

# ENERGY TRANSFORMATIONS NEWSLETTER

July/August 2011



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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## RESOURCES FOR HANDLING CHANGE

I know that many times I am telling you to look at your stuff, process it, and release. I am getting a bit tired of hearing that song myself. I would like to focus on resources that we have within to adjust to the shifts and changes that are being presented to us. As you will read in the article *Making Sense of the Eclipses* the rate of change that is speeding up beyond anything that we have ever experienced.

Many of us resist change because it makes us uncomfortable, leaves us in the unknown, or makes us feel anxious or insecure. Change does not always bring about bad things. It can be the catalyst for wonderful opportunities to present themselves to you. It can be the one thing that gets your attention long enough to assist you to take a new direction, to let go of activities or relationships that do not match where you are in life, to explore different areas of interest, or to engage in new relationships.

In most cases change offers us some sort of gift in the end. It might be the gift of more time as we are made to slow down. The gift may be a new job, a healthier outlook or more energy that comes from taking the opportunity that is being presented.

My first recommendation is to eliminate words that elicit fear and worry in your vocabulary. One word that **falls into this category is "problem."**

It seems that we want to label everything a *problem* whether it really is or is not. Several years ago I kept hearing the word being used to describe just about everything that was going on in our home. We discussed the over usage of this word and completely eliminated it from our vocabulary. It is very interesting to me that the newspaper recently reported that **the words "you're welcome" is not**

being used as often because it is being **replaced by the words "no problem."** Are we really seeing the world through **the eyes of "problems?"** When you replace these words with those that empower you to address whatever the opportunity is before you, you enable yourself to move through the situation with ease and grace.

Another inner resource that you can activate in assisting you to work with the changes is your ability to choose where you focus your attention. Pay attention to where your mind is taking you and choose a positive image to focus on that supports and empowers you to move through the shifts and situations. By making the choice to focus on a positive image, you lift yourself up to see and receive the good that can result from this change. You take the blinders of negativity off so you see from a broader perspective.

Choose an image to focus on that represents power, peace, strength, love, or whatever it is that you need to feel supported and safe. It might be an eagle, a star, a symbol of some sort, or a picture of you when you have felt at peace. What does that image mean to you? Align with all of the energies that you associate with it. Take this image with you wherever you go. You might even want to draw it and place it near your desk, kitchen, bathroom mirror, or any place where you will see it often.

As you feel the need to recenter yourself into a place of power and resourcefulness, hold the image in your mind. As you go through change reconnect with this image to support you in taking the steps that are necessary. One friend of mine lost a spouse after 24 years of marriage. As she was going through her healing process, the image she chose was a heart pendant that her husband had given her. It allowed her to feel strength and love as she

stepped through the process of change. There are many places to focus your mind and heart. If you are not visual you can pick a mantra to focus and embody. It can be one word such as peace, crystal, love, etc. or it can be a phrase. There are endless possibilities such as "Love and wisdom are guiding me in each moment. I am inspired to move deeper and am open to this new opportunity."

An additional inner resource we can align with is gratitude. Looking at what you are grateful for, no matter what is going on will empower you to move through any circumstance looking at what supports you **versus what appears to challenge you. I have met several people that have lost their jobs in this economic downturn.** What I heard from those who got back to work was that they never gave up, they were grateful for the help that they received, they were grateful for the love that others provided, and they were grateful for the opportunity to reflect on their lives and to have the opportunity to explore new areas. Some started volunteering and expressed how rewarding and fulfilling this was and they continued to do so after finding a new job.

A mind centered in gratitude opens the doors for continuous blessings to unfold. Gratitude builds our trust in life even when the lightning is striking all around us. Gratitude keeps us focused on knowing that as we move through life we receive blessings, gifts, and opportunities continuously that enrich our lives and give us opportunities to share, grow, and enhance the lives of others that we meet along the way.

When I look at the changes in my life, many at the time, appeared to be scary. I count the blessings for all the supportive people that held me in the Light, knowing that I would be fine even though they did not know what the outcome would be. As I embrace the changes that are occurring I focus on an image of a 12-pointed radiant star that holds all the wisdom that I need. I move forward in gratitude.

Many thanks and blessings,

Dawn Fleming

### Love

There is no difficulty that enough Love will not conquer;

No disease  
that enough Love will not heal;

No door  
that enough Love will not open;

No gulf  
that enough Love will not bridge;

No wall  
that enough love will not throw down;

No sin  
that enough Love will not redeem.

It makes no difference  
how deeply seated may be the trouble,  
How hopeless the outlook,  
How muddled the tangle,  
How great the mistake.

A sufficient realization of Love will dissolve it all.

If only you could Love enough  
you would be the happiest  
and most powerful being in the world.

Emmett Fox

## ***HAPPENINGS & CLASSES***

Come join us on July 5th at Barnes and Noble Bookstore at 6:30 pm at 90th St and Shea in Scottsdale, AZ. I will be presenting along with two other women authors. I will be discussing the inner work of creating success, Kebba Buckley Button will present on the secret energized you, and Cay Randall May will discuss healing the creative response. This will be a night you will not want to miss.

Wanted—your Reiki stories. If you have a story that you would like to get published read the submission requirements at [http://energytransformations.org/ET\\_Documents/reikistoriestrequest.pdf](http://energytransformations.org/ET_Documents/reikistoriestrequest.pdf)

Skype has been installed on my computer and I am ready to interact with my clients via Skype. I will be offering my intuitive readings in person, over the phone, and via Skype.

I am now carrying some new items on my Egyptian Rods website <http://www.egyptianrods.com> The Pyramid-charged Matrix is used for the neutralization of energetic stressors, such as computers, cell phones, and EMF. These small Matrixes can be placed on opposite corners of electronic devices to offer a shielding energy. This is especially helpful with the latest reports regarding the toxic cell emissions that were reported recently in the news. Put them on your cell phones, home phones, microwaves (on the outside), back of TVs, etc. I am also offering sets of 4 pyramid-charged Brazilian crystals for use in your healing grids as well as 5 and 7 inch glass pyramids that have been charged in the Russian pyramids along with a pyramid-charged Atlantean Argentum Ankh pendant. More pictures and information can be found on page 9 under Holistic Classifieds.

Follow me on Facebook. You can friend request me at [reikidawn@yahoo.com](mailto:reikidawn@yahoo.com).

### **WORKSHOPS**

How to Become a CEU Provider teleworkshop, August 6th noon—2:30 pm EST

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 success 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*, Cost \$50. Sign up online at <http://www.energytransformations.org/workshops.html>

Egyptian Healing Rod teleconference –free August 4th, 7:30 -8:30 pm EST

Learn about the Egyptian Healing Rods and what they can do for you. Dawn will also discuss the new pyramid charged products found on page 9. The ancient Egyptians used these rods as tools of power, healing and transformation. Learn how you can own a similar set and how these rods can enhance your healing and expand your spiritual path. Email Dawn at [reikidawn@yahoo.com](mailto:reikidawn@yahoo.com) to receive the information for listening in on this free teleconference.

### **REIKI CLASSES**

Reiki I class, mid-September. If you are interested email me and I will send you the info. Class will be taught in Chandler, AZ. CE hours for massage therapists.

Reiki Master class in Arizona in late September. If you are interested and want more information, email me at [mylifeisgood22@cox.net](mailto:mylifeisgood22@cox.net) or call 480-751-9278. CE hours for massage therapists. Location: Chandler, AZ CE hours for massage therapists.

## MAKING SENSE OF THE ECLIPSES

If you thought the eclipses a year ago were wild, you might want to double up on meditation and yoga classes, and maybe do a quick cleanse to get ready for this line-up.

What eclipses, you say?

Eclipses are special alignments of the Earth, Sun and Moon that happen every six months, in **pairs or triads**. **During an eclipse, a shadow crosses over the face of the Sun or Moon.** There's a trio that is in the process of occurring: A partial solar eclipse on June 1, a total lunar eclipse on June 15 and another partial solar eclipse on July 1.

Eclipses happen in six-month and 19-year cycles, so issues are likely to resurface that you were dealing with in those time frames. This series also echoes a pair of eclipses a year ago as the Grand Cardinal Cross is reactivated this year.

June 1, 2011 – Partial Solar Eclipse (new moon in Gemini) visible in northern latitudes, including parts of Asia, Alaska, Canada, Greenland, Iceland and Scandinavia

June 15, 2011 – Total Lunar Eclipse (second of three in just one year!) on the full moon in Sagittarius-Gemini, visible in Australia, Japan, Asia, India, Africa, Europe and South America

July 1, 2011 – Partial Solar Eclipse (new moon in Cancer) visible from a small part of the ocean between Antarctica and southern Africa

**Whether you can see them or not, you'll feel the effects of these potent alignments. The June 15 lunar eclipse aligns with Galactic Center and the July 1 new moon solar eclipse forms a volatile Grand Cardinal Cross conjunct the great star Sirius. The June Solstice falls in the middle of all that. The new moon solar eclipse on June 1 initiates the sequence and serves as an accelerator.**

Unlike the Grand Cardinal Cross alignments last summer or the total lunar eclipse on the Solstice last December, this is the first and only eclipse series that will happen during the final underworld of the Mayan calendar (as interpreted by Carl Johan Calleman).

During this Mayan Ninth Wave, the evolution of consciousness speeds up by a factor of 20 from the previous underworld (1999-2011). **According to Carl's interpretation, the amount of change we experienced from June 1999 through March 9 of this year is happening in less than eight months – from March 9 through October 28, 2011. That's a head-spinning rate of change compared to anything we've experienced.**

Since the Ninth Wave began on March 9, a revolution has swept through the Middle East, a massive earthquake and tsunami crippled Japan, humanity now faces the worst nuclear disaster in history, and economies are shuddering the world over. The oil spill in the Gulf of Mexico that happened as the Grand Cardinal Crosses were forming in the heavens last year continues to plague us.

**We've reached a precipice. Individually and collectively, change is mandatory. This summer (or winter, if you're in the southern hemisphere), we have a rare opportunity to participate in shifting the trajectory of life on Earth in alignment with evolutionary forces.**

Since ancient times, eclipses have been associated with sudden, abrupt changes. We feel the effects of shifting electromagnetic frequencies beginning two to three weeks in advance, and continuing for several weeks following these special planetary alignments. That means things feel unstable, shaky, volatile.

Because of the specific ways the eclipse configurations line up in this series, changes will be **sudden, forceful and highly transformative. There's enormous potential in that. Not every moment will be comfortable or joyful, but ultimately the process will pay off.**

Are there things in your life that you know need to change? Have you been yearning to release addictions and get healthy? Are you itching to turn your life around, maybe switch careers, end a relationship, relocate, transform your body, get more sustainable? Eclipses break **down longstanding energy patterns. So now's the perfect time.**

**We're in the electromagnetic wobble of the eclipses now, and the Gemini solar eclipse is next week. The period continues through mid-July, two weeks after the final eclipse. That's the window of opportunity.** With the support of a loving universe, life on earth will never be the same.

**As Jack Johnson says, "I need this here old train to break down." When it does, we get to do things differently. It's about time.**

*Allison Rae explores cycles of time, our relationship to the cosmos and what's to come as the evolution of consciousness accelerates on Earth. Eco-Spirit Design is her latest venture. Visit <http://heyallie.com> for more information and to sign up for her mailing list/blog.*

## LIVE YOUR PASSION

Last week I was watching the final show of *Oprah*, and I was so moved by her vulnerability, her heart, her incredible strength and her authenticity. She was just on stage, alone, not trying to be anyone else but herself.

Oprah shared how we each have a "calling" and we each have our own platform - however big or small - for sharing our gifts with the world. She said a calling "lights you up and it lets you know that you are exactly where you're supposed to be, doing exactly what you're supposed to be doing."

And I thought to myself, "Yes! I'm doing that. I'm doing *exactly* what I'm supposed to be doing, reaching people in powerful ways from a place of passionate service." I've chosen to guide and serve women who are stepping into their full selves and authentic voice and who truly are ready to do the thing they're called to do in the world.

For some women, their "thing" is on a large stage in front of big audiences. But for many of us, it's leading smaller groups, working on teams, guiding people one-on-one, or making an impact behind the scenes.

I realized when watching *Oprah* last Wednesday that the most important thing to me is for women to transform their lives and to find the gem within - to turn all the past stories of hurt and limitation into their authentic gold and get in touch with what Oprah says "what sparks the light in you so that you, in your own way, can illuminate the world."

I heard Oprah's message as a clear call to action: She's handing over the baton to each one of us and saying: Your turn now. Your turn to truly live from your deepest place of passionate joy and service.

And my call to you is this: there will be no more Oprah holding court every weekday afternoon. I'm calling you now to hold court in your own life, get in touch with your calling and platform - no matter how big or small - or recognize that the platform or circle of influence among your family, friends, neighbors or co-workers is actually just fine the way it is. There's no need to be more, do more or have more, and you don't need to confuse making an impact with having fame.

It's time for all of us to move from being in the audience to taking center stage in our lives. The greatest thing you can do is to move your own light into the world no matter what.

Elayne Doughty, [www.planetbreathe.com](http://www.planetbreathe.com) and [inspiringwomencourse.com](http://inspiringwomencourse.com)

## *PROTECTING YOURSELF FROM GEOPATHIC STRESS*

Do you ever wonder why you feel comfortable in one area of your home and unsettled in another? Do you sleep better when your bed is located on one wall versus the other three? Or do you enjoy shopping in one store but cannot wait to get out of another? Have you noticed how your dog or cat loves to lay in the same spot, day in and day out. How about the tree in front of your house with the trunk that leans unnaturally or has a split trunk. Maybe you have seen where in certain homes people from different families living there for years contract the same disease that does not have a genetic association. These are several examples of geopathic stress energy currents that can impact our health, comfort, success, business, and energy levels. With electromagnetic pollution on the rise, we need to become aware of the sources of these toxic frequencies that impact our health and well-being.

The word Geopathic comes from Geo, meaning earth, and pathos, a malady or pathology as in a state of disease. This means that something about the earth, and the structures on it induce a state of stress on our physical and emotional body. Our physical bodies run on a complex electrical communication systems where cells, tissues, and organs communicate with each other continuously through electrical impulses transmitted and received along their own network of energy meridians. These electrical impulses regulate every biological process sustaining life. Geopathic stressors overtime interfere with these electrical impulses. **Peter Jackson, a geobiologist scientist states, "As each individual is a living system of energies with dynamic biological processes, each of us is not separate from the Earth and its energetic properties, be they harmonious or discordant to biological processes. This also includes our mental-brain chemistry driven by the electrical tomography or frequency patterns of the brain -mind that are constantly changing and shifting."**

What might these stress factors be that can cause illness, uneasiness, or an unwelcoming feeling that no business would want to have? The earth is threaded with an invisible grid of energy called Hartmann lines which appear every 6-8 feet. They are named for Ernst Hartmann, a German medical doctor who discovered them. Hartmann lines running through your

home or business can cause serious health issues as well as make people feel uncomfortable. Many people suffering from cancer, heart disease or insomnia are sleeping on a Hartmann line. Dowsing is one method used for detecting these disruptive currents.

I became interested in this field when I purchased a home and did not sleep well or stay asleep long in our new home. We had our house dowsed and found that I was sleeping (or not sleeping) on a Hartmann line. We dowsed the whole house and found many geopathic stress zones. We worked with our dowser to remedy the situation and that night I slept very well. I learned the Hartmann lines above the equator run east to west and north to south. Where these lines cross increases the stress significantly. So if you are sleeping in an area where these cross or your favorite chair sits on this node, your immune system could be compromised.

After learning to dowse and remedy these situations, I was surprised that we very educated people in the United States are so unaware of these invisible stressors. I began noticing how this dynamic was impacting many homes in my area. One family in particular had a young son suffering from a very rare form of cancer and his mother developed a very rare autoimmune disorder. I would have loved to have dowsed their home to see where the Hartmann lines were running and crossing.

Other geopathic stress emanations that impact our living space are electromagnetic radiation (EMR) and electromagnetic field or frequencies (EMF), and extremely low frequencies (ELF), which emanate from radio, radar, wireless technologies, microwave towers, electrical lines, utilities, underground water, cell phones, and appliances within your home. There have been many studies by European scientists that show that geopathic stress was a factor in cancer cases, sudden infant death syndrome cases, and in those committing suicide. The scientists **concluded that these energy charges, over time, weakens the body's immune system. Eventually the body's healing response is no longer there and illness develops.**

The World Health Organization recently published a report by a panel of international experts which stated that cell phones are linked to incidents of brain cancer. Cell phones have a different quality of radio frequency that is absorbed by our bodies, which the experts correlated to microwave emanations. Some solutions to this issue are to wear a wireless ear piece, listen **to your calls on the phone's speaker system, or shorten the length of your calls so that the phone is not up against the head sending emanations into the brain.**

I was called to dowse a property where the owner had been treated for brain cancer several years earlier but was still having some symptoms, even though the doctors said her scans were clear and she was cancer free. When she moved her alarm clock onto the nightstand on her side of the bed she noticed that it was acting strangely and gave me a call. I dowsed her home and found that the nearby airport microwave emanations were going diagonally across her bed where she slept right next to her alarm clock. We worked to eliminate the emanations from impacting her home and her health.

By identifying the geopathic stress zones in your home and living space that conflict with or cause harm to you, your family, your business, and pets is the first step in creating a harmonious living and working space that supports your health, emotional well-being and mental equilibrium. Look around your work and living environments. Do you see power lines, microwave towers, cable boxes, etc.? Once you identify these zones, there are a number of tools that can be used to interrupt or neutralize the disruptive energy currents in your home. It is relatively easy to fix and to enhance the energetic dynamics embracing your sacred spaces.

Dawn Fleming, intuitive healer, dowser, geopathic stress eliminator  
<http://www.energytransformations.org>

## NAVIGATING THE ROAD TO SUCCESS

Have you ever felt stuck, that a big boulder was blocking your way? You push and work even harder, but success feels elusive. What do you do? Give up, work harder, or create another plan? Success is more than reaching the final goal. It is a process. Success comes from knowing when to push harder, when to rest, reflect, plan and connect with others. Like driving through a city, you need to stop at the red lights and wait until it is time to proceed. Some red lights are longer than others. But it is imperative that you stop or you could get injured. You will reach your final destination if you pay attention to the signs along the way.

Life occurs in phases – the hard working phase, the rest and reflection, the networking and connecting with others, and the learning and planning phase. Most of the time these stages overlap to some degree. Being able to identify which phase(s) you are in so that you can apply your energy appropriately is very important. This will help you to direct your energy.

The hard working phase has to have some endings or you will burn out before you find your success. When this phase is working for you everything seems to fall into place. You naturally know what is next because it presents itself to you. There is a quickening of events.

This is usually followed by the rest and reflection phase. The rest and reflection stage is essential! This is where you listen deeply to your inner knowing to present new ideas and information **about your path. You reflect on what is and is not working. You don't try to "fix" things.** You open to new ways of being or handling issues. It is important to rest your mind so you can get in touch with your higher thoughts and wisdom. This is what fuels your next steps. If you refuse to pause, you risk the chance of hitting a roadblock and experiencing anxiety and despair. Your inner voice tells you stop, go, talk to this person, attend this meeting, etc. If you **don't listen to it, you are traveling without your GPS turned on. Listen to your inner wisdom.**

The networking and connecting with like-minded people phase also supports your success. We do not exist in a vacuum. We learn and are blessed by the company of others. Connect with positive people who share and support your vision. Do not spend time with negative people who steal your energy and bring you down. Many times someone holds the answer to some question. Change can occur more quickly when group minds are at work. Moving that mountain seems less hard when you have a team behind you. Spend time with like-minded people and be energized by the time you spend with them.

The learning and planning phase usually occurs before the hard working phase and after the rest and reflection stage. It is important to take the time to acknowledge what you learned from your experiences and revise your plans according to how the path now presents itself. This phase allows you to respond to the changes going on in your environment. Nothing is static. The world around you is in constant change and this phase allows you to plan accordingly.

When you identify and participate in all the phases, you will no longer feel frustrated and stuck. You feel empowered to take the steps that are appropriate for that phase. This will propel you on your road to success.

Dawn Fleming, author of *Creating a Successful Holistic Health Practice*, *Teaching Workshops Effectively*, and *Navigating the Continuing Education Approval Process*

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### Pyramid Charged Matrix

Inside each half of the matrix is a crystalline substance that has been "charged" in the 144-foot maternal pyramid in Russia. The charge emitted by the matrix offers a coherent healing energy in the vicinity of the matrix halves. The matrix is useful for the neutralization of energetic stressors, such as computers, cell phones, and EMF. Place the adhesive-backed halves on opposite corners of electronic devices to offer a shielding energy. Put them on your **cell phones**, home phones, microwaves (on the outside), back of TVs, etc.

Adhesive-backed, the matrix will lift the vibration of drinking water, improve the quality of wine, and offers a normalizing energy to any substance it is attached to. For physical healing, attach the matrix halves approximately 1/2-inch apart to the area of the body needing healing.



These hand cut pure Brazilian crystals are singing with energy and emit a loving field that stabilizes anything placed within the grid. Ideal for remote healing and beautiful for your sacred altar space. Contains 4 clear quartz crystals that have been carefully chosen to work together and then pyramid-charged for higher service.



These Golden Mean Crystal glass pyramids are conditioned in the huge maternal pyramid in Russia. They offer a healing harmonic energy that creates a balancing energy in a room. They also are a powerful amplifier and harmonizer with an effective radius of 10 meters. It neutralizes EMF, is anti-stress, optimizes the immune system, and slows aging. Sold in 5" and 7".



### Pyramid Charged Atlantean Argentum Ankh

Argentum is a precious mineral similar to silver. However, it offers many additional benefits. Argentum offers assistance to T-cell count, toxic cleansing, and clarity. This is the Atlantean Ankh with two legs.

The ankh has been charged in our Russian Pyramid and includes a loop so that you can attach it to a chain - we suggest wearing it over the high heart for maximum benefit. The Argentum Ankh offers powerful healing properties when worn, carried, or placed on the body.

## INTUITIVE READINGS

I offer one hour readings, in person, over the phone or via Skype. I am a natural reader and healer providing readings to clients for over 20 years. Looking for answers? Schedule your next reading today.

Dawn Fleming, email me at [mylifeisgood22@cox.net](mailto:mylifeisgood22@cox.net) to set up your appointment. Leave me your name, phone number, and available dates and times for your reading.

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Feedback - On Navigating the Continuing Education Approval Process

*I just received your book Navigating the Continuing Education Approval Process and found it very precise and comprehensive. I am a nurse and have been writing programs for nurses for a long time in the medical arena. I am also a Reiki Master/Teacher and also Consultant to a Yoga Certificate Program and wanted to construct CE programs for nurses who take these types of programs. Although my RN license permits me to teach and practice Reiki, finding a way to concretely explore offering holistic health education to other audiences was extremely helpful and professionally written.*

*Great Job!*

RAISE YOUR CONSCIOUSNESS, JOURNEY WITHIN

## Egyptian Healing Rods

—They are tools of Healing, Transformation and Power!

Let these powerful tools make a difference in your life and of your clients. Egyptian healing rods create balance in the body and accelerate the healing process. Any of the crystal rod sets will expand consciousness, assist in manifesting, expand any of your spiritual gifts—healing, mediumship, channeling, etc— and enhance intuition. The rods were used by the Egyptian Pharaohs and Priests for healing and time travel. They are handmade in Russia and charged in a pyramid for 12 days. They hold their charge forever!

Learn more about these amazing rods at  
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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 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. Sign up at <http://www.energytransformations.org/workshops.html>

### ADVERTISINGS AND ARTICLE SUBMISSION

The newsletter speaks 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](mailto: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 next newsletter is June 5th. The deadline for advertisements is August 3rd.**

For advertising rates and deadlines go to

[http://www.energytransformations.org/newsletter\\_advertise.html](http://www.energytransformations.org/newsletter_advertise.html)

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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