

ENERGY TRANSFORMATIONS MAGAZINE





SEPTEMBER/OCTOBER



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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The Great Redwoods Teach a Story of Oneness

My husband and I recently returned from a wonderful excursion into nature. We started at Crater Lake in Southern Oregon and enjoyed the beautiful lake created by a volcanic eruption and filled with melted snow. After a few days we drove to Mount Shasta, always a beautiful and powerful place to be, and enjoyed the sacred mountain energies. The last part of our journey took us to the northwest California coast where we stayed in the Redwood Forest for three days and admired the elk and the incredibly impressive large Redwoods. Here is where I learned lessons in Oneness, Giving, and how amazing nature truly is.

After sitting in one of the Redwood National Park visitor centers listening to a 20 minute video about the Redwoods and the region, we drove into this amazing forest. We felt like we were taken away to the Ent's forest of Lord of the Rings. I felt so small as these giants can grow over 300 feet tall. The fresh ocean infused forest air was blessing us as we walked through along the paths.

What I noticed and the park video mentioned was each tall older tree was surrounded on three or four sides by younger tall trees that seemed to form a circle around the more mature tree. The video said that a Redwood, as it matures, has growths off the sides of its trunk that it sends down into the earth as the beginning of a new tree. The four or five trees all looked separate but were very connected at the root level. The video explained that the roots of the trees were shallow and their roots were interconnected with not only those in their own circle but to all of the trees in the forest. Their roots all interconnected providing support and nourishment where it was needed. This interconnectivity is also what keeps the shallow-rooted trees from falling over in storms.

These trees are stunning. I felt grounded, yet on many levels awakened and freed by just walking in their energies. I began thinking wouldn't it be wonderful if as humans we would all live in the realization that we are all connected...at our roots because we are all human...at our hearts because we all seek to love and to be loved...and at our head because we want our world to be a better place. If we could understand that when one of us is lifted, we lift those around us and bring more joy and positive energy into our planet. With this understanding, we would let go of the negativity that we hold and focus on seeing and supporting each person to thrive, grow, and live in the grace that Oneness offers.

Instead of criticizing people we do and do not know, let's begin to see them and support them to grow into the glorious, radiant beings that they are meant to be. Let us release

judgment and how we think others should be and celebrate our uniqueness. Let's get grounded in a sense of community, giving, support, and love that creates a world in Peace and celebrates our Oneness.

Dawn Fleming, Director of Energy Transformations is a Reiki Master (Usui, Karuna, and Holy Fire), Medical Intuitive, and Modern Mystic, assisting clients to heal, find wholeness and balance, release stress and remove blocks so they can live their dreams. reikidawn@yahoo.com



All from love with love for all!

SCHOOL OF ENERGY HEALING CLASSES AND EVENTS

ANNOUNCEMENTS

I had the opportunity to be interviewed by Pauline McCarthy for her radio talk show Menopause Morph. We are talking about how not only to survive in menopause, but how to thrive and to celebrate life. Listen in at <http://www.stitcher.com/podcast/menopause-morph?refid=stpr>

UPCOMING WORKSHOPS

Grow Your Fertility Workshop—Oct 24th, Scottsdale, AZ

I am going to be a presenter at a one day workshop for helping couples align their body's to reach their fertility goals. There will be four presenters offering information on holistic approaches for creating balance and health in the body that supports the person's ability to become pregnant and to have a healthy pregnancy. This workshop is for any couple or single person that is thinking about having a baby, any couple or single person that is having challenges in this area, and any couple or single person that is undergoing medical interventions to help fertility. Participants will have the opportunity to explore natural approaches that are good for maintaining health and well being for the whole body and for boosting the body's fertility functions.

Learn more or sign up at <http://www.createyourfertility.com/fertility-workshops.html>

Usui Reiki I - September 20, Chandler, AZ

Learn what Reiki is, how to do Reiki on yourself and others, how to unblock your energy and empower your life. <http://energytransformations.org/workshops.html>

Creating a Successful Holistic Health Practice, November 21-22, Sedona, AZ

Learn how to start or to expand your Holistic Health business. If you are a massage therapists, acupuncturist, Reiki or energy therapists, hypnotherapist, spiritual counselor, or any other healing arts professional this class is for you. Learn how to create success and earn a living doing what you love. CEs for Massage Therapists. Sign up at <http://sedona-wellness.com>

TWO MODERN MYSTICS INTERNET RADIO SHOW



We are coming back for a second season. Join Two Modern Mystics Dawn Fleming and Linda Roebuck as they discuss intriguing topics that help you to deepen your spiritual journey. The shows are aired on the second and fourth Wednesdays of the month at **7:30 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:

Sept 9 Uncovering Your Greatness—Finding Your True Self

Sept 23 Forgiveness –Releasing the Hold of Darkness

Oct 14 Karin Sokel will be our guest discussing Breaking the Habit of Being You

Oct 28 Stephanie Porter will discuss Spontaneous Healing

Nov 11 Jayne Howard Feldman will tell us How to Work with the Angels

Dec 9 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.

Is there a topic you want us to discuss? Let us know. Email me at reikidawn@yahoo.com

Dawn is available for speaking engagements to both small and large groups. 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.

HOPE: Good Medicine

Every year I choose a word to represent my intention. Actually the word reveals itself to me in meditation. My word for this year is “HOPE”. I never really paid attention to the meaning of the word until more recently. In the past I have used the word in more of a “wishful thinking” kind of attitude but the spiritual attribute of hope is much deeper than that. It carries profound power when combined with the spiritual power of Faith. The dictionary defines hope as a noun to mean, “a feeling of expectation and desire for a certain thing to happen”; and, as a verb to mean. “want something to happen or be the case”.

To me, hope is a desire for good and a feeling of trust that the desire is attainable. When the attributes of faith and hope are both on line, there is a powerful force for change. The key to igniting the power of hope is through the deep feeling of faith and the belief that good will prevail.

Shortly after my “word for the year” had come to me, I was driving to meet some people early in the morning – it was still dark. I turned on our Sirius Radio and heard the most beautiful music coming from the station to which it had last been tuned. The music moved through my heart and lifted my entire being. A deep peace, comfort and knowing washed over me. I glanced at the song title, which was “Hymn to Hope” by Secret Garden. As soon as I got home, I purchased and downloaded the song. Every time I hear it I am reminded of the transcendent experience I had and the inspiring feeling.

In asking for a deeper understanding of the meaning of HOPE, I had to take a hard look at what I need to do to access its medicine. Each letter of the word triggers a healing quality to contemplate. As the qualities surface, so do the questions that help clarify how I am feeling. It’s amazing how just a little hope can begin to dispel despair, doubt, fear, etc.

I offer the following method to highlight the value of living in HOPE. You might want to sit quietly as you reflect on the questions. This is an abbreviated form of the practice as each letter calls for a comprehensive explanation; however, to get started -

“H” is for Honesty – Be clear with yourself! Get real! Accept that you are worthy of attaining what you want. This may benefit from outside help. So...

What do you truly desire?

Do you believe your desire is attainable?

“O” is for Openness – Be open to possibilities for the greatest good, both known and unknown.

Are you being open-minded?

If so, what makes you know you are open?

“P” is for Patience – Be patient and willing to wait peacefully for the process and outcome to unfold.

Do you trust the process?

Does trust come from within you or do you need outside verification first?

“E” is for Expansion – Allow other ideas and thoughts to percolate. Stretch for different perspectives.

Is there another way to look at this situation?

Are you willing to hold the energy for a greater result than you have considered?

In closing, I'd like to share an experience that happened about the energy around "Hope". After a six day raft trip on the Colorado River in the Grand Canyon, our leader who is also a fellow Arkansan, told me it was time for me to write my book. He also suggested that the word "Hope" be in the title. That was about four years ago. It's interesting since I grew up in Hope, Arkansas, and the license plate on my father's car displayed the statement, "There's Hope in Arkansas". I was inspired by my friend's comments and did start writing a chapter of my story after we returned.

Writing isn't easy for me so perhaps I need the very medicine of HOPE that this article is about in order to continue on the project. It's intriguing to notice how often I have been given encouragement and opportunities to share about the very subject that is called

for me to learn or understand. How about you?

By the way, HOPE, an acronym for the words *Higher-Order-Perspective-Evolving*, did come to me as a possible title for a book. I'm holding that energy as I willingly follow the good medicine of HOPE.

Linda Roebuck, MA, Counseling Psychology, is a Modern Mystic and Founder of A Community of Transformation (ACT). She teaches Meditation and Inner Wisdom at the local community college. In private sessions, she offers AAA Healing (Alchemical Attunements and Activations) along with Usui and Karuna Reiki. Web site: www.lindaroebuck.com.



How Reiki has Changed My Life

When I look back ten years from today, I see my life before I had ever heard the word "Reiki." I realize now that I was a very different person back then. I would say that I have transformed through my experience with Reiki to become the person I am today. Once I knew nothing of Reiki and its benefits. Now I am the host of a worldwide radio show about Reiki called "For the Love of Reiki."

I began my Reiki journey when my beloved dog Shotzy became ill and someone recommended I learn Reiki. I began with level one training and am now a Usui, Holy Fire, & Karuna® Reiki Master. The awareness that came from this beautiful energy healing modality was life changing. I felt the benefits in my body and in my sense of self-empowerment.

Reiki strengthens our connection to source and all of its love, healing, and manifestation. I felt such joy in seeing the benefits that Reiki gave my family, friends, and beloved pets. Over time my Reiki training, experience, and research continued. I then realized that I wanted to share this with others and I created my Reiki business, Wellness Inspired.

The amazing people that I have had the honor to work with and serve helped me to recognize Reiki as my calling. I want to share the benefits of Reiki to as many as I can. I have witnessed such beautiful and amazing healing, both emotionally and physically in others. Reiki can truly change the world one person at a time. The fact that VoiceAmerica contacted me to host their first ever worldwide show about Reiki was source manifesting an even greater venue for me to follow my soul's calling.

Reiki has absolutely changed my life. Reiki can change your life as well. Reiki can be learned by anyone and I personally would love to see every human on the planet gain an awareness about this beautiful healing modality.

Paula Vail, For more information about Paula or her show, "For the love of Reiki," visit her websites www.wellnessinspired.com and/or www.loveireikiradio.com or you can email Paula at paula@wellnessinspired.com



LONGING....

*i want to die for longing,
and never live in boredom.
i want there to be,
in the depth of my soul,
a hunger for love and beauty.*

~ khalil gibran

Sometimes others help us find the words to fit an unspeakable language that arises from the Soul sometimes those words sooth us like warm rays of sunshine on a winter's day and sometimes they seemingly shatter it like thin ice under our feet. poetry has a way of doing this to me.

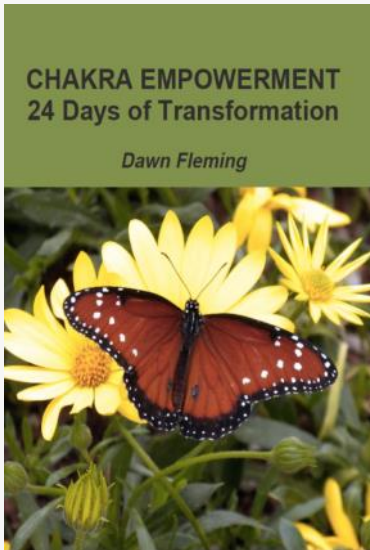
My longing aches for love and beauty ... one that touches the physical world with all my senses and one that knows Her in a manner that only a mystic or esoteric can. In my world, a longing carries a different intensity than a dream. It has an aching quality that resides and echoes out from somewhere deep in the non-tangible abyss of my being. Its quality is mesmerizing and plays to me like the pied piper - beckoning me forward with its sweet and alluring melody. It leads me to the edge of my dreamscape ... showing me small glimpses of a grander existence if i am willing to take the risk and accept the invitation - *to step off the edge*.

David Whyte gives a beautiful and mysterious life to longing as he endeavors to capture its essence in our foreign tongue. Longing he says is a divine discontent. It both frightens and embolds us to set out on an unknown road - one that leads us out like an uncaring invitation, makes us willing to give up, even if only for a moment, our accumulated belongings for its secret future destination. It can be a perilous journey that has its cuts and wounds but in the end it sets us free so that we become a form of that invitation to others and to otherness ... (heart sigh)

That is what I want to give my life to ... this level of beauty, love and adventure. I hold my hand out to you ... will you join me?

Sherry Rogers (aka Nearly Wild Sherry) is an inspirational blogger, spiritual life coach and meanderer of wild places. To read more of her blogs, visit her at www.echoesinthewild.com or follow her on facebook at [echoesinthewild](https://www.facebook.com/echoesinthewild).

CHAKRA EMPOWERMENT: 24 DAYS OF TRANSFORMATION

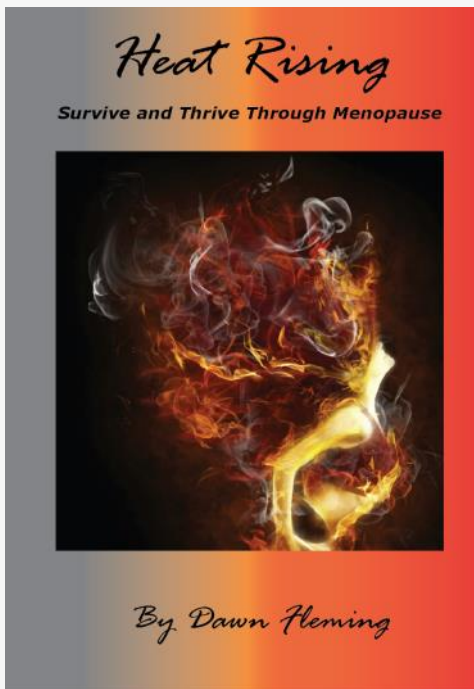


Learn how to align your chakras to support good health, peace of mind, as well as your intentions.

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 or at www.lulu.com, and 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 or at www.lulu.com, www.amazon.com, and www.barnesandnoble.com. It is in paperback and ebook formats. **On Jan. 15th at 1 pm EST**, I will be interviewed by Cynthia Roland on her **The Ageless Sisters Radio Talk Show**, where I will be discussing how to be empowered as you go through this incredible, yet challenging shift. You can access the show at this link <http://www.blogtalkradio.com/theagelessisters>

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SERVICES

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

<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



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