ENERGY TRANSFORMATIONS NEWSLETTER

May / June 2010

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

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The Lure

What lure's you? This may seem to be a strange question, but it really is not. When we can identify what we are chasing that has a hold over us creating blinders, we can remove this false god from our reality and get to enjoying our life in this present moment.

What is the lure that you seek like the sailors at sea pursuing the song of the sirens to their ruin as they crashed upon the rocks or the fish chasing the lure only to be hooked ? What is that lure that gives you a false sense of security or identity. When we chase this lure we are being lead by something that is outside of us. It keeps us from discovering our true empowered Self. This pursuit zaps our energy, and diminishes our ability to tap into our inner resources. I am not saying that you should not have goals. Goals are part of how we direct our energy and connect with the universal energy to support what is *mine* to do. I am speaking to how we chase the goals and the feeling or perceived reward and trying to force life to create the experience instead of going with the flow.

The lures that I am speaking about could be that promotion, fame, a completed goal, more money, control, more friends, popularity, the need to be the hero or to save or heal others, or could be the lure of those things that are addictive such as television, sugar, computer or video games, drugs or alcohol. You might say, "When I have this completed, I will be happy or when I get that new job or position others will respect me." Do you know that you can have this happiness, respect and all the other incredible qualities of life right now in your life? It truly begins when you release the lures in your life.

You might make excuses saying that this is just me being me. But you are not being the real you who is present in your life this moment. Your being is living in the future or trying to live someone else's life by being hypnotized by the lure as it sings it song of promises or of something better. You can see the lure. You pursue it. Sometimes it disappears, or changes directions. It calls to your ego that has to have something fulfilled or needs a greater identity. And off you go giving all your power to this lure.

We all have desires. I am not saying that these are unhealthy in any way. Our desires motivate us to create a happy and abundant life. However, it is unhealthy when your life energy is totally focused on that lure of desire. You then miss the celebration of your life on a day to day basis. When the desire controls you and blocks you from experiencing the beauty of this present moment then you are out of balance and touch with the incredible possibilities open all around you.

When this lure becomes bigger than life, you do not see or experience the rest of the environment around you. The lure robs you of valuable time, steals your presence away from the present and takes you deeper into an illusionary state of being. You seek the grandeur or satisfaction of some sort that is out there and not in here (within you). Guess what? When you finally caught some of those lures, it is not enough, you identify the next lure and there you are spending all evening at work for the next lure (promotion/ feeling of importance). You harness your frantic energy around chasing lures and never find peace. With regard to those lures which are addictive, you continue to chase more of the same lures. You surrender your power to them.

Image the universe bringing to you the answers, the people, the outward acknowledgement, or the resources needed to support your goals...

Take a few minutes and identify your lures. Ask what has a mental or emotional hold over me. What am I chasing? What do I feel is more important than my peace and happiness in this present moment? Where does my mind continually wander off to? What mountain do I feel that I have to conquer? Who do I feel is my mission to change? Be with the answers. Spend a few days looking at what you are chasing and why you feel you need to chase it. What is the lure about it? What is the perceived gain in obtaining it?

After you gain clarity about your lures begin to ask yourself, and imagine, what your life would be like without the lure. Think about how you would spend your time and energy differently (not chasing new lures.) Image the universe bringing to you the answers, the people, the outward acknowledgement, or the resources needed to support your goals and much more as you are in the moment absorbing all the good in the universe! So when you are ready visualize cutting the line to your lure. Free yourself from the blinders that the lure creates. Cut the line and just be in the new energy that is now created.

From my own perspective cutting the lures was uncomfortable at first. I had always felt so directed and driven but some goals just took over and I felt as if I had to do as much as I could to make some things happen. This would leave me exhausted and sometimes disappointed when things did not occur in my timing the way I thought they should. Doing this self reflection and cutting the lures is the biggest gift I ever gave to myself. The Universe can now participate in my life on all levels. My ego no longer drives me. I have a lot more energy and consciously choose to align my energy wisely. My mental, emotional, and physical energies align with the present moment and the power and knowledge extended in that moment to support my goals. And if in that moment it is time to be on hold, which is ok with me, it just means there is something else to do/be or it is just time to observe and reflect.

When you cut the lures you gain energy, reclaim life, and expand the avenues in which you can be supported. In the release the energy shifts are both subtle and powerful. I actually could sense the shifts on many levels. Give yourself the gift of freedom, cut the lures and live!

Blessings to all. Enjoy the warmth and beauty of Mother Nature as she blooms unlimited possibilities for us this spring.

Dawn Fleming

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"Who made me?" Is it with this, the simplest and yet most profound question, that a spiritual adage comes true. *The journey is the answer.* To find your creator, you must explore the universe until he (or she) appears. In ancient India it was held that all creation was compressed into a human being; therefore, to explore the universe, you needed only to explore yourself. But if you are an objectivist, you can turn the other way and explore the outer world. Following every clue, you will be led eventually to the last frontier of creation, and then you will be overwhelmed by awe. Albert Einstein declared that no great scientific discovery has ever been made except by those who kneel in wonder before the mystery of creation. Wonder is a subjective feeling. Even if you turn outward, you wind up confronting yourself – blazing galaxy is wondrous only because human eyes are gazing upon it, and the need to understand our wonder is a human need.

Reinventing the Body, Resurrecting the Soul

Deepak Chopra

HAPPENINGS

Congratulations to my daughter Vicki and to her new husband Andy Fisher on their marriage on April 9th. We wish them well as they begin their life together in Alaska.

I am not planning on teaching this summer as I will be focusing on some new book projects.

Suzanne Somers new book *Knockout: Interviews with Doctor Who are Curing Cancer and How to Prevent From Getting it in the First Place* is an outstanding read for anyone seeking preventative measures and holistic health methodologies for their health. She talks to doctors who are curing cancer without chemo and radiation and they explain that chemo and radiation do not work for most cancers. It is a very good informative read.

Let's connect on Facebook and keep in touch via this social network. Send a friend request to Dawn Fleming so that we can keep in touch between newsletters.

Another *How to Become a Continuing Education Provider* teleconference workshop is planned for May 1st. See Workshops section for details.

WORKSHOPS

How to Become a Continuing Education Provider—Telecourse

May 1st
Noon to 3pm EST, 9am to noon PT

Learn how to become a continuing education provider to the professional fields that require CE hours. This workshop will teach you how to approach this tedious process so that you will be successful in applying to receive provider status. Becoming an approved provider will help you to fill your classes. Learn about where to market your classes after approval. Includes a copy of the ebook *Navigating the Continuing Education Approval Process*. We will take a 15 minute break mid class.

Investment $55

Sign up online at http://www.energytransformations.org/workshops.html

Free Egyptian Healing Rods Teleconference - Spread the word

Thursday, May 13th, 8 pm EST, 5 pm PT (This is the rescheduled talk from April 29th.)

The Egyptian Healing Rods are empowering tools used by today's contemporary healers, Lightworkers, and anyone walking a spiritual path. In this teleconference I will provide information about the different sets of rods, how the Egyptian priests and pharaohs used the rods for healing, power, and transformation, and how you can work with the rods to empower your goals, well-being, and to ground peace and joy in your life. If you are interested in listening in send me any email at reikidawn@yahoo.com so that I know who is listening in and I will send you the telephone number. Check out the power point presentation on these amazing rods at http://www.egyptianrods.com

REIKI in Maryland

All workshops are taught by Reiki Master Amanda Sachs and will be held at Inspired Journeys of MD in Odenton , MD. To register email events@InspiredJourneys.com or call 443-396-1282. Amanda can be reached at 410-952-8327. CE Hours provided for massage therapists, social workers, acupuncturists.

Karuna Reiki® I - May 9th 9:30am - 4pm, Karuna Reiki® works very deeply on healing the mental and emotional issues that block energy and steal our zest for life. Karuna is very powerful and empowering. Must already be a Reiki II practitioner. $150

Karuna Reiki® II - May 23rd 9:30am - 4pm, must already have completed Karuna Reiki® I. $150

Reiki I – June 5th 9:30am - 4pm Cost: $150 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.

These will be offered again:
Karuna Level I – July 10th 9:30am - 4pm Cost: $150
Karuna Level II – July 11th 9:30am - 4pm Cost: $150

Advanced Reiki Training and Reiki Master training coming this fall. Let me know if you are interested.

Home Study CE Hour Courses

Massage therapists, nurses, acupuncturists receive CE Hours for the courses below as well as Maryland, DC, and Virginia social workers

Creating a Successful Holistic Health Practice—15 CE hours
This home study course provides both the inner and outer work of creating a successful holistic health practice. Learn how to empower yourself to create the practice of your dreams and to support yourself doing what you love. Nurses, massage therapists, and social workers have all raved about this course. Give your practice a boost and earn CE hours. Sign up today.

Chakra Wisdom: 24 Days of Transformation—24 CE hours
This home study course provides valuable information and experiential exercises that will:
·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.

Register on line at http://www.energytransformations.org/workshops.html

Signs

Many years ago, in the months after my son's death, I began to emerge from the shock that had enveloped me when I was notified of his transition. I had a deep desire to reestablish a relationship with him so that I could successfully move through the grief process. I found a psychic medium, a young mother with two sons of her own.

Her amazing readings helped me to begin to deal with my loss and I found my new connection with him. I was blessed by her compassion, understanding and her remarkable gifts. We became friends.

Over lunch one day she asked "Do you mind if I ask you a personal question?"

"No" I said.

"When one experiences a loss such as yours, we are given notice beforehand, sometimes long before our terrible loss. God opens a little "trap door", an opening in our lives and sends the message through to us. He prepares us in some way."

What was your sign?"

"Well, I don't know." I said. "I don't think I had one."

"Oh yes… yes you did." Her eyes opened wider. She looked deeply into mine, smiling.

"I don't know, Alicia… there's nothing that comes to mind."

I stopped… a memory slowly surfaced… a warm day, sunshine, clouds drifting overhead… an empty railroad track.

As a teenager I would brood over the reality I lived in. I couldn't sit still with the brooding and would often walk the river bank, the woods, the beach and one particular hot summer day, the railroad tracks. My only companion the wind blowing off Lake Superior.

I hit a long straight stretch of track and in the distance I saw a figure sharing my track. He was darting from one rail to the other hopping the ties. As I came closer I saw it was a boy. He didn't seem to see me or notice me. He was picking those itinerant wild daisies. He must have been collecting them for awhile as he barely clutched them all in one hand. Some flopping, drooping and dropping to the ground. He didn't seem to care.

I was almost upon him before he saw me. He didn't miss a step. He was scouting the next daisy to be plucked. He dove for it, added it to his fistful, hopped a rail and handed the entire bouquet to me.

He scaled the other rail, carefully placing one foot after the other. He teetered off and scooped up the next daisy. I stood watching him, holding my bouquet in stunned silence. I stayed rooted to my spot till he was a bobbing blur again.

Seventeen years later, I was a single mother living with my five-year old son in a suburb on the east coast. I stepped out onto the small slab of cement that served as our patio and called to my son. My blonde-headed boy appeared around a corner of the building. He was gripping a daisy the size of a quarter with a leafless two-inch stem. "For you, mom!" he said, blue eyes grinning up at me. My throat tightened, my eyes burned with tears as the memory of the boy on the track flooded over me.

As I repeated this story to my friend I realized a series of signs had formed a pattern in my life. A connection, if you will, marked by one identifiable element: daisies.

The first flowers delivered to the house the day of my son's funeral was a bouquet of daisies. Sympathy cards with daisies on them arrived in my mailbox. In the months following, I found daisies lying on his grave. His girlfriend would stop by on his birthday or Mother's Day, when I was not home, and press bouquets of daisies between the storm and the front doors.

God did send a sign, but it was not about loss. It was about amazing blessings marked by a pattern of daisies.

A message that a boy would come into my life for a brief time, giving me the gift of motherhood and changing it forever… that he would love me and the gifts of his love would continue to unfold in every experience, in every turn, in every step of my walk thereafter. His life lifted me up and his transition triggered my spiritual expansion. A transformation that was due after eons of evolvement.

I continue to look for those synchronicities, those signs upon our path that remind us we are not alone. Whether we know them or not, acknowledge them or not, want them or not, they are there.

We receive signs all the time though most of us are unaware of them. They come through multiple sources such as dreams, nature, or through other people. We can ask for them and/or they come unrequested. They may be warnings, indications of future events, prophecies or Divine plans, premonitions, or messages. They are primarily verbal, visual, or kinesthetic—we hear, see or sense them either internally or externally.

Verbal signs can include songs or music that pops into your head. You might have some question or thought in your mind and turn on the radio or television and get the precise answer.

Visual signs can be images, shapes, or colors in your mind's eye. They may appear in dreams. Or they might appear through physical sight. Do you always seem to see the same flower or name, or type of animal?

Kinesthetic signs are found in nature. They are unexpected, obvious, or repetitive. They can be climate shifts, animals, or physical repetitive occurrences. You may see the same animal or object every day at the same time. The same type of leaf blows into your face or you notice the wind makes shutters bang everywhere you go.

It is a sign if the occurrence happens three times, it is unexpected, or it is out of the ordinary in a "normal" circumstance. It is a sign if it is meaningful to you, someone else tells you it is important, or if it is surreal or paranormal in nature. It is significant if it stays in your mind for a long time, or it moves you to a mystical state of being.

Signs bring meaning and dimension to our lives. They guide us and assure us. They remind us we are fundamentally spiritual beings and that we are not alone. They are precisely personal and completely unique to us. And they give us answers and help us to evolve and grow. They are blessed extensions of us.

Annette Lindstrom is an ordained Minister of the Melchizedek Cloister Emerald Order, a Certified Psychic Medium and a Certified Healing Touch Practitioner. www.annettelindstrom.com or Annette@annettelindstrom.com.

The Metaphoric and Spiritual Value of Nature

"Lessons always arrive when you are ready for them, and if you can read the signs,
you will learn everything you need to know in order to take the next step." Paulo Coelho

Spring is upon us! And, after a long hard winter here on the East Coast, I imagine many are like myself - ready to get out and enjoy the bounties of Spring. Nature has long been known for its ability to renew and heal us. Yet, how many of us tap into the spiritual and metaphoric value of nature?

According to Ted Andrews of *Nature Speaks*, nature, in and of itself, can be a doorway for spiritual initiation and growth. The power lies in its symbology. When we are able to tap into this symbology and understand the messages, we have a powerful ally for spiritual growth. There are three steps to understanding how to utilize this powerful tool. The first is learning to recognize the signs and symbology. The second is learning how to understand and translate them. The third requires us to develop our physical and non-physical senses.

Throughout human history, symbols have been used as a means of communication – often expressing that which we do not have a language for. It can be said that symbols are derived from archetypes or universal energies. Symbols touch and express both our objective and subjective realities and bridge our rational and intuitive states of being. It is the language of our subconscious self. When we are able to grasp and understand their significance and meaning, we open to new levels of awareness. What was once hidden within or from us, is now revealed.

Everything within Nature is potentially symbolic. Nature holds within its power the ability to reflect some hidden force at play within ourselves and our world. For millennia, Shamans have used the power of symbols and images of Nature to heal and express a transpersonal kind of experience. Although much of humanity is intellectually and emotionally disconnected from this truth, we are an integral part of the web-of-life. *This is an important point.* Humanity's ability to access the power of Nature's symbology is because of its primal self. Our primal intuitive nature looks and listens for the softly displayed patterns and iconic messages that Nature has to offer. When we are able to recognize and apply this awareness to our life circumstances - we truly possess the power and

wisdom to consciously move our spiritual evolution forward.

Recognizing signs is the tricky part! We might ask – how do we begin? How do we know whether the particular element of Nature that has caught our attention is significant?
The answer begins with first recognizing that aspect of Nature that has caught our attention. Ted Andrews asserts that we have two kinds of encounters: the ordinary and the extraordinary. *The key is knowing the difference*. When plants, landscapes or animals are part of our living environment, our seeing them may not have a specific message. It does not, however, mean that they do not play a role. They can be reminders of what we may have been ignoring, or simply, provide us with a connection to Nature.

Extraordinary encounters are different. Sometimes the encounters are subtle and sometimes they are strikingly apparent. You may notice a flower or a tree in an open field where no other of its kind resides. You may be deep into a conversation with a friend when a bird or animal appears outside your window. The air is filled with a particular fragrance of nature. Frequency is also an indicator. This past Winter, midday, I was driving and ahead I could see a large buck walking toward the road. As I approached, it maintained its pace and walked out in front of my car. It stopped for a few seconds, looked at me, and then speed off into the open field. That same day, on my return home, I had a similar encounter with a potbelly pig. These are extraordinary encounters!

While there are a number of ways that we can experience the extraordinary, there are a few ways to distinguish them from ordinary. One is by the means of repetition. We can describe this as singular, similar occurrences within a short-time period. They can contain a Wow! or Aha! factor. They are more extensive and striking and grab your attention immediately. They can be described as unusual or out-of-the-ordinary. It can take form not only on the physical plane, but on the subtle plane as well – such as in dreams.

Recognizing the significance of our encounters is the first step. Understanding and translating them is the second. The art of accurately interpreting Nature's signs is like learning to speak another language. It takes time, patience and practice. Sometimes, the meaning will come easily and other times it will not.

Ted Andrews offers us insight and a simple practice to begin working with. He states that beginning with these principal questions, we can start to hone our skills of understanding and translating what we encounter in Nature. They are:

When we have the encounter, what were we focused on at that time? What were we doing and/or thinking about? In the previous 24 hours?

What mental images come to mind? What emotions are being stirred?

What major issue(s) are currently present in our life? How does this fit with what is going on around you?

Are there new things you are starting or have recently started?

Trust your first impressions – they will usually hold part of the answer. Next, consult other sources of information (such as books) that provide sources of symbol interpretation. Lastly, you need to expand your basic understanding of Nature. The symbology of Nature is largely based upon the individual patterns of a species – its habits, natural habitats, and the like.

Our final requirement is learning to develop our senses – all of them. In order to fully experience and appreciate the subtle realms of Nature, we need to develop an intimate and keen sense of all of our senses. Most often than not, we rely strongly on our sense of sight. Noting that we saw this or we saw that. My question is: when you are out in Nature how often do you notice the scents? I am not speaking of only floral aromas but those of the trees, or a body of water, the soil or maybe, even the weeds? How often do you use your sense of touch? Run your fingers down the bark of a tree or feel the texture of leaves? Run you hands along a boulders edge? Walk barefoot on the earth? Do you hear the sounds around you or do you just hear the thoughts in your head? Do you hear the wind move through the leaves? Do you hear the water as it moves downstream? Do you hear the footsteps of animals as they walk the forest floor?

All of these senses brought together invite the possibility of a more accurate intuitive understanding of what the subtle and non-subtle realms of Nature has to offer. Without the full involvement of each of these senses, you will have an incomplete picture from which to draw from. Remember - the intuition draws from all of these facilities.

In closing, I will leave you with a beautiful remark of Ted Andrews, *"Nature's greatest gifts are her endless willingness to teach us about ourselves and our possibilities. When we can experience her wonders and beauty, we can begin to realize that every creature and element in Nature mirrors the magnificence of our own Soul."*

Sherry Rogers, Soul-based Coach and Guide, Teacher and Group Facilitator and USUI Reiki Master and Karuna Practitioner. sheynakup@aol.com See her ad on page 11.

PURPOSE

Few of us recognize *purpose,* until events occur and one has time for reflection.

I will share a very personal story that ultimately has life alternating affects. Just before the New Year's holiday of 2010, my 37 year old second son ended up in the hospital with "acute renal failure." The health emergency came out of the blue, catching all of us blind-sided. My son has always been a physically healthy and strong individual. As an adult, he is 6 feet tall and weighs approximately 260 pounds. He has a large frame like his dad who was full-blooded American Indian, i.e. Mohawk.

Doctors in the hospital were totaling baffled by his non-acting kidneys when he was admitted. He was dehydrated, however, many units of IV didn't seem to kick start his kidneys. The doctors continued to run all sorts of test, basically trouble shooting, but they couldn't find the problem that would help them with a solution/treatment. To make matters worse, several days into his hospitalization, he had a severe reaction to a drug the doctors had prescribed that caused him to swell up like the Michelin-man. He began dialysis on the fourth day of his hospital stay – continuing the dialysis procedure three times a week. All tests continued to come back negative and as the tests concluded and his doctors gathered information; over medication appeared to be the major issue. He was discharged after ten days. The renal tubes of the kidneys were determined to have been damaged. His kidneys did not have any damage. His body has fully recovered including the renal tubes and his dialysis ceased after a few additional sessions as an outpatient. He is doing fine. He has dietary elements to change and has been doing so; he is working on a better exercise program and he's most grateful for the turn around. It was a wake-up call for him, his family and his friends.

So, this past weekend, 20 February 2010, his son was celebrating a birthday and had a party at an exercise/pool facility in the Bel Air area of Maryland. We were all there to celebrate my grandson's fourth birthday and while twenty-plus children (most from his pre-school class) played in the pool, an *opportunity of purpose* presented itself.

My son, Pax, and I were at poolside talking and watching a variety of water activity in the pool. Suddenly, my son says "what's wrong with that kid"; I saw what he saw. No sooner had the words come from his mouth; Pax was diving into the water and pulling from under the water a struggling four year old who had already taken several large gulps of water. The child turned out to be my niece's son and he came out of the water gasping and coughing. Thanks to Pax's quick action, the child was okay -- just very frightened and was soon re-united with his mother. Pax never hesitated; he had jumped into the water, with shoes and clothes on including wallet and keys in his pockets. He had a *purpose.*

Later that evening after the birthday celebration was over and things had calmed down, I said to Pax, "You were in the hospital and went through many many medical procedures, came home and later was standing at poolside at the right time to save a child from serious trouble. Your life has a *purpose* and you did a wonderful thing, saving a struggling child".

Eight weeks ago, while Pax was in the hospital many Reiki practitioners around the world became aware of Pax's health situation. Through prayers, sacred energies, and holding Pax's body in a sacred healing space, he was healed and was given an important opportunity to react in a situation with compassion and selflessness.

What a miracle; what a blessing to be so thankful and to have feelings of gratitude. Through the unselfish love of others, the combined healing powers and prayers, the joy of Reiki gave *purpose* to one individual that ultimately and positively affected another. *Thank you all from the bottom of our hearts*.

Love,
Treva Clark, Reiki Master, turtleclan1@comcast.net
Pax Clark, son

The Benefits of Stone Massage

Many people do not understand the benefits of stone massage and have never experienced the deep healing provided by a session. They have experienced Swedish massage or a similar therapy, but may not know how wonderful and therapeutic a stone massage actually is. The type of stone massage technique that I will be discussing is LaStone® which uses both hot and cold stones to bring relief and healing to the body.

Traditional Swedish massage and Shiatsu have a lot to offer. They will accelerate oxygen and nutrients, activate the circulatory system, improve the digestive system, relax the body, assist the mind to let go and the spirit can soar to new levels of meditation. So if all this is happening in a traditional massage why choose to experience a stone session? What makes a stone massage different than other massages?

Hydrotherapy or Thermotherapeutics or thermotherapy as some refer to it has been floating around the world of healing for thousands of years. Basically it involves the use of water and various temperatures to relieve pain in the treating of illness.

Hydrotherapy plays an important role in almost all fields of science, including physics, chemistry, and biology. The application of temperature to the body to aid it in the healing process has been recorded as early as ancient Egyptian, Greek and Roman civilizations. Hydrotherapy was revived during the 19th century in Germany. Father Sebastian Kneipp taught the practical use of hydrotherapy in everyday life. His methods are still in use today throughout Germany and around the world. In modern times hydrotherapy is a common practice in the physical therapy offices and many hospitals where they are treating arthritis, strains, sprains, burns, musculoskeletal disorders as well as for stroke patients with paralysis. The list goes on for it has a wide range of benefits to support the body to heal. Hydrotherapy is generally known as geo-thermal therapy. .

LaStone® is the clinical application of *Geo-Thermal therapy* to the body using heated stones and alternating with chilled stones to bring about a chemical release within the body's systems. Spiritually the use of heated and chilled stones to our body will aid in balancing our chakras and recharging our souls with Mother Earth energies as we perceive the wonder of the temperature and the stone's individual vibrations entering our bodies.

Many stone massages do not alternate between the various degrees of temperature and only offer hot or warm stones to the body; resulting in a relaxing experience and one that is capable of moving some blood around in the local regions where the heated stone were applied. This type of stone massage is suitable for the client who has no health issues, no pain to relieve, and no inflammation to move out of the body and only wants to relax and feel comfortable.

For those who are looking for a deeper sense of themselves through ceremony, who seek ways to make a chemical change within their constitution and begin the healing process, LaStone® is a methodology that can administer such an experience. The body will journey through multiple levels of healing as the blood, the lymphatic fluids and digestive juices all interact with the stones being applied to the body at various degrees in temperature throughout the session. The many different types of stones used are the "medium" and the various temperatures are the "message."

This "vascular gymnastics" that is achieved by the use of alternating hot and cold stones in a massage aids the circulatory system, endocrine system and digestive systems in assisting the body in self-healing and goes beyond what bare hands can achieve in the traditional body therapies.

A LaStone® session goes beyond the physical experience of typical massage, and enters deeper dimensions of relaxation, health and well-being, creating a positive approach to Body-Mind-Spirit philosophy. Remember what it was like as a child to lie upon the earth and feel as though nothing was wrong in life? People are searching far and wide for that sense of well-being, that connection with the power and peace of life. We have forgotten where to find it. In this fast paced society, we rarely take time to go outdoors and rest and feel the vibration of our mother, the Earth. It is too convenient to go to the gym and or exercise at home.

We are missing the true meaning as to why one goes outside, not realizing that we need the connection to *Mother Earth.* Receiving a session supports us in reconnecting to *Mother Earth*. We feel cradled and protected by our Earth Mother as we experience her seasons through the various temperatures being offered to the body as the sessions unfolds.

Stone massage therapy performed by a certified therapist offers many healing benefits as well as allows you the opportunity to find deep relaxation. Stone massage offers you a safe environment to experience the deep healing vibrations of Mother Earth and creates balance as your energy centers accept the ceremony being offered to your body.

Mary Nelson, founder of LaStone® Therapy
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HOLISTIC CLASSIFIEDS

Let the World Wide Community Know What You Have to Offer

Echoes in the Wild

Offering soul-based coaching and nature quests to cultivate a deeper level of intimacy with self and the world.

Everyday life seemingly demands more and more of our time and energy. This busyness can cause us to lose our connectivity to, not only ourselves, but to the world around us. Our lives become driven by an auto -pilot version of ourselves. And, in doing so, we have adopted a way of life that has disconnected from the very web of life that supports us.

We each have a calling, an authentic and unique quality of being, to gift to the world. When we are able to express the truth of our authentic Self, we have the capacity to live a life of meaningful connections and experiences.

LIVING YOUR AUTHENCITY

Our mission at *Echoes in the Wild* is to provide soul-based coaching and day quests in nature to cultivate a deeper level of intimacy with Self and the world. We accomplish this through:

- Experiential day quests into Nature
- Contemplative and reflective practices
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Venue: 260 N Mathilda Av, Apt D 10, Sunnyvale, CA 94086, most Fridays 5-6:45 pm. Donations welcome, all lineages honored. 408-594-5933 poc: Manisha Bansal Baliga.

Maryland
Inspired Events of MD, last Wed of month, 6:30-8pm. For practitioners & the public. FREE! Love Donations accepted. Registration required. Email events@InspiredEventsofMD.com or call 443-396-1282.

Reiki Healing sessions near White Marsh, 2nd Friday of the month, 6:30 pm–8:30 pm., 4924 Campbell Blvd #103A. Contact: Michelle, Handtherapist@hotmail.com or Bev, bvrlham@aol.com

Free Reiki share New Market, MD, on the last Wednesday of the month beginning at 7:30 pm. If you need directions or to contact us, call 301-865-0119. Offering Reiki, Reconnective Healing and Reflexology.

Unity by the Bay; Severna Park, first Monday of the month at 7 pm. Open to Reiki Practitioners and to those interested in experiencing Reiki. POC Pat at pat@annapolisreiki.com.

Reiki Share, Lemurian Energy Healers of Pasadena, meetup, Third Monday of the month, 7-9pm, At the Lemurian Healing Vortex, 8222 Ventnor road, Pasadena. Call Sherlynn 443-989-8040.

Reiki Share in Catonsville: Third Sunday of the month, 3-5pm at Catonsville Wellness Center, call Kathy MacLeod at 410-744-0549.

Free Meditation Attunement with Ascended Master Djwhal Khul near the New and Full Moon for aligning to the Positive Aspects of the Celestially. For information call 301-312 –7678.

New Jersey
Reiki shares at SenseAbilities in Manasquan, NJ, 3rd Thursdays of each month at 7:00pm. All levels and lineages are welcome. Please call 732- 449 -2244.

Virginia
Reiki Share in Alexandria, VA: First Sunday of month (when not on tour to John of God in Brazil), 10am-12pm at Reiki Center of Greater Alexandria. Call Kathy South at 703-924-3768.

These newsletters speak to the head and the heart inspiring us to move forward and awaken into a Higher understanding of Truth, Wisdom, Love, Transformation, and Joy. I welcome your comments, thoughts and inspirational articles. Please send your inspirational articles regarding holistic health, raising consciousness, energy modalities, ascended masters, meditation, spirituality, angels, stories of healing or transformation, empowerment, inspirational travel, poems, etc., to mylifeisgood22@cox.net. Most articles are 500 to 1200 words in length. Your words can deeply impact the lives of others. The stories are meant to inspire or educate, not sell products or classes. Each article includes a byline of the author's name and either email address or website. The deadline for articles for the July/August Newsletter is June 6th. The deadline for advertisements is June 25th.

For advertising rates and deadlines go to
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We honor all forms of healing and all light filled philosophies. Dawn Fleming is an ordained minister, holistic health practitioner, teacher and author with over twenty years experience working in the field of integrative energy medicine and spirituality. She is here to serve humanity in making the tremendous leaps in consciousness needed at this time. Dawn is a catalyst for making the changes needed and in a way that is gentle and meaningful. Learn more about Dawn Fleming and Energy Transformations at http://www.energytransformations.org

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