ENERGY TRANSFORMATIONS

Nov/Dec 2008

Welcome to the 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.

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

All information in this e-zine is copyrighted. Feel free to share this newsletter with your friends and family giving full credit to the authors.

Editor and Publisher Dawn Fleming can be contacted at mylifeisgood22@cox.net or 480-456-8904.

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Defragmenting – The Process of Becoming Whole

In October, I went through an uncomfortable week of body aches, headaches, sinus pressure, and low energy, topped with some light anxiety. Since I tend to be a very centered and peaceful person, I attributed the anxiety to helping the planet to transmute the collective fear with regard to the financial world as we watched the stock market dive. The body aches and other sensations were unexplainable. Each day I would get up and experience a new set of aches.

While in meditation on the morning of the seventh day, I felt really good. There was no sinus pressure, no headache and my body felt as if it were ready to go! As I laid in meditation I saw energy lines swirling together harmoniously. There were beautiful pearl like energy bubbles flowing all around my field. My guides explained to me that what had taken place over that week was what we might call a defragmentation of my entire field. So I sat with this for a few days exploring the meaning that this held for me and I will share this with you.

According to http://www.searchwinit.com: "Defragmentation is the process of locating the noncontiguous fragments of data into which a computer file may be divided as it is stored on a hard disk, and rearranging the fragments and restoring them into fewer fragments or into the whole file. Defragmentation reduces data access time and allows storage to be used more efficiently. Some operating systems automatically defragments storage periodically; others require that the user occasionally use a special utility for this purpose."

As we can see, this definition relates to computers; however, it also relates to us as humans. For me the defragmentation was the removal of energy that was not supporting my path to wholeness and for ascension to higher levels. Defragmenting was dissolving the energy fragments of those things that were worthless or unimportant aspects that I was holding onto. It then rearranged the energy to empower and to support wholeness (rearranging the fragments and restoring them into fewer fragments or into the whole file). Thus my whole life runs more efficiently and aligned with my Truth – my I AM nature.

After meditating that morning I could feel a big difference within my being. I took some time to reflect on how I could further this work by looking at areas of my outer and inner life that I could consciously defragment, especially in times where every outer message entering my field was one of fear, lack, and loss, i.e. the financial meltdown along with the political rhetoric. As I looked at each issue, I sat with each one and held it in a field of light. With each negative belief, I asked myself "Why am I choosing to hold this?" and "What is my truth?" And then I held the issue in the radiant field of Light of this truth – that

I AM One with the Creator. I AM supported and embraced by Creator's infinite Love and Abundance. I AM the peace that passes understanding. By standing and working with my Truth, I could feel my whole beingness embraced in this higher understanding. Whether it is spirit led or you consciously choose to run your own defragmentation program, this process realigns and lifts you into a place where you are not bumped into fear and despair nor impacted by the material world.

We can be in the world but not of it. We can bring our I AM Light into any situation and support healing and wholeness for the planet. Every time that we align our internal hard drives (belief system) with Truth, we spin out those energies that do not support our Truth and we strengthen our capacity to serve and to ascend.

With regard to the financial markets, elections and other issues that are up for you, remember the energy that you put out about these will come back to you. These events show each of us what within us still needs to be healed. It provides an opportunity to see what keeps us from experiencing God's grace and gives us a chance to make the appropriate changes. Prayer, meditation and embracing the process of releasing the negative thought patterns will bring you into a field of peace. We have the innate ability to defragment our field – to release the patterns of beliefs and the destructive energies that they create in our field. Although energy work and counseling can assist the process, it is each person's responsibility to fully participate in this journey back to wholeness. For another way to look at how you can defragment your energy read Alison Carter's article *Taking Back Your Power* on page 5.

In 2007, I recorded several meditation CDs that assist in centering your mind in a space of Oneness with the Creator. These CDs can be ordered on my website at www.energytransformations.org

As we move into the holidays and into the new year, I wish you peace on all levels and may God's love be your experience!

Dawn Fleming

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HAPPENINGS

Please note my webaddress lovelife@cablespeed.com is now replaced with mylifeisgood22@cox.net.

Our newsletter now goes out to over 10,000 readers and continues to grow. We topped the 10,000 mark this October. We seek your inspiring articles, poems and prayers. We also offer very affordable advertising opportunities – see the last page of this newsletter.

Great news: The American Holistic Nursing Association approved the *Creating a Successful Holistic Health Practice* Home Study course for 15 CNEs/contact hours. The course has also been approved by the NCBTMB for massage therapists as well as the NCCAOM for professional development points (PDAs) for acupuncturists. Maryland social workers can also receive CEUs for taking this course. Practitioners and therapists can now learn from the convenience of their own home and take a course that will really help their practice grow. To register for this home study course visit www.energytransformations.org/workshop.html

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

Stop by the Festival of Lights Psychic Fair in Berkley Springs, WV, on November 8th and 9th. I will have a table there with the Egyptian Healing Rods, aromatherapy blends and incense, books and CDs. If you plan to attend, make sure you schedule a hot bath in the warm springs water at the Country Inn nearby. You will love it!

Reiki News Magazine published my article entitled *Teaching Reiki Effectively* in the Fall issue. It addresses the responsibility that the Reiki Master has in teaching and expanding our students' capabilities. I shared a lot from my personal experience and a portion of the information came from my ebook *Passing on Wisdom: Keys to Teaching Holistic Health and Spiritual Workshops*.

Sedona Journal of Emergence will also be publishing an article that I wrote entitled *From Greed to Greatness* in their December 2008 issue which offers predictions for 2009.

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain

WORKSHOPS

I will be traveling in November and December and do not have any workshops scheduled. Check my website for updates on classes scheduled for both Arizona and Maryland. I have a few workshops planned for the Sedona, AZ area in 2009. More information will be provided as the events are scheduled.

Festival of Lights Psychic Fair, Berkley Springs, WV, November 8th and 9th, I will have a table there with the Egyptian Healing Rods, books, cds and aromatherapy blends. I will also be presenting a short talk about the rods.

Two hour Egyptian Healing Rod presentation on Thursday, November 13th 7-9 pm. Email Pat Clark at pat@annapolisreiki.com to register for this event.

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. Be sure to visit www.truerelaxation.com. CEUs provided for massage therapists, social workers, and acupuncturists.

Karuna Master - November 2nd Complete your Karuna Reiki™ training with this class. class location Centreville

Advanced Reiki Training - January 11th This workshop follows Reiki II. Expand your training by learning how to create a crystal grid, psychic surgery, a moving meditation that will expand your energy, and much more. Class location Centreville

Reiki I - January 24th Learn the art of healing touch. You will learn the history of Reiki, how to do Reiki on yourself and others and receive a Reiki attunement. Class location Pasadena.

Reiki II - January 25th Enhance your Reiki skills by learning the symbols, how to incorporate them into your session, how to empower your path with Reiki and how to do absentee Reiki. You will also receive a Reiki II attunement. Class location Pasadena.

An Opportunity to Heal and to Heal – A Call to Healers in the Maryland area

I offered to publish the information below because I have read the book *John of God* and believe him to be an amazing healer. Below is information for healers in the Baltimore area to gather to raise the vibration of our planet. --

Mary Bontempo writes: We recently returned from Omega in upstate New York, where John of God worked on thousands of American visitors during a 4 day visit. I saw many friends there. All of us had remarkable experiences. Eve Bruce was given instruction in the healing room that we were to organize a "current room" in Baltimore. The Current Room at the Casa is a place where volunteers sit in silent meditation and focus on assisting with the healing work, supporting John of God, and clearing the fields of everyone passing by in the lines on their way to see John.

The Current Room will take place once a month in Baltimore. If you care to participate, **you must dress in white**, maintain absolute silence in the house (no visiting/talking prior or post meditation sessions…any

exchanges can be made outside on your way to your cars) and keep your eyes closed throughout the session. The nature of the evening is totally different from other meditation events held at the house. We will begin in November.

Dr. Bruce will be leading the regular first Wednesday monthly meditation in November and will give more details and answer questions about the upcoming event at that time.

Second Wednesday of Every Month
7:00-9:00 p.m.
4757 Bonnie Brae Road
Baltimore 21208

PURPOSE
To elevate the vibration of the planet
Heal ourselves
Assist John of God in his work in Brazil

INSPIRATIONAL ARTICLES

Taking Back Your Power

In these critical times, I've had a number of requests to share this energy technique that I've been using a lot lately. I get so many emails about impending disaster. I see the news, I'm impacted by the economy, and so much more. All these scary warnings and scary times can leave us in shock like so many vulnerable deers (dears) in the headlights of the oncoming crashes.

So, I've trained myself to get out of the headlights glare, and to have a different response.

When I find myself worrying about the election, the economy, the safety of candidates, the future of this country, the economy, natural disasters, terrorists or whatever - I've trained myself to SCRAMBLE the detrimental energy circuits that I was using for worry and negative creation and to REFOCUS that same energy to define and create a positive outcome.

It's simple, yet very powerful. It works like this.

1. Observe what I'm thinking, feeling and doing as this is me co-creating the future.

2. If I don't like what I'm creating then I say:

Spirit, Spirit helpers, please scramble this circuitry (of fear, disaster, assassination, poverty, illness, or whatever) and

3. Refocus the scrambled energy as _____
(whatever I want instead of what I scrambled - safety, prosperity, respect, clarity, etc.)

My favorite scramble now is:

Spirit, scramble all hypnotic trances for myself and others; scramble all programming from any source that would control or manipulate us; and refocus us as clear, awake, aware, effective, and alive in our spiritual hearts.

I use this after I watch TV, use the computer, or have any media contact. It works like a charm!!

If you like it, please feel free to use it and share it.
It's in my upcoming book, Ascension: Make It Happen, so I just ask that you please pass it along as is.

Yours in creating,
Alison Carter is the author of chapter 11 in *Perspectives on Ascension* alisand1@verizon.net

If I Had $1,000,000

Have you even dreamt about what you would do if you had a million dollars? How freeing it would be, how much easier your choices would be, how you could 'be' someone different.

But what *is* so magical about a million dollars that allows you to dream, and dream big? What is it that allows you to see so clearly? To see the joy that we can bring into our lives and the lives of others. To identify how our priorities might shift. We might say to ourselves, I can spend more time doing what I love, I can spend more time with people I love, I can really create the life I want, living in alignment with my values!

Today, in this moment, you've won the lottery of life. You do not have a million dollars, but you have full awareness and access to the resources you need to co-create this reality in alignment with your priorities, values and highest truth.

Take a few slow, deep breaths and when you're ready answer the following questions, "What would I change right now if I had a million dollars?" And if one million isn't enough, think bigger, one hundred million, whatever the number is that allows you to come into awareness of what you really want.

Now, with all your senses (sight, touch, sound, taste, smell) imagine the new reality that you would create with this gift from the universe. What does this new reality contain, what's new, what's gone? And most importantly, what does it *feel* like? Take a few moments to connect with this feeling of the new reality. I feel free, I feel joyous, I feel honored, I feel connected, I feel loved, …

With this awareness of how it feels, you can now open yourself to the reality that you can have it. Whether you have one million dollars or one dollar, you have the present moment to create this reality. It is not the 'things' that you can have, buy, create, etc. with the million dollars that your soul is longing to receive or experience; it is that feeling of being joyous, free, etc. that you are really seeking.

Take the opportunity that the present moment offers to bring into being – to connect with the abundance that surrounds you unconditionally – to align yourself with the feeling of peace, love, joy, excitement, etc. that you deserve to have in your life right now as you continuously 'win' the lottery of life and co-create this reality.

Kim James is the author of chapter 3 in *Perspectives on Ascension* k_james@verizon.net

"Thousands of candles can be lighted by a single candle and the life of the candle does not shorten. Happiness never decreases by being shared."
~ Budddha

LOOSEN YOUR GRIP

Loosen your grip on all you think you know, for what do you really know with no doubt at all? What you think you know will surely be in disagreement with someone. If it can be argued, how can it be? People only believe what they have acknowledged exists. And even before there was any written word, did we cease to be? Or were we true beings? Must we enter into binding contracts that create harnessing conditions in order to be happy? Can we not be happy and be free at the same time?

Loosen your grip on those you love. For your grip upon them is not love. It is like a noose around their neck, compounded by the lump in their throat caused by their sadness and dejection. Don't buckle down, let go. Allow them to be. Be a nightlight so you may help them find their way out of the dark.

As you loosen your grip, you will feel yourself expand into other dimensions of yourself. Stop trying to light up others, you expanding your own light will light up the room, the building, the World, and others will see more clearly, or may shun and hide from the brightness of pure truth. Give them the time for their eyes to adjust to the light, for it is in that period of adjustment that you begin to see. Have the compassion to understand some will remain with eyes closed.

They say nothing is black or white, but if you ponder it, isn't life the transition from one to the other – contingent on the choices we make? Perhaps the gray areas are simply when we are allowing either the dark or the light to filtrate our existence. If we know so much why must we continue learning what is new? Should we have not figured it all out by now and simply be following "the" rules? Who made them anyway? Never stop questioning "the" answers.

And as you loosen your grip on others and all you think you know, you will begin to encounter yourself. Have you met? What is distracting you from yourself? According to many prophecies, 2008 is said to be a year of great change and transformation. I think we all feel and see these changes.

There is much to do, but, even more not to do. Most of us know what we don't want…but we don't always know what we do want. I was not speaking of material things, like modern vs. traditional furniture, German engineering vs. Japanese… but what do I long for? What does my soul hunger for? More love, more time, a deeper connection with someone? To work with your hands, to cook more, to dig in the dirt and garden, what is it that when you do it, or are with someone, time ceases to exist or matter?

This is the wanting or longing I speak of, that deep desire that can even cause people to break the law, whether moral laws and commitments, or the laws of the land. Life means growth, development, and self-realization – and these, in turn, all exact a cost on other beings. How often have you kept yourself from doing and being something, because of the effect it would have on others? It saddens me to say that this can be as trivial as someone's opinion of you changing. As we loosen our grip we open and become more.

Are you going through life with a white knuckled grip on what you consider or have been told is the truth? If holding onto something has become painful, then let it go - if it remains in your life then it is real and it will continue to be in your life to have and to hold. To have and to hold is not the same as *having your hold* on something or someone.

It is okay to change your mind.
It just may change your life and in doing so -
It shall grant others the same freedom to simply be.

Cynthia Johnson, www.cynthiasroomtoheal.com

Life Force!
The Essential Essence of a Healthy Home©
Detect It in 5 Steps!

It is fast becoming an accepted concept that the environment in which you live has a direct impact on your well-being. You may agree that the reverse is also true. You have a direct affect on the environments in which you live and spend time. This article is meant to help you create a home environment imbued with positive energy.

You and your space have a cozy symbiotic relationship of give and take. Your thoughts and actions are mirrored back to you in your environment. Your environment responds in kind. How you show up each day and what you contribute to your life each moment is reflected back to you in the form of your well-being, happiness, joy and fulfillment, core attributes of a meaningful life.

Life Force, the essential essence of a healthy home, requires cultivation and nurturing to continue its role in your well-being. By incorporating the following five Steps you can detect and change the Life Force in your home. Each step has three suggested actions to help you to increase your awareness of the Life Force in your environment and change it.

Step 1. Living Items
Plants, pets, fish, birds, water, sunlight, candle light, fresh air & certain full-spectrum lighting are among the list of living items that increase the Life Force in your home.

Thinking Exercise: How does my home feel? What emotion do I have regarding my home? Is there a regular flow of visitors and guests in my home?
Ask Yourself: If not, why isn't there a flurry of to/fro activity in MY home?
Query the Answer: What is stopping me from consciously bringing vital energy into my home?

Step 2. Visual Appearance
Color creates a spectrum of energy that resonates at different frequencies, depending upon the particular color. What color you choose to wear has a direct affect on you…and the feeling you carry is emitted into your environment. Remember the cozy symbiotic relationship mentioned earlier in this article.

Thinking Exercise: Consider why you choose to wear a garment of a certain color on any given day.
Ask Yourself: Why is hot pink or black or a vivid print my choice today?
Query the Answer: My mood is…positive or depressing? My energy level is…high or waning? My outlook is…fearful or hopeful?

Step 3. Awareness of the Essence
Expand your thinking to embrace the concept that there is an "essence" to the environment in your home.

Thinking Exercise: What feelings am I most often experiencing when at home?
Ask Yourself: Do I arrive at home feeling one way and find that my mood quickly changes when I enter my home.?
Query the Answer: Do I frequently experience one pervasive, consistent feeling while at home? Identify it. Is it a positive or negative feeling?

Step 4. Your "Thinking"
Your thoughts have a direct influence on what shows up in your life. Consider the essence of your thinking as it directly correlates with what you experience your life to be.

Thinking Exercise: Listen to your internal dialogue.
Ask Yourself: What am I thinking? What is the language of my internal dialogue?
Query the Answer: Are my thoughts negative? Am I more concerned about everyone else's life than my own?

Step 5. Your "Being"
How you "show up" in your life is what your experience will be. When your outlook is a hopeful one, people cooperate to help you get what you want.

Thinking Exercise: Be aware of your demeanor and approach to other people and situations.
Ask Yourself: Am I "showing up" with an attitude, prejudice, judgment and a pre-determined outcome in mind?
Query the Answer: Is my mood already charged with the residual of a past experience?

Remember…keep your chi rising!

http://www.ConsciousToolbox.com or yarrow@conscioustoolbox.com

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Earth-Keeper in Baltimore Maryland

Join Tyberonn & the Earth-Keeper Family in Baltimore.

November 15th and 16th

" Ascending Into the Quantum Crystalline Field "

Venue : Inspired Events of Maryland Ft Meade Small Business Park
1350 Blair Drive - Suite G Odenton, Maryland Phone : (443) 396-1282

Abundance Exchange : $ 288

Early Registration Rate of $244 if registered by November 1st : Host: Linda Roebuck (ltroebuck@aol.com) One Day Attendance (Saturday Only) - $149

Register online at: www.Earth-Keeper.com email : Tyberonn@hotmail.com

The Science Behind Metaphysics - The Energy of Earth
With Live Channel from AAMetatron

Tyberonn will speak on :

- ***The Geology Induced Vortexes & Energy of Maryland***
- ***The Divine Feminine Anchored in Maryland***
- ***The Washington DC Sacred Geometry and Portal***
- ***The Virginia Triad Portal***
- ***Sacred Sites & Infinity Points of the 2012 Ascension***
- ***Multidimensional Reality & The Flashing Universe***
- ***Binary Light Meditation process***
- ***The Quantum Crystalline Field***
- ***The 144 Crystalline Grid & 2012 Ascension***
- ***Personal Activation Into the Crystalline Field- Metatronic Method***
- ***Converging the into the Merkabah and Merkivah (Exercise Process & Technique)***
- ***Healing & Multidimensional Use of Gems***

☆☆☆

Products

Egyptian Healing Rods, learn more about these amazing tools for today's contemporary healers. Watch a powerpoint presentation at http://www.egyptianrods.com. Be patient the presentation takes a little time to appear. Order rods on line or call 480-456-8904.

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

Reiki I and II manuals in English and Spanish that Reiki Masters can copy and provide their students without having to write their own or violate copyright laws. The manuals are provided in protective covers which allows for easy removal of the pages for copying. Cost for both manuals is a one-time fee of $45 (plus $6 shipping and handling). Order online at http://www.energytransformations.org/Products.html or mail a check for $51 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 – list your Reiki shares here, two lines for free

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

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

Free Reiki share New Market, MD, on Wednesdays 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.

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

Free Kundalini Reiki share Nov. 9th, and Dec.14th from 1- 4pm at the Lemurian Healing Vortex in Pasadena, MD RSVP Sherlynn sherlynnblack@yahoo.com www.TheGalacticFederationofLight.com.

ADVERTISING INFORMATION

This newsletter is published six times a year (Jan., Mar., May, July, Sept., and Nov.). It is distributed to over 7,500 internet readers in the Maryland, DC, Northern Virginia areas and to 2,500 other people located in Arizona and around the world all who are on a spiritual path. Readership is expanding in the North Carolina, New Mexico, Colorado, and Arizona areas. If you are interested in placing an ad that promotes classes, products, office space, stuff for sale, or services that are in alignment with health, well-being and being on a spiritual path, send your ad to mylifeisgood22@cox.net. Ad rates are reasonable (see the following paragraph) and our readership is growing by leaps and bounds. The ad is also placed on the website at www.energytransformations.org/newsletter.html. Deadline for January/February newsletter is Dec. 18th.

Ads are three lines of (7.5 inches wide) of 12pt Times New Roman font for $35. $10 for each additional line. For larger ads: $75 for a half page ad (5 inches high X 7.25 inches wide) and $135 for a whole page ad (10 inches by 725 inches). The ads can be paid for on line or over the phone. Address any questions to Dawn at 480-456-8904.

If you wish to be removed to from this newsletter mailing list, please send an email to mylifeisgood22@cox.net with “remove” in the subject line. Please send it from the address that you received the newsletter in.

All from Love, With Love for All