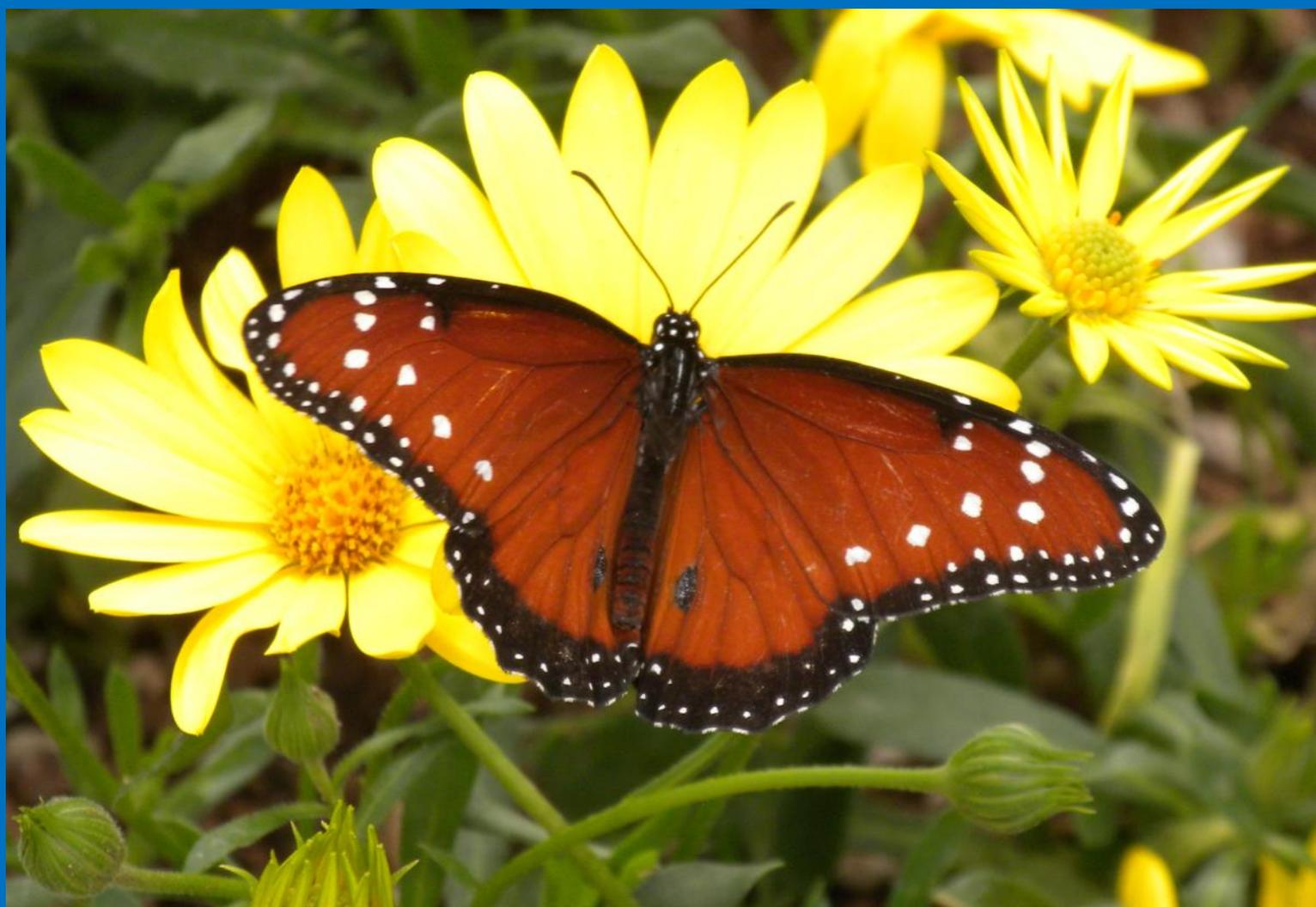


# ENERGY TRANSFORMATIONS MAGAZINE





# JANUARY-MARCH 2016



Welcome to Energy Transformations free e-zine with empowering wisdom for living a happy, healthy, and abundant life. We are assisting humanity into opening up to the unlimited Divine possibilities that exist.

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## Change: Evolution Within, Creating External Magnificence

Just the other day I watched a video of a bird hatched from its shell. It was a beautiful video, watching this little bird be birthed. It appeared that it took a lot of hard work on the bird's part to get that shell opened so that he could free himself of what no longer served him and spread his wings. The struggle to change his situation was necessary in order for him to have a new life outside his shell. We know where this is going...

As I watched what appeared to be a struggle for him to change his situation, it occurred to me that this is what we humans go through a lot of the time when we have to deal with change. From our earthly conditioning, we tend to put ourselves in a protective bubble by the way we interpreted life's training or messages. We fear coming out of this comfortable, warm, egg. We think we can always stay in this place that feels so familiar to us, but there is an internal evolution pushing us out of our comfort zone. It is asking us to face our fears, step out into the unknown, live our truth, and be the most magnificent human being that we can be.

This call to move outside our bubble of comfort begins to make the current situation not feel so good. We begin to feel stuck, uncomfortable in what once served our needs, and we experience a conflict as we resist the change that is needed.

So this amazing little bird, knowing that it is time, begins to push outward. He gently spreads his wings and legs. Pushes his head upward. Yes, there is a lot of effort, but the shell begins to give way and he can begin to see a new world.

We begin by testing things out. We agree to make a small change, but within we know it is not enough. That inner stirring is moving us. It is giving us the courage to think about how this change will improve our lives. We think about the struggle to overcome the old way, what is known or has become habit. The urge to make a part of our life different and to live our truth is our body, mind, and spirit evolving us to be greater than we ever thought was possible. I am not talking about success or having more money or stuff, although these just might be a result of moving into our truth. I am talking about this evolution that creates deep peace, contentment, love, and gratitude for the life we are living. It moves us into a life flow that no longer hides comfortably inside a bubble, but strives for this magnificence that is found in both the small and large aspects of life.

When we move through the struggle to discover this new life that is waiting for us, we find amazing aspects of ourselves that we did not know were available to us. Determination, courage, discernment, and passion are some of the things we will discover. The complaining, judging, and old habits begin to fall away as we move forward shedding this bubble.

Little bird has freed his wings, legs and head. The shell lay all around him. The act of cracking the shell and pushing himself out of it, has changed him and his circumstances. He sees a magnificent world around him and it is all his. What will he do with it?

What will you do? What is keeping you inside your bubble? What do you suspect is outside this bubble? What are you being called to do, be, or create?

What will you do?

Dawn Fleming, Director of Energy Transformations is Soul Life Coach, a Reiki Master (Usui, Karuna, and Holy Fire), Medical Intuitive, and Modern Mystic assisting clients worldwide to create the life that they dream, heal, find wholeness and balance, release stress, and remove blocks so they can move forward. reikidawn@yahoo.com <http://www.energytransformations.org>

Are you struggling to: make changes, manage changes, move on, get unstuck, de-stress and/or transform your energy around an issue? Reiki, Soul Coaching, and Medical Intuitive Reading, can help you move forward feeling supported by the Universe. Be empowered from the inside. Align, Awaken, and Activate your fullest potential. [Learn more here](#)

Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back in our hearts. Love is the essential reality and our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is the meaning of life. Meaning does not lie in things. Meaning lies in us.

Marianne Williamson

## SCHOOL OF ENERGY HEALING CLASSES AND EVENTS

### ANNOUNCEMENTS

I am working on an on-line pilot program for women 40 years and older for stepping forward in life gracefully, feeling empowered to handle any challenges as they create the life they want in that Next Chapter. More information to come.

### UPCOMING WORKSHOPS

This is not a complete list of upcoming classes. Planning is still in the works for several other classes.

**Energy Anatomy**-Feb. 27th, Sedona, AZ. This is an in-depth class on the energetic dynamics of the body and how you can work with your chakras to create physical, emotional, and mental balance. Learn how to remove stress and create health and well-being. Offered at Sedona Wellness. CEs for Massage Therapists. Sign up at <http://sedona-wellness.com/>

**Cord Cutting**– April 3rd, Sedona, AZ. This class teaches you how to disconnect from toxic connections that block your energy. You will learn how to cut the energetic cords to people whose beliefs, energy, or past connections have you doubting yourself or have you frozen in place. This class will teach you how to free your clients from these toxic relationships. Offered at Sedona Wellness. CEs for massage therapists. <http://sedona-wellness.com/>

**Advanced Reiki Training**, Sunday May 22nd, Scottsdale, AZ. Take your Reiki to the next level. This course follows Reiki II. You will learn techniques for deep healing (psychic surgery), for managing your energy, to make a crystal Reiki grid, connect with your Reiki guide, and receive an attunement. CEs for massage therapists [http://energytransformations.org/workshops\\_current.html](http://energytransformations.org/workshops_current.html)

**Karuna Reiki I**, Sunday June 5th, Scottsdale, AZ. In this Karuna class you will learn what Karuna Reiki is, how it works with other types of Reiki, along with very powerful symbols that heal very deeply on both the emotional and mental levels. Karuna offers participants tools to assist the healing process of addiction, deep emotional wounds, relationships, trauma from abuse, and more. Scientists now acknowledge that our physical health is related to our emotional and mental well-being. Karuna Reiki helps to heal the wounds so we can find peace and balance. Anyone who has completed Reiki II can take Karuna I and II classes. CEs for massage therapists [http://energytransformations.org/workshops\\_current.html](http://energytransformations.org/workshops_current.html)

**Karuna Reiki II** will be held on Saturday, August 27th. CEs for massage therapists.

To keep up to date on what classes are being offered, check my website at [http://energytransformations.org/workshops\\_current.html](http://energytransformations.org/workshops_current.html)

Dawn is available for speaking engagements to groups of all sizes. She can be contacted at reikidawn@yahoo.com. I really enjoy teaching small classes of 3-6 students. If you have a small group that is interested in learning any level of Usui, Karuna Reiki, cord cutting, meditation, Energy Anatomy, hara repair, healing with crystals, Being the teacher students rave about, how to become a CE provider, feel free to contact me at reikidawn@yahoo.com to set up a time for the class.

## TWO MODERN MYSTICS INTERNET RADIO SHOW



Join Two Modern Mystics Dawn Fleming and Linda Roebuck as they discuss intriguing topics that help you to handle life's challenges and deepen your spiritual journey. The shows are aired on the second and fourth Wednesdays of the month at **7:00 pm EST**. They are available anytime to listen to after they are recorded. Our goals are to provide our listeners with food for the soul, to raise consciousness, to help heal individually and collectively, and to provide inspiration for listeners to make their dreams a reality. You have several options. You can listen live or go to our site after it is recorded and listen, or download the show and listen over and over again.

### Upcoming shows:

Feb 24— **Let's Talk: How Reiki Makes a Difference**

March—9 **Becoming a Healing Presence**. Guest speaker, Tom Balles will be offering how we all can become a healing presence no matter what the situation is. Tom is an acupuncturist, author, and teacher.

March -23 **The Tao of Working Through What is Blocking Your Life**. Guest speaker, Linda Brent will provide us an empowering perspective on how we can get unblocked, whether it is at work, in relationships, or in our spiritual life. Linda is a Taoist teacher, Reiki Master, and life coach.

April 13— **Do You Know Your Group's Destiny?** Susan Trout, PhD, will lead us in **exploring how we can discover our group's or organization's destiny**. Susan is a co-founder of The Institute for the Advancement of Service, an author, and a transformational teacher, helping organizations find ways to usher in the new world.

April 27- **Healing Essences of Essential Oils**. Guest Speaker, Kerry Blank will share how essential oils can assist us in our healing process. Kerry is an essential oil and holistic entrepreneur, Reiki Master, and Massage Therapist.

This fall we have already broadcast shows on the following topics: [True Self](#), [Forgiveness](#), [Breaking the Habit of Being Yourself](#), [Spontaneous Healing](#), [How to Work With the Angels](#), and [Creating Miracles Everyday](#).

If you would like to listen to past shows that provide wisdom and inspiration on a variety of topics, go to <http://www.blogtalkradio.com/twomodernmystics> The new shows can be accessed at this same link.

## I Need You To ...

How many times have we told someone “I need you to (do something for me)”? Many times we expect they will, ask and feel disappointed when they don’t. Sound familiar?

I recently have had a few conversations on this topic with some friends and clients. It is interesting to me how we set up expectations of those close to us to meet our needs. We hold them accountable for determining whether or not we will be happy. Life has taught me to not let other determine whether or not I will be happy.

There are many people in our lives for different reasons. Friends and family show up because there is something we need to learn about ourselves or heal so they play a role that helps us to heal that issue. Relationships are not always about meeting every need that the other person has.

I need you to... is an area where we depend on those close to us to respond to our needs. As we put them in a box that is labeled need filler, it becomes expected that they will play certain roles. A lot of times when these needs are not being met, we become upset, angry, and tell the other person how they upset us. A different way to look at this situation is that maybe this person, that we have labelled to be *the one* to fulfill certain needs, is not the one. We chose them to be that person to respond to a need. But perhaps they are not.

I always believe that my needs will be met. The key is not to put an expectation on who or how it should happen. When we put this expectation on someone who is not *the one*, we create a lot of negativity within and in our outer world when the expectation is not met by a specific person.

When I divorced in 1990, I had to take over an entire mortgage payment on my own along with daycare for two children. I was not sure how my need for more income was going to be met as my ex (who I thought should have been more helpful (meeting my need), was not). So I had to let it go. I just put it out there to the Universe. Within one week, a longtime friend informed me that they were moving back to the area and needed to rent a room and did I know anyone. Well two weeks later, she was living with us. This arrangement lasted 18 months. Within 12 months, I had gotten promoted at work. So the Universe sent my friend and a promotion to meet my needs. Had I gotten stuck on my ex needing to meet this need, I would not be open to allowing anyone else to meet them.

A friend recently shared how she had been upset by her family. Always being there to help them, when it came to meeting her needs, they never showed up for her. She told me how she felt abandoned and struggled with these thoughts and feelings and how horrible it was making her feel. Her epiphany was that they could not meet these needs and that she needed to turn to the Universe to get these needs met. Immediately after her epiphany, she released them from being responsible for meeting her needs. She went outside to get some fresh air and had a conversation with her neighbor about the weather. Her neighbor pointed out to her that her sprinkler head was broken and he offered to fix that and a few other things for her. Everything was fixed a half hour later. Needs met!

The morale of the story... give up struggle, anger, expectation...be open to the Universe meeting our needs in amazing ways. In doing so, we free ourselves and others and provide opportunities for those who are ready to help us on our earth journey.

“When you think everything is someone else’s fault, you will suffer a lot. When you realize that everything springs only from yourself, you will learn both peace and joy.” Dali Lama

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## Energy Update ~ What is happening within you now is of paramount importance

What is happening within you now is of paramount importance. Your body (physical, mental and emotional) is being overhauled so to speak. You could say you're undergoing a major service as you would with your car periodically. Only in this service you are being restructured at DNA level. This re-wiring of your DNA is taking you into deeper levels of consciousness and at the same time, bringing up all the old patterns and belief systems that belong to the person you used to be before your transformation began.

You are now at a point in your transformation whereby you can consciously choose which vibration you wish to experience. When old thoughts and beliefs pop up that belong to a consciousness that is still being governed by your ego, you can immediately recognize them, and therefore be cognizant and change that patterning. This will eventually become second nature so to speak and your ego consciousness will realize that there is now a new way of thinking and behaving and will act accordingly.

With the restructuring of the old your body may begin showing signs of outward manifestation. For instance, joints may become swollen, you may experience back ache and muscle aches and pains. You may also find yourself dealing with symptoms from an old condition you thought had already dealt with and fully cleared. When this happens, do not become despondent. Do not allow yourself to think you are doing something wrong. Everyone is different, please remember that, so do not compare yourself to another.

Also remember that you are transforming at your own pace. You are not being 'forced' to overcome more than you can handle. You are quite capable of handling what is happening with you now, or else it wouldn't be happening. It is important to be in a space of allowing and surrendering to the energy, *and allowing the energy to work its magic in and through you.*

You are always being healed. Essentially this is what the energy is doing for you. It is re-creating you and replenishing you at a cellular and molecular level. As a higher dimensional Being you are never not connected to your Infinite Source energy, but it is important to remember to stay in the present and centered in your Heart. And what this means is to stay *out of your mind* – your ego mind. Go within your Heart, pull your awareness IN-side yourself and BE silent. Take time out of your busy day to BE with your SOUL. Whether you spend that time in meditation or taking a long walk in nature or listening to music, it is entirely up to you. Just BE present and BE conscious of what you're thinking, doing and saying. You are extremely powerful now and you are manifesting your New Reality at great speed.

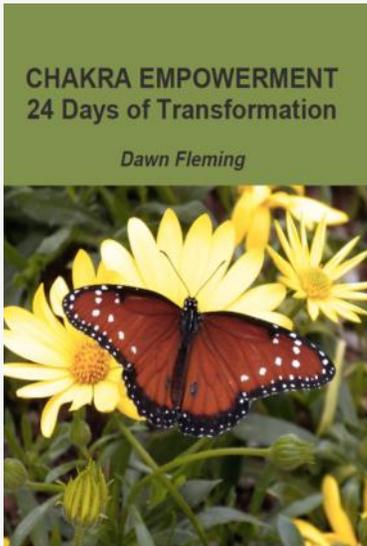
Also at this point in your transformation you are beginning to realize that everything you wish to experience in your New Earth Reality is an outward manifestation of consciousness and therefore needs to be EXPRESSED in order to be felt. You may think of the word 'expressed' as being 'pushed out' from within you. You have within you countless resources – you are INFINITE in your expression, therefore decide what it is you wish to experience and then express that! Remember that a state of pure joy and bliss is your natural state of being, so express that which brings you your greatest joy! If singing brings you joy, then express that energy from deep within yourself! If it's art that is wishing to burst forth from within you, do not hold it inside. Let it out! Express it. This is what the New Earth Reality is all about! Expressing the Soul from within you!

There is only one month to go before the first eclipse of 2016 which will be experienced as a Total Solar eclipse on the 9<sup>th</sup> March. Already that energy is being brought into alignment for you. So stay in your Heart Dear One, and surrender to the energy that is yours and always will be your greatest Treasure.

We leave you with our absolute love and blessing, and wish you a Happy and Prosperous New Moon!

by Deborah, channeled on Feb 8, 2016 , <http://www.archangelsanddevas.com/> <http://www.bodymindspirit.zone/>

## CHAKRA EMPOWERMENT: 24 DAYS OF TRANSFORMATION

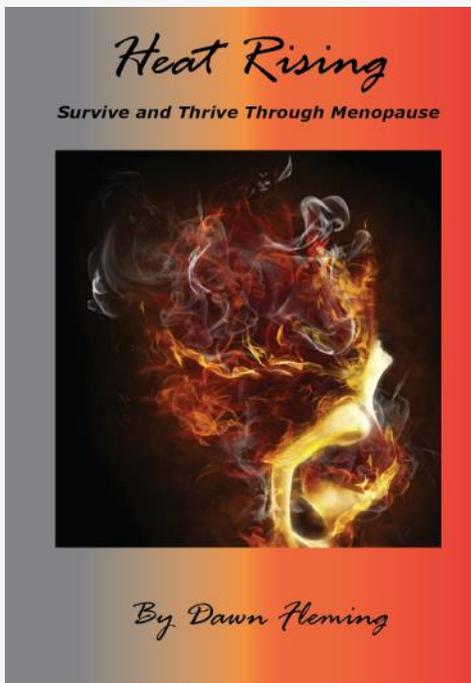


Learn how to align your chakras to support good health, peace of mind, as well as your intentions.

Charka Empowerment takes you on a journey through your energy system and explains how your emotions and habits either support health and well-being or sabotages it. This book will help you to identify what you are doing right and where you can make changes to support a healthy body and to manifest your goals. This is a great reference book on the chakras. Also available is a CD entitled Chakra Empowerment that provides three meditations that assist you in releasing energy blocks and healing your body. I am offering it alone or in combination with the Heat Rising book on my site with a discount for ordering both.

The book can be ordered on my website at [http://www.energytransformations.org/products\\_manuals\\_cds.html](http://www.energytransformations.org/products_manuals_cds.html) or at [www.lulu.com](http://www.lulu.com), and [www.amazon.com](http://www.amazon.com).

## HEAT RISING: SURVIVE AND THRIVE THROUGH MENOPAUSE



My latest book *Heat Rising: Survive and Thrive Through Menopause* is now available. In this book I offer the wisdom that I gained during this uncomfortable shift in my life.

Heat Rising helps to empower women as they go through the changes, big and small, that menopause presents. It helps women find direction and peace during this awkward shift. Instead of seeing this time of life as something negative, this book helps you to move into the next phase of life ready to embrace the inner Sage and to celebrate life once again. The book is divided into three sections: 1. discusses, with humor, the unexpected changes and challenges that can occur, 2. provides techniques and solutions to survive these changes, 3. offers inspiration for women to thrive and own their Sage as they embrace the changes. Short meditations are offered at the end of the book to help with these different phases. Heat Rising helps you to rise up out of the heat and, like the phoenix, rise again in celebration of Life. The book can be ordered on my website at [http://www.energytransformations.org/products\\_manuals\\_cds.html](http://www.energytransformations.org/products_manuals_cds.html) or at [www.lulu.com](http://www.lulu.com), [www.amazon.com](http://www.amazon.com), and [www.barnesandnoble.com](http://www.barnesandnoble.com). It is in paperback and ebook formats.

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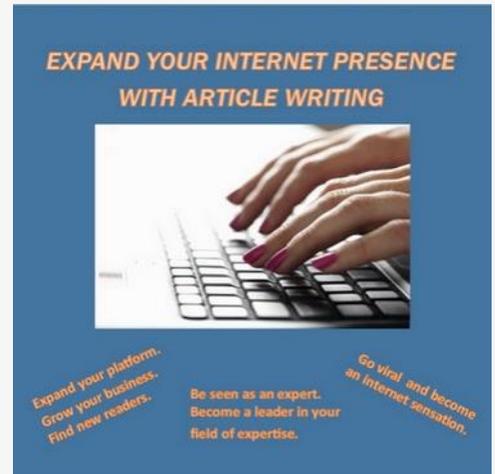
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Mastering Reiki DVD

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## SERVICES

Dawn Fleming offers sessions in her home office and via distance. She offers transformative Reiki sessions, soul coaching sessions, medical intuition reads, spiritual counseling, cord cutting and hara repair, and more.

<http://www.energytransformations.org/services.html>

Dawn also offers her services as an ordained minister. She customizes wedding services to meet the couple's spiritual needs, making it meaningful for them and their family. Dawn creates beautiful ceremonies that unite different spiritual/religious faiths, cultures, or life-styles. She performs christenings and funerals as well as bringing peace, honor, and joy to every occasion.

[http://www.energytransformations.org/ET\\_Documents/ceremonyinfo.pdf](http://www.energytransformations.org/ET_Documents/ceremonyinfo.pdf)



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Do you want to have your article published in Energy Transformations Magazine? I am looking for articles of a spiritual or holistic nature that are inspirational or educational. Topics that I am interested in are raising consciousness, healing, ascension, personal stories of transformation, etc. Poetry is also considered. Article length should be between 400 to 1,000 words. Email them to [reikidawn@yahoo.com](mailto:reikidawn@yahoo.com)