

ENERGY TRANSFORMATIONS NEWSLETTER

March/April 2011

CENTERING



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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As I write this article I am on a three-day silent retreat, a gift we should all find time to give to ourselves. The retreat center is located north of Tucson, surrounded by mountains covered in saguaro cactus, offering the solitude that I so needed. This newsletter is dedicated to centering, a practice that takes us back to Source and reenergizes our entire being.

"Being spiritual has nothing to do with what you believe and everything to do with your state of consciousness."
- Eckhart Tolle

When my heart is centered in God and my mind centered on God, I feel peace in all that I am doing because my consciousness is centered in God and this Divine essence flows into all areas of my life.

Centering starts in the morning before I get out of bed. I take my mind, heart, and body and feel myself moving deeply into a place of peace, centering here my mind becomes clear, my emotions neutral, and my body energized. It is a morning tune up and tune in that supports my daily activities. About fifteen minutes later I am ready to greet the day, open and receptive, ready to see the joy that the world has to offer and to bring this higher consciousness into all that might unfold.

Greeting the day in this manner you give yourself energy and position your mind and emotions to provide you strength and wisdom. You align in a Knowing that guides and directs how you are to spend your energy this day. Your outer worldly duties and responsibilities can bid you to jump into your ego, to control or to give

your power away, diminishing your energy and feelings of peace.

When you take those first few steps out of the Inner Chamber of the Divine and into the world of being, you have a choice to make each moment, a choice to engage life centered in this Higher consciousness that supports you to live your Truth or you can choose to step down into human consciousness that harbors thoughts and feelings of lack, fear, anger, anxiety, loss, overwhelm, unworthiness, etc.

Taking the Divine energy to work, into your family, social life, and into nature brings light, truth, and love to all. It fuels not only you but the greater good of all when you show up centered in God consciousness.

When you live your Truth instead of pretending to be less by practicing fear or worry, you infuse the Divine essence into what you are doing. Making decisions centered in this space, you are in peace. When you are not aligned in the Divine you feel stress and question your decisions. As you go through the day, check in with your thoughts and feelings to see if you are still centered in this Higher knowing. Take time to recenter if necessary.

Life can present us with a variety of experiences. Most of these experiences come from the choices that we make. The gift to us is that we can choose a path that truly blesses us and others, one that fuels us as we address our issues whether they are relationship, work, health, political, or social in nature. When this level of consciousness is brought into any situation, right action occurs. Shifts happen and our life improves. Our lives will mirror the shifts.

Some may feel centering this deeply to be a challenge or even question how one might know if they are centered in this Higher Consciousness. Entering into union with God consciousness occurs when you allow yourself to be still and just be with the Creator, no agendas, not asking, just be still and attentive to the feeling of peace that will pervade you. There are some articles that follow which give advice on how to enter this place of peace.

With regard to knowing when you are centered or not, ask yourself, “Am I doing this out of habit or to be busy or is this action being supported from the Greater Source?” “Am I doing this because my ego tells me I must do this or because I am following someone else’s advice, plea, or demand?” “Do I feel peaceful as I am engaged in this activity or do I feel stressed, love or resentment, exhausted or energized? The beauty of all this is that we can plug into God consciousness at any time and the more we practice aligning here, the more our lives become an expression of the Divine. We are then empowered to live our Truth in the expression of our creative energies with love and peace extending through all that we do. Soon your steps will touch the earth more lightly and your mind will be saying, “Life is good, I am in the flow, Today’s a good day, I love you, and I love life.”

Let’s meet together in the Allness of the One. There is room for everyone.

Happy Spring and Many Blessings,
Dawn Fleming

My Sweet, Crushed Angel

You have not danced so badly, my dear,
Trying to hold hands with the Beautiful One.

You have waltzed with great style,
My sweet, crushed angel,
To have ever neared God’s Heart at all.

Our Partner is notoriously difficult to follow,
And even His best musicians are not always easy to hear.

So what if the music has stopped for a while.

So what If the price of admission to the Divine
Is out of reach tonight.

So what, my dear,
If you do not have the ante to gamble for Real Love.

The mind and the body are famous
For holding the heart ransom,
But Hafiz knows the Beloved’s eternal habits.

Have patience,

For He will not be able to resist your longing
For long.

You have not danced so badly, my dear,
Trying to kiss the Beautiful One.

You have actually waltzed with tremendous style,
O my sweet, O my sweet, crushed angel.

Shams-ud-din Muhammad Hafiz
Translated by Daniel Ladinsky

HAPPENINGS & CLASSES

Celebrate! My first blog article has been posted on <http://infinetwisdom.energytransformations.org/> I will be offering short articles to inspire you to bring the Divine in action through you. For you to release the blocks that keep you from enjoying life. Topics that I will be offering you articles on include: reaching your goals, connecting with spirit, holistic health, ascension, integrating spirit into your life, etc. It will inspire you to live your Truth and to be a Light on our planet. I welcome your comments and feedback. I believe that we are all students and teachers of life and that we all have something of value to offer. I am working on another blog for discussions on Reiki. My first blog is entitled Celebrate You.

I have just started putting together a video on How to Run a Reiki Session. Many times students leave a Reiki class feeling very full from the attunement, the Reiki work and the overall amount of information and energy that was gained in the class. When they go to do a session on their own, they have questions or feel a bit unsure without the teacher there with them. Sometimes we take a Reiki class and over time have moved away from practicing Reiki and then decide it is time to get back into it. This video will assist the beginner or anyone that is trying to get back into practicing Reiki. The video will discuss how to do Reiki on another person, how to set up your healing space, how to disconnect from their energy after the session, how to center yourself before the session, how to do Reiki on yourself, chair Reiki, offering Reiki in hospital settings, and answers many other questions about charging money, storing records, etc. I will let everyone know when this project is complete.

I am now teaching Reiki at the Southwest Institute of Healing Arts (SWIHA) located in Tempe, AZ. I will be teaching my first class in June. SWIHA is private college and community healing center for Holistic Health-care careers and continuing education. SWIHA offers a variety of programs including an associates degree program in Holistic Arts. Check out their programs at [hppt://www.swiha.edu](http://www.swiha.edu)

Follow me on Facebook. You can friend request me at reikidawn@yahoo.com.

Donations for the Energy Transformations ezine are very much appreciated. I have been providing a newsletter or ezine to many of you for over 17 years. A lot of love, thought, and time and go into preparing this ezine. If you would like to make a donation, you can do this through PayPal. My PayPal account name is reikidawn@yahoo.com. Otherwise, if you wish, you can mail a check to Dawn Fleming, 1700 E. Butler Circle, Chandler, AZ 85225. Thank you for blessings me with your readership and feedback.

Want to learn Reiki and you live in the Maryland/Delaware/Virginia area? Do you need CE hours for Massage or Social Work careers? Reiki Masters, Linda Brent and Amanda Sachs have a Usui Reiki I and II scheduled for March 19th and 20th in Centreville, MD. You can find out more information on these workshops by emailing Amanda Sachs at mandasachs@gmail.com or Linda Brent at natrueyhealthy@yahoo.com

On page 7 of this newsletter is the second part of an article written by Amanda Sachs regarding her experiences with Reiki during her pregnancy and delivery.

PRACTICING A SINGLE TRUTH

A useful tool we can use throughout our lives to move us into this deeper state of awareness and tranquility is practicing a single truth.

Vasistha's Yoga

According to Vasistha's Yoga we can experience tranquility and an enlightened state by adopting one of two mental positions. The first mental position is, "I am nothing. Nothing I see, experience or do, is me." The second mental position is, "I am everything. Every thought, action, person, God, Goddess, experience, creature, and thing is me."

#1 "I Am Nothing"

According to Nisargadatta Maharaj, to hold to the mental position that I am nothing, is wisdom. You become the space in which all things occur, and then not even that. You are awareness itself. You are aware of everything that passes through your field, yet you know it is not you. No longer identifying with anything, when things change, you are not disturbed. You are free.

#2 "I Am Everything"

According to Nisargadatta Maharaj, to hold the mental position that I am everything, is love. Now there is nothing which you are not. No matter what anyone does to you, you are doing it to your self. No matter the weather patterns, it's ok. It's just you anyway. Every concept of the divine is your very self. The smallest atom, to the vastness of the universe is you. You are doing everything, because you are everything. Here your mind can expand beyond its small confines, and thought itself becomes unnecessary, because as you can see, everything is happening without thought anyway!

What does this do to the mind?

Our problems arise when the mind becomes engaged. We have to think about things, figure things out. We try, and sometimes our conclusions line up with experience, and sometimes they fall far from the mark, and often we notice that correlation between the two is random.

The mind is for storing information. It is for balancing your checkbook, writing a coherent letter, or planning a house, or calculating a physics equation. The mind is not meant for figuring things out beyond remembering and calculating. **If you hold the state that "I am nothing," then you have nothing to think about. Your thinking doesn't matter. You are in neutral, being nothing.** You find that the world continues, even without your thoughts to validate it. Thoughts still arise. **You still get up in the morning and make bacon and eggs for breakfast. Yet, none of this is you. You don't have to think about it anymore.**

If you hold the state that "I am everything," then you don't have to think about interacting with the world in particular ways. It's all you. You continue to learn and grow and change, and yet your thoughts don't matter, because it happens anyway. You still exist as everything. If someone gives you a million dollars, you don't have to think about why you deserved it. You gave it to your self. If someone runs into your car, you don't have to contemplate what karma led to this, it was just something you felt like doing at that time.

Now the mind will resist and rail against this. You may even think this is total crap, and a good way to get out of responsibility for your actions. Well, according to the Gita, you are not the doer of anything anyway. God is the doer. When you claim responsibility, you claim karma. Then you have to suffer the good and bad of your fate. If you are **everything or nothing, then it doesn't matter, you experience your self, as it is. No need for judgement, or reasons.** This does not indicate that you will become a base and vile person either. The natural impulse of consciousness is towards harmony and peace. When you give up identification with mind, through consistent practice of one of these truths, you will find that your actions are actually in accord with a higher process.

The Cycle of Life Continues Beyond the Mind

Think of nature. The flowers grow. The cows eat the grass. The lions eat the cows. The sun shines. The clouds rain. Sometimes those flowers are weeds, and sometimes they are roses. Sometimes the cows are clearing a field, and sometimes they are destroying it. Sometimes the lion is providing food for his young, and sometimes he is removing a sick or lame cow from the herd. Sometimes the sun shines and brings life to the marigolds, and sometimes the sun scorches the earth and kills people of heat stroke. Sometimes the rains water the gardens, and sometimes they swell the rivers and destroy villages. That is what happens.

If you want to burden your self with responsibility and karma, you are welcome to it. It is your mind that tricks you into thinking this little person is so important, that your responsibility will truly make a difference. By practicing a single truth, until you know it fully as reality, the mind cannot keep a hold on you. Then you move beyond the mind, and **act with the same grace and naturalness as the natural world. You realize the “little you” is an expression of the wholeness of life and its cycles, and from this knowledge, your awareness expands until it is fully absorbed by the you that is the wholeness of life itself.**

This may seem overwhelming, or so far beyond your current scope of understanding. That’s fine. You have to start somewhere, and this is the starting point. Contemplate which one of those truths with which you feel you resonate most easily. Then write it down somewhere you will see it often. Put it in your meditation space too. Put it beside your bed. Put it anywhere you spend a lot of time.

Then, moment by moment, day by day, year by year, imagine your truth as a reality for you. Explore what you might feel like if it was true, right now. Dedicate your self to its practice. You will find as you ripen, the implication of the truth will dawn within your understanding. You will know its reality, just as assuredly as you know your self as a man or a woman. **It won’t be a thought or a concept, but a direct experience.**

In this way, every moment of your day becomes imbued with tranquility, and divine remembrance.

by Ryan Kurczak
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Natural Wisdom

How can one describe the presence of a tree?

So subtle, so still.

Asking nothing, demanding nothing.

Doing only what she can each day.

Praying to the sun that feeds her.

Embracing the earth that holds her steady.

Swaying with the winds that give life to the dance in her spirit.

Glowing with the ever abundant mist of light that surrounds her.

Brandi Higdon brandimhigdon@hotmail.com

CENTERING—CONTEMPLATIVE PRAYER

While I was away on retreat last week the primary meditation process that is practiced at this center is contemplative prayer. I found that this is another way to center oneself into the God. According to the Contemplative Outreach brochure that was in my room, contemplative prayer is a process of interior transformation, a **conversation initiated by God and leading, if we consent, to Divine union. One's way of seeing reality changes in this process.** A restructuring of consciousness takes place which empowers one to perceive, relate and respond with increasing sensitivity to the Divine presence in, through, and beyond everything that exists. Spend a minimum of twenty minutes in this centering technique.

The guidelines for this type of centering prayer are as follows:

1. **Choose a sacred word as the symbol of your intention to consent to God's presence and action within.** This word is chosen during a brief period of prayer/meditation. The sacred word is sacred not because of its meaning, but because of the meaning that we give it as the expression of our consent. Use a word of one or two syllables, such as: Love, Peace, Let go, Silence, Truth, Trust, Faith, Allah, God, etc. We do not change the word during this prayer/meditation period as it would be engaging our thoughts.
2. Sit comfortably and with eyes closed. Silently introduce the sacred word as the symbol of your consent to **God's presence and action within. Stay focused on your word. If you fall asleep, upon awakening continue with your sacred word.**
3. If your thoughts engage your mind, gently return your mind to your sacred word. During this time the sacred word may become vague or disappear. This is normal as you deepen in consciousness.
4. At the end of the prayer/meditation period, remain in silence with eyes closed for couple of minutes. This helps to bring the experience of the sacred into your everyday life.

Centering prayer facilitates the movement from more active modes of prayer and meditation into a receptive prayer of resting in God. Centering prayer is drawn from ancient prayer practices from all religious and spiritual teachings.

When you want to pray go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will reward you. Matthew 6:6

Speak Lord, for I am listening. 1 Samuel 3:10

The memory of God comes to the quiet mind. A Course in Miracles p. 457

You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level. Eckhart Tolle

REIKI AND PREGNANCY A WONDERFUL COMBINATION—PART 2

The first part of this article can be found in the archives of our newsletters in the Jan/Feb 2011 edition at <http://www.energytransformations.org/newsletter.html>

My third trimester arrived with more exhaustion and body aches. Never in my life had I weighed so much or felt so big. My mind kept worrying about my body image. Karuna Reiki® came to my rescue once again and worked on releasing the feelings of insecurity, fear and disgust. Up until my third trimester I only had a few stretch marks along my sides but none across my stomach. I attribute this to the Reiki I was giving myself everyday. I did receive some marks across my stomach towards the very end but I got so big no amount of coco butter or Reiki could have prevented it.

When my back and shoulders began to ache and I used Reiki and the Power Symbol to spot treat and ease my pain. Acid reflux became a problem towards the end as well and I would send Reiki by placing my hand on my throat chakra and the other on my solar plexus area. This created a pocket of energy around the pain and provided relief.

Exhaustion returned late into the third trimester and I gave in this time and didn't resist like I did in the first trimester. I slept, meditated and gave the growing baby Reiki. Again I felt completely present in the moment and connected with my body. I saw my due date come and pass with no signs of the baby wanting to budge. I tried sending Reiki, being positive, drinking teas, walking, and other crazy old wives tale methods to get the baby to **budge and he didn't. This taught me a lot of patience. When you are in a place of waiting you can become irritable, fearful, worrisome and negative.** The trick to being in a pleasant place of waiting is knowing that universe works in its own time for a reason.

I went into labor on New Year's Day. My plan was to try and have the birth as natural as possible. In preparation for the big event I had been sending myself Reiki to this moment since the day I found out my due date. I created a place in my Reiki Crystal Grid and I sent Reiki to provide me emotional and physical support.

Once my contractions got closer together and stronger I started to have second thoughts. I tried visualizations, getting in touch with the Reiki I had sent myself and my mother supported me by giving me Reiki as well. By the time we made it to the hospital I knew if I wanted to have a pleasant birth experience I would need pain relief. **As the nurse who was in charge of taking care of me prepped me for my epidural she said, "No one gets a trophy for doing in naturally, Hon."** This statement brought me relief and I let go of the guilt I had for giving in. I knew no matter what I would have a healthy baby.

I was in labor for 22 hours and the baby did not want to drop. Here I was physically ready, dilated and pain free but the baby did not want to budge. The control freak inside of me wanted to scream but Reiki calmed it down. The doctors decided it would be best to deliver via a Cesarean and with all the Reiki support around me, I felt at peace with the decision. My son Connor was delivered at 9:25am on 01/02/2010 and my pregnancy was over.

Reiki played a huge roll in my recovery from the Cesarean. After my pain meds wore off the second day I had one Ibuprofen and nothing afterwards. I was up and moving slow the second day, walking the hallways of the hospital that evening.

I also believe that Reiki helped me bond with my baby and create a relaxing environment for breast feeding. **We didn't have any latching problems from the moment we put him to the breast. I had minimal to zero pain the first week of nursing and my supply came in by the third day post partum.**

People ask me if I miss being pregnant. My answer is no. While I would do it again, I don't miss it. Because of Reiki

and meditation I feel that I was fully present in the whole pregnancy and have no reason to feel like I need to be back in that place again. I am now fully present in the moment of being a mother.

Using Self Reiki techniques both, Karuna and Usui, throughout my pregnancy, I had no morning sickness, swelling, or complications. I was blessed with healthy weight gain, a healthy baby with a happy disposition and a pregnancy I can look back on and smile about.

Amanda Sachs, Usui and Karuna Reiki Master, web designer, and mother. <http://www.meditativeconcepts.com>, reiki-manda@yahoo.com

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- 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. 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 April 5th. The deadline for advertisements is April 17th.**

For advertising rates and deadlines go to

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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