

# ENERGY TRANSFORMATIONS

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**March/April 2008**

**Welcome to the Energy Transformations, Inc's free e-zine with empowering wisdom for living a happy, healthy, & abundant life. Assisting humanity into opening up to the unlimited Divine possibilities that exist.**

**This newsletter is overflowing with information. Take your time and enjoy!**

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**Editor and Publisher Dawn Fleming can be contacted at [lovelife@cablespeed.com](mailto:lovelife@cablespeed.com) or 480-456-8904.**

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## WORKING WITH AWARENESS

Whether you consider yourself to be a healer or holder of the Light, Lightworkers need to live in the awareness of what is going on in, and around, their field of influence. Although our intention is hold the Light and to project it, it is very important to be aware of when we are in the light and when dark forces are impacting our field. I define dark forces as those forces that resonate at low levels and project fear, anxiety, and dense discordant energy to cloud or block us from achieving our Divine purpose. Many people on this path do not want to discuss this darker side or to even acknowledge that it exists. Ignorance is not a form of protection. It just allows you to be a victim.

What I have found is that the dark energy comes in very subtle ways. Everything can be going along very well and then all of a sudden, you are stuck in anger or frustration. It can seem as if you are having a hard time getting anything done. You might also feel blocked energy in your head feeling confused, experience headaches as well as unexplained body aches or pains that have no basis in our physical structure. As it gets worse, you could begin to feel lethargic and experience fear and doubt about your life's work.

Maybe you feel this is normal and everyone goes through these types of issues or dynamics. As we journey about our days work, we are pulled in many directions and influenced by the negativity around us. Maintaining our awareness of our truth –holders of the Light – is so important when engaged in stress and chaotic filled energy dynamics. If we do not hold onto our awareness of our Light, gradually our Light begins to diminish as we are sucked into the dramas around us, leaving us vulnerable to the lower vibrational energies of those dark energies that would like to take us off our path and cloak our Light.

Recognize the negative feelings or blocks that stay with you for more than a few minutes or hours. Take your awareness into your thoughts and emotions and begin to check into what is going on. It is not a Lightworker's nature to be stuck in these harsh emotions. Ask yourself, "Where did this come from?" Although we do go through periods of stress dealing with heavy workloads, we normally are able to handle whatever comes up in the normal course of our work and to hold our I AM Presence. Another way to raise our awareness is move your attention out into your energy field. Do you feel anything dark or heavy in your field or in the room with you? These energies can sometimes feel as if they are stuck on your energy field, stifling energy from flowing in and out. It can also give you the feeling as if you are energetically being smothered. All these dynamics can make you feel anxious, depressed or panicky. This is not meant to scare you. It is meant to open you to being more aware of what is going on and empower you to use your Light to ward off negative energies.

The key is to be able to recognize the dynamic when we are having these negative thoughts and emotions. To be aware that this is not our truth and to use our awareness to focus our mind and heart back into the frequency of light.

When I find myself being challenged by the darker forces, and I am acting without awareness, after a few days I am miserable and things seem to be spiraling downhill. I begin to look deeply at what is going on around me. I then sort out whether this is coming from within me – if I am struggling to release an old belief or behavior – or is this being projected from a dark energy. My learning in this process has been to spend less time in the challenges and heaviness and to recognize the dynamic sooner by being aware of what is going on in my thought, emotional, and energetic world on a continuous basis. I am normally very upbeat and positive holding for the highest for all. So when I catch myself going into thoughts and emotions that do not support an ascension consciousness, I need to send out my awareness to see what is going on in my physical and energetic space around me.

The dark energies can work on a very subtle level, stirring up the areas you have not healed. These energies can also grow stronger around you, if you are not aware and align yourself back into the higher realms of Light. Many people want to fight the darkness. I find that if you fight it, you give it power because you have lowered your vibration even more to assume a fighting consciousness. The most loving and empowering thing that you can do for yourself is to remember your connection to the I AM Source within us. To make a conscious decision, no matter how we are feeling, to align back to the Source/Higher Self/God. Breathe in light and activate the violet flame within your physical, emotional, mental, and etheric bodies. Surround yourself with Light and to lift up your mind and emotion into the realms of eternal joy and wisdom so that these Light vibrations support and protect.

Dark energies can also be very evident and in your face at times. All of a sudden you feel overwhelmed or a heaviness overcoming you. We can be in places that we would never consider “*dark*” places and give our awareness a vacation. A friend of mine vacationing in Rome visited the Vatican and suffered a severe attack of dark energy. It nearly ruined her trip.

When I find that I am blatantly being attacked, I will stop what I am doing and begin aligning my beingness in the Light (I visualize this). After feeling the alignment, I say the Lord’s Prayer slowly, line by line and feel myself resonating with the prayer energy. I have used this on several occasions and immediately the attack energy stops. Darkness cannot overcome the Light. I bring my awareness and beingness back into my Truth of my I AM Presence Light. You can do this for yourself anytime, by chanting, praying, centering in love, or visualizing something that realigns you with the Light.

The best way to keep out the dark forces is to maintain our awareness of what is going on within and around us and to consciously align ourselves in the higher realms of Light living in our I AM frequency. Darkness cannot exist in the Light of Truth and Love.

May God’s Light and Love shower you always,

Dawn Fleming

Spread the light. Share this newsletter with others on the path. They can sign up for the newsletter by sending me an email at [reikidawn@yahoo.com](mailto:reikidawn@yahoo.com) or by visiting my website and clicking on the link for the newsletter.

I want to read your stories, poems, prayers of inspiration, healing, success, etc. For consideration, send to [lovelife@cablespeed.com](mailto:lovelife@cablespeed.com). Articles should be one to two pages long.

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## HAPPENINGS

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Energy Transformations' website has been redesigned and looks better than ever thanks to Amanda Sachs whose ideas and talents make it a friendlier place to visit. There is more information for your reading and ordering books, CDs and products should be easier.

A five-week Enhance Your Intuition Workshop will start in April. The workshop will be a teleconference class, set up like a conference call. All you will need is a telephone and your computer. All handouts will be emailed to you prior to each class. You will be given assignments to practice between classes to enhance and improve your abilities to work with your intuition. Details are listed in the workshop section.

I am really excited about the new Egyptian Healing rods that I recently purchased. They are tools of healing, transformation, and ascension. As an energy healer, I see the benefit for using them for myself to maintain my balance after helping others. I also have experienced how these tools can be incorporated into an energy session. I saw the value in working with these tools so much that I became a dealer. In February and March I offered free healing rod talks and meditations. I plan to do more talks and meditations during my June trip to Maryland. If you have a group that would like to learn more about the rods contact me at [reikidawn@yahoo.com](mailto:reikidawn@yahoo.com). Beginning on page 7, I've written an article about these magnificent rods and there is more information on my website [www.energytransformations.org/rods.html](http://www.energytransformations.org/rods.html)

During my recent trip to Maryland, I saw clients at Kelly's Herb House in Millersville. Instead of doing a traditional Reiki session, I offered what I call Alchemy sessions, which began with energy balancing and clearing and then I led each person through a protocol for aligning their energy in a powerful space to manifest an intention that they brought to the session. The sessions were very empowering whether the goal was health, a new job, or a new life. I intend to do more sessions when I return in June.

Great news for massage therapists and acupuncturists – the workshop Creating a Successful Holistic Health Practice has been approved by both national boards as a home study course providing 15 CEUs/PDAs. Learn from the convenience of your own home and take a course that will really help your practice grow. To register for this home study course visit [www.energytransformations.org](http://www.energytransformations.org)

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## WORKSHOPS

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The courses listed below are taught by Reiki Master and intuitive healer, Dawn Fleming. She has been working in the field of holistic health since 1989. She is the author of several books, an ordained minister, and mentors many students. CEUs are available for Massage Therapists, Acupuncturists, Physical Therapists and Social Workers for most workshops.

All balances are due on the day of the workshop. To register for the workshops below sign up online at <http://www.energytransformations.org/Workshops.htm> or send check or money order to Dawn Fleming, 1700 E. Butler Cir, Chandler, AZ, 85225.

**Enhance Your Intuition Workshop**, telecourse, 5 week class held on **Wednesdays** beginning **April 2<sup>nd</sup>**, 7- 8:30 pm East Coast Time, \$125. Handouts will be sent via email. Other items for coursework will be

sent via mail. This workshop is for any level of intuition development. If you are advanced, the information and exercises will help you to increase your accuracy. You will receive instruction and be given relevant exercises that will aid you in expanding your intuitive gifts. We will be working with expanding your ability to use all the senses to access information. We will also be working on intuition from the inner knowing aspect as well as doing some remote viewing exercises. There will be assignments to be practiced between classes to sharpen your intuitive skills. The class will be informative, experiential, and fun. Class size will be limited to 12. So sign up as soon!

At the time of this publication, Usui Reiki I and II classes are being planned in Arizona for mid-April and Karuna Reiki™ classes are being planned for May. A teleconference to discuss personal use of the Egyptian Healing Rods is planned for April. Egyptian Healing Rod classes in Maryland for using the rods in a healing session are planned for June. A home study workshop entitled *24 Days of Transformation* is currently being edited and should be available by this fall. Visit the website for updated information.

**The following USUI and Karuna Reiki™** workshops are taught by Reiki Masters Linda Brent and Amanda Sachs. To register for these classes send a deposit or payment to **True Relaxation**, 621 Railroad Avenue, Centreville, MD 21617 or call 410-758-0822 to register. Direct questions to Linda at 410-758-0822 or Amanda 443-956-8327. Be sure to visit [www.truerelaxation.com](http://www.truerelaxation.com). CEUs provided for massage therapists, social workers, and acupuncturists.

**Reiki II**, March 30<sup>th</sup>, \$175. Deepen your Reiki training in level II and learn the Reiki symbols, how to use them, how to empower your goals and how to assist others healing using absentee healing with Reiki. Send a deposit of \$50 to reserve your space. The next Reiki II class will be June 8<sup>th</sup>.

**Karuna I and II**, April 12<sup>th</sup> and 13<sup>th</sup>, \$150 each, Karuna Reiki™ heals deeply on the emotional and mental levels which then impact the physical healing process. It is a very powerful healing process and can be learned by anyone who has completed Usui Reiki I and II. To register for either class or both, send a deposit of \$50 for each class.

**Advanced Reiki Training** - April 27<sup>th</sup>, expand your tools in your Reiki toolbox. Learn: the Usui Master symbol, how to work deeply in the field to remove energy blocks, how to build a crystal grid, and much more. Reserve your space for this class. Another ART class is scheduled for June 29<sup>th</sup>.

**Karuna Reiki™ Master**, May 4<sup>th</sup>, for those who have completed Karuna I and II and Usui Reiki Master training. Learn the Karuna master symbols, how to use them, how to teach Karuna Reiki and to give attunements. This is a very empowering class and process to experience.

**Usui Reiki I**, May 18<sup>th</sup>, learn the gentle art of healing touch. Learn how to do Reiki on yourself and others and receive a level I attunement. Register today for the life changing experience.

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## ***INSPIRATIONAL ARTICLES***

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### **Form Follows Function**

In design there is a concept that states, if an object has to perform a certain function, its design must support that function to the fullest extent possible. In other words, form follows function. This concept is applied in the design of everyday items, from airplanes to door knobs. This concept is also evident in nature, from the

camouflage of the owl butterfly to the shape of the pitcher plant. In our world, there are many tangible examples of this principal, but what happens when we extend this concept to the manifestations in our lives?

What happens when our expectations of a form, are not in alignment with the function? Many of us may say to ourselves, “If I could just get this *thing* to provide me with *something more*.” We have jobs that allow us to maintain our lifestyles, relationships that provide us with stability, material items that adorn our homes, but when we look inwardly we say “something is missing”.

The challenge is that the something that’s missing may not actually be found in these forms. It is our expectation that a material object, for example a car, while performing its function of being aesthetically pleasing and providing us a means of transportation, etc, has any other function. It is not the function of a material object, to give us a sense of wealth, joy, achievement, etc.

We may expect a relationship to bring us a feeling of love, when in reality love is only found within oneself. The relationship’s function is to provide a container for love that can be shared and it is our responsibility to bring love to place into the container, as the container cannot create love.

We may have jobs that function as income generators while leaving us feeling devoid of personal enjoyment or fulfillment. What is the function of the job? Is it our expectation that any job will provide us with fulfillment, or must we first have a sense of fulfillment and then bring it into the space of our employers’ office, or even create a new meaning of work/job for ourselves?

In each of these examples, we have to identify the relationship between our expectations of what any particular form will provide us, and what the true function of that form is. What happens when a form serves an outdated function? In many areas of our lives, we have created or been attracted to forms that served a function at an earlier time. Now, we look at these forms and are surprised when they do not function differently.

We may have a lifestyle that was created when we were at a younger age, with different needs and expectations, with different constraints and confines. We may have given into the demands of the workplace, or social pressures, not sleeping or eating in a way that was nourishing. We may have taken on attitudes and perceptions that helped us to see the world in a way that would help us get promoted, or attain our goals, creating a space that was not in alignment with our higher knowing. We may have created patterns in relationships and interactions with others that affirmed some beliefs about ourselves that were instilled as children.

These forms were created to serve a specific function at the time they were created. As we have aged, gained experience, depth of understanding and awareness, we must also identify new forms that function in alignment with our new beliefs, values, needs, etc. It is unreasonable to think that a form will function differently just because we need it to.

When we find a challenge with an old form, or habit, we can break this by looking with a fresh perspective, asking, what form do I need today to fulfill this function? What lifestyle do I need today to support my health? What schedule do I need today that aligns with my values? With whom can I interact today to find my ground?

What happens when we ignore the perfection of form and function? Our relationship with our bodies offers a wonderful example of this perfection. Your form, is your form, and there is no form exactly like it. As our form expands into the realm of subtle energy body, each one of us has a unique imprint. Your imprint is created to function exactly as you need it to function for this journey.

How often do we look at other forms, asking why can't I be more tall, short, thick, thin, etc.; when we ask this question we are denying the perfection of our form. We are overlooking the importance of the relationship between form and function.

The great secret is that by seeing the connection between our individual form (body) and function (journey), we are able to take advantage of the form/function relationship. We are able to use the gift of our form to empower ourselves in ways that no one else can. It is your body, and all the subtle energies that surround it, that is perfectly suited for your journey. It is your body that will sustain you, nourish you, provide you with the stamina and vitality to take you around each stretch, bend and curve on the path, and only in the way that your body can. It is in honoring this form, that you can come into a greater awareness of how to allow form and function to meld together to propel you forward.

As we marvel at the engineering feats of man and nature. Whether it is a concert hall or a coral reef, there is a distinct relationship that is exploited to create an elegance, a balance. As we explore more deeply our interactions, experiences, understandings, let us look for this balance within ourselves by embracing the relationship between form and function.

Kim James, kim@e2creation.com

## Vessel of Intentions



Feeling sad that I cannot always send requested Reiki Prayer and Energy as soon or as often as I would like, a wonderful idea came to me, gifted from the Angels, I am sure. Gifts from the Angels are to be shared, so I want to share this idea with all of you.

As readers of Dawn's Energy Transformations Newsletter, we also receive e-mail requests for Reiki, as well as personal requests from family and friends, etc. How do we keep track of them...how do we remember to offer prayer and send Reiki? Now is the time to say "thank you" to the Angels for this great system.

When any request is given to me, I present it to the Light of God; then, as soon as is physically possible, write it on a piece of paper, bless it with a Reiki Symbol, deposit it into the Intention Vessel and let go of it. In this case, the Vessel sits atop a bookcase at the Touch of Light Healing Center, with a candle burning next to it. Each day I approach the Vessel, clear and center myself, and project the Healing Touch of Reiki toward all of the intentions in the vessel. I spend as little or as much time as I have, to do this, trusting that because this is not my power or energy, but my intent to be of service, that requests within the vessel will be answered to the highest good of each and every individual involved in those requests. This short and simple ceremony can be done at your healing centers, your churches or in your homes.

Just a few days after this idea came, I was at the Shaker Forest craft fair and came upon this wonderful artist who crafted the earthenware piece pictured above. It was very clear to me that this was chosen to be our Intention Vessel. But ANY vessel will work; it is symbolic and creates a place for the collective intentions. You could use a basket, a jar - plain or fancy, or use a decorated box. The point is to make a special place, an "altar" that holds the intentions, as you hold them in the Light.

I find that printing out the e-mail copy Dawn sends (or any others you may receive), and cutting the paper in strips containing the intentions, makes it easier to put into the vessel. I also keep a little pad of paper and pen on the bookcase to write down whatever requests I get or think of. It just keeps me mindful of the intentions.

With having this Intention Vessel at the Healing Center, I also have a little card explaining how the jar is used and inviting anyone who would like, to add their own requests to the jar. Here is a sample of the card:

## *Intention Vessel*

*Place your cares into this Jar  
That the Light of Love may  
Touch them and Heal,  
though we know not how...*

*Send your intentions to the Light,  
Source of Wholeness, Peace and Love.*

*The Intentions in this Jar will be held in the Energy  
Healing of Reiki and the Holy Light of Prayer  
each day.*

*May your intentions remain  
pure and loving.  
May you and those you love  
and care for be held in the  
Light of Love and Peace.*

*“Not my Will, but Thine be done.”*

by Betty Brooks, RMT, Touch of Light Healing Center, [touchoflight@verizon.net](mailto:touchoflight@verizon.net)



## **Tools of Transformation**

Have you ever noticed that in pictures of the Egyptian Pharaohs and their Priests they were holding small rods in their hands? What were these tools held only by those in power? Could these have been tools of transformation, power and healing? Could tools like these be available for us today? Yes, they are.

I recently purchased a couple sets of Egyptian Healing Rods, modeled after those used by the Pharaohs and Priests. After I found out about them, I knew that I needed to work with them. It was as if I had used them in the

past. Each set has two rods, one made of copper and one zinc. Each rod is filled with various carbon or quartz material depending on which set one is using. The rods have a nice balancing effect on the body's energy field. They help with: insomnia, stress, fatigue, high blood pressure, arteriosclerosis, gastric disorders, and tumors. They also balance Yin/Yang energies, enhance meditation practice, expand energy awareness and intuition, open all the chakras, strengthen the energy field, and harmonize the energy between couples.

A little history about the rods. The Egyptian Healing Rods were re-discovered by the Russian Count Stefan Colonna Walewski, a famous collector who owned the shop *Esoterica* in New York. In the early 1920's Count Walewski was consecrated into a secret society, high in the Russian Caucasus Mountains which combined traditional Yoga with teachings from the ancient mystic tradition of Zoroastrism. He became intrigued with the cylindrical articles seen clenched in the hands of so many ancient Egyptian sculptures and began investigating them. He published a manuscript of his findings which was made available in the USA in 1955, after his death. Vladimir P. Kovtun, a Russian teacher of physics, in the early 1990s translated Walewski's manual and produced the first set of rods in 1995 and named them the Cylinders of Pharaoh. Later in 1999 the rods were improved upon and renamed Rods-Kont after Count Walewski. Today, there are several versions of the rods available for use by healers and holistic health practitioners. To strengthen the vibration of the Rods, all the components used in their production are processed for at least 12 days in a 72-foot pyramid whose structure is based on the golden mean ratio. This energetic conditioning improves their resonator properties.

In Russia where the drug companies do not rule the medical industry, the rods are used in medical centers for healing and in sports centers to assist athletes in the recovery process after undergoing intense workouts. I have been using the rods for about two months and can attest for the remarkable properties of these rods. I use them several times a week in meditation and in healing work on myself and others. As a practitioner, the rods support the work that I am doing by balancing the client's body quickly so that I can pay more attention to the areas that need work. I also use them to remove blocks and to assist in the deeper work. In my private spiritual practice, I use the tools in meditation and in manifesting. In meditation, the effect of the rods is expansive and assists me to move deeper. The effect of the rods can last several hours to several days after use. I believe that these tools are here today to assist us on our path to healing, transformation, and ascension. These are powerful tools to be used for planetary healing.

Being so impressed with these healing rods, I became a dealer so that I can assist others to use these wonderful tools. Many people purchase a set of rods to support their physical healing and balance and a set to use in meditation for expanding into the higher realms of consciousness. If you are interested in finding out more or in purchasing a set, you can visit my site at [www.energytransformations.org/rods.html](http://www.energytransformations.org/rods.html). If you need help finding out what set is right for you, call me and I can dowse for the right set or sets of rod that will work best for you.

Dawn Fleming, reikidawn@yahoo.com



## Want to see Emotional Mastery - Watch a Two Year Old

Well watching a two year old will teach you quite a lot.....but in this case..... my son was playing - he ran across the room in total bliss - laughing and giggling really deeply in every cell of his body en-joying life. Watching him was infectious with glee.

He tripped and fell. He fell hard - I heard the thud as he landed. He was shocked, held his breath for a second, noticed how he hurt - and let out the biggest, loudest cry of sadness, frustration, and release of fear that perpetuated itself fairly intensely for about all of three minutes. Then he stopped - got up brushed himself off and quietly found something else to occupy his attention. In less than five minutes the giggles of joy returned.

Maybe it's not for adults to have this big of emotional swings - it would be off the scale. However, Ascended Master Djwhal Khul and the premise of Emotional Intelligence, teach that free flowing and the complete allowing of the emotions is demonstration of a healthy emotional mastery. Allowing the emotions to flow in and through is very helpful.

As adults - we often get stuck when we stop the emotions from flowing - we don't want to feel the emotion for fear that it will be so intense we cannot handle it. Leaning into an emotion, rather than running away from it is a much better strategy. Lean into and notice it for a little while and quickly you will notice that it changes. Even with very deep emotions - ones that have been stuck for years - facing them - feeling them and allowing them to move through is a powerful method to get to deepest healing.

Over the years, many clients have used this strategy to find that once they leaned into something - it didn't stay with what they had feared. It turned to another emotion that was very informative. As they continued to lean in the emotions changed and changed until they were either gone or transformed into propelling energy for change.

If you have something that has been stuck or feels very overwhelming getting someone else to witness you going through it can be very powerful. It's reassuring that you have someone there to comfort you and reality check. This person can be a trusted friend, pastor, rabbi or priest or religious counselor, or professional psychologist. Get help if it's too overwhelming - and by all means follow the mastery of the two year old with allowing your emotions to move through you so you can Let the Good Times Flow as well.

Moving through the emotions means Joy flows as well! In the process of flowing there is more energy available to live from you true self - your spirit spark - and BE the Light of the Truth that You ARE.

Best bright blessings,

Katherine Wright Desai, [www.Vitability.com](http://www.Vitability.com)

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Upcoming Workshops and Presentations include *Healing Energy for Pets, Words of Life*, ( A Poetry adventure with Rev. Mr. Jay Stearns), *Dream Workshop, Reiki Healing and The Way of Jesus, Energy Calming for Kids, Living in an Age of Anxiety, A Call to Serve*, and more! Check our website for details and dates. We are happy to welcome **M. Eileen Foley, CMT, CR, Reiki and Aromatherapy Practitioner** and **Matt Davis, Certified Hypnotist** to our Center!

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Reiki and Alchemy sessions – heal, transform, and empower you to be the best you can be. Removes blocks to your goals. Heals on a deep level and creates shifts that support your life's path. Call Dawn Fleming 480-456-8904

## ***REIKI SHARES***

### ***In Baltimore near White Marsh***

Reiki Healing sessions, 2nd Friday of the month, 6:30 pm – 8:30 pm , (doors close at 8 pm), (Johns Hopkins Bldg.), 4924 Campbell Blvd #103A. Address questions to: Michelle McCarty, [Handtherapist@hotmail.com](mailto:Handtherapist@hotmail.com) or Al Muehlberger, 410-686-0250, [Amuehl@earthlink.net](mailto:Amuehl@earthlink.net) or Beverly Hamilton, 410-663-5089, [bvrlham@aol.com](mailto:bvrlham@aol.com).

Free Reiki share **in Pasadena** Touch of Light Healing Center, 3<sup>rd</sup> Thursday of the month 6:30 -8pm, Call to register: 410-360- 0506.

## ***FOR SALE***

**Reiki I and II manuals in English and Spanish that Reiki Masters can copy** and provide their students without having to write their own or violate copyright laws. The manuals are provided in protective covers to easily remove the pages for copying. Amanda Nauton, Ellie Barna and Dawn Fleming, all Usui Reiki Masters, undertook this venture to put together a quality product that would be useful to all Reiki students and for those Masters teaching Reiki. Cost for both manuals is a one-time fee of \$45 (plus \$4 shipping and handling). You can order them online at <http://www.energytransformations.org/Products.html> or mail a check for \$49 to Dawn Fleming, 1700 E. Butler Cir, Chandler, AZ 85225. Be sure your address, phone number, and email address are enclosed with the check. Ten percent is donated to Cats R Us, which is a Not For Profit, 501(c)(3) feral cat rescue group that operates two small shelters in the Annapolis, Maryland area.

**Passing on Wisdom – Keys to Teaching Holistic Health and Spiritual Workshops**, e-book. Learn more about this book and how you can purchase it at <http://www.energytransformations.org/Products.html>.

## ADVERTISING INFORMATION

This newsletter is published six times a year (Jan., Mar., May, July, Sept., and Nov.). It is distributed to over 7,500 internet readers in the Maryland, DC, Northern Virginia areas on a spiritual path. Readership is expanding in the North Carolina, New Mexico, Colorado, and Arizona areas. If you are interested in placing an ad that promotes classes, products or services that are in alignment with health, well-being and being on a spiritual path, send me your ad to [lovelife@cablespeed.com](mailto:lovelife@cablespeed.com) or call 480-456-8904 with your questions. Ad rates are reasonable and our readership is growing by leaps and bounds. The ad is also placed on the website at [www.energytransformations.org](http://www.energytransformations.org). Deadline for May/June newsletter is April 25<sup>th</sup>. Ads are three lines of (7.5 inches wide) of 12pt Times New Roman font for \$35. \$12 for each additional line. For larger ads: \$75 for a half page ad (5 inches height X 7.5 inches wide) and \$135 for a whole page ad (10 inches by 7.5 inches). You design the ad and send it to me in a doc or pdf file. This is a great and inexpensive way to get the word out about what you do. You can pay for your ad on my website, by phone with credit card or mail in a check.