

ENERGY TRANSFORMATIONS NEWSLETTER

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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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Editor and Publisher
Dawn Fleming's email is mylifeisgood22@cox.net
She can also be contacted at 480-751-9278.

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REBIRTHING OUR FULLEST POTENTIAL

Since we last talked we have seen Haboos (dust storms), hurricanes, earthquakes, tornados, flooding, and huge stock market fluctuations. Collectively we have experienced Mercury retrograde, a harsh grand cross alignment, intense solar flare activity and a massive amount of energy coming into our planet. So...how are you doing?

On all levels things are being stirred up. What is hidden is coming to the surface. What no longer serves us is being released or destroyed. Looking at the world we have seen the downfall of tyrant leaders in Egypt, Libya, and Tunisia and others are losing their reign. The higher energy that is flowing into our planet is assisting us in the changes that need to be made on a personal and global level. It is here to empower us. You are probably feeling the pressure on many levels. Even those of us who are going with the change and creating new paradigms for living are feeling uncomfortable in our bodies as we integrate the higher vibrations.

In the past we have been afforded the luxury of sitting back and ignoring the small voice of Truth inside that wanted to guide our lives with wisdom centered in love. We allowed our ego, enmeshed in the drama around us, to be the guiding factor of where we spent our energy and let this swing us emotionally and mentally in ways that

diminished our power and energy. The time is now to go within, to find that part of you that has been suppressed that wants to sing and celebrate life and the gifts that you have. The energy is here to empower all of us to lift the veil to find that highest part of us to be rebirthed. We birth a new vehicle that supports our evolution as holders of the Light to bring this Light into the new way of being on our planet.

As we engage in this inner process, we hold for the healing and transformation of our entire planet. We can see that to some degree that everyone is involved. Major issues such as outdated economic and political models and policies, the shirking middle class, unemployment, starvation, human trafficking, water shortages, just to name a few, are pressuring everyone to create new models and processes that work for the good of all instead of for a few.

So let's step inward. When you take time to step into the quiet, intend to align with the highest part of you. You might call this God consciousness, Higher Self, or your authentic spiritual self. Feel yourself as if you are on an elevator...going up...into a space above the issues. Into a place of clarity, perfection, and realignment. Being nurtured and prepared to be rebirthed from a place of Truth and Love for self and others. Feel empowered in this place of stillness. Before you end your session, feel a

gathering of humanity joining you in this space, singing a song for peaceful change. Feel your whole being strengthened as you align with the Allness for good, for change, for life authentically lived.

When we gather, either together or in the realms of higher consciousness, we lift ourselves and the planet as a whole. We are supported at a greater level to accept ourselves and to embody the highest qualities, which then flow into all that we are and do. When we gather in the higher realms, we are charged, changed, and realigned. We begin to connect with our purpose and passion for life and are ready to bring it forward to be birthed.

Stressful yet exciting. Ask yourself, "What one thing can I do today that will bring more balance into my life?" Now do it! Find time to rest your mind and center in your heart. You do not need all the answers right this moment. Remember you are aligning and integrating so allow it to unfold as you anchor your body, mind, and emotions in that God conscious part of you.

Find ways to support your energy and your emotions. Each day step out of the chaos, enter the silence, align in the highest realms of healing and transformation. We are being forced to change whether we want to or not. Aligning, integrating, and rebirthing ourselves can be much easier when we release, allow for the new to unfold, and flow with an open and loving heart.

Much Love on your Journey, See you in the higher realms, Happy rebirthday!
Dawn Fleming

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

Withdraw into yourself and look. And if you do not find yourself beautiful yet, act as does the creator of a statue that is to be made beautiful: he cuts away here, he smooths there, he makes this line lighter, this other purer, until a lovely face has grown upon his work. So do you also: cut away all that is excessive, straighten all that is crooked, bring light to all that is overcast, labor to make all one glow of beauty and never cease chiseling your statue, until there shall shine out on you from it the godlike splendor of virtue, until you shall see the perfect goodness surely established in the stainless shrine.

Plotinus

HAPPENINGS & CLASSES

I was recently interviewed by Reiki Master Phyllis Furumoto on her Reiki radio talk show *Reiki Balancing Essence and Form*. It is being posted on her website on September 8th at 4pm EST and will remain on her website for an indefinite period of time. The topic of our discussion was Reiki and the importance of community. Phyllis was a delight to talk to and an inspiration for all of us on this Reiki path. She learned Reiki from her grandmother Ms. Takata and mentored with her for 18 months. She travels around the world teaching and lecturing about Reiki. The website where you will find the radio show is <http://www.reikitalkshow.com>.

I revised the requirements for submitting your Reiki stories for my upcoming book and made it more cost effective for all concerned. You can get published without the intense work and expense ultimately assist others by sharing your Reiki story. I am looking for stories that speak of healing, how you are using Reiki in unique ways, Reiki programs in hospitals, and how the Reiki community has added to your life. If you have a story that you would like to get published read the submission requirements at:

http://energytransformations.org/ET_Documents/reikistoriesrequest.pdf or go to <http://www.energytransformations.org> and select the link on the upper right hand side of the page for *Call for Reiki Stories*.

On another Reiki topic, I am writing a Reiki Master manual that teachers will be able to make copies of for their classes. Since there are many approaches to teaching the Reiki Master level and attunement processes I want the manual to be very comprehensive including a variety of processes and techniques. I have many topics in mind that I will be covering in this manual, but put this question out to other teaching Reiki Masters: what would you want to see covered in a Reiki Master manual that you would use for your classes?

Skype has been installed on my computer and I am ready to interact with my clients via Skype. I will be offering my intuitive readings in person, over the phone, and via Skype.

I am no longer carrying the Egyptian Healing rod products. They have been experiencing problems getting adequate supplies.

WORKSHOPS

REIKI CLASSES

I am teaching a Reiki I class at SWIHA in Tempe on October 8 and 9th and a Reiki II class on November 5th. If you are interested in attending these classes you can sign up on line at <http://www.swiha.edu>

If you are ready to take your Reiki practice to a higher level, I am forming a small Reiki Master class in Chandler, Arizona. It will offer everything in the Reiki III (Advanced training) and the Teacher/Master level. If you are interested and want more information, email me at mylifeisgood22@cox.net or call 480-751-9278. CE hours are given for massage therapists.

PATTI vs BREAST CANCER... PATTI WINS!!!

If you've ever been part of a family with history of breast cancer, you feel like a time bomb. As the annual mammogram approaches your stress and anxiety levels increase awaiting the results. If Cancer is detected, the plan for treatment that has been in the back of your mind when the first female in the family got "the news", kicks in. You know you'll cry for a while, then gather copious amounts of information to take to your visits with specialists, make decisions and preparations then hop on the Chemotherapy wagon. Sounds negative, but to me it's reality. My sister was diagnosed at 32, had surgery, chemotherapy, radiation and has been living on Tamoxifen since. My mother was diagnosed at 55, had a mastectomy, chemotherapy, several surgeries and radiation over the years and lost the battle after 10 years.

Living healthy is of major importance to me. I exercise regularly and eat right as well as stay educated in hopes of lessening my chances of becoming a statistic. I've had my share of "scares" though. Six or so years ago, I got the call back letter from the Radiologist stating there is an "area of interest" they would like to reevaluate. Most times it's nothing then there are the other times. The suspicious area showed again, so an Ultrasound was performed, then it was suggested I make an appointment with a breast Surgeon.

I made the appointment and then called Dawn who immediately said "come see me now!" Dawn and I have been friends since Junior High School so we know each other very well. We visited for a while then she got to work with the Reiki session. I was nervous, not fully understanding her gift, but was immediately put at ease as she talked with me the whole time. A feeling of calm came over me as I laid on the table while she walked around my body and placed her hands on and above me. When the session was over, Dawn told me nothing was there. We visited a while longer and I left feeling more calm and stronger than I had in a long time. A few days later, my husband & I sat in the Breast Surgeons office as he x-rayed and examined me only to say "there's nothing there". It was an ecstatic call to Dawn that night. I still get checked yearly.

This past July I got another letter from the Radiologist requesting additional films. I went through the same procedure, additional views, ultrasound, make appointment with the Breast Surgeon and a call to Dawn who immediately said "You need to come see me." She happened to have just landed in Maryland to visit her family the day of my call. She performed another Reiki Session stating "You are out of balance"...well, heck, I was just told I have an area of interest and need a biopsy...that would throw anyone out of balance. As I laid on her table again, there was that feeling of calm I didn't realize I was missing. Her concentration was unbelievable as she walked around my body and held her hands above me. The whole time she made sure I was comfortable. Her daughter's cat was sitting on my stomach which was relaxing also. As she completed my session she said "you are healthy don't worry." I am a realist so I kept the appointment with the Breast Surgeon who could not find anything during his ultrasound (imagine that?). Just to be positive, I was sent for a Breast MRI which was a first, talk about stress, but I kept hearing Dawn's words, "you are healthy." Amazingly the calm continued after I got out of the tube and I just waited for the results...the surgeon's exact words were "your MRI was pristine." Imagine, I have pristine breasts. Thanks Dawn, I love you!!

Patti

DESTINY– ALLOWING YOUR FUTURE TO DRAW YOU FORWARD

There exists a strong notion in our culture that we are the sum total of all our previous life experiences. That we are a result of all of our loves, our marriages, our divorces, our jobs, our kids (or of not having had kids), that we are the result of all of our decisions and what life has handed us. A notion that who we are in this minute all stems from the past or some sort of fate.

It was different when we were children. Then our whole life was about what and who we were becoming - "What will you be when you grow up? Will you marry? Who will you marry? Will you have children and of so, how many? Where will you live? What will your home be like? What will be important to you?"

At some point, maybe in our 30s, we begin to define ourselves by what we have been and done instead of being defined by who we are becoming and what is in our future. I don't think it needs to be that way.

Dreaming is the act of working with spirit to create and manifest yourself and the world around you. What if you could do your dreaming without the "weight" of your past contributing to your decision. I think that the present is still part of the dream process because we are who we are in this minute fully. From owning who we are without the stories and debris from the past - we can open up to what may be possible. Look to the future, dream, imagine, listen - it's calling you.

This process involves continuing to be present here and now. It also asks you to focus on making conscious choices moving forward. What if all that mattered in your life was from here forward? What energy would that free up for you?

I want to challenge you to rebel against the old norm - where who you are is a result of your past. Allow yourself, once again, to be defined by what you are becoming. Allow yourself to evolve with ease into who you want to be in relationships, in work, in your physical body, in your home and with manifesting in general. Right this moment, make the commitment to dream your world into being based on who you are at this moment and on who you are becoming. Let go of anything else as it no longer serves you.

"Those who stare at the past have their backs turned to the future." -Anonymous

Looking from where you are right now - "What do you want to be?" "What do you want your life to look like?" "What do you want your work to look like?" "What do you want your relationships to look like?" "What do you value?"

There is a future you out there drawing you forward. This future You has a lightness, wisdom, perspective and access to things that you may not yet have access to. Trust this future you and let it pull you towards your becoming. Connect with this You and experience your own magnificence!

Cherry-Lee Ward, M.Ed., is a contemporary shaman and healer
www.Cherry-LeeWard.com, email: CLWardHT@me.com

FUELING YOUR SUCCESS

Your success depends on how much physical, emotional, and mental energy that you have to support your passion and goals. If the tank is empty, the car won't start. In order to stay the course and fuel your passion, you need energy to sustain all levels of your being. The human body is not only biological (bones, skin, etc.) and chemical (hormones, blood and other bodily fluids); it is also energetic. Each person has an energy field called an aura that surrounds the body and inwardly fuels the body, mind, and emotions to create health and vitality. Without a healthy energy field the body begins to breakdown physically and emotionally into dis-eased states.

Each person has seven main energy centers called chakras located in the central core of the body: one at the base of the spine, the second at the naval, third solar plexus, fourth heart, fifth the throat, sixth center of the forehead, and the seventh at the crown of the head. These centers regulate and move energy into all parts of the body providing fuel for all aspects of our being. If one or more of the chakras become blocked or depleted because of lifestyle choices you begin to tire, feel anxiety, and over time disease develops.

Stress, poor diet, excess caffeine and sugar, lack of exercise, smoking, drugs, too much alcohol, worry, fear, depression, anger, and environmental and energetic pollutants are just a few factors that will delete the body's energy and create energy blocks. You may not experience low energy or imbalance when you first engage in these activities, but over time one of the above factors, singly or in combination, will cause your energy to falter. You feel as if your get up and go got up and left. Your flame fueling your drive for success has gone out and it is a struggle to get back into the groove of success. Signs of illness and imbalance indicate that your energy centers are blocked or diminished.

There are many things that you can do to increase and enhance your energetic system. Reduce stress, walk, exercise, adjust your diet, meditate, receive a Reiki session or massage, smile, yoga, deep breathing, counseling or life coaching, and detox the body. Look at what is out of balance in your life and work to bring it back into balance. Take a three to seven day retreat and detoxify your mind of limiting beliefs, fear, and worry. Walk in nature and receive the energy that connecting with the earth, air, water, and sun can provide you naturally. When you can detoxify your life from the habits that create energy blocks you are rejuvenated and your energy is restored.

Create a vision of yourself that supports vibrant energy. What would that look like? How would that feel in your body, mind, and emotions? How would you experience yourself with a full tank of energy that does not come from coffee or another stimulant? Take a few moments and get in touch with your vision. Write it down and claim it for yourself. Take the steps necessary to realign with the energy to support your passion and success. Affirm that "I am a vibrant being. Filled with energy, love, and passion to fulfill my goals and ensure my success. I make healthy choices everyday to support my path to success." Take some time to breathe these affirmations into each chakra and smile on your road to success.

This is the third article in a series of articles on the Energy of Success.

Dawn Fleming <http://www.energytransformations.org> Author of Creating a Successful Holistic Health Practice and CD Meditations for Success.

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Feedback - On Navigating the Continuing Education Approval Process

I just received your book Navigating the Continuing Education Approval Process and found it very precise and comprehensive. I am a nurse and have been writing programs for nurses for a long time in the medical arena. I am also a Reiki Master/Teacher and also Consultant to a Yoga Certificate Program and wanted to construct CE programs for nurses who take these types of programs. Although my RN license permits me to teach and practice Reiki, finding a way to concretely explore offering holistic health education to other audiences was extremely helpful and professionally written.

Great Job!

INTUITIVE READINGS AND LIFE COACHING

I offer one hour readings or coaching sessions, in person, over the phone or via Skype. I am a natural reader and healer providing readings to clients for over 20 years. Looking for answers? Schedule your next reading today.

Dawn Fleming , email me at mylifeisgood22@cox.net to set up your appointment. Leave me your name, phone number, and available dates and times for your reading.

HELP WANTED

Crystal Sage, seller of 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

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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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