# ENERGY TRANSFORMATIONS

May/June2008

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

**This newsletter is overflowing with information. Take your time and enjoy!**

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**Editor and Publisher Dawn Fleming can be contacted at lovelife@cablespeed.com or 480-456-8904.**

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## WORKING WITH AWARENESS part II

In the last edition I spoke about awareness relating to knowing what is going on in and around your energy field and how both light and dark influences impact our beingness on all levels. I addressed the signs to look for to tell if you were being influenced by negative energies and how to work with awareness so that we would not be open to these attacks. This month, I will discuss working with awareness on the level of making conscious choices each moment of our lives and using the power of choice and awareness to tune into the higher frequencies.

If we look at our typical day, we rush out of bed in the morning and our mind goes on automatic pilot, telling us what to wear, where we need to go, and runs through the to do list before we have reached our first destination – the bathroom. For those of us who have not yet reached enlightenment, our mind runs us and sometimes consumes us with worry, fear, doubt or guilt, just to name a few. By mid-day we are exhausted from the feelings of being overwhelmed by all the places that our mind has already taken us for the day – OMG the stock market is falling again, I will never be able to retire; OMG, gas prices are going up, I better not go on vacation; OMG, when will this zit go away, maybe it is an abscess or cancer. We are at work and our mind is everywhere else but work, tuning us into all types of scenarios about our family, friends, stock market, etc. that most likely will never happen. Although these issues may be important to us, if we respond with anxiety we block ourselves from receiving the solutions.

I am very grateful to Wayne Dyer for his first book entitled *Your Erroneous Zones*. In this book he gives all of us permission to let go of guilt and worry – two useless emotions. He noted that guilt serves no purpose at all and makes us feel bad about ourselves and allows others to control us. Worry is energy wasted on something that most likely will never happen. After reading his wise words, I was able to free myself from the chains of these useless emotions.

Whatever our mind plays host or hostess to impacts our ability to access wisdom, Spirit, Divine guidance, and grace, our I AM Presence. If our mind is full of *stuff – OMG!* then we tune out Spirits voice of reason, guidance, and grace. We make the choice not to experience Spirit's love and wisdom, which is what being here is really all about.

If you care about living from this place of grace, you might ask how we can turn off this noisy, demanding mind that blocks the voice and experience of God's love and guidance. Awareness is the answer. Develop an inner awareness by paying attention to the mind's rumblings. Not being emotionally controlled by the mind, but just sitting in awareness of the dialog that is occurring. Once you realize that most of the dialog that is going on is not truth, you can begin to tune into and move into the higher realms of truth – aligning and attuning to what truly serves you and your higher purpose. Next, you make the decision to continue to tune out

the mind chatter and to tune into these deeper connections. I liken this tuning into the higher channels as if you are changing your television station to access the premium channels. You released the mind and awaken your awareness (which is aligned in this higher space and has replaced the mind's function). Your awareness now guides you into accessing the premium channels – God, I AM Presence, Spirit, the Ascended Masters. Your awareness quiets the mind's agendas that distract you from the truth with all the OMGs! and leads you into a dialog and experience with Spirit. Activating awareness brings a deep sense of peace with whatever is occurring and provides the inner and outer parts of you resources to address all that life offers. By tuning into the premium channels of Spirit, our balanced emotions feed us energy and support longevity.

So when you wake up tomorrow, you can tune right into station GOD instead of OMG and listen to what God has to say about your mission for the day. You can tune into the Ascended Masters, your angels, and your own I AM presence and get out of bed experiencing grace and expecting more grace and Divine guidance throughout the day. I think this is what we call living in Bliss, Zen, Enlightenment, Ascension, Awake or just higher awareness. Everyone has this capacity to change the channel from station OMG to GOD awareness and experience a better life that supports our I AM purpose.

May God's Light and Love shower you always,

Dawn Fleming

OMG in text messaging language is Oh My God!

Spread the light. Share this newsletter with others on the path. They can sign up for the newsletter by sending me an email at reikidawn@yahoo.com or by visiting my website and clicking on the link for the newsletter.

I want to read your stories, poems, prayers of inspiration, healing, success, etc. For consideration, send to reikidawn@yahoo.com. Articles should be one to two pages long.

Beloved I AM
In your peace, I AM stillness
In your love, I AM healed
In your Presence,
I AM transformed
In your grace, I AM free
In your light,
I AM transcendence
In your power, I AM faith
Beloved I AM, I AM peace,
love, presence, grace, light, and
power.
I AM stillness, healing,
transformation, freedom,
transcendence, and faith.
Beloved I AM, Beloved I AM,
Beloved I AM and
so it is!
by Dawn Fleming

# HAPPENINGS

I have several announcements to make that I am truly excited about. This summer Infinite Wisdom Press will be releasing a new book entitled *Perspectives on Ascension: Sustenance for Humanity's Journey Home*. The book is a compilation offering different perspectives from some very enlightened contributors and from poet Danna Faulds. *Perspectives on Ascension* supports our individual and collective journeys as we move out of our comfort zones into the mystery of the unknown that ascension reveals to us. It speaks to our hearts, minds and souls, and bids us to move out of the known, to be fully present, and to trust the flow of life. The book provides clarity, inspiration, instruction, and humor for our personal quest of moving out of ego, distress, and chaos into the heart of the Divine.

I get so many emails regarding the location of Reiki shares, that I am offering two lines to list your reiki share for free. Also if you are an energyworker of any modality and would like to be added to our Healing requests email list to receive emails for requests for absentee healing and prayers, send me an email with "Add me as a healing request practitioner." The list goes out about once every week or 10 days. We currently have over 800 people on this list and the feedback that we receive from those receiving is wonderful. Your energy and prayers for the healing of others can make a difference!

During my June trip to Maryland I will be again offering Egyptian Healing rod presentations, which provides participants an opportunity to experience the rods and a manifestation meditation using the rods. The Egyptian healing rods are contemporary energy tools based on ancient Egyptian technologies for healing, transformation and ascension work. The list of dates and places for the talk will listed under workshops on page 4. I will also be offering Egyptian healing rod attunements while I am in Maryland and will also be offering Alchemy sessions. The alchemy sessions begin with energy balancing and clearing and then the person is lead through a protocol for aligning their energy in a powerful space to manifest an intention that they bring to the session. The sessions are very empowering whether the goal is health, a new job, or a new life. The feedback from these sessions in February was outstanding. Times and dates for these sessions are listed under the workshops section.

Many of you bought the rods in February. Because of the high demand for these tools of transformation and healing, the distributor has reorganized its entire organization to handle the large amount of orders for these amazing tools. The rods continue to provide both Bill and myself energy, centering, lifting and calming. If you have any questions about the rods or a group that would like to experience the presentation, contact me at reikidawn@yahoo.com. For more info on the rods go to www.energytransformations.org/rods.html

Egyptian Healing Rod classes are being created. They should be ready by this fall. And a link on my website of testimonials from the current rod users will be up on my website within the next month.

Great news for massage therapists and acupuncturists – the workshop Creating a Successful Holistic Health Practice has been approved by both national boards as a home study course providing 15 CE hours/PDAs. Learn from the convenience of your own home and take a course that will really help your practice grow. To register for this home study course visit www.energytransformations.org

# WORKSHOPS

The courses listed below are taught by Reiki Master and intuitive healer, Dawn Fleming. She has been working in the field of holistic health since 1989. She is the author of several books, an ordained minister, and mentors many students

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

**Egyptian Healing Rod presentation - includes a manifestation meditation incorporating the rods.** Egyptian healing rods are contemporary energy tools based on ancient Egyptian technologies for healing, transformation and ascension work. Come learn about these powerful tools and experience them first hand as participants are given the opportunity to hold the various sets of rods - Kont, Quartz, and Crystal. After learning about the rods and experiencing the high level vibrations, you will be led through a manifestation meditation with the rods. Be prepared for the group energy moving through the rods to support your goals. Whether you desire healing, abundance, love, new career, to travel, the group meditation with the Egyptian Healing Rods can propel you forward into bringing forth your life's dreams. The workshop is being presented by Dawn Fleming, Reiki Master and intuitive healer with over 19 years experience with working with energy www.energytransformations.org/workshops.html To learn more about the rods go to www.energytransformations.org/rods.html Address any questions to reikidawn@yahoo.com.
The presentation will be held at the locations, dates and times below. You must sign up for these talks ahead of time on my website at www.energytransformation.org/workshops.html, or by phone. Each presentation is $15.

**Inspired Events Network, Odenton** (right off of Rt 175) Saturday, June 7, noon-1:30 pm, sign up at www.energytransformations.org/workshops.html or call 480-456-8904. Directions to Inspired Events can be found at http://www.inspiredeventsofmd.com/contactInspiredEvents.html

**True Relaxation,** Centreville, (25 minutes from the bay bridge), Tuesday, June 10th, 6:15-8:00 pm. Sign up at www.energytransformations.org/workshops.html or at True Relaxation 410-758-0822.

**Blueberry Gardens, Ashton**, MD, off 108 near 650 (close to DC and Columbia), June 14, sign up at www.energytransformations.org/workshops.html or call 480-456-8904. The blueberries here will be in ready to be picked so plan to stay a while longer and pick some organic blueberries.

**10,000 Joys Bookstore, 54 E. Patrick St, Frederick,**. 21701 Saturday, June 21, 1-2:30 pm, sign up at 10,000 Joys Bookstore, 301-631-5697.

**Prescription for Your Health Wellness Center**, Owings Mills, MD, June 28, 1 -2:30 pm, sign up at www.energytransformations.org/workshops.html or call 480-456-8904.

**Egyptian Healing Rod Attunements.** $75 Each session is an hour and a half. The process with the small group will begin with meditation and centering. We will move into the attunements and then sit in the quiet. The session will end after the group grounds. In order to register for one of the attunement sessions chose a date and time and email or call me to make sure that it is available. You will then be asked to pay

for the session either on line or over the phone in order to hold your space. The attunements will be held at Kellys Herb House in Millersville, MD, the Benfield Rd exit off Rt 97. Make the left on Veterans Hwy and Kellys is in the Quad Shopping Center on the left. Attunements will also be held at True Relaxation in Centreville. The attunement schedule is:

Sunday, June 8, 11am – 12:30 pm and another session is 1:30-3:00
Sunday, June 15, 11am-12:30 pm and another session is 1:30-3:00 pm
Tuesday, June 17, 11am -12:30 pm
Thursday, June 26, 6:30- 8pm held at True Relaxation in Centreville, MD

**Alchemy sessions,** $75, individual sessions, includes energy balancing, clearing, and being are led through a protocol for building the energy for the session, clearing the blocks to your intention, and aligning your energy in a powerful space to manifest an intention. If you are interested in scheduling a session, email reikidawn@yahoo.com letting her know which day is good for you and she will let you know the times that are available. The sessions will be held at Kellys Herb House in Millersville, MD during the day on June 16th - noon to 4pm, 19th - 11 to 4pm, and 25th -1 to 5pm, and at True Relaxation in Centreville on June 12th – 1 to 5 pm.

**The following USUI and Karuna Reiki™** workshops are taught by Reiki Masters Linda Brent and Amanda Sachs. To register for these classes send a deposit or full payment to **True Relaxation**, 621 Railroad Avenue, Centreville, MD 21617 or call 410-758-0822 to register. Direct questions to Linda at 410-758-0822 or Amanda 443-956-8327. Be sure to visit www.truerelaxation.com. CEUs provided for massage therapists, social workers, and acupuncturists.

**Karuna Reiki™ Master**, $500, May 4th, for those who have completed Karuna I and II and Usui Reiki Master training. Learn the Karuna master symbols, how to use them, how to teach Karuna Reiki and to give attunements. This is a very empowering class and process to experience.

**Usui Reiki I**, May 18th, $125 learn the gentle art of healing touch. Learn how to do Reiki on yourself and others and receive a level I attunement. Register today for the life changing experience.

**Reiki II,** June 8th, $200. Deepen your Reiki training in level II and learn the Reiki symbols, how to use them, how to empower your goals and how to assist others healing using absentee healing with Reiki. Send a deposit of $50 to reserve your space. The next Reiki II is scheduled for August 17th.

**Usui Reiki I**, July 13th, $125 learn the gentle art of healing touch. Learn how to do Reiki on yourself and others and receive a level I attunement. Register today for the life changing experience.

**Advanced Reiki Training** - June 29th, $275 expand your tools in your Reiki toolbox. Learn: the Usui Master symbol, how to work deeply in the field to remove energy blocks, how to build a crystal grid, and much more. Reserve your space for this class.

**Usui Reiki Master**, Aug 9, and 10th, $600, complete your Reiki training. Learn to attune others to Reiki and learn techniques that strengthen you as a Reiki healer. This class will prepare you to teach others and to attune to your highest capacities as a healer. Register today!

# INSPIRATIONAL ARTICLES

## The Precious Human Birth:
## Loving your neighbors as your self.

What a difficult thing to do: to love someone unconditionally. To love when we have been betrayed, hurt, attacked and offended. Jesus speaks his last great teaching: Forgive them; they know not what they're doing. And the greatest living example of how to love this way – how to love our enemies – is a Tibetan Buddhist monk, His Holiness, the Dalai Lama.

Reading *Times* magazine recently and the description of his reaction to the Chinese, right there in Starbuck's, I had to stop because I was so moved. I felt my chest open and tears came to my eyes. They had a photograph of his pranam before a statute of the Buddha, a demonstration of his own surrender to Compassion. He encourages Tibetans to learn Chinese so that they can communicate with the occupiers. He encourages Tibetans to protest without violence and in fact, threatens to resign as head of Tibet if they do not comply, so committed is he to non-violence.

America is a Christian country and I have been raised to believe in Jesus' path of forgiveness and love and it is through studying the Buddhist methods, that I can understand both the courage of this teacher and the challenge to be so unattached to this illusory body that even when attacked, instead of being threatened, I realize that the attacker is only harming his/her self - for anger is indeed, a poison.

All around me there is reason to withdraw into fear, anger, and terror. But within me, there is every reason to celebrate in gratitude and in wonder: for the mystery lies within the spacious heart that is hidden in the silence of our own minds.

Consider the source. Whatever you do, ask what is motivating your action. Whatever intervention you make, consider with honesty what is my intention: is it to be right or to be at peace. Am I acting out of self-righteousness or out of love? Then, take the course of action that leads to love. If you are angry, forgive.

Lately, I have little tolerance for being asked to support anyone who asks to me to join him/her in their tirade against another – for any reason. Not because I am a saint, but because I can't afford to survive taking such poison when I try to liberate myself from my own illusions of fear and retaliation. I have reason to be angry everyday and everyday, I have to use the methods of loving-kindness, meditation and prayer to practice returning myself to the source of peace that is within my own self, as it is in all beings, without exception.

I pray that we can all follow the examples of the great beings who demonstrate by their actions that peace comes only when we are challenged and that we can each find ourselves at that peak of realization when we chose over and over again to remember what is real can never be threatened. Thank you, Holiness. Thank you, Gandhi. Thank you to the Christ within each of you, "***especially those enemies who hate me, obstructers who harm me and those who create obstacles on my path to liberation and all knowingness - may they experience happiness, and be separated from suffering and I will quickly establish them in the state of the most perfect and precious Buddhahood."*** Taken from the Altruistic Motivation Prayer of Buddhism.

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Nellie Lauth, MSW, sacredpathnellie@comcast.net

## Seeing God

George Strait tells a story of a man who sees God in a flower growing up through the crack in the sidewalk, a pregnant woman and her husband walking hand in hand, and a new born baby in his latest song *I Saw God Today*. It reminds us to look for God in the littlest moments throughout the day. I saw God in a 16 year old girl, whose family came from India, in my last Reiki I class.

Prior to the class Linda and I were informed that our 16 year old student was a slow learner. However, when she arrived we learned she was has Downs syndrome child. Her 13 year old brother was there for the class as well. I was a little concerned at first because I thought that I could have arranged a different agenda for her to make sure she got the most out of the class.

Linda and I taught the class and she paid close attention and took in every word that we said and followed line for line from the manual. She closed her eyes and placed her hands in prayer position when it came time to do the attunements. You could tell that she was truly in a place of relaxation and ready to receive the Reiki energy.

I also need to mention that she did speak English but when she spoke to me she spoke her native language. She spoke to me like she had connected to me and knew that no matter what, I would understand her. On our lunch break she finally spoke to me in English. She pointed to the Chakra Man picture that we put in the Reiki manuals. She kept pointing to the Third Eye and Crown Chakra, over and over again, telling me that her Chakras were not purple. I asked her what color they were and she told me pink. At that moment I saw God. She was innocent and filled to the top with love.

We split up in groups so the students could practice Reiki on each other and I put her and her brother in a group together. We checked on them from time to time like we do all our students. She followed the hand placement chart that we give our students, was totally lost in the moment of it all, and became a true healer.

Going home that evening I knew that I had indeed seen God in this girl. She was untouched by society's "should of," "would of," and "could of." She came from a place that was all love and healing. I felt blessed that she allowed me to see and experience God in her.

Amanda Sachs, Usui and Karuna Reiki Master, reikimanda@yahoo.com

## Seeking Truth

You may think from the title of this article that it contains something very deep and esoteric. If so, then you will likely be disappointed. Actually, as most inspirations do, it came as something as unspiritual as trying to find the other half of one of my favorite pair of earrings.

There are two things that will push all of those buttons which are lying dormant and lead me into a false sense of "having finally overcome" - computer glitches and losing something. I could be in the middle of writing

something very profound, coming from (I think) a very peaceful place when – "OH NO! What happened!! What do I do now! I'll never remember what I was writing…" At that point, my very patient, tolerant husband usually comes to the rescue and just gently, tactfully tells me to remove myself from the scene. This is my musician husband, not a computer expert. It's not that he is any better qualified that I am at figuring out these computer idiosyncrasies, but he doesn't get sucked into the hole of despair that I manage to fall into when something goes "wrong."

The other thing that I thought I had a better handle on, until recently that is, is losing something. Misplacing may be a better word as I really haven't lost anything except for that spa membership I won some time ago. It took a LONG time to recover from that one! But usually I do manage to eventually find that which I have lost. So the other morning when I couldn't initially find the "other" earring, I didn't get *that* upset. Saint Anthony, the patron saint of lost things, always comes to my aid when I call upon him. But these earrings were special to me, given by a friend, with writing in some foreign language on the front and its translation on the other side: Truth.

At first I didn't see the humor in the situation. But then it dawned on me, I *have* to find the other one or I'll only have half the truth! I want the whole truth and nothing but the truth! Well, St. Anthony came through once again. But this started me thinking about this subject of "The Truth." What exactly do we mean when we talk about Truth? And can it ever be lost?

So many people these days seem to have cornered the market on Truth. For years I attended a church which claimed to teach Truth. Although I loved the message, it always seemed a bit arrogant to me to claim to have the final authority on what Truth actually is. In whose opinion? Is it relative, or absolute? Is it the same for everyone?

I think it would probably be better to just say Truth *is*. Trying to define it seems to limit it, or to imply that we could possibly understand its nature. How many times in my life have I thought I knew what Truth was, only to discover that something new spoke to me which seemed to contradict my previous tightly-held beliefs. Ahh! That's what we often mistake Truth for, our beliefs *about* Truth! We might just as easily say our beliefs about God. The more we seek some understanding of Truth, or God, the more we add to our ideas or beliefs about them.

So what is the truth about the Truth? I *believe* we can only grow into *knowing* what it is by allowing *It* to reveal itself to us. All learning, all seeking eventually has to be laid aside. An experience of Truth cannot be expressed in words or ideas. It simply *is*. And once experienced, the questions cease. At least, that's what I *believe*! But maybe I should ask St. Anthony's help – and maybe in finding the answer, I'll find that spa membership too!

Toni Neal, tonilneal@comcast.net

## Transforming How We Connect with the Earth

It is time for a new method of seeing Land. If you are working with houses, building, or land consider a new philosophy of approaching your relationship to them.

In this day of wanting to prevent global warming, we are being asked to become wonderful stewards of the land. Most people are missing a step in the process of trying to steward. It's the key belief that needs updating.

The Native Americans and many Native Cultures are wonderful models for land stewardship. They honor the Earth as a living Being. They were aware of the miraculous energy dynamic between the sky, the earth and all who dwell there - living humans, ancestors, animals and plants.

You hear native cultures refer to elements of Earth as living with names like, "Grandmother Earth" "Father Sky." I had a very odd experience one day. I had been walking in Nature and connecting with a desire to help the Earth to help people not suffer so much. I started feeling odd - I felt like the Earth was moving all the time - it was moving in a rhythm. Over time I realized I was feeling the Earth Breathing. It was amazing and moved with the rocking of a boat on the water. I was feeling sea-sick.

In my journey to harmonize my relationship with the Earth, I learned a lot. I was already an energy worker, Reiki Master, Acupressure Therapist, and psychologist. I learned from my teachers ways to help myself not feel so ill and to develop a relationship directly with the Earth.

I began to walk and hike in Nature and have visit with the plant life and spirits that dwelled on the land. Not spirits like ghosts, but the energy of Devas - or keepers of the energies - Much like the quote from the Talmud- "Every blade of grass has its angel that bends over it and whispers "Grow Grow." I began to meet some of these angels and some interesting Beings that live on the land.

Now I teach others how to have relationships with the Beings on their land and in their work places to assist them with living in a positive place that feeds them energetically. There are powerful and simple techniques you can apply to do this.

The first step - and most important step - is to begin to think of the land as a living being full of flowing energy. This alone will take you far on the path of being a Energetic Land Steward. Thinking this allows your behavior to shift easily and naturally.

If you think the land and home is alive - then you want to clear your clutter, straighten the garage, fix the broken window. If you think a yard is alive - then you talk to it and let it know when you are preparing to prune, and you want to get rid of overgrown weeds and put it in order. If you think your home is a living Being, then you can control your mood or door slamming or stomping to honor the place that protects you from the elements.

Simply changing this thought belief to see the Earth, Land, and Dwelling as Living - you open up new opportunities to serve the world well and to present property that is harmonious to new buyers.
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Katherine Wright Desai Kdesai@vitability.com, www.Vitability.com


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***Massage Therapist*** **-** True Relaxation has a great opportunity for a Certified Massage Therapist at our Wellness Center. The Center is located about 20 minutes from the Bay Bridge and is open Monday - Friday from 10 am – 6:00 pm and Saturdays from 10 am - 5 pm. Contact: Linda at True Relaxation – (410) 758-0822 or (410) 490-8397

## *HOLISTIC GIFTS – Meeting all your shopping needs*

***PAPA'S GARDEN*****,** located in Empire Towers, 7310 Ritchie Hwy, Glen Burnie, 410-590-3800. Beautiful **CRYSTALS** (pendulums, spheres, crystal balls, double & single terminated quartz and amethyst) Gemstone Jewelry, Clothing, Lotus Chakra tea lights, Oils, Candles, a mixture of herbs including desert sage and sweet grass. Great selection of metaphysical books and Kwan Yin statutes.

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**Reiki I and II manuals in English and Spanish that Reiki Masters can copy** and provide their students without having to write their own or violate copyright laws. The manuals are provided in protective covers which allows for easy removal of the pages for copying. Cost for both manuals is a one-time fee of $45 (plus $4 shipping and handling). Order online at http://www.energytransformations.org/Products.html or mail a check for $49 to Dawn Fleming, 1700 E. Butler Cir, Chandler, AZ 85225. Be sure your address, phone number, and email address are enclosed with the check. Ten percent is donated to Cats R Us, which is a Not For Profit, 501(c)(3) feral cat rescue group that operates two small shelters in the Annapolis, MD area.

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

**Passing on Wisdom – Keys to Teaching Holistic Health and Spiritual Workshops**, e-book. Learn more about this book and how you can purchase it at http://www.energytransformations.org/Products.html.

## *REIKI SHARES*

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

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

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

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


### ADVERTISING INFORMATION

This newsletter is published six times a year (Jan., Mar., May, July, Sept., and Nov.). It is distributed to over 7,500 internet readers in the Maryland, DC, Northern Virginia areas on a spiritual path. Readership is expanding in the North Carolina, New Mexico, Colorado, and Arizona areas. If you are interested in placing an ad that promotes classes, products, office space, stuff for sale, or services that are in alignment with health, well-being and being on a spiritual path, send me your ad to lovelife@cablespeed.com or call 480-456-8904 with your questions. Ad rates are reasonable and our readership is growing by leaps and bounds. The ad is also placed on the website at www.energytransformations.org. Deadline for July/August newsletter is June 25th. Ads are three lines of (7.5 inches wide) of 12pt Times New Roman font for $35. $10 for each additional line. For larger ads: $75 for a half page ad (5 inches height X 7.5 inches wide) and $135 for a whole page ad (10 inches by 7.5 inches). You design the ad and send it to me in a doc or pdf file. This is a great and inexpensive way to get the word out about what you do. You can pay for your ad on my website, by phone with credit card or mail in a check.