ENERGY TRANSFORMATIONS

Sept/October 2007

Welcome to the Energy Transformations, Inc. free newsletter 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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WITH LOVE, WE CAN CHANGE THE WORLD

The following is a message from St. Germain that came through me on August 16th.

"As you open your heart center and allow the purest of light energy and love to flow through, your vibration -- your beingness -- begins to shift the planetary grid. You each walk as miniature God Lights extending this incredible power and energy to all that is around you. It creates an impact on the energy around us at the earth level. Heaven, through our collective work, meets and blesses earth.

Know that you are the change that is needed. Just be and allow this extension of the Highest Love to flow through you endlessly. Feel it flow out of your heart and kiss the earth and fill the space upward around you. Feel this blessed energy connecting with the other energy that is flowing through other Lightworkers. See and feel this energy connecting and forming a grid of Heavenly Light. This Light blesses and purifies without a need for anyone to consciously know. It shifts and all is different.

You see, feel, and know from a different level of being. You then think and act in accordance with this Higher form, which is feeding the pure Love energy into your field. The more you allow this to become your reality of knowing and use this energy to permeate the world, Heaven on earth becomes the reality. That which is less than light cannot exist in the vibration that we are grounding into the planetary grid. It cannot exist in the essence of Heaven.

Your role is to be aware of your Light and to consciously extend God's unconditional love into every situation, every thought, and to every individual you meet. Not to control or get back some type of recognition. You give this love because that is what the Lightworkers'/ Healers' role is in offering true healing to individuals and to the planet.

We are setting a precedence in history. The energy that we have access to is the highest that humankind has ever been sanctioned to embody or utilize. Together, through the collective influence of the incredible sphere where our energies are united, humanity will shift the darkness out and create the sacred once more. Through your dedication to the path and your love that is greater then your ego, you have already created a sacred temple within your heart center. Through this sacred doorway, humanity is transformed and the entire earth and humanity will ascend and once again birth Heaven on Earth. The time is now, dear ones. Listen to your heart. Listen with your heart. Enter the

temple and join me in establishing a world that can only be conceived and birthed from the sanctuaries of your Blessed heart overflowing with love."

As this message was coming through my body, I could see how our collective energies were extending into and onto our planet. I could see a beautiful grid of transforming energies moving around each individual and connecting to raise the energy for Heaven to be realized. This transformation and ascension is occurring through the work we are doing on healing our own hearts and plugging them back into the Source within. This love, as it flows out from each of us, is reshaping humanity and how we choose to be on this planet. This love pulsating through the grid at the earth level will create peace and bring more Light into our planet. War and destruction will become outdated forms of control. Love will lift us into perfection and create perfection around us.

Peace, Love and Blessings,

Dawn Fleming

Prayer of Transformation

Jesus
Illuminate my path so that I may fulfill my role to the fullest.
Let me walk in a space that knows no limits and live in the realm of knowing that all that I need is always there before I arrive and supplied beyond my needs.
Let me fully serve with the love of Your heart, with the commitment that never ends, and with wisdom.
Shift me to exist in the higher realms of the Light so that my essence is an extension of the collective ascended mastership.
Let my light and life create peace and teach peaceful means to ends and to new beginnings that are founded in the essence of all that You embody.
I AM, this is within me now.
Thank you

I want to say thank you to all of those people who are sending me articles. The many folks who read this newsletter appreciate your sharing. You are lighting the way.

I want to read your stories, poems, prayers of inspiration, healing, success, etc. For consideration, send to lovelife@cablespeed.com. Most articles are one to two pages long. Let me know how this newsletter has touched your life.

Remembering Who I am...Remembering ourselves as One

Free from the hurt and pain,
Stress and strain of lifetimes past.
From the burnin' stake,
To the Christ I forsake.
Like the Ancient Pyramids stand tall and erect,
Beauty Queen of healing and intellect.
Changing through life and times,
REMEMBERING WHO I AM!

Coursing streams of light,
Healing wisdom shining bright!
Keys to Golden Ages draw nigh,
Healing the hearts and souls of Humanity,
From Love's Universe flowing high!

Thy Kingdom come,
Thy Will be done,
On Earth and so it is in Heaven!
Come together as One,
Under the warm glo Sun!
Come together as One!
The New World Order has begun!
A New Heaven, A New Earth,
REMEMBERING OURSELVES AS ONE!

Tonya Freeman Brown
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HAPPENINGS

My first announcement is that we sold our house in Maryland and we are in the process of finding one in Arizona. I will be traveling to Maryland a couple times a year to teach the advanced healing and ascension related classes. I plan to travel and teach in many locations. I hope to see you there.

A one-day retreat entitled *Immersion into the Healer Within* is planned by Dawn Fleming and Linda Brent on Saturday, September 22nd. The topics and activities that we will cover include: Life as a path of initiation; the initiations and thresholds that we cross, a continuous process; Attributes of a Spiritual healer; Working in Grace; several Spiritual Healing methods will be taught and practiced. There are several activities planned for your learning, spiritual enrichment, and enjoyment. You will have the opportunity to

access the love and perfection that you are and to share this with others. To sign up see details on page below.

For those of you who enjoyed our July 30th gathering, where Gwen G. MacGregor, Mary Bradtke and myself discussed How to Harness the Higher Energies and for those of you that missed it, we successfully recorded the two and half hour talks. It is now available as a two-CD set on Energy Transformations' website. In July, I also recorded my CEU workshop and Keys for Teaching Holistic Health and Spiritual Workshops. Both of these will also be available in two CD-sets.

For those of you who have been waiting for the Medical Intuition workshop, wait no more. The next offering is the first weekend in November. It will be held in Annapolis, see details below.

Thanks to Toni and Larry Neal, all four of my meditation CDs are now available. They can be purchased on line at www.energytransformations.com. In Maryland, they can also be purchased at Papa's Garden in Glen Burnie, Kelly's Herb House in Millersville, and True Relaxation in Centreville. Our latest CD is ***HEALING with Meditation and Prayer***. In this CD, I am joined by Linda Brent and Amanda Nauton. This CD includes a guided meditation for deep physical healing and it is followed by six prayers, read three times, with the last reading as a meditation. The prayers focus on all aspects of healing.

Although my website is set up to take Pay Pal account information, you can also order using your Visa, Mastercard, American Express or Discover cards.

Coming soon! My new book *Creating A Successful Holistic Health Practice* along with a CD *Meditations for Success,* that supports the exercises in the book, will be available mid-September. The book and CD may be purchased at my website.

WORKSHOPS

CEUs are available for Massage Therapists, Acupuncturists, and Social Workers for most workshops. All balances are due on the day of the workshop. To register for the workshops below sign up online at http://www.energytransformations.org/Workshops.htm or send check or money order to Dawn Fleming, 1960 W. Keating Ave, Apt. 315, Mesa, AZ 85202. Make sure that you include your phone number and email address with your check.

Immersion into the Healer Within, one-day retreat on spiritual healing. September 22nd, 9:30 to 5 pm, $125.00, catered lunch included. A fabulous day to restore your energy, learn spiritual healing techniques, and connect with other healers in your spiritual community. This will be a powerful day of exploration and insight. You can sign up online at http://www.energytransformations.org/Workshops.htm or call True Relaxation at 410-758-0822. The retreat will be hosted by Dawn Fleming and Linda Brent and will be held at Linda's home in Centreville, MD (about 25 minutes east of the Bay Bridge). It is expected to fill quickly. If you plan to attend, please sign up by Sept 17th.

Medical Intuition, November 3rd and 4th, $325.00. Location - Annapolis. In this workshop you will learn several techniques on how to use your intuition in accessing the body's information on the physical, emotional, psychic, and mental levels. You will learn how to unblock your intuition, how to connect into a client's field to read the energy, and how to deliver the intuitive information. You will have a lot of time to

practice and receive feedback. Previous participants amazed at how the techniques taught in this class connect them with the information that the body has to tell. The feedback that each student receives while practicing helps to build confidence in using the new tools. This workshop integrates well with all holistic healing modalities. Send in a deposit of $75 or register on line to sign up for this class.

For the following USUI and Karuna Reiki™ workshops send deposits or payment to **True Relaxation**, 621 Railroad Avenue, Centreville Maryland 21617 or call (410) 758-0822 to register. Direct questions to Reiki Masters, Linda Brent at (410) 758-0822 or Amanda Nauton 443-956-8327. Be sure to visit www.truerelaxation.com. CEUs for Usui Reiki for massage therapists, social work, and acupuncturists. CEUs for social workers and massage therapists for Karuna Reiki classes.

Karuna Reiki™ I and II, October 20th and 21st , for those of you who have completed Usui Reiki I and II and wish to expand your Reiki training. Karuna Reiki addresses the emotional issues and connects you more deeply with the Ascended Masters and angelic kingdoms. It is very powerful and works well with Usui Reiki symbols and energy. Each class includes a Karuna Reiki attunement. Each class costs $150. Reserve your space with a $50 deposit per class.

Advanced Reiki Training, Oct 28th, enhance your Reiki toolbox with many tools and techniques to build on your Reiki II training. Learn how to work with crystals and to build a Reiki grid. Learn the master symbol, psychic surgery and receive an attunement. This and much more. Cost $250. Reserve your space with a $50 deposit.

Usui Reiki I – Learn the powerful art of healing touch. In this workshop you will learn what Reiki is, how it works, how Reiki relates to the chakras, how to do Reiki on yourself and others, receive a Reiki attunement, and practice giving Reiki. Cost is $125. Reserve your space with a $50 deposit.

Usui Reiki II - Take that next step in your Reiki training and learn the Reiki symbols, how to use them, how to do distant healing, and how to empower your life's goals. You also receive a Reiki II attunement. Cost $175. Reserve your space with a $50 deposit.

The next **Usui Master** class is scheduled for Feb 16 & 17th

Meditation for Children and Pre-Teens. Contact Amanda Nauton at reikimanda@yahoo.com or 443-956-8327 for her current workshop schedule.

For additional workshops from our holistic health community see the Holistic Classifieds.

INSPIRATIONAL ARTICLES

A "SUDDEN" REALIZATION

Recently, in preparation for an upcoming social event at my home, I found myself going through the all too familiar process of cleaning and making everything "presentable". Although I dislike clutter immensely, I have found that as long as I can "hide" it away, it's out-of-sight, out-of-mind. I like everything to be neat and in its proper place - on the surface. But the same rules do not apply to what is

hidden in the drawers and closets - chaos might be a more appropriate term. Somehow the contradiction never bothered me before. This time, however, as I was shoving things into closets and drawers, a part of me was detached and observing what I was doing, and began questioning what was really going on. I immediately was taken back to my childhood, and realized that that was the beginning of this idea of "keeping up appearances", while hiding what was really beneath the surface. "Secrets" became a natural part of my life, and I somehow took this into my persona, to the extent that I feared anyone really getting too close - less they "find out the truth" about me. I became obsessed with achieving, and on keeping up a good appearance. This became my identity, the self that everyone else saw and that I strove so hard to maintain lest the "truth" would be discovered. I fooled everyone, even myself, or so I thought. Eventually, the stress became unbearable, and I suffered many stress-related illnesses as a result, always searching outside of myself for the real problem and its cure.

As I reflected on all of this, I thought of how "A Course in Miracles" states again and again that we must be willing to bring to light those things which are buried within that we are so afraid of facing, for healing to occur. What was I so afraid to uncover? Lesson 93 of the Workbook of the Course states: ***"You think you are the home of evil, darkness and sin. You think if anyone could see the truth about you he would be repelled, recoiling from you as if from a poisonous snake. You think if what is true about you were revealed to you, you would be struck with horror so intense that you would rush to death by your own hand, living on after seeing this being impossible.... The self you made is not the Son of God."*.** Suddenly, my behavior took on a new meaning, and I realized it was symbolic of the underlying beliefs I had held about myself for years, but which thankfully I realized no longer served me - I was just operating on automatic pilot. Shoving things out of sight was not taking care of the problem - I needed to face the problem. What was I really afraid of? Would I be judged for having a little clutter that really just gave my home that "'lived in" appearance? And by whom? Was I really afraid someone may discover that I was imperfect? Flawed? That I make mistakes? Was I really the home of evil? No. I have been my own judge and jury, and my verdict has always been "**GUILTY**!" And I have been deceived.

Right then I realized I no longer wanted to live that way - it was a choice, and I made a decision to let go of this burden of needing everything, especially myself, to be perfect. What a relief! I felt such gratitude for I knew I could not have reached this decision unless on a much deeper level I had made another choice - for forgiveness and self-acceptance. Although it seemed to happen suddenly, it was just the outcome of many years of study and contemplation, and of applying the principles of "A Course in Miracles" and other spiritual studies. I was ready to accept the truth of lesson 93: ***"Light and joy and peace abide in me. My sinlessness is guaranteed by God."***

I am now in the process of examining this clutter, getting rid of what I no longer need, both figuratively and literally, putting an end to the chaos - removing the "skeletons" in the closet. I am no longer afraid for anyone to see what is inside.

There is nothing so horrible that we cannot face with the love of Christ, the Holy Spirit, our Higher Self, or whatever we choose to call that Higher Power, beside us. The only judgment that they will ever pass is **"Beloved, you are the innocent Son of God in whom your Father is well pleased!".** May we all accept this judgment of ourselves and of all of God's children.

Blessings,
Toni Neal

REIKI AND HEALING, FULFILLING OUR LIFE'S DREAM

My husband and I were married in June of 1996 and wanted to have children within the first two years of our marriage. We were resolved not to do any type of fertility treatments so we decided to let what ever happened, happen. My menstrual cycles became irregular. After several trips to the doctors, I found out that I have multiple cysts on my ovaries and the likelihood of having children without treatment was unlikely. I actually had two different doctors tell me that I would not be able to have children. With this information I gave up on trying to have children on my own and continued to be a wife and a mother to my step-daughter.

In the spring of 2006, I graduated college with my AAS in Human Services and for a graduation gift my mother purchased Reiki classes for me. My grandmother, mother, and I all attended Dawn's classes in July of 2006. During those classes we wrote down a wish that we wanted for ourselves and did a Reiki prayer over it. In the Reiki I class, I wished that I had a full-time job with health benefits. Within two weeks I had a full time job working with health benefits. This was amazing since I live in a rural area of West Virginia.

I remembered the process of writing down our wish and praying over it, so I decided to try it again, only this time I wished that my body was healthy enough to have children. In September of 2006, I was diagnosed with diabetes and began treatment for that issue. In addition, I was doing Reiki on myself as well as going to an acupuncturist to help control my blood sugar levels.

In January of 2007 I began having a regular menstrual cycle. In April of 2007 I stopped having a cycle again. I just assumed that this was nothing out of the norm and continued doing what I have always done. One day at work I got sick and had no energy and thought that I had the flu. A co-worker of mine asked me if I was pregnant and I told her that it was not likely. She wanted me to test for it anyhow. So I did. I tested positive. I thought that it had to be a side effect of the medication that I was on so I went to the doctor. The doctor told me congratulations and advised me that this was not a false positive; this was in May of 2007.

In December 2007 or early January 2008 I will be having a beautiful Reiki baby. The energy coming from the baby is beautiful and by doing Reiki, I have a very strong feeling that I will be having a little girl. Only time will tell if my grandmother, mother and I are right about that.

by Rebecca Hunt-Ford, Usui Reiki Master

THE GIFT OF REIKI

Sometimes tragedy leads you to another path in life. When my husband, Joe, was diagnosed with stomach cancer and lost his battle in just four short months, I too felt as though my life was over. I was 44 years old with three children; how could this be happening to me? Joe was my childhood sweetheart, the one and

only man in my life. In those first days and months and even years after his death I wandered in a fog and searched for my "new" identity. I was no longer a wife, a partner, a co-parent. From the "we" of a marriage, I became a "me" who now had to learn to do things that I had never done before. Joe's illness left us with huge financial debt. Joe was the one who handled all of our finances. Not only did I have to learn how to handle our finances, which was hard enough, but I had to learn how to "save" my family from financial ruin. His loss permeated into every aspect of my existence. Little things like opening up our pool that first month after his death brought me to tears and made me question my own intelligence. As with any loss, I also lost my sense of confidence, my sense of security; my whole being felt as though it was being threatened. And in many ways it was. I was not the person I was before cancer entered into our lives.

Luckily during Joe's illness I had been introduced to this very new (to me) and unusual healing technique, Reiki. Joe used it mainly for pain management and the hope of a miracle. But even though it did not cure his body, his spirit went through such a major transformation during those last four months of his life, that I knew that Reiki was truly a Godsend. And so was the person who administered that Reiki, Betty Brooks. Both Joe and I saw Betty as our "angel" here on earth. At a time when medical bills were stacking up because we could not afford even the cost of our prescription drugs, Betty came to our home and did Reiki and would not accept payment. She gave us a gift that was truly worth millions. She gave Joe and me a peacefulness that had no price tag. Joe would anticipate his next Reiki treatment with the enthusiasm and hope of a child at Christmas. Very early on, Joe knew that Reiki would not cure his body, but it helped him feel so much better. His pain was lessened, his stress and anxiety level would float away, and he would dream of angels and Jesus and heaven. He knew that his journey on earth was over and he became better able to accept it through the Reiki work Betty shared. Joe often told me that he was no longer afraid to die. He knew that he would be greeted by his mom, and the angels. In his journal, Joe wrote, "I'm looking forward to meeting Jesus. I'm sure that will be the best!" When Joe took his last breath he lifted up his arms and called for his mom three times. Joe's journey was over and mine had just begun.

As I struggled with my grief, Reiki became my source of comfort just as it had been for Joe in those last months of his life. And once again, Betty offered Reiki as her gift to me. A wonderful friendship began and an amazing adventure into another world and another life began for me. With each Reiki session I found myself "seeing" and "hearing" messages that comforted and pushed me forward. At first I felt like they were just "dreams"…my subconscious mind's way of comforting me. But as time went on I realized that I had developed an intuitive gift that became stronger and stronger with each session. I knew that Spirit was helping me and guiding me to take a different path in my life. With Betty's help, I transformed the handwritten words of Joe's journal into a book, "**The Journey: A Journey of Love, of Light and of Spirit".** It would not only contain Joe's words of hope and love and faith, but it would also contain my own journey during those months. During that project so many times I could feel Spirit guiding my hands and healing my heart.

Throughout the years after Joe's death, Reiki has been my security blanket; the source of my comfort and peace. I pursued my knowledge and understanding of Reiki by taking classes in Reiki I and II. Then through Betty I met another teacher, Dawn Fleming, who guided me and inspired me with her story of pursuing another career and path in her own life. I took classes with Dawn and learned more and more about Reiki energy. As I walked down this path, the intuitive messages became more and more profound and I began to see and hear the spirits of the Loved Ones of many widows and widowers that I had met in my support groups. I began sharing with them signs and messages from loved ones that came through during my Reiki sessions. By receiving their validations and understanding of those messages I began to realize that I had been given an amazing gift. I continued to be humbled by the fact that God had chosen

me as his messenger and I was honored by the ability to bring comfort to the lives of so many during their grief.

Looking for a way to share this gift with as many people as possible, Betty once again became my "angel". She founded the "Touch of Light Healing Center" in Pasadena, MD and asked me to work with her. This would be a place of solitude and healing work. Her dream is to offer an oasis of comfort for body, mind, and spirit by providing a facility for various holistic professionals to share their work. Since the opening of the Center in January 2007, a hypnotherapist and a reflexologist have joined us. We have offered workshops that showcase the talents of music therapy, poetry, grief support, as well as the wisdom of women of all ages. The Touch of Light Healing Center has offered classes in Reiki to train others to share this wonderful gift. We will continue to offer classes and workshops that bring different ways and means of Body-Mind-Spirit healing into the Light.

From the death of one man, my life was changed. At first all I could see was the tragedy, the grief, the sadness, the loneliness. But now I see how Joe's death changed my life and put me on a path that I never would have chosen. I never would have met Betty Brooks. I never would have tried Reiki for healing of mind, body and spirit. I never would have met Dawn Fleming and so many other people who understand the world of energy work, a world that was so unusual and foreign to so many of my "old" friends. Often in life when a tragedy occurs, all we see is the negative, the sadness. But once we grieve for our loss, we can become stronger and better. I am a different person than I was prior to my loss. I am stronger, more independent, more intuitive and open to allowing God and Spirit to guide my hands and my heart. I still miss Joe every day of my life. But I am so thankful for the blessings of his love and his gift to me, the gift of Reiki.

Carol Sanzone, Assistant Director Touch of Light Healing Center, www.reikitouchoflight.com

SEASONS OF CHANGE

Here in the East we have all four seasons. Winter, Spring, Summer, Fall. Sometimes I think that's a real advantage, to be able to see the world change around you, to see things seemingly die away in winter, then to sprout with new life in the spring. It's a natural rhythm, an accepted fact. No matter how much I may like the beauty of flowers and green leaves, I know that they will not last and that the gardens and trees will become barren as the season changes. No matter how much I would like to keep everything the same I can't do it, it's not in my power. It's part of the Plan of Life.

It's blackberry season around my way. I remember as a little boy going with my grandmother to pick wild blackberries. Then we would bring them home and she would make sweet dough, fill it with berries, and steam them. It was a treat everyone in the family loved!

My grandparents raised me. We lived on what used to be a small truck farm before profits became too small to continue in the business. But we still owned the property, and my grandmother still raised a lot of different vegetables like tomatoes, green beans, and peppers. There were strawberries, and we had a few peach trees and cherry trees. There was even a grape arbor and walnut trees. I used to hate having to shell the walnuts, because the damp inner layer of the shells left an indelible black stain on my hands. Soap and water would not take it off. You just had to let it wear off.

My grandmother's mother was an old world midwife. I guess the proper title today would have been Wise Woman, because she knew a lot about healing with plants and things. When my grandmother would take me with her to collect berries she would point out plants that were good for food and healing; things she had learned from her mother. So, along with learning about which mushrooms were edible, I learned about the blood clotting properties of the puffball mushroom. I learned about the healing qualities of the flowers from Queen Ann's Lace, how moss from certain trees could prevent infection, and that spider's web is good for more than just catching a spider's breakfast. I learned that blackberries made into a cordial were good for stomach ailments. (We always had a bottle of homemade cordial in the cabinet at home.) I could have learned a lot more, because grandmother was always telling me things about plants and the earth, but, as so often is the case with children, I felt I had more important things to think about.

I spent a lot of my time as a kid exploring the many acres of woods that backed onto our property. There was a wide stream that wound it's way through the thickest part of the woods, and you could spend a lot of time following its bank. I enjoyed the quiet that I found among the trees, and I never felt alone. I think that was because there was always a feeling of communication with my surroundings. I did not think of it like that at the time; I just knew that I was happy there. Interesting things happened to me in those woods, experiences that I now know were gifts, but that at the time I just thought of as exciting and fascinating.

That was a long time ago now, and the woods have been cut down in favor of housing and business development. The stream has been constricted, and is no longer it's wide and cheerful self. An office building sets on the spot where my old house used to be. Buddhists say that change is inevitable, the way of the world, and that we should to learn to expect it. I guess they are right.

Most of us tend to lose touch with the simple things that we learned as children. I'm certainly no different. Job, family, being busy anchoring our life into the world, it all tends to seem so very important compared to things in childhood. We want to be adults, we want to be accepted, and we want to be "normal." We forget what it was like just to be happy to be alive.

Then, if we are very lucky, at some point in our life God knocks and says, "Behold!" We have a choice when that happens. We can throw the door open and welcome what comes, or we can rush to bar the door and try to deny it ever happened. I have been lucky enough to hear that knocking and know that I could not deny the opening. It's seldom easy. For many of us that knock comes after a life altering experience, such as a major illness or even a brush with death. I have been blessed enough to at least partially understand what God wants me to look at, to "Behold." And much of that looking, that beholding, involves hearing and seeing things as I did when I was a child. I owe a great deal to the healing energy of Reiki for helping me.

As a child I felt the aliveness of the Earth. There was no voice in the conventional sense, just feeling. I just knew, without having to think about it. And now that I have been given the chance to slow down and become aware once again, I find that I still know. That level of communication is still there has always been there, it just needed a little quiet to be heard.

We live in a time when everywhere we look someone wants to tell us how bad everything is. With its dire predictions and breathless reporting the television news is almost tailor made to spread panic and fear. It seems that everyone has a plan and wants us to vote for them, buy from them, or contribute to them to save the earth. Global warming, weather changes, earth changes, everything is cast in a doom filled light. "We must save the earth!" is the slogan we now hear everywhere.

The truth is, we are allowing our egos to dictate our feelings. Most of us don't really want the Earth to change at all. We want things to stay as they are. Well, most of us agree that we would like things to be a little cleaner, but otherwise we don't like change on our agenda. It's an unknown, it scares us, and we want to stop it.
The Earth is not dying. Gaia is alive, and filled with the joy of life. She is changing, evolving, just as we change and evolve. This has always been the case. She has her own schedule of growth, and life. Her life is of such a vast dimension that we have trouble comprehending it, trouble seeing it, but it is there if we take time to look, if we take time to listen.

We are a part of the Earth, and part of the Eternal. The Earth was designed to be our home while we are in the physical state. Our physical bodies were designed for this place. The incredible beauty of this design is almost beyond comprehension! We resonate with the heartbeat of Gaia. Our life energy ascends and descends in a beautiful pulsation that connects us with all Life. We are not balanced if we are not properly grounded and connected. And we are changing, evolving, growing, right along with our Mother Earth.

Many of us already give healing energy to the Earth. Alone and in groups we have been sending out that energy, making that connection. This we should continue to do, every day, even if only for a few minutes. If you don't have time for anything else, just reach out, open your arms wide, and send your love and healing. Sometimes I imagine that I can hear Gaia sing when I do this. But there is always a feeling of energy in return, always a feeling that something good has happened.

Earth changes are going to take place. Weather changes are going to occur. This has happened in the past and it will again. Our Earth home is not a static place, and never has been. But with our help these changes will not be as severe as they have sometimes been. The Earth can use our love and healing and it is time to give it. But just as you would intend for an individual, that healing energy should be given for the highest good and greatest purpose.

Remember that fear is a negative force. Fear and panic are often used to gain power over others, and when that happens we have difficulty hearing the true voices of our guides, who will help us through the coming changes in our world if we only let them. Remember the ancient command, "Be still and listen..." As healers we have a greater responsibility to keep that deep, calm connection that allows us to see past the surface illusion, to see the Eternal and to do our part in the Plan of Life.

Blessings!
Bob Tucker
Usui & Lightarian Reiki Master

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WORKSHOP

October 26 - 28, 2007, **Healing Touch for Animals® Level 1 Workshop** - Baltimore area. Contact Kathy Volrath, HTAP, CHTP, CMT, ESMT, CCMT, (410) 857-0790 or BaltimoreMD@healingtouchforanimals.com. Participants learn many energy-based healing techniques for your small and/or large animals.

GIFT IDEAS

***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.

REIKI SHARES

In Baltimore near White Marsh
Reiki Healing sessions, 2nd Friday of the month, 6:30PM– 8:30 pm , (doors close at 8 PM), (Johns Hopkins Bldg.), 4924 Campbell Blvd #103A. Address questions to: Michelle McCarty, Handtherapist@hotmail.com or Al Muehlberger, 410-686-0250, Amuehl@earthlink.net or Beverly Hamilton, 410-663-5089, bvrlham@aol.com.

FOR SALE

Reiki I and II manuals that Reiki Masters can copy and provide as manuals for their students without having to write their own or violate copyright laws. The manuals are provided in protective covers with easy access to remove the pages for copying. Amanda Nauton, Ellie Barna and Dawn Fleming, all Usui Reiki Masters, undertook this venture to put together a quality product that would be useful to all Reiki students and for those Masters teaching Reiki. Cost for both manuals is a one-time fee of $45 (plus $4 shipping and handling). If you are interested in obtaining the manuals, you can order them online at http://www.energytransformations.org/Products.htm or mail a check for $49 to Dawn Fleming, 1960 W. Keating Ave. Apt 315, Mesa, AZ 85202. Be sure your address, phone number, and email address are enclosed with the check. Ten percent of all proceeds will be 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, Maryland area.

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

CLASSIFIED – Do you have a space to rent, product for sale, massage table to sell, or need a roommate to share the rent? This is the right place to connect with others who may be able to connect you with the right person, renter or buyer.

ADVERTISING INFORMATION

This newsletter is published six times a year (Jan., March, 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 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 480-751-9278 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 The site is being remodeled and the ads will be highlighted better under the new format. Deadline for November/December newsletter is Oct 24th.** Ads are three lines of (7.5 inches wide) of 12 pt Times New Roman font for $35. $12 for each additional line. $75 for a half page ad and $135 for a whole page ad. This is a great and inexpensive way to get the word out about your classes, products or services.

If you would like to be removed from this mailing list send an email to lovelife@cablespeed.com with “remove” in the subject line. Make sure you send it from the email address it that it was sent to.