ENERGY TRANSFORMATIONS

Jan/Feb 2008

Welcome to the Energy Transformations, Inc. free newsletter 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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HARNESSING THE HIGHER ENERGIES part 2

(part 1 was in Nov/Dec 2007 newsletter)

Happy New Year!

This higher energy is impacting us by stirring up and releasing the negativity within each of us as well as the entire planet. We are being forced to step up and fulfill the roles that we signed up for before we were birthed. We have spent many years in the role of student -- absorbing knowledge and experiences from many wonderful teachers. Are you ready to take off your student hat and step into your role as a sage, a Jedi Master, a Mystic?

Pluto is making its presence know as we go through these changes. Pluto has no patience, and Pluto's message is ***the time is now***. We can no longer hide behind our teachers and spirituality gurus to handle things and to make the world a better place. We have arrived. Now is the time to show up, bring your Light out, and to make a difference. We are all students, we are all teachers, and we each embody a powerful point of energy. We each have direct access into the Source of endless grace and miracles. We need to stop talking and listen. Listen to our inner guidance that says go left, go right, act now, call this person, give this message to that person.

Instead of judging this time on our planet as something challenging or bad, we need to view it as an opportunity to address the negativity as it comes out of hiding by shining our Light. We need to stand in our spiritual maturity and find creative heart-centered solutions that will transform how we are on this planet. c

In this transforming process, each one of us will experience the integration of the higher energies that are here to support our light work. Going through energy downloads or shifts while continuing to live our day to day lives at times can be awkward, painful, and challenging. The energy releases what is not serving us and works to repattern our individual energetic grids to align ourselves for higher work. As we move through the shifts, our energy changes and we are enlightened in many ways, connecting us to a deeper wisdom and knowing. For each person these energetic attunements/initiations are different. As we move through the experience of the shifting energy, we see our capacity to be a loving and powerful spiritual human expand. This energy I call "the great reward" after going through "an enormous death of major proportions."

In this shift you may feel lost, angry, and question your life's path. Your shadows that need healing, surface. And when you choose to stand with the intention to be a Light, you weave through these shifts and come out more peaceful and complete and know more of your Oneness with spirit.

We each play a role in the global transformation that is upon us and is speeding up month by month. Instead of saying "I'm not ready, I'll let others handle it." We must stand up and say, "What is my role?" And as a group we must cooperate to ask how can we harness this collective Light energy to make a difference on this planet right now? What is your role? And in response to Pluto's message, we respond, "The time is now!"

I will share with you the information that I received from St. Germain in July 2007:

"You are a bundle of energy moving, shooting, and firing through the body, blessing or destroying the perfection that was given at birth. This energy bundle is an expression of thoughts, feelings and prayers. Where the mind goes, the energy follows. When the mind centers on prayer-filled expressions, your life unfolds in the flow of the Divine. Centering on love, peace and joy, you are lifted into higher expressions of the Divine. In the stillness of the simplicity of prayer for love, peace and joy, you become the Light language of energy that weaves patterns of these higher qualities around you and in you. You are charged with an incredible power that changes your life permanently. In the moments of Union, knowing this love, peace and joy that you prayed for, you feel and know the Presence of God in you in that instant. You know that all is unfolding in Divine Order. When you can keep your prayer-filled mind and body actively reflecting and connecting with these feelings throughout the day, God's Light and Love for you begins to charge you and change you. God moves you and it feels right -- as if there were no other way."

The next step is to train to consciously be the Union that takes place in prayer. Instead of being in the act of asking and praying, be the stillness in which the prayer leads you. Be the Union where God answers and your life is the fullness of God expressing as you throughout the day. In this stillness, where God rests, you are once again rebirthed into perfection – a Light Being that only knows that which it once prayed for – love, peace and joy. The path of ascension takes you from seeking and asking to Union, Rebirth and the Full Realization of Heaven Unfolding from within.

As I end this article, I just want to note how incredible this energy is in supporting our ability to harness the teachings of alchemy and ascension. From working on people, both in person and in distant work, I can see how our bodies are being rewired and repatterned. The gifts begin to open up and expand within as this process unfolds. At some point, in this life or before you arrived, you agreed to do something for the good of all and now the gifts are showing up so that you can live your true purpose. You might want to support this process by receiving energy work, taking a relaxing vacation or getting some type of bodywork that supports your physical alignment. Remember, the time is now!

Love to all,
Dawn Fleming

(The information above is part of the information shared at the July 30th gathering entitled Harnessing the Higher Energies where spiritual teachers, Dawn, Gwen MacGregor, and Mary Bradtke shared their perspectives on this topic. The entire evening was recorded live onto 2 CDs and can be purchased at www.energytransformations.org/Products.htm)

Thank you for sending in the articles last month. If yours was not used this in this edition, it could be used in a future newsletter. I want to read your stories, poems, prayers of inspiration, healing, success, etc. For consideration, send to lovelife@cablespeed.com. Most articles are one to two pages long.

HAPPENINGS

At the request of many students, I will be teaching Energy Anatomy – The Power of Working with Your Chakras on February 24th in Maryland. This workshop will provide you in-depth knowledge about the chakras (your energetic health system), how it impacts your health and what you can do to create health in all areas of your body. This is a course that everyone should have. Linda Brent will be a cofacilitator of this workshop. See details on page 4.

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

Alchemy sessions – I have been receiving information on how to work with the energy of alchemy and will be offering individual sessions when I visit Maryland the end of February. Sessions will last about 45 minutes to one hour and cost $75. These sessions will support manifesting your goals and aligning to and integrating the higher energies. I will begin scheduling them at the end of January. I will be happy to provide more information to those interested in receiving a session.

A five-week Enhance Your Intuition Workshop is being offered in April. The workshop will be a teleconference class. All you will need is a telephone and your computer. All handouts will be emailed to you prior to each class. Details are listed on page 4.

Navigating the CEU Process book and Becoming a CEU Provider (2-CD set) recorded live during the workshop are available. Anyone buying the book or set can also receive Passing on Wisdom: Keys to Teaching Holistic Health and Spiritual Workshops, an ebook, for $10 (an $8.95 savings). Also available is the book Creating a Successful Holistic Health and meditation CDs for centering, healing and ascension.

WORKSHOPS

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. Make sure that you include your phone number and email address with your check. For the Energy Anatomy class, please sign up at True Relaxation 410-758-0822.

Usui Reiki I Workshop is being planned in Chandler, AZ, for Sunday, January 27th, $125, 9:30 am – 4:30 pm. Learn the art of healing touch. Empower yourself to be a vehicle for healing energy. Learn how to do Reiki on yourself and others. CEUs for physical therapists, massage therapist, and nurses. A deposit of $50 is required to register for this workshop.

The Healer Within, Saturday Feb 23th, 9:30 am to 5 pm, $100.00. A one-day workshop to teach spiritual healing methods. This will be a powerful day of exploration and insight. The workshop, led by Dawn Fleming, will be held at the Ishk Sufi Center, 12422 New Hampshire Ave, Silver Spring, MD, 20904. Call Ramana Smallen for information 301-922-6537.

Energy Anatomy –The Power of Working with Your Chakra Centers: Sunday, Feb 24th, 9:30 am to 4:30 pm, $125. This workshop will be taught by Dawn Fleming and Linda Brent in Centreville. We will show you how to harness the power in each chakra to support your life's path. We will address what each chakra's mission is and how to unblock the energy to empower your daily activities and spiritual journey. This workshop will assist you in creating a life filled with joy and freedom. A deposit of $50 is required to sign up for this workshop. You can register by calling 410-758-0822 or send a check or money order to True Relaxation, 621 Railroad Avenue, Centreville, Maryland, 21617. Six CEUs for massage therapists and social workers.

Hara Repair and Grid Repair Workshop, March 1st, 9:30 am to 4:30 pm, Kelly's Herb House in Millersville, MD, $200. Do you ever have healing work that does not seem to hold? Hara and Grid Repair Workshop will assist you in providing deeper energetic work that brings the body back into alignment for total healing to occur. Learn the anatomy of the grid line that the chakras connect into and understand how to fix this line and empower the whole grid system. A deposit of $50 is required to sign up for this workshop. Six CEUs for massage therapists and social workers.

Enhance Your Intuition Workshop, telecourse, 5 week class held on Wednesdays beginning April 2nd, 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 you 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.

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. CEUs for massage therapists, social workers, and acupuncturists.

Usui Reiki I, January 12th, 9 am to 4:30 pm, $125. Learn the gentle art of healing touch. Reiki accelerates the healing process, clears blocked energy, and helps to open you on all levels. Learn to use Reiki to help yourself and others. This is a great gift to give yourself to empower your life. Send in a deposit of $50 to reserve your space.

Advanced Reiki Training, January 13th, $250. Expand your Reiki training. Learn how to make a crystal healing grid, do deep energy work, learn the Reiki Master symbol and learn ways to take care of yourself as a Reiki healer. Send in a deposit of $50 to reserve your space. You must have completed level II to attend this workshop.

Karuna Master, for those students who have completed Usui Master and Karuna levels I and II. Sunday January 27, 2008, 9:00 am to 5:00 pm. Cost $500. Send a deposit of $100 to reserve your space.

Usui Reiki Master, Saturday, February 9th, 2008, 1:00 pm to 4:00 pm and Sunday February 10th, 2008, 9:00 am to 5:00 pm, Cost $550. For those who have completed levels 1- Advanced Reiki Training. Complete your Reiki training and learn how to attune others. Cost $550. Send a deposit of $100 to reserve your space.

Reiki II, March 30th, $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.

Karuna I and II, April 12th and 13th, $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.

INSPIRATIONAL ARTICLES

Mother Compassion

In April, my car was stolen as I stood within 15 feet, but with my back turned. It happened so quickly. In the midst of my panic, I knew my car was supposed to be stolen because I would forgive this child. He *was* a child, a 14 year old, who left his school papers and his NY Yankee cap on the bushes. As I calmed down enough, in the midst of the 911 calls, I actually got down on my knees, there on the asphalt in the parking lot and said a prayer that I would meet him. His name is Christopher.

Within 20 minutes, he had totaled the vehicle smashing it into two others parked cars. Within an hour, I met him. I remember it clearly and seeing his face, I told him I forgave him but that he had to do whatever possible to get an education and a job and never again resort to such a desperate and demeaning act. It was demeaning to him. I experienced such a physical pain in my heart and felt like a mother to him.

It is the same pain I feel looking at the pictures of the four boys who burglarized and killed Sean Taylor. Their faces have devastated me and left me bereft. And my heart breaks again for them. Throughout the night I woke and prayed for them, for all of them; for all of us.

Violence and hatred are not racial issues. Violence is the child of anger. Period. Look at how angry we are.

Where is the Mother?

In Buddhism, we have a teaching called the Heart Sutra, the Mother of all Buddhas. It supports the practice of living as if the suffering of the world could be relieved by your own intentions and actions. It teaches that we can all be Bodhisattvas dedicated to attaining Enlightenment for the benefit of others; we can become Mothers to all beings, loving them as they dream these nightmares of torment.

In the Hindu tradition we chant the great Gayatri Mantra known again, as the Mother of the Vedas, the spiritual teachings that seek, again, to quiet and still the minds and save the world.

And as a Catholic growing up, I have a great love and devotion to Jesus' mother, Mary and her devotion to humanity as the Great Intercessor for our prayers.

Here I am, an anonymous someone, praying at night as a mother for my children now sitting in a Miami Dade jail, their lives and the lives of Sean Taylor's family devastated. What can I do?

Of myself, nothing. But….

There is a place in my mind that is pure. It loves like a mother and sings lullabies when these children cry out in pain. I have nothing to do with this gift. It was given to me before I was born. But I know that it is there, offering me the something I can do when faced with such tragedy.

I have it no more than you, but no less. It is given to each of us freely. Our choice is simply to turn to this refuge or not. That is the only choice in all circumstances: will I respond in compassion or with anger and attack? Will I seek to just get, get, get; or taking a moment to breathe, receive.

I am deeply moved by this awareness that comes through me, but not to me.

I have hope for humanity if someone like me can feel this, who can't?

If your heart breaks to see such a story, be thankful. That is the cultivation of the Awakened Mind that rests in the heart and opens like a perfect flower to bring comfort to the world of sorrows.

Instead of anger, hatred and ignorance, may I respond to each story as if my heart were broken and may I have the courage to hold all beings, the families of the perpetrators, the families of the victim, equally in my arms

"Love one another as I have loved you; love your neighbors as yourself."

Nellie Lauth, MSW, Healer, Speaker and Group Facilitator A Sacred Path, sacredpathnellie@comcast.net

Dr. Arun Gandhi Shares a Message of Non Violence

Jayne Feldman, in the fall of 2007, attended a lecture by Dr. Arun Gandhi, grandson of the late Indian spiritual and political leader Mahatma Gandhi. With Jayne's permission, I published the highlights of her account of Dr. Gandhi's talk as follows:

Arun was born in 1934 in South Africa. Growing up in apartheid South Africa as a person of Indian heritage, Arun experienced racial confrontations with both blacks and whites. As a young boy, Gandhi was beaten up by black youths for not being black and by white youths because he was not white. Filled with anger and plotting to avenge his beatings, he subscribed to Charles Atlas bodybuilding magazines so he

would have the physical strength to fight back. When his parents discovered the reason for their 12-year-old son's sudden fascination with exercise and bodybuilding, they decided that a visit to his grandfather in India was in order.

What followed was an 18-month stay with one of the world's great leaders that would give him the keys to the powerful philosophy of nonviolence, and help shape the foundation for his life's work. It was a dangerous and exciting time, as Mahatma Gandhi was leading the people of India in their revolutionary, nonviolent struggle for independence from British rule. Dr. Gandhi shared the lessons he learned from his grandfather.

Lesson One – We have to learn how to deal with our anger.
Prior to living with his grandfather, Arun wanted an eye for an eye. He wanted to make people pay; he wanted revenge. If someone hurt him, he wanted to hurt them back. His grandfather taught him that we all need to learn how to channel our anger into positive action. More violence will never end violence. Reacting with hatred to hatred deepens and multiplies the hatred. It doesn't help to resolve the problem. Gandhi taught his grandson that just like electricity, anger can be channeled for a useful purpose or it can be deadly. We are here to learn how to deal with our anger and channel the energy for the good of humanity. We cannot overcome darkness with darkness. We can only overcome darkness with light. We are here to be light.

Dr. Gandhi gave the technique of keeping an Anger Journal. As you write in your journal, you are writing what you are angry about; however, you are writing with the intent of finding a solution, a healing to your anger. The anger journal's purpose is not to remind you of the incident and stir you up and get you angry all over again. It is to be used as a textbook in which you are learning how to resolve anger. We are to read over the things that make us angry with an openness to resolution of our anger.

Lesson Two - Understand that there is physical violence and passive violence.

Just because there is no physical violence, i.e. fighting, killing, beatings occurring, does not mean that there is an environment of non-violence. It's not that simple. Because there is no war happening does not mean we have achieved non-violence.

Arun told the story of how he owned a pencil that he used until it was about 3 inches in length. He decided he deserved a better pencil and his grandfather would get him one. So he threw the pencil away. He went to his grandfather and asked for a new pencil. Rather than give him a new pencil, his grandfather asked him numerous questions, ie. : Why did he feel he should throw his pencil away when it had 3 inches of lead left in it? Where was the pencil? Gandhi sent Arun out into the dark with a flashlight to find the discarded pencil. It took Arun over 2 hours of searching, but he did find the pencil and he did continue to use it. Gandhi taught his grandson that the pencil represented the world's natural resources. When we discard things that are still useful with the attitude, "Oh, I'll get a new one," we are acting violently against nature; we are acting violently against people in the world who have nothing. When we over-consume; when we waste food, energy and products, we are passively violent by the choices we are making. Passive acts may be non-physical; however they hurt people. We hurt the earth and other members of humanity sometimes knowingly; and other times unknowingly. Passive violence involves no physical force but we still harm the environment and humanity. If we truly want peace on earth, we cannot be performing acts of passive violence. We have to be accountable to ourselves for the choices we make as consumers. We must be the change we want to see by looking with eyes wide open to how we are wasting resources in our own lives.

Dr. Gandhi shared that every city he visits he hears the same concerns. People want peace; peace acknowledging the growing violence in cities. People want change. The change begins with each of us being accountable in making choices for peace – peace to the earth; peace to ourselves and others.

Lesson Three – Building Relationships

Dr. Gandhi inspired us to end labeling, i.e. labeling people by gender, age, color, religion, economic status. We are to build peaceful relationships through, respecting, understanding, accepting, and appreciating others. Dr. Gandhi emphasized the importance of respect. He disagrees with the promotion of the idea "Teach Tolerance." He believes we should be teaching respect. He shared that we want to go beyond tolerance and learn how to respect each other, treasure each other, appreciate each other. Too often our relationships are built around what we are going to get.

In Dr. Gandhi's book LEGACY OF LOVE he shares:
"As we contemplate the world around us, it may seem that we have inherited a legacy of social injustice and domestic and international violence that has sunk to irretrievable depths. One may reasonably ask, Will it ever be possible to build a world free of hate and prejudice? Grandfather's answer to this question could not be simpler or more sincere: ***CHANGE IS POSSIBLE IF WE HAVE THE DESIRE AND THE COMMITMENT TO MAKE IT HAPPEN."***

We are surrounded by many things that were once considered to be impossible, things that we now take for granted. These things have become part of our lives because someone refused to accept the common wisdom. If this is possible in material and technological sense, it is equally possible in the moral sense.

Grandfather said ***"We must be the change we wish to see in the world***." Beginning with others, we must cause positive change to radiate out into the world. We need a change of heart, a change of perceptions, and a change of attitude, which we can then pass onto others through education, enlightenment and love." – A LEGACY OF LOVE, My Education in the Path of Nonviolence – Arun Gandhi – A Memoir

Love, Jayne Howard Feldman, www.earthangel4peace.com

After leading successful projects for economic and social reform in India, Arun Gandhi came to the United States in 1988 to complete research for a comparative study on racism in America. In 1991, Gandhi and his wife, Sunanda, founded the M. K. Gandhi Institute for Nonviolence. www.gandhiinstitute.org.

Be Yourself, No Matter What They Say

There are two artists I admire: Jude Law and Sting. Jude inspires me to be the highest and best I can be based on who I am. I love Sting's spirit and how he has evolved over the years in his music. I've seen different interviews with these two artists and they always say they are doing what they love. *So I finally asked myself what is it that I love?* After giving this some thought over several weeks it came to me that rock music was the stabilizing force throughout my life.

So, I started singing along with tunes on YouTube – especially Sting, some Queen, Dire Straits, Beatles, and Eagles; and a couple of songs that cover a few Jude Law videos. I've downloaded the lyrics to different songs I like and I have been singing a lot!

I've done several things recently to embrace my love for music. I sent an email to a friend, a singer, at church about my desire for decades to sing in a band and said I was putting my dream out into the universe, and wondered if he would sing with me sometime. He responded and said yes. Truthfully that kind of scared me to sing in church; so I pondered what to do.

One thing I thought I could do is contact another friend who sings, plays guitar, and has a small recording studio. One day I visited with him and his wife and he said, let's go to the studio and sing for awhile. Before starting to sing, I hugged him and thanked him for allowing this to come into fruition for me.

There is a video on YouTube where Sting invites someone from the audience to sing one song with him. It is a funny and amazing video and experience. There was a reference to the man's website established after his chance to sing with Sting. His name is Ross. I have watched that video a lot and sing along every time. I decided to send Ross an email telling him how I just saw the video, thought his experience was amazing, and that I sing along with both him and Sting on the song – *I'm So Happy I Can't Stop Crying*.

I sent the email and I received a reply from Ross the next day. He said he loved that I was singing with both him and Sting. It was great to hear from him. I mean his experience was 11 years ago. I thought what a thrill to sing with Sting – wow! It seemed to reflect my dream of having a similar experience.

Because I am singing a lot with the music videos, it has seemed to open me up to music and rhythm. I physically move to the music. I was doing that at the Market not too long ago– looking at supplement bottles to make a decision about what to buy while moving to the song on their intercom system. I was really into the music and couldn't not dance. My soul was moving to the music. Then a man standing not too far from where I was standing, who was talking on his cell phone, stopped talking and said to me, "Ma'am – you are dancing." I said, "I know, it's the music, I just can't help it." We both laughed.

A few days later I was on a day trip with a friend at a wine festival and there was a jazz band playing. While my friend was eating her lunch, we were sitting on a stone wall near the band, and again I just couldn't stop moving to the music. I remembered an earlier experience in the summer at Virginia Beach where a rock band was playing one evening and I couldn't stop moving to their music and wanted to dance.

I don't know if it is important whether I sing at church or not; the fact that I have put it out to the Universe and released it in a way, has opened me up to this long held passion – music and singing. When I look back at my life, my passion about rock music; it has kept me sane and, at the same time, releases my spirit.

I have surprisingly come to the inspiration that I want to learn to play the Bass Guitar. I can see myself playing the bass in concert with other musicians. However it is interesting to me that since I have released what I call my music muse, all this is coming to be revealed and expressed in my life.

Recently I went to a music store in my area. I ended up buying 2 guitars – an electric Fender Bass (starter set); and an acoustic (starter set). I started out only to buy the acoustic (because I thought I <u>should</u> start with it and then move later to the bass). While I was standing in line with the acoustic and a few song books, my internal voice said – *I want a bass guitar* – clearly my desire and inspiration is to learn to play the bass guitar. So I said to the salesman, wait – I don't believe I am saying this, but I want the Fender Bass kit also.

At a church picnic the next day, I learned several men at church play bass guitar. I had a nice conversation with one of the men about my desire to sing and learn to play the bass guitar. He said he used to give lessons. I asked if he would be willing to work with me and he said yes. I thought – this is amazing! Spirit answers to fulfill my needs.

This has been an amazing year for me. I must say I was obviously ready to open up to my inner spirit. I consider Jude Law and Sting instrumental in helping me see how to be invested and original in your own life, in my own life. They are talented in their own professions – I think it comes from being 'naked' as Dominic Miller (guitarist) said in a recent interview: knowing who you are and with that comes power and grounding, wholeness.

I am investing in myself and my interest in music – listening to different music which appeals to me and watching music videos; singing along; and moving towards playing the bass. I open up to the rhythm in me.

The real and only benefit is to embrace my life. I have learned that from Jude Law and Sting. If you like and love yourself, it doesn't matter what other people think about you. There is a line in the song by Sting (Police) – Englishman in New York: *Be Yourself, No Matter What They Say*. I have used this line as an anthem.

In reviewing my inspirational notes about life that I jot down from time to time, I note one I wrote probably after Church some Sunday: *I see my life as joyous and happy*. Wow! Singing and Dancing – I am joyous and happy! My Spirit; My Music Muse is released and happy. It is amazing!

By Patrice Stang

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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 or Al Muehlberger, 410-686-0250, Amuehl@earthlink.net or Beverly Hamilton, 410-663-5089, bvrlham@aol.com.

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.htm 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.

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This newsletter is published six times a year (Jan., March, 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 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. Deadline for March/April newsletter is February 19th . Ads are three lines of (7.5 inches wide) of 12 pt 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 or mail in a check.