ENERGY TRANSFORMATIONS

July/August 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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or 480-456-8904.

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AWAKE to Your Divine Nature

The past month was a busy time for me. I spent most of June in Maryland providing Egyptian Healing Rod presentations, taking clients and using the rods in giving attunements. The intense use of the rods on a daily basis continues to open me up to deeper realms of truth more easily and also aligns me with the Higher source of the Universal Presence of Divine Love.

The information that follows flowed through after meditating while holding the rods. During the meditation I felt a strong presence of an Ascended Master which happened to be Melchizedek. The message was received on May 15, 2008.

You are walking through a portal that humanity is calling 2012. The gates to this portal are already opening within you. Many of you are feeling the pull to align with this transforming energy. You may not understand what is happening to you at this time, especially since many of you have just recently begun to awaken to your spiritual nature.

This portal is an opening in your universe that brings forth fifth and sixth realm dimensional energies that will bring forth a new era on earth. Earth is being transformed and realigned and attuned to higher frequencies. Have you felt the rumbling lately as our earth goes through a realignment process? The entire process, both earth's and humanity's will be complete by 2017. Humanity will also appear different – more luminous. Current destructive patterns will not exist in this new field of energy.

Many are obsessing or feeling something stirring within regarding 2012. The intellect is trying to relate what is going on energetically and physically with something or some event in the outer – identified by the year 2012 when many suspect something ominous will occur.

I will tell you the energy shift around 2012 is already happening and ongoing increases and adjustments have been occurring over the past several years. The push is occurring on a massive level to get humanity to wake up! The restlessness, anxiety, and feeling as if you are called to do something - to give back, to make a difference, to heal yourself are all the result of this portal opening and the intensification of the energy to support your process as well as the planet's process of moving through this portal into a new sphere and way of life.

The portal is an opening up of the higher realms of ascension energy to earth and all its inhabitants. It is opening gates within gates of your own energetic makeup which have remained locked and closed over the millennium due to ignorance and the refusal to align with your Divine template. This shift is not exclusive to certain individuals. It is an opportunity offered to humanity. It is a collective

event where each person will have the opportunity to choose on some level to walk through this portal.

Oh, you ask, what do I need to do get ready for this opening?

AWAKE! It is time to awaken to your Divine nature. To be that which is calling you to be your highest potential. It is time to find that ascended Presence within and to birth it fully into all areas of your life.

You must **TRUST** your inner knowing. **TRUST** your guidance. The Ascended Kingdom is trying to make this transition as easy as possible for you. They are anchoring energies, rewiring your energy makeup, shifting the patterns of light around you and modulating the various grids that sustain life on your planet to assist you with this intense expansion. With all this assistance, you continue to try to see with your eyes closed.

I could go on forever on these two topics, but for now I will just give you these to work with.

The Ascended Masters do love you so much and want you to be fully prepared for the upcoming shifts that will be more intense and require more of your Divine self – more of you shining Light- to be anchored and activated, ready for the transition and transformation that will occur as your own gates open as humanity moves through the opened portal. The world that you see and experience will be filled with such a higher frequency. Life will be joy-filled and humanity will work together. You will revel in the victory of your fully empowered perfected bodies, minds (Divine minds), and your luminous spirit that will be revealed to all.

That is all for now my beautiful children. Listen within for your answers. Heaven awaits your awakening. In service to the Light. Melchizedek

May God's Light and Love shower you always,

Dawn Fleming

Creator,

Instill in me a deep sense of peace,
Assist me in cultivating
resilence,
endurance,
compassion
and
wisdom

Healing my beliefs that keep me
from experiencing truth.

Open my path to experiencing the
fullness of Your Light.

Awaken my deepest Knowing.

It is done!

by Dawn Fleming

HAPPENINGS

Perspectives on Ascension: Sustenance for Humanity's Journey Home will be available for purchase in mid August. This book provides food for the soul as we evolve physically, emotionally, and spiritually on this path of healing, transformation and ascension. Twelve, very enlightened, contributors each provided a chapter along with poetry written by Danna Faulds. *Perspectives on Ascension* supports our individual and collective journeys as we move out of our comfort zones into the mystery of the unknown that ascension reveals to us. It speaks to our hearts, minds and souls, and bids us to move out of the known, to be fully present, and to trust the flow of life. The book provides clarity, inspiration, instruction, and humor for our personal quest of moving out of ego, distress, and chaos into the heart of the Divine. The book will be available for purchase on www.energytransformations.org.

Reiki News Magazine published my article on *Creating Healthy Boundaries* in the Summer issue. I hope that everyone has seen had a chance to see it. Healthy boundaries are essential in creating and maintaining any energy practice.

The first Egyptian Healing Rod Workshop will be offered on September 27th. See page 4 for details. Participants will learn several methods to effectively use the rods on themselves, on clients, and in group work. Egyptian Healing Rod 2-hour presentations are scheduled for both Maryland and Colorado for the month of September. Check the website the beginning of September for presentation locations.

Coming Soon – Very shortly I will have available 4 inch glass pyramids. Their design is based on the Golden Mean Ratio and the pyramids are charged in a 72 foot pyramid for 12 days after they are created. They are great for eliminating EMFs, clearing the energy around your work, sleep, or healing areas. They clear up to an area of about 10 feet in diameter. They will be offered on the Egyptian Healing Rod page of my website.

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 CE hours/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

WORKSHOPS

Unless otherwise noted, 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 mentor to many students.

To register - online at http://www.energytransformations.org/Workshops.html, over the phone at 480-456-8904, or send check or money order to Dawn Fleming, 1700 E. Butler Cir, Chandler, AZ, 85225.

Creating a Successful Holistic Health Practice, Chandler, AZ, at Moonstone Wellness Center, August 23 and 24th. $200. Register directly with Moonstone Wellness 480-917- 6712. CEUs for massage

therapists and acupuncturists. You will learn a lot in this workshop to include both the inner and outer work of creating a successful practice. You will receive a manual and CD.

Egyptian Healing Rod Workshop, in Annapolis, Maryland, Saturday, Sept. 27th, $150. Learn how to use the Egyptian Healing Rods to their maximum benefit for both you and your clients. This is a hands-on, experiential workshop. You will learn and experience several techniques using the rods for self-healing as well as several techniques to incorporate into your therapy or energy sessions on clients and in group work. The information can be incorporated into any energy or therapy modality. The workshop will be fun, informative, and beneficial for all! Register on line at the web address listed on page 3.

Cord Cutting Workshop, at True Relaxation, Sunday, September 28th, $125. CEUs for massage therapists and social workers. Learn how to remove negative energetic cords that bind you with people, past or present that keep you from moving ahead with your life or holds you in a negative place. Learn how to free yourself and your clients from these heavy cords that chain you to another. Have you ever heard the saying, "I'm becoming my mother!" Maybe you are still corded? Register on line at the web address listed on page 3.

Egyptian Healing Rod two-hour presentation - includes a manifestation meditation. Egyptian Healing Rods are contemporary energy tools based on ancient Egyptian technologies for healing, transformation and ascension work. Come learn about these powerful tools and experience them first hand as participants are given the opportunity to hold and experience the rods - Kont, Quartz, and Crystal. You will also be guided through a manifestation meditation with the rods. Be prepared for the group energy moving through the rods to support your goals. Dates for September's talks will be provided later this summer. If you would like to bring this presentation to your group, contact Dawn at 480-456-8904.

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 full 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 provided for massage therapists, social workers, and acupuncturists.

Usui Reiki I, July 13th, $125 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.

Reiki II, August 17th, $200. 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.

Usui Reiki Master, August 9th and 10th - complete your Usui Reiki training. Learn to attune others to Reiki and learn techniques that strengthen you as a Reiki healer. This class will prepare you to teach others and to attune to your highest capacities as a healer. Register today!

Karuna Reiki™ I and II, October 11th and 12th - Take your Reiki practice to the next level. Karuna Reiki™ provides methods for addressing those deep seated emotional issues that create chaos on our physical and emotional levels. The Karuna energy also opens us to connecting more easily with our spiritual guides and the ascended Masters. You can sign up for one or both. Courses must be taken in order.

Karuna Master – Coming November 9th

INSPIRATIONAL ARTICLES

Is Being in the Now…
Simply being in your self?

We have all experienced how certain places and people can sometimes suck the life force out of us like psychic vampires, draining us of our energy, often leaving us with headaches, and bad moods. But how often do we voluntarily find our selves in an energetic exchange even while watching the news? We hear a story about a celebrity divorcing, or in rehab, or an animal or child has suffered some maltreatment. Often and usually with the best of intentions, we begin to dissect the situation, and decide what the person or situation needs, and in that moment we begin to outwardly project into the world our energy - and as we do - we lose a little of ourselves voluntarily within our version of what should be. We stretch ourselves on an energetic wave to that person or situation, diluting our ability to perceive our own moment.

It is next to impossible to perceive what another is here to learn. You may be here to learn about trust, while another is here to learn humility. When we view others hardships, and shake our heads and say that is awful, truly we do not know that. Life is difficult for most. I don't know of many people who have not suffered a loss or betrayal of some kind. It is but a moment in the classroom called life. To pray someone else's lessons away is to rob them of their education. As we project our version of anything out into the world, we are immediately drawn into an energetic exchange and become triggered by the polarities we all possess in this world of duality. We are in the process of the shift and we do not want to reinforce the duality of opposites. Understand, however, they are still there! We are not post-shift.

Consider *not sending anything* out at all. The only way to improve on the conditions of the world is to *become* the improvement. I cannot tell you how freeing it is when you begin to not take on all of the world's problems. I am not speaking of retracting our energy from the world and retreating to some mountaintop to never utter a cross word again. I believe we all will continue learning while we are in these containers called bodies - each of us rising up to meet a new challenge or new joy, consciously within our own energy system and within our own body.

When we are faced with a challenge, rising up means just that…going within, to the seat of your soul and raising up your own inner connection to source or your higher self, and finding the answer specific to you, and only you. When we encounter a personal joy, we beam out that joy naturally radiating light and love, and those that enter into our space radiate within it as well. It is not a conscious effort, but a heart centered spiritual state.

Prayer that is sent out, from a sense of pity, is coming from a disconnected and assuming point of view. When we choose to enter into deep mediation or prayer, we are linked directly up to source – removed from human views with human solutions. There is no greater gift any of us can give to the world than the gift of *being* ourselves, within ourselves.

Understanding where your energy is flowing, calling yourself back and becoming centered will allow you to begin to realize the universe does not have a human agenda or our own personal agenda as its primary focus. When we all can openly and joyfully look for the blessing buried in our own difficulties and allows others and the world to do the same we will become harmonious sounds in the symphony of life.

Cynthia Johnson, www.cynthiasroomtoheal.com

THE HEALTHIEST POSSIBLE DIET – For You and For the Rest of Us

The debate rages on… vegetarian, vegan, high protein-low carb (Atkins), South Beach, Fat-Flush, Macrobiotic… which diet is the healthiest for you? In the past, my stock answer to this sticky question has been, "it depends". There are many factors that would determine which is right for an individual… genetics, metabolism, blood type, ethnic background, health, personal preferences, etc. If I saw five patients in one day that all asked me that very same question, the conclusion drawn would have been that there is a different answer for each one of them.

Herbivore? Carnivore? Omnivore? Nope… if we really want the healthiest way of eating… for you, and for the rest of us, how about LOCAVORE!!

Factoid: The New Oxford American Dictionary chose ***locavore*** as its word of the year for 2007. A "locavore" is someone that eats food grown or produced locally or within a certain radius of where they live. The distance considered "local" may vary depending upon your sensibilities, but a generally accepted rule of thumb may be within 100 miles.

This would be taking the question to a whole different level – one that transcends whether you are eating meat or not. And one that eschews the organic vs. non-organic argument. Or, better said, decide to eat locally first – then you can argue about all the rest of it. Vegetarian or carnivore, organic or not – if you are getting your food locally, chances are it will be healthier for you than if it traveled in a truck, boat or plane to make it to your plate. And, just as importantly, it will be healthier for me if you did that too!

The average American meal has traveled at least 1,500 miles to make it to your plate (that is further than the average American family goes for vacation). So what is the true cost of a meal when you consider the fuel costs of transportation and refrigeration, packaging, labor, etc? The cost to the environment and the inflated cost of gasoline (because of supposed scarcity) makes that 99 cent hamburger one heck of a lot more expensive.

Get this – according to Barbara Kingsolver (author of many novels including *Poisonwood Bible*) and husband Steven Hopp in their book *Animal, Vegetable, Miracle* – if every American citizen would eat just one local and organically grown meal a week, the savings in fuel would amount to **1.1 million barrels of oil every week!** How many of us have considered trading in our SUVs for little Hondas? Want to make a real difference, and help yourself in the process… become a locavore… the impact can be tremendous, even if you only partially dedicate yourself to the idea.

Locally grown food makes up less than 1% of the $900-billion food industry. The reasons for this are numerous, including grocery chains & wholesalers and fast-food producers finding it easier and more profitable to buy from huge factory farms. Government subsidies also contribute to the appearance of economies with the large-scale food delivery system. Imagine what would happen if there were no more local farms in our area. All it would take is one natural disaster between here and the Mid-West, or one ill-timed political decision, or one truckers' strike to render us helpless. Here are additional benefits (other than saving gas) that come from encouraging and supporting local farmers…

- Eating foods harvested locally also means eating them almost immediately after harvest, which translates into better taste and increased nutritional value, because foods ripen on the vine, not through an artificial process while in a truck.

- Keeping local farmers in business helps to control urban sprawl – a family farm going out of business is what leads to the land becoming available to developers.
- Eating locally encourages multiple cropping; growing multiple species and a wide variety of crops at the same time and place… this is healthier for the land and also makes the farms less susceptible to the likelihood of an entire crop loss caused by one factor (meaning if all you grow is soy beans and a soy bean virus attacks your crops – you're done).
- Multiple cropping also allows for more efficient use of labor and materials because different plants come in at different times, as opposed to 80% of the work happening in a short period of time.
- Local economies are strengthened by protecting local jobs and local suppliers.

You should realize that foods in packages marked as "local" may mean that they were grown locally, shipped abroad for packaging and processing, and then shipped right back to your neighborhood for sale. This would hardly result in the intended outcome or conserving resources, etc. And, it would also mean that too much of the cost of the food would be going to all of the middle-men in that process, not the local farmer. So, when you buy locally, you should be buying from the actual farmer (at a farmer's market, perhaps) or from a food co-op or local grocer who can certify the source and processing of the goods.

When you go to a farmer's market to make your purchases, take the time to actually talk to the farmer. First of all, it's the neighborly thing to do (and he or she IS your neighbor). Also, you can find out about the farming methods used – organic or not – and you can get the opportunity to let your preferences be known. You are the consumer, the customer, after all, and farmers want to grow the things that you are interested in buying.

There are a lot of resources around to help you find local farmers and farmers markets. You can go to www.localharvest.org and click on the map where you live. Bring up www.futureharvestcasa.org for more regional resources and information. Click on www.100milediet.org to read even more about this concept and to get on the road to becoming a locavore yourself.

I really encourage you to think this through very carefully. Think about how simple it would be to make a small change in your habits that could reap huge rewards down the road. One meal a week, that is less than 5% of your total eating activity, can make a huge difference in your health and mine.

Brian Sanderoff, P.D., www.illnessisanoption.com

Sustainable Healing Results

Seeking the spiritual center of our existence is a multi-faceted pursuit. Reiki, Acupuncture, Yoga and similar energetic healing modalities all support our quest to be aligned with Universal energy. We each utilize very diverse energetic principles to tune our inner and higher selves but we often neglect the various environments that surround and unavoidably impact our physical being. As a Feng Shui Practitioner, my craft primarily is oriented towards energetically supporting and augmenting attunement work. Feng Shui is an ancient Asian science that is intended to restore the natural energy that we need to live healthy productive lives.

Have you ever wondered why one client benefits more than others from identical treatments? You may also ask … How can I better support holistic health benefits for my clients? Our bodies yearn to be at peace with our physical surroundings. To combine the outer need for harmony with our inner world, I have developed a

technique that I refer to as Holistic Spatial Therapy. Here are several ways for your clients to leave your treatment center energized and attain sustainable results each and every time.

Take a good look at your treatment room. Is the energy flowing in a way that supports the healing work? Is your treatment table or chair aligned with a door or window, which could make the energy a little unstable during the session? Are the furnishings in the area well-balanced and energetically aligned with Yin & Yang and the Five Elements: Wood, Fire, Earth, Metal and Water? Our physical makeup includes a combination of these forces to one degree or another. If your space has an imbalance, it could make your work harder and less effective.

As experienced practitioners you are probably aware that your treatment space can alter you and your client's energy in positive or negative ways. This fact can be observed on an atomic level, and observed clearly by others who are trained in energetic consciousness. As each client enters the treatment space, their energy is deposited into the space and may be residue in you and in the treatment area at the conclusion of the session. I recommend that you allow time between each session to "clean the slate" by physically cleansing the space with sage, incense, chimes, or in whatever way feels complete to you.

The space where your client resides should also support their soul's quest for inner peace. If the energy in their space is moving too fast or is negative, they may return for healing even more energetically drained than before. Consider providing your clients with tips that will help them achieve more balance in their surrounding especially in the bedroom since this is where they spend the most time. One fundamental health tip is to ensure that their space is free from clutter. If there are any items that they no longer resonate with or brings on a negative frame of mind they should release it. Another good piece of advice is to fix any broken items in the home.

In addition, to having a more harmonious, flourishing and effective practice, following these simple tips will significantly shift the results of your healing work. The outcome is a more fulfilled and loyal client who will gladly refer to you others because their wellness is your priority.

Diva Renée is a Feng Shui consultant, diva@fengshuiessentials.com or go to www.fengshuiessentials.com

Book Review – **Three Cups of Tea**

I recently read a wonderful and inspiring book entitled *Three Cups of Tea* by Greg Mortenson. The book is a true story about a courageous and kind spirited man whose mission in this life is to build schools for children in the remote northern areas of Pakistan and Afghanistan. He believes this is his way of creating peace in the world – through education.

Greg originally began this journey when his climb up to the top of K2 failed and in his recovery he stumbled upon a small village that helped this stranger back to health. In his stay at this village he noticed that there were no schools. The people asked him to come back and build a school for their children to give them hope and to empower them to have a better future. Greg made a promise that he would be back to build them a school and in that moment his life changed forever. The title of the book is about how the Pakistani culture establishes friendships and business relationships over cups of tea -- no matter how long drinking them can take. This process was part of Greg's path as he established the key relationships that were needed to build trust and to build schools.

The story brings you up to the present and how he has built multiple schools over the entire region, risking his life to do so. The lessons in this book are many to include: honoring our diversity and getting into the flow to find the common ground versus trying to push our way onto others. Other key lessons are patience and trust.

Greg is truly a modern day Indiana Jones. He gives from his heart. He is a world server, a peacemaker, and a lightworker making a difference one school and one child at a time. His website is www.ikat.org. I recommend this inspiring book to anyone. A true story with a good beginning, middle and ending that helps humanity and our planet evolve in consciousness.

written by Dawn Fleming

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Wanted 8 Practitioners Who Want To Take Their Practice To The Next Level…

- ✓ Generate More Income
- ✓ No Financial Investment
- ✓ Expand Service Offerings
- ✓ Increase Your Effectiveness
- ✓ Achieve Sustainable Results
- ✓ Revive Your Customer Base
- ✓ Differentiate from Competitors
- ✓ Earn a Free Feng Shui Consultation

How would you like to increase the effectiveness of your practice while improving your client's overall well-being? Adding Feng Shui to your service offerings will complement your practice and provide a more holistic approach to healing for your clients. Studies show that your client's home or office could be the major contributing factor of ill health. At Feng Shui Essentials, we focus all of our attention on evaluating and eliminating negative energy in homes and offices.

Together we can make a significant difference in the lives of so many people. The amazing part is that you can make additional income while making a positive difference in your client's lives. If we are right for each other, we will set up the program for your practice at no cost to you. You owe it to yourself to check out this amazing opportunity. If you are interested in working with us contact to see if you qualify and ask about how to get a FREE Feng Shui consultation.

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PRODUCTS

Empowering Meditation CDs for stress reduction, centering, healing and transformation. www.energytransformation.org/products.html

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 which allows for easy removal of the pages for copying. Cost for both manuals is a one-time fee of $45 (plus $4 shipping and handling). Order 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, MD area.

Navigating the CEU Process, book that tells you how to become a continuing education provider to fill your classes. Can purchase just the book or the 2-CD set of the 2.5 hours workshop with the book at www.energytransformations.org/products.html

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.

REIKI SHARES

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

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

Free Reiki share New Market, MD, on Wednesday, May 28,beginning at 7:30 p.m. If you need directions or to contact us, call 301-865-0119. We will be offering Reiki, Reconnective Healing and Reflexology.

Reiki share, first Tuesday of the month, 7 pm, True Relaxation, Centreville, call ahead to reserve your space, 410-758-0822.

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.

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 who are 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, office space, stuff for sale, or services that are in alignment with health, well-being and being on a spiritual path, send me your ad to lovelife@cablespeed.com. 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 September/October newsletter is August 25th. Ads are three lines of (7.5 inches wide) of 12pt Times New Roman font for $35. $10 for each additional line. For larger ads: $75 for a half page ad (5 inches high X 7.5 inches wide) and $135 for a whole page ad (10 inches by 7.5 inches). The ads can be paid for on line or over the phone. Address any questions to Dawn at 480-456-8904.