisgood22@cox.net or contact me at 480-751-9278.

You can sign up for classes online at
http://www.energytransformations.org/workshops.html

Many people are interested in how we received approval for providing CE hours for our classes. For more information on how you can become a CE provider check out page 9, our workshop entitled Becoming a Continuing Education Provider. A 2-CD set of the recorded class and book can be purchased.

We are willing to bring our classes to your location. Contact us at 480-751-9278.

Man's mind, once stretched by a new idea, never regains its original dimension.
By Oliver Wendell Holmes

May all your learning experiences be great ones,

Dawn Fleming

Director, Energy Transformations

Home Study Courses

Creating a Successful Holistic Health Practice

15 CE hours for massage therapists, nurses, and Maryland Social Workers

In this course you will learn how to begin to grow your holistic health practice or how to expand an existing one. This workshop focuses on both the inner and outer work to create success and abundance. The manual has many chapters and some of the topics that are addressed include: treating your practice like a business, effective marketing, marketing materials, how to set up your business, your vision, aligning your goals to your vision, creating a talk, mastermind groups, networking, getting return clients and referrals, establishing rapport, healthy boundaries, and much, much, more.

This home study course includes a manual, Meditations for Success CD with four meditations to support your practice, along with three other CDs that contain information that was recorded during a classroom version of this course. A course evaluation and test are also included.

Cost including all materials, $175, plus $8.50 shipping. Course must be completed within 6 months.

Massage therapists earn 15 CE hours upon completion. NCBTMB approval number 144929-00.

Nurses receive 15 CE hours/contact hours upon course completion. The American Holistic Nurses Association (AHNA) provider number is 620. This continuing education nurses activity has been approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Acupuncturists earn 15 PDAs upon course completion. NCCAOM approved provider number 511.

Social Workers from Maryland earn 15 CE hours Category 2, upon completion. Energy Transformation is an approved category 1 and 2 provider of CE hours for Maryland Social Workers.

TESTIMONIALS for Creating a Successful Holistic Health Practice

What will this home study course do for you?

I have been a massage therapist for 17 years, and in order to maintain and renew my license, I have been required to attend many classes, workshops, etc. for continuing education credits (CE hours). Of all the classes that I have completed thus far, the home study that Dawn Fleming has developed for CEU's for massage therapist, Nurses, Life Coaches, Naturopathic Doctors, Social Workers, Acupuncturists, Yoga Instructors, and many other Healing Touch Practitioners has been the most beneficial of all.

Dawn Fleming definitely has done her homework and research for this course. Her many years of experience are evident. One of the most important factors of being a healing practitioner is making sure that we ourselves are walking the walk and talking the talk. This course is surely a self reflection, focusing on how we view ourselves, and our worth. I could really connect with everything she discusses in her course "Creating a Successful Holistic Health Practice". Dawn covers everything that I could think of that a therapist has experienced, or will experience throughout their career. If only our healing practitioner schools would have spent more time developing courses like this! I might have been further along with my own healing process, building healthier boundaries, and creating my practice.

In this course, Dawn has shared her knowledge, experience, awareness, as well as very beneficial contact information for governmental agencies and related websites. I know that the gathering of all this information took much time and effort and I know that I and many others will benefit from her hard work and dedication.

Thank You,
Peace, Love, & Joy
David Wright L.M.T. Reiki Master Teacher

Dawn,
I have been changed, for the better, by your class. I have learned to be more present, and more honoring of myself and my clients. It was a very helpful class! One of the best home study classes I've ever completed.
Kimerly
RN, CHN

Hello Dawn,
I've been using your book (Creating a Successful Holistic Health Practice) and CD (Meditations for Success) with my classes at Hocking College Health and Wellness program. My students find the exercises are great on keeping them focused.
Blessings of Love and Light.
Debrah

Chakra Wisdom – 24 Days of Transformation - Home Study Course
24 CE hours

Chakra Wisdom is about empowering you to release blocks in all areas of your life, to make the necessary changes, to heal, and to align yourself to create the life that you want. In doing so, you can assist your clients in their transformation processes.

This course will teach you how to create a healthy, vibrant, energy field - essential to your health and well-being. You will explore the dynamics of the energy field, the chakras, and activities that you can do to maintain balance and vitality, along with exercises for you to do each day to strengthen your energy field. This 24-day adventure of energy exploration provides you the foundation of the energy field on day one and is followed with three days of working with each of your seven chakras an hour a day. Two additional days are added to integrate the whole process.

Although the class is 24 days, the process does not end on the 24th day. You can continue working with the information and discoveries that you have had throughout the process and go back to any area that you would like to continue to heal or explore. Healing and transformation is a continuous process and the exercises and meditations are here to support your unfolding process.

This home study course provides valuable information and experiential exercises that can:

- Improve your overall quality of life – physically, emotionally, mentally and spiritually
- Give you the knowledge to release blocked energy so you can take charge of your life
- Provide you information to help your clients release their blocks and restore their vital life energy
- Enhance your understanding of how to work with your energetic/chakra system to support your goals
- Empower you to reclaim your energy, to live your Truth and to support others as they move through the transformation process.

Course materials include: a manual with day by day course instruction to assist you in reclaiming and creating the life that you want and a meditation CD with three empowering meditations that provides support as you embrace the principles that guide your transformation. Participants have up to six months to complete the course. A certificate of completion will be issued upon completing and passing the test a 75% or higher and completing the course evaluation.

Cost including all materials, $175, plus $8.50 shipping. Course must be completed within 6 months.

Massage therapists earn 24 CE hours upon completion. NCBTMB approval number 144929-00.

Nurses receive 24 CE hours/contact hours upon course completion. AHNA provider number is 620. This continuing education nurses activity has been approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Social Workers from Maryland earn 24 CE hours Category 2, upon completion. Energy Transformation is an approved category 1 and 2 provider of CE hours for Maryland Social Workers.

Testimonial

This course gave me my life back. I was feeling exhausted. This course helped me to identify where I was losing my energy and allowed me to let go of what no longer served me. I feel restored and energized on many levels. I can use this valuable information to assist my family and clients.
Thank you so much,
Martha

CLASSROOM WORKSHOPS

We teach all levels of **Usui Reiki** and **Karuna Reiki®**. See explanation of each course below.

Japanese Kanji for Reiki

Usui Reiki is the original Reiki teachings as taught by the Japanese founder Sensei Dr. Mikao Usui. Reiki is taught in four levels. Reiki I, II, Advanced Reiki Training or level III A, and Master Training or level III B.

What is Reiki? Reiki is the art of healing touch. It has been known to help relieve pain and stress, minimize recovery time from surgery or illness, speed emotional well-being, and complement conventional medical treatments from emergency surgery to psychotherapy. Reiki can be used on yourself and others. Reiki helps transform fear, negativity, and bad habits into qualities that empower our everyday lifestyles. **Anyone can learn and benefit from Reiki.**

Usui Reiki I

In this one-day workshop you will learn what Reiki is, how it works, information on your energetic field and chakras, ethics in using Reiki, how to do Reiki on yourself and others, how to do Reiki in groups, and how to disconnect from negative energy. You have the opportunity to practice Reiki and will receive a Reiki I attunement. CE hours for massage therapists, acupuncturists, and MD social workers (category 1).

Usui Reiki II

In this one-day workshop you learn the Reiki symbols and how to incorporate them into your healing sessions and into all areas of your life on all levels. You will learn how to clear a room of negative energy, how to protect your energy field from being drained by others, how to empower your goals and more! You also discover several methods to do absentee healing so that you can send Reiki to family and friends that are not present. In Reiki II you receive a level II attunement. It is a very healing and empowering experience for all! You must complete Reiki I before registering for this workshop. CE hours for massage therapists, acupuncturists, and MD social workers (category 1).

Advanced Reiki Training or Level III A

In this workshop you will learn several tools and techniques to advance your Reiki training to the next level. You will learn how to work with crystals using Usui Reiki, build a crystal Reiki grid, psychic surgery (a way to access very deeply into the body to remove blocks), techniques to boost and maintain your energy levels, the Usui Reiki Master symbol, meet your Reiki guide, receive the next level attunement and more! Must have completed Reiki I and II before registering for this class. CE hours for massage therapists, acupuncturists, and MD social workers (category 1).

Usui Reiki Master or Level III B

Complete your Usui Reiki training and receive your Reiki Master attunement. Learn to do initiatory attunements for all Reiki levels as well as healing attunements for deeper healing. Learn a few new symbols and many techniques to assist your journey of mastery. This class takes you deeper into your being and propels you forward in aligning with your life purpose. The energy shifts that occur with this class are positively life-changing on all levels. After you complete this class, you are certified to teach and attune others to Reiki. Two-day class. Must have completed Reiki I, II, and Advanced Reiki Training in order to register for this course. CE hours for massage therapists, acupuncturists, and MD social workers (category 1).

Karuna Reiki®

With the world going through so many changes so quickly, our lives are impacted on all levels, especially the emotional level. Karuna Reiki® is here to help us heal the emotional wounds and to maintain balance during this transformational time on earth. Karuna Reiki® was developed by William Rand, founder of The Center for Reiki Training in Michigan. Karuna is a Sanskrit word translated to mean any action that is taken to diminish the suffering of others and can also be translated as "compassionate action." Karuna Reiki® can be incorporated with USUI Reiki or any other type of Reiki. It heals very deeply on the emotional level - the past, old wounds and traumas, bad habits, addictions, depression, and helps release karma. Karuna deepens your connection with ascended beings and spirit guides. Karuna is the motivating quality of all enlightened beings who are working to end suffering on Earth. Karuna energy is stronger than USUI. This workshop helps one to progress on all levels despite the dense energies that one comes into contact with on a daily basis.

Karuna energy is very powerful. Many of our students have made life changing decisions after completing a Karuna course. In order to take any of the Karuna Reiki courses you must have completed Usui Reiki I and II training.

Karuna Reiki® I

In this one-day class participants learn the first four symbols from Karuna I and practice using them in a session. These symbols heal on the cellular level, heal the shadow self, heal addictions, and develop compassionate action, to name only a few of their attributes. These symbols also help in grounding the aura and connecting you with the ascended beings and the angelic kingdom. Participants will receive a Karuna I attunement and have time to experience each of the new symbols. CE hours for massage therapists and MD social workers (category 1).

Karuna Reiki® II

In this one-day class participants learn four more Karuna symbols that deepen your ability to heal on the emotional level. These symbols help you to release life-long patterns instilled by society that do not serve you. They also support your ability to focus and concentrate, experience higher energies, ground peace into all aspects of your life and release stress and much, more. Participants will receive a Karuna II attunement and have time to experience each of the new symbols. CE hours for massage therapists and MD social workers (category 1).

Karuna Reiki® Master

In this one-day workshop the participant will complete their Karuna Reiki® training. Participants will learn the Karuna Master symbol, how to draw and use it. Participants will receive a Karuna Master attunement and be taught how to attune others to all levels of Karuna Reiki®. Participants will have the opportunity to practice attunements and to work with all of the symbols. This workshop is an experience that can shift pariticipant's reality and open them to the fullness of the Light within. In order to register for this workshop you must have completed Usui Reiki Master and Karuna I and II. CE hours for massage therapists and MD social workers (category 1).

Energy Transformations offers other courses relating to intuition development, advanced energy practices, chakra and aura awareness, meditation and courses that support and enhance the energy practitioner and teachers' ability to provide classes and services to their clients and students.

Advanced Energy Techniques

This workshop is taught over several days (about 2-3 hours each meeting). It takes those who have completed Usui Reiki or are well versed/experienced in working with energy and teaches methods that take participants deeper into the energetic body to identify issues, problems, blockages and remedy them with the techniques being taught. Participants will learn how to identify entity attachments and learn how to remove them. Participants will also learn how to identity and communicate with the client's guides and angels that are present during sessions. This course takes participants into the realms of pure energy. Registrants must have permission from the instructor to sign up for this course.

Aura Awareness

In this one-day workshop, participants will learn what the auric field is and how it is experienced, the chakras and how they relate to the aura, the significance of colors in the auric field, how to sense the field, how our emotions change our aura, and how to see the auric field. Participants will learn to work with dowsing devices to sense the aura, find out what their defense mechanisms will do to their field and to others, and how to ground the auric field. This is a very experiential and fun workshop. CE hours for massage therapists and MD social workers (category 1).

Becoming A Continuing Education Provider

This workshop is taught in the classroom as well as via teleconference. In this workshop, participants learn the steps that they need to take in order to become an approved provider by the various professional boards that require their respective professionals to earn CE hours. You learn what boards are open to holistic health workshops, who they are, where to find the information that you need, and what information the various boards will require you to provide in order to be approved. This course is taught by Dawn Fleming, Director of Energy Transformations, who has received approval from over ten boards at the state and national levels. If you can't wait for the next course offering, the course was recorded and is sold with a copy of the book at
http://www.energytransformations.org/products_manuals.html#ceu

Chakra Empowerment

Participants will learn how they can work with their chakras in order to align, heal, and create a life that supports their goals. Participants will experience many different approaches to the way the chakras (your energetic centers) receive and release energy, how they get blocked, and ways to unblock them. Also,

participants will learn how the power of thoughts, feelings and habits impact physical well-being, how social and family belief systems support good health or support illness as well as ways to unplug from the negative belief systems. Ways to accelerate the healing process, techniques to balance the chakras, and energy dynamics of people that you live, work, and relate with that impact the participant, will be addressed. This is a course that empowers the participants to be energized every day. CE hours for massage therapists and MD social workers (category 1).

Cord Cutting Workshop

This workshop teaches participants how to identify which energetic cords need to be cut, how to cut them, and how to support your client through this process. Participants will learn which issues are relevant to each chakra, the actual process in removing the cords, and have the opportunity to remove cords, and assist someone else in removing cords. This useful technique can be integrated into any holistic health practice. It provides a very valuable tool for assisting clients to release the past and to fully live their truth. Holding onto cords from past relationships can keep someone from connecting with a new partner or healing old issues. Staying corded to someone that manipulates one's energy keeps he/she from fully living his/her truth. Participants will become aware of how we are energetically/emotionally corded and how cords can easily be removed.

Creating a Successful Holistic Health Workshop

This workshop covers all the bases in creating a successful holistic health practice. This workshop will assist Reiki and healing touch practitioners, massage therapists, social workers, reflexologists, yoga instructors, shiatsu practitioners, aromatherapists, acupuncturists, naturopaths, and other healing practitioners to gain insight on how to take their practice, begin it, expand it, and make it a success. This is a very experiential workshop. You will have exercises that help you clarify what it is that you want to create and how to make it a reality.

The topics addressed in this course include:

- the inner and outer work that it takes to manifest your goals and vision for your practice,
- how to connect with your vision on a daily basis,
- how to manifest your perfect client and how to get referrals,
- how and where to advertise; what to include in your ads, on your business cards, flyers, brochures,
- how to become a continuing education provider,
- the importance of business alliances and networking,
- where you can find an audience to speak to about your profession,
- overcoming issues about money and what to charge,
- insurance and tax tips
- the benefits of introducing your practice to the internet,
- safe boundaries, resources to support a successful practice, and more will be covered.

CE hours for Social Workers (Category 1), Acupuncturist, and Massage Therapists.

Egyptian Healing Rod Practitioner Workshop

This one-day workshop is very experiential and is for those students who have purchased Egyptian Healing Rods. http://www.egyptianrods.com Participants will learn many methods to include: to work with their breath and the Rods, a Polarity Method, Still Point Method, Bone Marrow Qi Gong Rod Healing Method, techniques for helping to heal low back, knee and hip issues, as well as learn techniques to maximize the rods to support their spiritual path. Participants will also learn ways to use the rods to assist clients to balance chakras and remove energy blocks, open chakras in the feet, boost the immune system, use with clients who are undergoing chemo and radiation, integrating the rods in absentee healing sessions, using the rods with groups and with harmonizing couples.

Hara Line and Grid Line Repair

This workshop is for participants that have a few years experience in working with energy. Participants will learn: what the hara line is, how to access and assess your clients and your own, how to repair it, how to work with the body's grid lines, ethics in working this deeply in someone's energy field. Why is hara line repair important? From stress, trauma, injury, illness and intense energy conditions (like trying to integrate Higher frequencies), the hara line can break, bulge, crack, puncture, have blowouts, as well as other dynamics can be experienced. If this occurs, the healing work that someone is receiving may not take or hold for long periods. By repairing the hara line, healing can be facilitated on many levels. Hara repair work might be answer to getting your clients or yourself back on track to health and well-being on all levels. This work is very helpful to those who are trying to integrate the higher energies hitting the planet. In this workshop participants will have the opportunity to work on someone and to have hara repair work done on you. This class is very experiential. CE hours for Social Workers (Category 1) and Massage Therapists.

Healing with Crystals and Pendulum Dowsing

In this one-day workshop participants will learn: how to select crystals, clear crystals, use a crystal pendulum and to incorporate crystals into your healing practice; how to use a pendulum dowse in selecting herbs, oils, and supplements that are good for the participant; how to dowse the chakras with your pendulum; how to use the crystals on the body as well as the dos and don'ts in using crystals responsibly on clients; which crystals to use to help raise your energy to higher levels to experience deeper states of Oneness with Spirit; techniques in using crystals to bring abundance, success, love, health and harmony into one's life. You will also receive resources for where to buy your crystals as well as great books to add to your library. CE hours for Social Workers (Category 1) and Massage Therapists.

How to Run a Reiki Session

This short workshop provides an overview to how to perform a Reiki session. It is for anyone who has taken a Reiki class and wants to review the "how to" in setting up for the session, working with your client, doing the session, ending the session, taking payment for the session and disconnecting when the session is over. Participants are given time at the end to ask all their questions.

Intuition—How to Tap into Your Intuitive Gifts

Participants are taught how to tap into their intuitive gifts by using a variety of methods taught in this workshop which is offered in a classroom setting and via teleconference. Techniques help participants to access their intuitive nature and provide insight into various aspects of their life—relationships, work, and spiritual path. Participants will learn how to tune into their guides, see into the future, access their Higher self, remote view, and more.

Japanese Reiki Techniques Workshop

This workshop provides additional Reiki techniques that were not taught in the west by Reiki Master Ms. Takata when she brought Reiki to the US. These techniques are practiced in Japan by the original Reiki lineage of Dr. Mikao Usui. The techniques are easy to do and help to deepen one's Reiki practices by providing additional tools for the Reiki tool box.

Keys for Teaching Holistic Health Workshops

Participants are taught techniques to assist them in being an effective workshop facilitator. Participants are taught how to prepare for their upcoming workshops, market them, develop rapport with students, set healthly boundaries, maintain class control, facilitate experiential activities, keep the class on track, provide certificates, and much more.

Medical Intuition

This multi-day workshop provides techniques for participants to accurately access and assess where the problems are in the body and why they are there. Participants will learn to: see into the body, dialog with the body, ask the right questions, decode their internal symbolic intuitive code, work with intention, and connect with guides, angels and ascended beings present at your sessions. We will discuss ways that we block our intuition as well as the different ways that we sense intuitive information. There will be plenty of opportunity to experience and practice what is being taught. This is a very experiential workshop. CE hours for Social Workers (Category 1), Acupuncturist, and Massage Therapists.

Meditation

Participant will be taught several techniques to develop a meditation practice. They will learn the benefits of meditation, how to meditate or how to expand their current meditation practice, how to use meditation for healing and stress reduction. Each session provides time for practicing the techniques that are taught. This workshop helps participants to distress, relax, clear their mind and to find peace and tranquility. This is a very experiential workshop. CE hours for Social Workers (Category 1) and Massage Therapists.

Past Life Workshop

This workshop provides participants information about how to access their past lives and benefits to exploring past lives. It teaches participants techniques to experience their past lives as well as what they can learn about this life from their past life. Participants will have the opportunity to experience two group regressions. This is a very experiential workshop.

Remote Viewing

Participants will learn techniques to work with opening their minds and focusing to perform remote viewing. Multiple techniques are taught for participants to learn which one works best for helping them to remote view. Several exercises are offered for participants to practice what they are taught. This is a very experiential workshop.

Other courses are always in the process of being developed. Check the Workshops page at http://www.energytransformations.org for our updated course offerings.

About Dawn Fleming

Dawn Fleming has been working in the field of holistic health care since 1989 and teaching since 1992. Dawn is an Usui and Karuna Reiki® Master and intuitive healer and is the Director of Energy Transformations, Inc., which was established in 2004 to provide healing services and classes that empower and inspire health and well-being. Since 1989, she has studied Chakra Balancing, Therapeutic Touch, Cranial-Sacral Therapy, Usui, Reiki, Karuna Reiki®, Hypnotherapy, Medical Intuition, and ascension techniques. She became a Usui Reiki Master in 1996 and a Karuna Reiki® Master in 1997.

In 1994, she founded a non-profit, non-denominational spiritual center, the Beacon of Light Center, in which she held weekly meetings where spiritual discussions addressing healing were facilitated through the fall of 2004. Monthly Reiki shares were offered and Dawn has taught over 3,000 students various levels of Usui and Karuna Reiki®.

After studying and practicing various energy modalities, particularly Reiki, Dawn's intuition began deepening. She found that when she touched clients, their bodies provided lots of information on a variety of levels – physical, emotional, and mental. The journey continues to unfold for Dawn as she connects more deeply. In 1997, Dawn received approval as a CE hour provider for massage therapists. She then began working on approval from various other national and state boards.

In 2003, Dawn developed and began teaching her own style of Medical Intuition. Geared toward holistic health practitioners who wanted access to more information about their clients during healing sessions, it allowed those skilled in the practice to provide more in-depth help. As a practitioner and teacher, Dawn is always learning and is in awe of the wonderful ways that healing has happened for her many friends and clients. She has taught classes at Anne Arundel Community College and Anne Arundel Medical Center in Maryland.

Dawn is the author of several award winning books. Navigating the Continuing Education Approval Process won Arizona's Book Publisher's best book in the How to category in 2010 and her book Teaching Workshops Effectively won a finalist certificate in the same category. She is also the author of Creating a Successful Holistic Health Practice, Perspectives on Ascension: Sustenance for Humanities Journey Home, and Reiki I and II manuals that allow Reiki teachers to make copies of for their Reiki students without violating copyright laws. The experience of developing and teaching many workshops, combined with her love of writing, led Dawn to develop these books as a great resource and guide for holistic health practitioners and educators. She has also recorded many meditation CDs for stress reduction, healing, and ascension.

For the left-brain world, Dawn has a Bachelor's degree in Business Management, has completed some work at the Masters level, and worked for 20 years in the federal government as a Senior Intelligence Analyst as well as a Senior Policy Officer. In November 2001, she followed her higher calling and resigned from her full-time job to expand the healing and teaching work, which was previously a part-time pursuit. Since 2001, her private practice has grown, as has the number of workshops and speaking opportunities she provides. Dawn's work promotes healing on all levels for individuals, groups, and the planet and empowers people to live happy, abundant, and healthy lives. Dawn can be emailed at mylifeisgood22@cox.net.

The courses that are approved for CE hours for nursing were approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

For the courses approved by AHNA, Maggie Neal RN PhD is the nurse planner and has no conflicting financial interests.

Dawn Fleming, holistic health educator, is the course facilitator and planner. She has no conflicting financial interests.