

# ENERGY TRANSFORMATIONS NEWSLETTER

Mar/April 2010

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

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## Loosening Our Chains to Take Flight

Have you been feeling a little claustrophobic lately? Breathing feels like a chore and yet you do not have health issues in this area? Feeling as if you are being pushed to the edge—but not sure why? Could this be attributed to growing pains? This might be an awkward term for expanding one's Light.

As we grow our capacity to embody our Light expands and beckons us to change. When we do not make the changes needed to move forward and embrace the Light, we begin to feel stuck and claustrophobic. Our Light is becoming too big for the box and conditions that we have created. Our path and practices are aligning us with the increased Light vibrations that are perpetually blessing the planet and expanding our fields. Cramped, confused, and irritated, we seek to understand and to know how to make the necessary changes yet be at peace with the changes we make. Some people on the spiritual path just seem to know what they need to do next in order to step out of the old box and into the fullness of the radiance that is given to support them. Others just seem to feel lost in search of direction or flounder in resistance as they seek a sense of balance and peace.

As we improve our life and become more aligned with truth, we become more Light-filled. Our beingness expands. Light begins to embrace parts of us that have forgotten about our Light-ness. Changes begin to occur on all levels as this Light embraces us. We may begin to notice how things seem different or uncomfortable. As if our skin is not big enough to contain who we are becoming. In other ways we may notice how we yearn to know ourselves in a deeper spiritual way and to bring that out and into our everyday lives. We might even experi-

ence our capacity to be more loving or our ability to see beyond the illusions expand.

In the process of embodying higher levels of Light we have the opportunity to make different choices. We might find that we are no longer drawn to friends that we have known for a long time or that we feel out of place wearing the clothes that we once loved. We might experience feeling like we are "no longer home" in our own home. Another example is that we might be more forgiving than usual or no longer look at life through the eyes of a problem but through the eyes of possibilities. Or we no longer find comfort in the conditions that we set for how our life should be.

If we shared these feelings with some folks they might think "wow have you got a problem!" She has really fallen off the deep end. But, no, on this path of rising in consciousness, these are all effects of raising your vibration. These are indicators that you are growing and expanding and have the opportunity to see life with a developed consciousness and enjoy deeper understanding. It is a doorway to aligning and living with our Truth.

These discomforts are the result of our expanding Light putting pressure on our mental, emotional, and physical box where we reside. The Light is opening us up to new directions. We might not be called to change our lives completely, but we are called to change the way that we react and respond to all areas of our lives. We are called to act in ways that create harmony and balance in our lives as well as in those around us. The call to rise up and express ourselves in new ways beckons us to be different. One thing to note is that any practice that we choose to help incorporate the Light and take a



**Feel yourself stepping out of the old box of conditions and moving into a new life with infinite energetic resources to support your journey.**

direction will also raise our vibrations even more. Yes, that really is a good thing. By not making a choice we will continue to feel discomfort and disoriented. The discomfort is a gift and catalyst to make us do something to move out of the misery.

One approach to find balance and direction is to find time to sit in the quiet. When you take the time to sit and be quiet; focus on your heart center visualizing a beautiful violet flame in the center of your heart. Just be with this flame seeing it expand and bring peace. Expand and be peace. Breathe in this peace, feeling it move throughout your body, mind, and emotions. See the violet flame encompassing your whole being. Soothing, warming, and bringing Light into all areas of your life.

This flame has always been here holding the Light in your heart center for you to discover your infinite abilities to love, be powerful, heal, to embody abundance and embody wisdom. These are the gifts that are awakening in this new era of your life.

Focus on the flame, feeling its warmth, and seeing its beauty. Feel yourself quieting. Ask all the parts of you that feel irritated, lost, or out of balance to move into the flame. Feel and see these aspects move into the flame as you pause and allow them to be transmuted by the violet fire.

Now feel the warmth of love and compassion expanding into your field. Focus on any area in your life that requires change and breathe this violet flame into that area. See the flame expanding; supporting energy and Light into the area. Feel yourself stepping out of the old box of conditions and moving into a new life with infinite energetic resources to support your journey. Feel yourself welcoming where you stand and where you are going. Feel the flame blazing in your heart center bringing clarity and peace throughout your whole being.

Work with this exercise daily and you will begin to experience positive shifts and changes. You will help move out the old en-

ergy that is blocking up your system and keeping you in limbo and assisting the Light that is expanding to integrate into your whole Being. You truly are a Light being here to experience much, much more. Allow your Light to shine and the world will be a better place.

Blessings to all,  
Dawn Fleming

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I offer you this poem which was the title of the movie INVICTUS. It is the poem that Nelson Mandela read everyday during his many years of imprisonment.

## INVICTUS

Out of the night that covers me,  
Black as the Pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.

In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds, and shall find, me unafraid.

It matters not how strait the gate,  
How charged with punishments the scroll.  
I am the master of my fate:  
I am the captain of my soul.

William Ernest Henley

## HAPPENINGS

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

On March 13th, I will have a vendor table at the Gilbert Small Business Alliance expo *A Sense of Health* featuring holistic health practitioners in the East Valley area. Come join us from 10 am to 3 pm at Val Vista and Williams Field in the Khol's shopping center. I will have the Egyptian Rods and offer mini healing sessions.

I will be attending the Christine Page workshop *Walking Boldly into Our Soul's Destiny* in Annapolis at the Country Inn Suites on the weekend of March 20th. I will have a vendor space there to display the Egyptian Healing Rods. The flyer for this event is on page 12.

I will be offering a **free Egyptian Healing Rod talk** and manifestation meditation in the Elkridge area on Monday, March 22nd 6:30 –8:30 pm. If you plan to attend, call Cassie at 443-604-3625 or email her at [cass@downtownmts.com](mailto:cass@downtownmts.com) to reserve your space and to get directions.

Stop by and check out the new healing center in Derwood, MD, Soul Source. They have great practitioners and nice meeting/workshop spaces. Owner Joanne Selinske is hosting an open house March 20 and 21st. See the flyer on page 11.

Another *How to Become a Continuing Education Provider* teleconference workshop is planned for March 13th and May 1st. See Workshops section for details.

## WORKSHOPS

### How to Become a Continuing Education Provider—Telecourse

**This workshop will be offered twice once on March 27th and again on May 1st  
Noon to 3pm EST, 9am to noon PT**

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

Investment \$55

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

## WORKSHOPS

### Free Egyptian Healing Rods Teleconference - Spread the word

April 29th, 8 pm EST, 5 pm PT

The Egyptian Healing Rods are empowering tools used by today's contemporary healers, Lightworkers, and anyone walking a spiritual path. In this teleconference I will provide information about the different sets of rods, how the Egyptian priests and pharaohs used the rods for healing, power, and transformation, and how you can work with the rods to empower your goals, well-being, and to ground peace and joy in your life. Two dates and times are offered to support both east and west coast listeners. If you are interested in listening in send me any email at [reikidawn@yahoo.com](mailto:reikidawn@yahoo.com) so that I know who is listening in and I will send you the telephone number.



**Reiki classes in Phoenix/Chandler** area will be forming soon. Call Dawn Fleming to get dates 480-456-8904.

### REIKI in Maryland

Reiki classes are held in Odenton or Pasadena, MD, and are taught by Reiki Master Amanda Sachs. Sign up at [www.meditativeconcepts.com](http://www.meditativeconcepts.com). Direct questions to Amanda at [mandasachs@gmail.com](mailto:mandasachs@gmail.com) or call 443-956-8327. **CE hours available for massage therapists and social workers.**

**Usui Reiki I** - March 27th, 9:30 to 4 pm, learn how to give a Reiki session, receive an attunement, learn the history of Reiki and your chakra energy system. Become empowered to heal yourself and to assist others in their healing process. \$150

**Reiki II** - April 17th 12 - 5:30pm, learn the Reiki symbols, how to use them, how to empower your goals, and how to do absentee healing. \$175

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

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

## CE HOURS

### Home Study CE Hour Courses

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

**Creating a Successful Holistic Health Practice—15 CE hours**

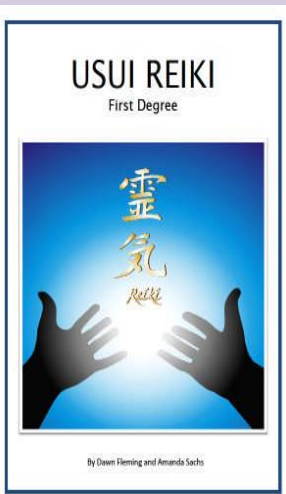
This home study course provides both the inner and outer work of creating a successful holistic health practice. Learn how to empower yourself to create the practice of your dreams and to support yourself doing what you love. Nurses, massage therapists, and social workers have all raved about this course.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

**Chakra Wisdom: 24 Days of Transformation—24 CE hours**

This home study course provides valuable information and experiential exercises that:

- Improve your overall quality of life – physically, emotionally, mentally, and spiritually
- Give you the knowledge to release blocked energy so you can take charge of your life
- Provide you information to help your clients release their blocks and restore their vital life energy
- Enhance your understanding of how to work with your energetic/chakra system to support your goals
- Empower you to reclaim your energy, to live your Truth, and to support others as they move through the transformation process.

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



**UPDATED** Reiki I and II Manuals that you can use to make copies for your classes without violating any copyright laws are available. Buy one time and use for your classes forever. The manuals have been revised with more detail and information included. After the manuals are purchased, we give Reiki Masters permission to copy the manuals for their classes. The Reiki I manual has grown to forty pages in length. The additional information includes more in-depth instruction for the hand placements for working on someone else as well as discusses the benefits of giving and receiving Reiki, healthy boundaries, getting Reiki experience, and incorporating Reiki into your life. A color picture of the chakras along with pictures of Dr. Usui, Dr. Hayashi, and Mrs. Takata have been added. Also included is what Reiki is, the history, how energy works, how to do self Reiki and Reiki on someone else was already in the manual. The manuals are now spiral bound and protected with clear plastic covering. They are easy to copy and can be purchased on-line at [http://www.energytransformations.org/products\\_manuals.html#reiki](http://www.energytransformations.org/products_manuals.html#reiki) or you can order them by calling me at 480-456-8904. Those who already purchased the previous version of the manuals will receive a \$15 discount on the new manuals orders. You must call in your order to receive this discount.

## Dreaming the World Into Being

Dreaming the world into being is not a new concept. Hopi elders and others have gathered for eons to dream a world for their children's children. What a gift they have given each of us as we walk in this world that is constantly evolving.

The times on the planet have changed and everything is speeding up. More people are joining in this opportunity to dream a new world. It no longer takes a generation to create a major change whether personally or for the planet. It no longer takes months of planning or visioning. Some things come far more quickly. We must go beyond dreaming our own little corner of the world and dream on a grand scale.

In my experience some goals and projects keep changing before I can even really grasp them. I find planning less useful than ever before. I still plan but have found I need to hold each project or goal lightly - as with the Buddhist thought of there being 'nothing to hold'. I need to continue to listen to spirit and be ready and flexible for the changes that arrive - and they do arrive. I have felt great nudges from spirit and a certainty of how things would unfold just to have doors close and a new avenue open. This can be frustrating if I don't intentionally remind myself to flow with life. We are living in a very powerful time. Effecting great changes for ourselves and the planet will take more focus yet less effort than ever before.

Here is the practice I am currently using to dream my own world and that of my family, city, country, and planet.

1) Set aside 10-15 minutes. Meditate, connect with spirit, imagine and dream what your ideal planet might look like. Be open to things far beyond what you might ordinarily dream. Then as this dream unfolds see what your role in this might be.

This is a fluid image you can take forward. We must dream the whole world into being to have our own personal dreams come to fruition. If you enjoy this extended dreaming process, visit this meditation regularly. Our planet is ripe for change and we are key aspects of this change.

2) My dear friend Tracy Houchins shared a new habit of hers that I, too, have incorporated. With her permission, I share it with you adding my own emphasis. Each day at 11:11 and 1:11 pause and dream a new world into being. (11:11 seems to be a magical time these days). Dream your own future within this great plan holding it lightly enough that it can change and transform with ease. It takes only a few minutes once, twice, three times a day to create extraordinary shifts for yourself and for the planet.

3) As well as using the above ongoing practice I also ask you to be present in your life. If you feel discomfort or unhappiness in any way, stop. Take a moment to see what you are focusing on. Ask your self "Is this what I want more of?" Don't avoid problems or avoid feeling negative emotions. Each one of these holds gifts and there is a time for dealing with and honoring them! I'm simply suggesting that you use discernment and awareness. We are powerful creators and as time speeds up, our opportunity to create lasting change in our lives and for the planet are growing exponentially.

Try this for a week and see what unfolds in your life. Extend it to 33 days - the time needed to make a new habit. Let's create a new heart centered world together where we remember that we are all one, no one goes to sleep hungry and each person feels their health is supported and cared for, honored and respected; a world where conflict just becomes another quick reminder that peace is our natural state; a world where each of us is passionate about our work and our community and we all work in harmony with the planet. Can you feel it? 17 seconds of truly feeling it will lead us closer to that reality! Join me in dreaming the greater world into being!

Cherry-Lee Ward [www.Cherry-LeeWard.com](http://www.Cherry-LeeWard.com)

## The Power of Distant Healing

Many people discount the power of distant/absentee healing (the term distant, distance, and absentee healing are all the same.) They believe that if the practitioner is not present for the session, the results would not be as effective as a hands-on session. From working with energy over 20 years, I find that both hands-on and distant healing are equally empowering, with both providing deep healing on all levels. Every level that can be accessed hands-on can also be accessed at a distance. Sometimes I find distant healing easier because there are fewer distractions when the person is not there. It is easier to stay focused.

I remember the first distant healing session that I did. I was talking to a friend on the phone and she complained about having a really bad cold and having to sleep sitting up. She also moaned about having a non-stop throbbing sinus headache that extra strength aspirin was not helping. I offered some absentee Reiki when our conversation ended. She agreed and I began the session as soon as we hung up. The session lasted for twenty minutes. I was amazed at how I could feel what was and was not going on in her energy field and body. She called about an hour after the session to tell me how amazing it was. She said that when I was sending she felt and heard all kinds of popping going on in her sinus areas around her eyes. After 10 minutes, she said that her nose began unclogging and began to drain. Her headache cleared within 15 minutes after the session ended. She knew that she was going to sleep in her bed that night. We were both in awe over how quickly everything happened. She called me two days later to share that when she woke up the next morning she felt 90% better and no longer had any headaches. I was grateful to have the experience and she was grateful for the healing.

I have also witnessed the power of distant healing when I had the absentee healing request list that I sent out once every 7-10 days for over 8 years. People would send me their name, location, and what they wanted healed. The requests ranged from help me with a specific health issue, send me energy to find a job, send energy to help me in this transition period of my work life, relationship or other, send energy for safe travels, and to the planet for peace or any area in the world that was experiencing a crisis. I also received a lot of requests for distant Reiki for pets. I would put them all in an email and send them to 700 Reiki practitioners on to send Reiki. The feedback that we received showed that the distant healing was just as powerful as any hands-on session. Some results occurred very quickly. Others occurred over time just like hands-on Reiki.

In my distant Reiki practice, I get requests to work on people with physical issues as well as issues that relate to helping people go through change or make changes. I help to release the blocked energy and to restore energy so people can embrace the changes going on around them. Over the past year, I have sent distant healing to several people, who are dealing with balancing the incoming higher energies.

Recently my absentee services were sought by several people in crisis and the results were immediate. One person requested Reiki for her adult son who had renal failure, placed on dialysis, and was told to expect a kidney transplant. It was a shock to the whole family because he had always been so healthy. Her son was released from the hospital five days after the absentee healing began. There is no surgery planned for his future.

Another person wanted Reiki to support a situation that was requiring a four hour surgery. The person actually was aware during two of the sessions when I was working. The surgery lasted only an hour. The doctor was very pleased how smoothly the whole procedure went and so was my client.

When I am working with someone with absentee healing, I encourage that he or she commit to three sessions. During the first session, I am able to assess what the person's energy field is or is not doing. I provide Reiki to the areas of distress first and then send Reiki to the rest of the body to bring balance. I call this session, *putting out the fire*. In the second session, which is usually 2 days later, I assess how the first session impacted the field. I ask myself is the energy flowing better, where are the hot spots, what energy phenomena are occurring, where are the blocks, and what approach needs to be taken now that I can access a bit deeper into the client's field. I call this the *clean up* session. I also listen in to see if the body has any messages for the client. During the third session, the *alignment and fine tuning phase*, I am usually able to access very deeply into the client's field. I sense the impact that the other two sessions had and continue the work for deeper healing of the particular area and balance for the whole body.

In between each session I provide feedback to the client. At the end of my third session, I give my assessment and let the person know if more is needed or if we should give it some time and reassess in a couple of weeks.

Distant healing is very powerful. Like all forms of energy healing sometimes results are immediate while other situations may require more time. I find that relief of some sort is usually experienced on several levels: physical—that areas of the body heal on some level; emotional—the person releases some emotional blocks tied to the situation; mental—the person finds peace in the storm; and spiritual—some people experience a deeper connection to their Higher Self.

Dawn Fleming, Usui and Karuna Reiki Master, intuitive healer, and author

### WORDS OF WISDOM FROM DEEPAK CHOPRA

#### 10 Steps to Wholeness

1. Nourish your “light body.”
2. Turn entropy into evolution.
3. Commit yourself to deeper awareness.
4. Be generous of spirit.
5. Focus on relationships instead of consumption.
6. Relate to your body consciously.
7. Embrace every day as a new world.
8. Let the timeless be in charge of time.
9. Feel the world instead of trying to understand it.
10. See after your own mastery.

From his book *Reinventing the Body, Resurrecting the Soul*

## What's In Your Suitcase

When we enter into a partnership, we come with a suitcase packed life experiences...past relationships, resentments, wounds, needs, dramas, fears, desires, dreams, beliefs about ourselves. and about love. When we decide to set up house, literally and figuratively, we begin to unpack our suitcases, revealing aspects of ourselves we may have had neatly tucked away. This is a natural and necessary process in every relationship. However, we often find the contents of our partner's suitcase unbecoming or distasteful and prefer they get rid of it! And here it begins...the process of attempting to change our mate so that we'll be happy.

**Lesson 1 Dig in your own suitcase!** Rather than rummaging through your partner's suitcase, look intently and honestly in your own and do what needs to be done to put those things away. In other words, be willing to heal your *own* wounds.

**Lesson 2 Honor and validate your partner.** There are very distinct difference between masculine and feminine energy, even in same-sex relationships, and a necessary balance of Yin and Yang is required. Learning to recognize and understand these unique qualities, rather than judge and criticize, is honoring and validating to our partner.

**Lesson 3 Do not attack.** Resist attacking others and yourself in thought, word, and action. If you only practice this one principle, your life and your love will change dramatically.

**Lesson 4 Remember that you are on the same team.** If a teammate makes a mistake and lets the team down, we generally forgive, encourage and even pick up the slack if needed. However, couples tend to take each other's mistakes and mishaps personally, forgetting they are teammates in life, working toward the same goals. And last,

**Lesson 5 Remember the Higher Purpose of your Partnership.** We all need to feel a sense of purpose in our lives, yet we often fail to see the greater purpose in our intimate relationships. It is important to identify our own purpose as individuals, first and foremost. Once we are aware of our Self, we are more willing to honor our partner's individuality and purpose, and together, we are able to seek and understand the Higher Purpose of our relationship. When in alignment and committed to something greater than ourselves, our relationship has more meaning, life has more value, and love has no limit!

Kate Bares-Johnson, Director of The Center for Well Being in Austin, TX. [www.thecenterforwellbeing.com](http://www.thecenterforwellbeing.com)

## The Dual Path to Healing

In his marvelous book *The Healing Path, A Soul Approach To Illness*, author Marc Ian Barasch, an editor at *Psychology Today* and *Natural Health* magazines, tells of a clinical trial involving patients who suffered from OCD (Obsessive Compulsive Disorder). OCD had long been diagnosed as a psychiatric disorder but no therapeutic approaches were of any help. Then PET scans revealed anomalies in the brains of OCD patients. What had always been considered a mental disease suddenly became a physical one. Drugs were prescribed and many OCD patients were cured of their symptoms.

At the same time, according to Barasch, a form of therapy known as “behavior modification,” in which patients were ordered to face and overcome their fears, came into use and proved to be equally effective in banishing symptoms. Currently OCD can be helped psychologically, showing it is a mental problem, or it can be cured with drugs, indicating that it’s a physical problem.

Additional PET scans in 1993 showed that there were changes in the brains of OCD patients who were cured. These changes occurred whether the patient was cured through behavioral therapy or through drugs.

Ingesting OCD drugs = changes in brain, elimination of symptoms.

Facing fears, behavior modification = changes in brain, elimination of symptoms.

At first glance this seems a surprising result, but Barasch quotes UCLA psychiatrist Lewis Baxter who claims that a change in behavior *always* brings about a change in the brain.

Surely OCD is not the only health challenge that has this dual nature, one in which both the mental and the physical are involved, health problems that can be dealt with either through a change in our emotional makeup and behavior or through a physical approach. Recent tests have shown how powerfully we are affected by our emotions. Numerous tests indicate that if we are harboring a lot of anger, we are vulnerable to a range of health problems and any wounds we have will heal less quickly. If we live with a lot of anxiety and are pessimistic, we run an elevated risk of getting Parkin-

son’s. Impulsive types are at risk of developing stomach ulcers. People with anxiety disorders are three times more likely to be treated for high blood pressure. Anxious people with heart disease die sooner than their non-anxious peers. Shy people are more subject to infection. Those who feel distressed run a higher risk of suffering from cancer or heart disease while those who are optimistic live an average of seven and a half years longer than those with a gloomier outlook.

If we want to enjoy those extra years, possibly we should keep in mind what Darwin wrote: “It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.”

Life *is* change and to go with the flow allows us to live with far less strain. If we fear change, feel anxious or angry or depressed over every personal or social change, we leave ourselves open to disease. Why put ourselves under the stress of constantly trying to build makeshift dams in the middle of a flowing river?

Primitive man believed that evil spirits entered the body to cause disease. Magical rites were held to cast out the unwelcome intruders.

*When the eve was come, they brought unto him many that were possessed with devils and he cast out the spirits with his word, and healed all that were sick.*

Matthew 8:16

If we could cast out our worst devils – our demons of greed, anger, fear, envy and lust – if we could learn to live ruled by our hearts and souls instead of our egos and appetites – possibly we too could be healed and live a long and healthy life at peace with ourselves.

Jacqueline Hacsí, [jhhacsi@aol.com](mailto:jhhacsi@aol.com)

# HOLISTIC CLASSIFIEDS

Let the World Wide Community Know What You Have to Offer

## FOR SALE:

Amethyst Bio-Mat/Professional-- Utilizes infrared heat, negative ions & amethyst crystals to deliver a molecular level high-speed healing & cleansing. \$1200 includes Amethyst Memory Foam BioPillow, carrying case with handle/wheels & shipping/handling. Like new. To see what this looks like visit:

<https://www.thebiomatcompany.us/home>. Call 520-403-2287

## FOR SALE

**Egyptian Healing Rods**—Tools of Healing, Transformation and Power. Let these powerful tools make a difference in your life and the life of your clients. Learn more about these amazing rods here to propel us forward at <http://www.egyptianrods.com> Tune into our free teleconference—see page 4.

**Receive a 5% discount when you purchase 3 or more sets.** Must call to get the discount 480-456-8904.



## Reiki sessions

In person or absentee, Reiki unblocks your energy and restores your health and well being. Reiki is transformational. Reiki Master and intuitive healer Dawn Fleming is ready to help you move forward in all areas of your life. Call today to schedule your Reiki treatment 480-456-8904.

## Books to enhance your holistic health practice

Creating a Successful Holistic Health Practice, Teaching Workshops Effectively, Navigating the Continuing Education Approval Process, Reiki I and II Manuals that you can copy and share with your students. Discounts when you buy three books or more. Visit [http://www.energytransformations.org/products\\_manuals.html](http://www.energytransformations.org/products_manuals.html)

# Discover

.... that you are the instrument  
of your own fulfillment



## SPECIAL EVENTS for SPRING 2010

**Soul Source Program & Service Sampler:**  
March 20 & 21, 2010 10:00 a.m. to 6:00 p.m.

### Seminars:

- Internationally Acclaimed Mind-Body-Spirit Healer **Dr. Rick Levy**, author of *Miraculous Health*
- Music and Imagery Sampler, **Jane Selinske**, Ed.D., Jungian Psychoanalyst
- Intuitive Development, **Melissa Feick**, Intuitive Anatomy Instructor, Practitioner & Instructor
- Creating a New Cloak — Women at Midlife, **Stephanie King**, LCSW-C, ACSW
- Practicing a Loving Relationship with Money, **Hilla Keren**, LCSW-C

### Meet with members of Soul Source's Support Groups:

- Support Group for Parents of Children with Special Needs who are Transitioning to Adulthood
- Exploring Women's Spirituality
- Women at Midlife
- Mining for Spiritual Gold in the Senior Years

### Individual Sessions with:

Holistic practitioners of: Reiki, Massage, Aromatherapy, Reference Point Therapy, Naturopathic-Energy Medicine, or Intuitive Readings with Mediums, Angels/Guides

### Shop

our collection of goods from HandCrafting Justice — an international social justice and fair trade network benefitting micro-enterprise in developing nations.

Check [www.theSoulSource.net](http://www.theSoulSource.net) for updates in the event of inclement weather

### Tiffany Masters, Highest Healer International

*Internationally acclaimed Intuitive, Mystic & Channel of Energy*  
Healing Clinic Saturday, April 17th  
Private Healing Sessions, April 15, 16 & 18th  
Registrations Required: [www.highesthealer.com](http://www.highesthealer.com)

*At Soul Source we believe a serene and idyllic surrounding is the prerequisite to finding your truth...*

*We offer our clients the unique combination of spiritual discovery, holistic healing therapies and specialized training, in one heavenly location.*

### Group Discovery

- Support groups
- Workshops
- Seminars
- Book Clubs
- Conversational gatherings

### Meditation and Wisdom Practice

### Intuitive and Astrological Readings

### Holistic Healing

- Reiki
- Aromatherapy
- Naturopathic-Energy Healing
- Reference Point Therapy
- Angel Therapy

### Spiritual Travel

#### Soul Source services and programs help you to:

- realize personal health and serenity, and interpersonal harmony,
- gain clarity and new insights,
- establish new ways of thinking and develop newly shaped beliefs.

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- facilitate the life-long process of spiritual growth and development,
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\* Five percent of Soul Source's program income is donated to micro-enterprise initiatives in developing nations.

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# Walking Boldly into Our Soul's Destiny

*Making the Most of 2012 Energy*



**Christine Page, MD**

*This full weekend event includes a Soul Destiny Party with featured musicians, Soul Pajamas.*

*For more detailed information, visit [www.actannapolis.org](http://www.actannapolis.org)*

Join us on a sacred journey with  
**Christine Page, MD**

**March 20 & 21, 2010**

**Country Inn Suites  
2600 Housley Road  
Annapolis, MD 21401  
(410) 571-6700\***

*Cost of registration for the entire weekend:*

**On or before February 7, 2010**

\$88 ACT members

\$111 for non-members

**After February 7, 2010**

\$111 for ACT members

\$122 for non-members



*To register, please complete the form and mail with payment to the address below:*

**ACT (A COMMUNITY OF TRANSFORMATION)**

**P.O. BOX 1394**

**Severna Park, MD 21146**

*\*If you plan to stay overnight, please check with the hotel for a special \$99/night rate for this event.*

## Walking Boldly into Our Soul's Destiny

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_

Are you an ACT Member?  Yes  No

Payment Method:  Check (Made Payable to ACT)

Credit Card (Visa or Mastercard)

Credit card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Billing Address: \_\_\_\_\_

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Print Name: \_\_\_\_\_

*(As it appears on card)*

## ***REIKI SHARES and CIRCLES – list your Reiki shares here, two lines for free***

### **California**

Venue: 260 N Mathilda Av, Apt D 10, Sunnyvale, CA 94086, most Fridays 5-6:45 pm. Donations welcome, all lineages honored. 408-594-5933 poc: Manisha Bansal Baliga.

### **Maryland**

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

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

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

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

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

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

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

### **New Jersey**

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

### **Virginia**

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

These newsletters speak to the head and the heart inspiring us to move forward and awaken into a Higher understanding of Truth, Wisdom, Love, Transformation, and Joy. I welcome your comments, thoughts and inspirational articles. Please send your inspirational articles regarding holistic health, raising consciousness, energy modalities, ascended masters, meditation, spirituality, angels, stories of healing or transformation, empowerment, inspirational travel, poems, etc., to mylifeisgood22@cox.net. Most articles are 500 to 1200 words in length. Your words can deeply impact the lives of others. The stories are meant to inspire or educate, not sell products or classes. Each article includes a byline of the author's name and either email address or website. The deadline for articles for the May/June Newsletter is April 18th.

**For advertising rates and deadlines go to [http://www.energytransformations.org/newsletter\\_advertise.html](http://www.energytransformations.org/newsletter_advertise.html) Deadline for advertisements is April 18th.**

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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