

ENERGY TRANSFORMATIONS NEWSLETTER

Nov/Dec. 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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AMAZING MALTA

This September I was fortunate enough to go on a trip to Malta with my husband and a group of spiritual seekers. Each day we visited ancient sites made of huge stones that were built between 1000-5000 BC. These ancient temples honored the Goddess energies that our planet has forgotten. The temples are considered to be the oldest free standing structures in the world.

Malta is considered to be the place where the comic energy first enters our planet **and spreads through the earth's grid system.** The ancient stone temple circles were like magnets that drew in the Cosmic Light into the earth for either storing it or sending it to other portal centers around the **world. The island's many temples during** this ancient time period was considered a power station or huge superconductor specially designed to create a state of matter that was equivalent to star energy or found in the H-bomb.

Each day we visited at least two or more temples, meditated, with intention released, allowed for the restoration of our Goddess energy, and opened to the wisdom held in the stones at each site.

Most of the integration of the day's energy and experience would occur at night. I am still processing the energy from this amazing trip. I can now see why the Knights of St. John, which included the Knights Hospitallers (the healers) made their home on the island of Malta.

On the last day of our trip we visited the Hypogeum. It is an underground cavity that was carved out of the rocks in 3600 BC. It was discovered in 1902 by builders preparing to erect homes.

Circular chambers, halls, and passage ways were hand carved to perfection. In the

Oracle room that we visited sounds chanted or toned here produce a powerful acoustic resonance which can be heard throughout the whole underground structure. One man in our group chanted and it resonated through every cell of my body. After a while, we all joined in.

Inside the Hypogeum is where explorers found The Sleeping Lady statue. This sleeping Goddess is ready to be awakened and empowered within each of us. Her power represents the ability to destroy and let go of what is not working. Her power allows us to make the necessary changes without blame, but through healing, acceptance, and transformation. She allows us to move forward and not be a victim of circumstance, but to be part of the solution. The Goddess brings in the feminine intuitive energy to balance and work with our intellect and physical strength. There truly are no words to describe my experience in the Hypogeum. I will always remember it.

There is so much more to say about Malta. You will need to experience it for yourself. I have placed some web links on the next page under Happenings.

Before we returned to Arizona, Bill and I flew to London and visited Stonehenge, and Avebury—**England's power spots. The energy in** these power places felt more gentler than those in Malta. The countryside in which they stood was beautiful. I felt very blessed by the energy extended at these power places. I will be placing some pictures of the trip on my Facebook page. Feel free to look and enjoy.

May you awaken the powerful Goddess energy within you that wants to support your return to wholeness.

Blessings,

Dawn Fleming

HAPPENINGS

I will be presenting a free Egyptian Healing Rod presentation and Manifestation meditation on 11/11. See Workshops.

The Spanish version of the Reiki I and II manuals was just completed by Beba Leone. You can find them for sale on my website under the link for books.

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. I will post my pictures from the Malta trip soon.

Links for places we visited in Malta are below. We were not allowed to take picture of the Hypogeum.

<http://www.maltavista.net>

http://en.wikipedia.org/wiki/Hypogeum_of_%C4%A6al-Saflieni

http://www.sacredsites.com/europe/malta/temples_malta.html

I am enjoying a fiction book that explains a lot about the temple sites "Islands of Dream—The Temples of Malta - Hidden Mysteries Revealed" by Francis Xavier Aloisio

The tour that we were on in Malta was with the Prophets Conference.

WORKSHOPS

FREE Egyptian Healing Rod Presentation 11/11 Manifestation Meditation with the Rods

Presented by Dawn Fleming

Where: Inspired Journeys, Odenton, MD

When: November 11th 7-9 pm

Reserve your space for this presentation: Email Mary Perry at info@inspiredjourneys.com or call 443-396-1282

Egyptian Healing Rods are ancient tools of healing, transformation, power and ascension. The Egyptian healing rods were used by the ancient Egyptian Pharaohs and Priests and are now available for today's Lightworkers, healers and anyone seeking balance, healing, and movement in their lives. You will have the opportunity to experience each set of rods to see which set or sets might be right for you. You will experience a powerful 11/11 group manifestation meditation with the rods.

Watch a powerpoint presentation about the rods or to see and learn more about the rods visit

<http://www.egyptianrods.com>

ABOUT THE DESIRE OF YOUR SOUL

“Here is a test to find whether your mission on earth is finished. If you’re alive, it isn’t.” Richard Bach

By now in our collective progress towards fuller states and higher stages of being, humanity has explored innumerable understandings about the Soul. Where some authors attribute responsibility for past karma and current dharma to our Soul, others espouse there simply is no such thing. Readers of the Energy Transformation Newsletter clearly are more resonant with the former opinion, that the human Soul is the divine spark, inexhaustible and ubiquitous, present in all material creation.

In my work, I’ve come to deeply appreciate how nuanced the notion of a Soul can be to each individual and to attend to learning my clients’ most resonant definition of the word before using it actively in our work together. Ancient Greek philosophers inherited from their predecessors (Egyptian Hermeticists and Mesopotamians) the idea of an ‘unknowable’ quality of the Divine and added a sub-layer, which they called the ‘lower Soul’. By this they were pointing to the highest level an individual could reach in consciousness (while still remaining an individual). A similar precept is found in the Taoist distinction between “the Tao that cannot be named or known” and “the Tao that can be named or known.”

In our post post-modern times, most Western culture seekers enjoy easy access to an extraordinary diversity of spiritual and philosophical teachings in addition to the ones we receive and steward ourselves! This celebrated influx of wisdom and practices has caused some very noticeable language problems. A word used in one tradition has often been mistaken to mean the same thing in another. The word “mind” is a good example. Western religions see mind as the place in us where our thoughts are ‘thunk’, or alternately, the part of us responsible for all our mental activity. But in Buddhism the translation of “mind” constellates much closer to what we typically refer to as “consciousness.” Another challenge has arisen from the melding of so much spiritual information. I think most English-speaking light-workers would agree that English is simply not up to the task of capturing the precious, often subtle and important nuance required to adequately convey our personal experience. As more of us have become more fluent in more types of practices and ‘angles on the divine’, the same words or sensory references which used to capture it simply don’t. There are more reasons for this than the spiritual melting pot situation I’ve described, but I have seen many instances where “words don’t cut it.” A common response has been to...make up new ones! I’ve had lots of fun with this in my trainings and workshops over the years; some students began to call them ‘adamisms’ and I learned to identify for students which were mine and which weren’t to avoid confusion. Two examples that come to mind are:

Intercreation – a deeper and/or more intimate collaboration with others than ‘co-creation,’ it has also come to include the *1+1=3 Principle*.

Relationing – all activity – implicit and explicit, conscious and unconscious, gross and subtle – within and without us when we are relating with Other (other people, other aspects of self, or other facets of Life, such as guides and angels).

I’ve also enjoyed learning of others’ new words and what those new terms meant to them. I am an ardent fan of making up our own words and encourage it in others whenever there is opportunity to do so in the spirit of fun and creativity.

If we return to the word “Soul,” perhaps we can better appreciate the wide range of meanings it carries for hundreds if not thousands of authors and speakers.

As an author, I've defined "Soul" as: *our essential energetic uniqueness, our divine spark of God-light and sound, and our consistent, 'individuated' consciousness persisting through incarnations. The Soul is a light traveler guided only by its inherent growth needs which get met in incarnation. In the Soulsign® view, the Soul is your Self-Essence. Connecting the notion of essence to the Soul is a useful tool as the Soul is not fixed in time or to one incarnation. This implies the idea of essential-ness or beyond context. Throughout its experience in incarnation, the Soul retains its essential nature as one-with-God, regardless of how much its current Identity remembers of itself"* (excerpted from *The Soul's Desire for Wholeness*, Soulsign® Publishing, 2002).

"By descending to this world, the Soul increases the flow of her power to guide the human being through the world. Thereby... attaining a higher state by being fulfilled in all dimensions." ~ Moses de León (c.1250-1305)

Further, when the Soul is in motion – when it is engaged in an incarnation's time and space reality – I term this the **Soul's Desire** which is more of a spectrum within the totality of consciousness than a single direction. I also distinguish this level of desire from our daily desires, such as those for food, security and love. This is capital-D Desire, the Divine Desire seeking Itself through (what we believe is) our individual selves.

This Desire is our *involutionary imperative*, ever instigating us toward greater fullness, richness, meaning, depth and in-bodied aliveness. It's sister drive, the *evolutionary urge*, is our path up the spiral toward highest enlightenment. While our human identity is in service to evolution, our Soul serves the involutionary nature of the divine. And just as reaching deeper involutionary levels within makes our evolutionary awakenings more profound, so too do our evolutionary leaps catapult us into ever-richer involvements with Life in *all its forms*. As it reads on our web site, "[These two cosmic principles within the human being] are like two lovers, locked together, moving differently to the same Song."

Adam Gainsburg is way-shower of the Soul-in-Body. He is the author of three books, a counseling astrologer, sound therapist and sky watcher. Learn more about the Soulsign® work at www.Soulsign.com.

Adam will be offering a workshop in Charlottesville, VA in December. See ad below

BREATH OF THE SOUL WORKSHOP

with Adam Gainsburg (www.soulsign.com/event-calendar)

Saturday & Sunday, December 4 – 5, 2010

As a meditation and deep therapy technique, Breath of the Soul is currently being utilized as either primary or adjunct modality by psychologists, yoga teachers, hypnotherapists, animal communicators, social workers, meditation instructors, sound healers and others.

The upcoming training will provide a comprehensive basic education in the Breath of the Soul as meditation practice and healing technique. It is facilitated by Adam Gainsburg whose classes and trainings are highly participatory and experiential.

Schedule: Saturday-Sunday, December 4 & 5: Workshop - 9:30 am-5:30 pm

Fee: \$200 by Nov. 15; \$225 after

Location: Bridge Between the Worlds Retreat, PO Box 364. Keswick, VA 22947 434-293-9708

www.bridgebetweentheworlds.com

Registration:

Send a check made out to Soulsign Inc to:

Soulsign

P.O. Box 10517

Burke, VA 22009

Jean Acadia at support@soulsign.com or call 505-333-9231

IS LIFE HAPPENING FOR YOU OR TO YOU?

Is life happening FOR you or TO you? Do you take life with open arms or with armor? Stop for a moment and look honestly at the perspective from which you view the world, love, and life. Are you an observer of the world or a full participant in it? Are you creating the relationship you desire or simply *surviving* the one you have? Did you even **know you have a choice? It's TRUE! Whether we have it all or we have nothing, we *always* have a choice...and that simple truth changes everything!**

Right now, we are experiencing a phenomenal shift of consciousness on our planet, and it is truly a time of change and growth for us all. While some consider these "hard" times in our physical world, what is actually occurring is the shift of paradigm required for us to evolve and transform as human beings, together and individually. We are blessed with immeasurable energy and support for this to occur, both seen and unseen, and we each have the opportunity to take full advantage of the possibilities before us.

To begin this amazing journey of transformation, we must first be willing to explore, discover, and expand our own mind. To look objectively at the beliefs we have developed about ourselves and the world around us and determine if those beliefs are accurate. Where did they come from and do they still fit in our life? How deeply are they rooted? Are they serving us or causing us pain? Look honestly at the perspective from which you view the world, love, and life. Yes, for this transformation to occur, we must find the courage to step out of the old paradigms and false beliefs and into new, unknown territories of possibility, which can be quite uncomfortable for the ego. Rather than pushing hard against the ego beliefs embedded in the subconscious, I encourage you to begin by simply trying on a new perspective. My personal favorite is: *Life is happening FOR me not TO me. All things come to me for my highest good.*

It can be challenging to hold this perspective at first, so begin slowly by reviewing a past negative experience, preferably one that does not have a charge to it any longer. How might that experience have been helpful? Did it help you to grow or make a change that needed to be made? Did it serve a greater purpose? Do your best to just observe your ego's resistance, and continue to gently explore until you can begin to see it as a positive, worthwhile experience. Then extract the gift and let it go! Move on to another, and then another, until you can begin to see even the most painful experiences in a positive light. This is not intended to *invalidate* the experience in any way, but rather, to release the negative impact it may have had. Allowing you to move into present time, fully conscious and free. Take it slowly. As you release this old, toxic energy a shift is occurring on a much deeper level and it will take a little time to integrate. You are healing, and soon you will begin to feel and see life, and the world, very differently.

During this time of transformation for all, it is imperative that we each make these shifts within ourselves that will allow us to usher in the higher consciousness that awaits us as a whole. This is an invitation and a call to action! Whether you accept this invitation as a means to your own personal transformation or because you feel drawn to make a difference for others, please remember that we ARE the society in which we live...when one hurts, we all hurt...and sometimes we hurt each other. When we heal our own wounds, we *heal* each other, and peace is restored on the planet.

Whether we have it all or we have nothing, we always have a choice. And that simple truth changes *everything!*

Kate Bares-Johnson is a Spiritual/Life guide
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BEWARE THE ENERGY VAMPIRES

Buffy the Vampire Slayer, *Anne Rice's Vampire Chronicles*, and now the *Twilight* series; vampires are big right now. **There are real vampires among us. They aren't of the blood sucking kind, these suck the energy from you. You might even be one.**

First off, let me make this clear – energy vampires aren't necessarily evil, nor do all energy vampires 'suck energy' intentionally. It can be like accidentally leaving a faucet partially on. You don't mean to waste water and let it go down the sink...but it happens unless you remember to completely shut the faucet off.

When we send another person energy, we are pulling it from the massive energy around us. But once we stop using that abundant energy, we need to disconnect from the person we are sending to. If we fail to disconnect, and we are no longer pulling from the external energy, then the only energy available is our own.

On a recent Sunday morning, I was planning to play golf. When my alarm clock rang, I wanted to stay in bed - I felt **wiped out. After dragging myself out of bed and taking my shower, I still felt lethargic and couldn't figure out why.** It was about 7 a.m. and I was on my way to the golf course when I remembered that before I went to bed I had been sending my dad energy to help him with overcoming his cancer. I had never disconnected! I did a quick mental disconnect and immediately I felt my energy coming back. All through the day I had lots of energy. I called my dad later and he said he had a bad evening. He woke up extremely tired and had no energy until about 10 a.m. Now my dad is **on the East Coast and I'm in Arizona, that is a three-hour difference (7 a.m. my time is 10 a.m. his time).** Interesting.

So what happened? By forgetting to disconnect, I left an active connection to my dad and he took whatever he could. **He didn't do this consciously; he just did it. That's not all, even though I was asleep I knew I was losing energy. I figure I started grabbing the energy back – we were playing tug-of-war with the available energy. We both became energy vampires. Disconnecting from him stopped the unconscious fighting for each other's energy.**

You don't have to be an energy worker to experience an energy vampire. If you care for some one in any manner, you can end up with an energy vampire. All types of healthcare workers take care of needy people, even counselors tend to needy people. Think about what you do, do you have anyone that you deal with that is needy? If so, then you need **to disconnect from them when you are finished with your 'session'.**

When you do a disconnect at the end of your session or when you complete your 'care' for someone, you consciously close or stop the flow of your energy and attention to that person. This allows you to channel the energy for your needs as it should be.

Okay, so how is a disconnect done? There isn't one "correct" way to do a disconnect, whatever works for you is what you should use. The one I learned was to take the right hand, place it on the left shoulder and brush your torso from the left shoulder to the right hip. Then repeat that for the right side and again for the left side. Next, hold the left arm straight out in front of you, take your right hand, place it on your left shoulder and brush the left arm from the shoulder to the fingers. Then do that for the right arm and once again for the left arm. Keep the intention that you are disconnecting from who or what you have been working on. This also works for disconnecting from a negative situation.

Try it the next time you work on or with someone and feel like your energy is being taken.

Bill Fleming
Usui Reiki Master

A JOURNEY OF MANIFESTATION TO BRIDGE BETWEEN THE WORLDS

There comes a time in life when the urge to manifest a dream far outweighs the fear and procrastination of doing so. This is a story about the birth and manifestation of a dream and an invitation to the community to now share in the bounty.

Back in 1978, I left southwestern Pennsylvania and moved to Monterey, California. For the next ten years, I taught English at Monterey Peninsula College to the many immigrants who were coming in after the Vietnam war and the fall of the Shah in Iran. During this time I was exposed to new ideas and new ways of thinking that profoundly affected my way of looking at the world. California offered magnificent landscapes, shorelines, hot springs, mountains, blankets of fog, and majestic redwoods all of whom were teachers and friends who opened up my senses to experience Spirit and intelligence in nature. Finding centers of consciousness like Esalen Institute in Big Sur, The Institute of Noetic Sciences, and Heartmath Institute had quite an impact upon my sense of what was possible, of what could be accomplished in life, in the community and in the world with a shift in perspective.

In the mid eighties I moved to San Francisco to complete a Master's Degree to teach English as a second language for I had always wanted to live abroad and be able to support myself. I had been attracted to Japan since I was a child and longed to go there so when I saw a job opening in Tokyo, I applied and was hired to spend one year teaching at the Language Institute of Japan.

My planned one year stay turned into a six year sojourn during which time I traveled extensively throughout Asia. I visited Buddhist temples, Shinto Shrines, ashrams in India, Philippino healers, mountain tribes in northern Thailand, tiny villages in China, festivals in Bali, and aboriginal sacred places in the great outback of Australia. These experiences expanded my perception. They helped me to form a vision of creating a place where some of the mysteries of the human psyche and our spiritual quests could be explored.

When it was time to leave Japan, I struggled deeply trying to decide where to 'return', where to live next to bring my dream into reality. It was at this time the visions of Virginia began. At first, it was just a dream here and there about the land and the history. Then the dreams became more detailed. And after that, a spiritual presence accompanied each dream beckoning and calling me to the mountains. What struck me most was the ancient and wise quality I felt with each encounter. It felt like I had been caught in a beam of light that continued to focus my attention on the land in Virginia. And so I began the journey to Virginia though I had never been there and knew no one.

In 1994 I left Japan and drove across the US visioning and dreaming about creating a healing center. I arrived in Charlottesville and attended the Virginia School of Massage and The Barbara Brennan School of Healing simultaneously and began my healing practice.

I also began to look in earnest for land to build the center but everything that could have gone wrong on that quest did. I would find a place and the owners would decide to move back in. A place that had been on the market for a year would sell as I was driving over to look at it. Everything kept falling through. I continued my healing practice and the search for land year after year and in 2003 when I had all but lost hope, a call came from a real estate agent offering to show me a place. I declined thinking I could not bear one more disappointment. He insisted and against my will, I went. As we drove up the long drive I noticed the address of the house was the same number as the house I had grown up in. Something stirred inside. I saw the lake, the house, the privacy, the beauty and I knew I had finally found the place so long sought after and laughed that it was when I had given up that it appeared.

And so I began to create Bridge Between the Worlds Retreat Center, a place that offers beautiful gardens, healing workshops, walks in nature. It is a place where one can learn about the role consciousness plays in healing, a place where people can retreat from the chaos of the outer world for a time so they can connect to the peace of their inner world, the goal of all sacred traditions, to find the inner temple, the inner sanctum, the inner holy chamber and live from that place sourced by the peace within.

There have been many wonderful workshops offered these past six years. As a residential retreat center it is a place where people can come on individual retreats where they can design their own time out and receive a healing session, a massage, enjoy the infrared sauna and the hot tub by the lake at their leisure staying in the secluded cedar cabin if they choose. These are called Transformational weekends and are offered throughout the year.

It is a precious gift to be able to manifest a dream and it is one I hope to impart to many. I have joked that I should win the award for accomplishing this feat while being one of the least skilled to do so! But it is just that mix that has prompted clients and visitors from all over the world to go off and write that book, start the business, take the trip for **as they have said, "if you can do this, I can do that!"** Some become inspired enough to create small places of their own like the couple who came from England, had a dream already, saw what was happening here, went back to Exeter, sold their house and bought an old olive plantation on the Greek Island of Lesbos and created a center to teach Tai Chi.

I have shown by example that you don't have to be special to make a difference. Goethe's words gave me strength many times. "Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it."

I think this more than anything else, the power and awe of a dream, the incredible amount of faith and the sheer tenacity that is required to follow through and bring a heartfelt impulse into reality, this is manifestation and this is a kind of bliss unto itself. Much time has passed since the seed was planted years ago in my heart. The seed has been through drought, heavy rains, neglect, high winds, and finally fertility and fine weather.

I believe I may have waited so long to write about this because the time is ripe now for co-creating the new dream for the earth. We can all make a difference by collectively dreaming the new dream by seeing, feeling, sensing the new earth in our hearts and spirits knowing we can manifest it here and now.

I extend an invitation to the community to come out and visit the center.

Margaretta McIlvaine

Bridge Between The Worlds Retreat Center, www.bridgebetweentheworlds.org
mcilvaine@bridgebetweentheworlds.org

IF LIGHTWORK CALLS, PICK UP THE PHONE!

As Saturn, Pluto, Jupiter, and Uranus, continue their dramatic dance in the sky, creating cycles of change and growth on the planet, many are being called to enter or resume LightWork.

How do you know if you are a Lightworker? A skilled astrologer can help you to see planetary contacts between Uranus or Neptune and the Sun, Moon and/or your Ascendant. A psychic will certainly pick up the increased rate of vibration in your soul pattern and help you explore a specific LightWorker path. A Reiki Healer may tune into this energy during your session and remind you.

If you are drawn to the field of LightWork, in all likelihood, you have already received a dream, a strong intuition, or a **spiritual "nudge" in the direction of healing or intuitive work. It is a "calling" and like any vocation, the Path usually finds YOU!** But you do have to answer the wake up call!

What is LightWork? I use it to describe any work that includes Healing, Psychic and Intuitive Counseling and Coaching, Astrology, or Mediumship. You might be a Nurse who is now learning REIKI and using it in your day to day activities. **Perhaps astrology beckons and you're seeking out a class on interpretation either online or at a local community college course.**

If you have psychic “flashes” or just “know” things, you might do well to learn how to channel your energies through the Tarot cards to do readings, or, maybe psychometry is a better fit. As you experiment and study, your strongest sense will make itself known.

I have an astrology client who has had “spirit” visitors in her kitchen for years. She inherited this talent of mediumship from her father who is now on the other side. When I first saw her for a reading she did not have a clue about what to do with this ability. She always had company while washing her dishes! She “sees dead people” on a regular basis! At a recent business dinner, she was supposedly entertaining the clients of her employer. She told me all night she was distracted by the “ghosts” or spirits she saw standing behind each and everyone at the large dinner table! (Yes, our deceased friends and relatives often like to hang out on earth with us!) Mediumship does not have to be “scary.” If you are meant to bring messages over from the other side, there are ways to protect yourself and to be of very useful service to those in need of the messages.

It is my firm belief that in these changing times, if you are being called to service, you must respond! I recently re-entered the world of offering private readings and classes. My spirit guide and main teacher, Marian Farms, came in through dreams and in a shamanic initiation I performed while on retreat where I was given the greater energy I need to resume active Light Work.

A few of my semi-retired LightWorker colleagues are writing new books and coming back to do teachings and readings. An old teacher of mine is now expanding his private hypnosis work vs. the larger group work he used to do. He has plenty of clients and is enjoying it!

If you are a LightWorker who may be retired and is reading this, it may be time to become active again! Get back in touch with your clients and community. **If you are a “traditional” health care worker in any area, you might need to learn Healing Touch, to talk to your patients about their spirit, their emotions, and offer aromatherapy, massage, or Reiki.**

If the deceased come visit you at the foot of your bed at night or you spontaneously see them at other times, you have work to do! Find a good mentor/teacher.

Accepting your role as a Light Worker does not mean you irresponsibly up and quit your “day job!” Even LightWorkers need to keep body and soul together. We all have to pay for our groceries. But I guarantee, if you are called to the work, and you apply yourself, you can begin to earn a living through your Light Work, if you so choose.

There are many new age “hobbyists” out there. Don’t skim the surface. It takes time and hard work to develop your skills to the point of attracting steady clients. And you also need to learn the world of building a “business.”

Some chose to offer their LightWork on a part time basis so there is less stress, and it’s still “fun” not so much hard “work.” The choice is yours. In these times, the planetary alignments say those of us who remain very flexible and offer more than one talent, will thrive. So be creative!

If you choose LightWork, an active spiritual practice of your own is essential. Regular meditation, and connection to the “Source” through prayer, ritual, or quiet contemplation, are a must.

You will also need to guard your physical health and energy. Eat whole foods, drink a lot of water. Get out and walk in nature on a regular basis. Try some yoga or blow off steam at a spinning class. But don’t ignore your body. It is the vehicle of Spirit.

If you wonder where you fit into the world of Light Work, a good reading can help you find your True Purpose. **If you’re being drawn to LightWork, don’t hesitate. Find your Path and get busy. The planet is in the midst of changes which have been predicted by the Mayans, the Native Americans, The Blessed Mother, and others. The more enlightened beings we have on Earth, the better we will fare in changing times.**

Bright Blessings to you and yours!

Madeleine Hill, astrologer, spiritual reader, madsmailbox@yahoo.com

HOLISTIC CLASSIFIEDS

Let the World Wide Community Know What You Have to Offer



February 9 - 13 2011

a multi-day retreat on: Creating & Living in a Coherent Energy Field

Presenters to date:

Adam Gainsburg, Don Wetsel, Barney Brown, Martena Baker, Antonia Albano

HEARTSTONE RETREAT CENTER, Lexington, Virginia

Info: www.CelebrationOfLove2010.com (updated in mid Dec)

More Info: Antonia 540.461.1401

THE PERFECT CHRISTMAS GIFT TO GIVE TO YOU Egyptian Healing Rods

—They are tools of Healing, Transformation and Power!

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

Learn more about these amazing rods at <http://www.egyptianrods.com>



HELP WANTED

Crystal Sage crystal infused essential oils is looking for territorial sale representatives and distributors in the United States. Email your information to butlerron1@msn.com. Serious inquiries only. www.crystalsageoils.com

Home Study CE Hour Courses—Energy Transformations School

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

Creating a Successful Holistic Health Practice—15 CE hours

This home study course provides both the inner and outer work of creating a successful holistic health practice. and earn CE hours. Sign up today.

Chakra Wisdom: 24 Days of Transformation—24 CE hours

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

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

ADVERTISINGS AND ARTICLE SUBMISSION

The newsletter 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 next newsletter is December 5. The deadline for advertisements is Dec 10th.

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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