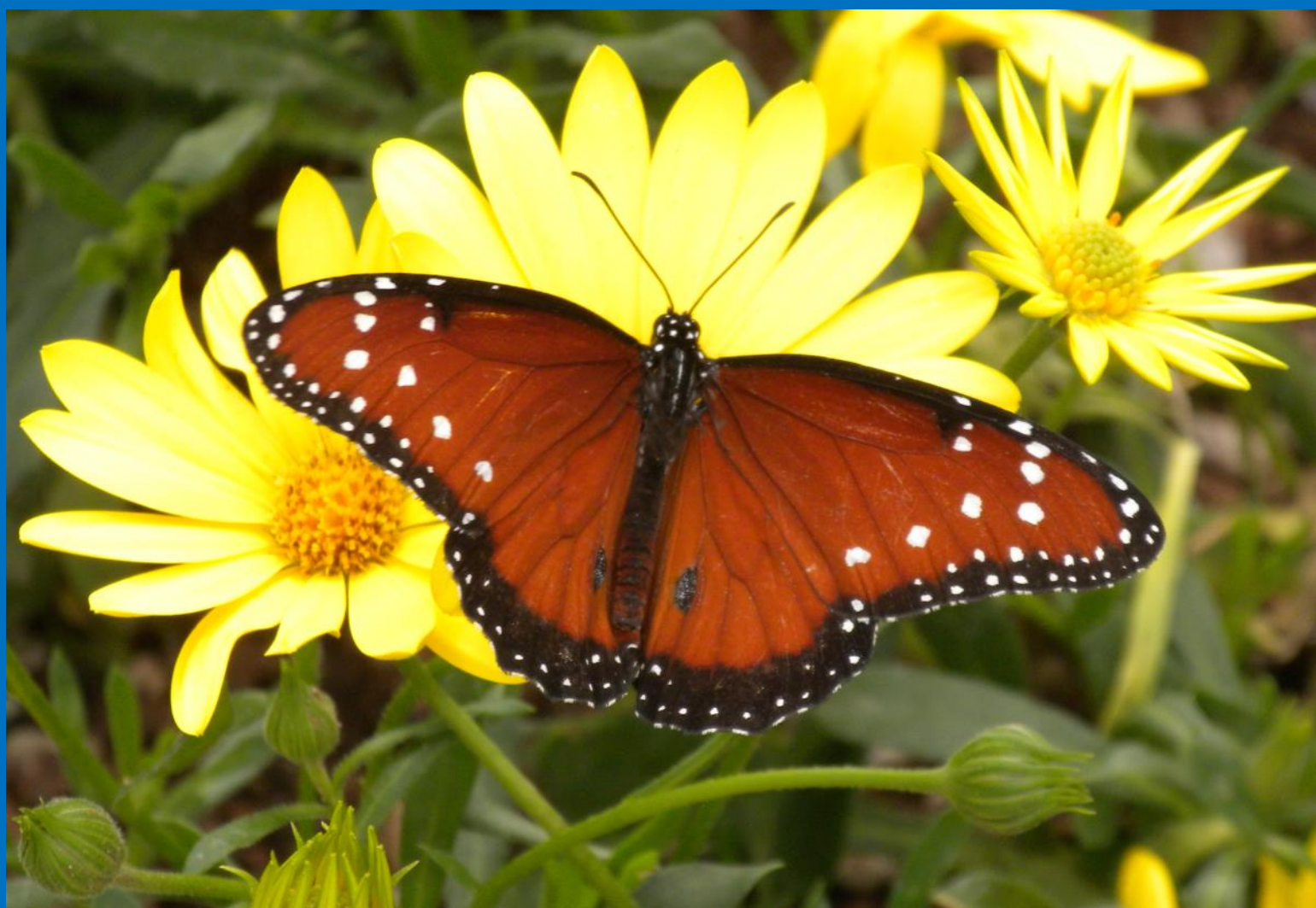
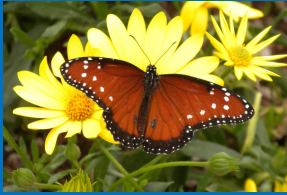


ENERGY TRANSFORMATIONS MAGAZINE





Winter 2016/2017



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.

INSIDE THIS ISSUE

When the Ordinary Becomes the Extraordinary Experience p 2

Announcements and Workshops p.3

Caregivers—Stay Healthy By Taking Care of Self p. 4

Why Practice Mindfulness p. 6

Poems p. 7

Caregiver Retreat flyer p. 8

Reiki Infused Scarves p. 9

Classifieds p. 10

Feel free to share this e-zine with others.

Sign up to receive the newsletter by clicking [here](#) and receive a chakra meditation download.

WHEN ORDINARY BECOMES EXTRAORDINARY

Even what seems very ordinary can be the basis for extraordinary experiences. Many times we think that evolving on the consciousness plane requires constant meditation, sacred practices, or living an austere life. However, I can attest that most every day occurrences, done mindfully, can be a portal to elevated experiences.

Mindfulness is a practice of staying focused in the present moment. When we practice mindfulness we are aware of our thoughts, feelings, and maybe even our surroundings, and physical sensations. Mindfulness is about non-judgmental awareness, free of labeling anything *right* or *wrong*. When we are practicing mindfulness our thoughts and feelings are in the present moment and not escaping to the past or future.

I have been practicing mindfulness ever since I attended a five day retreat at the Omega Center in New York with Thich Nhat Hahn about 20 years ago. Before this I thought that the big spiritual experiences would come from being in a state of meditation. I will admit that I did and do have quite a few amazing experiences in meditation, but we cannot live sitting on a pillow. The whole point of meditating and practicing mindfulness is to find that place of peace within ourselves and to practice living from a state of awareness that is centered in a higher state of truth/consciousness.

I remember when I worked for the government (where there were a lot of stressed out people), people would come up to me and ask me why I was not stressed out. I was a single mother of two, worked a full-time job, and taught meditation and Reiki classes on some weekends. I told them my secrets were meditation and living mindfully. When you meditate, you balance your mind, body, and emotions. You take this peaceful state of being with you into your day – to work, to play, driving, conversing, etc.

When I practice mindfulness, my focus of late has been putting my awareness centered in a place of feeling **immense celebration and joy** in my whole being—body, mind, emotions, and spirit. I center myself in this space when I get up and it lifts my conscious experience of life to be in this state all day. I am able to be mindful of the celebration and joy going on all around me. This serves to raise my consciousness, create joy and peace, and goes with me into all aspect my day: writing, taking clients, talking on the phone, or going to the gym, etc.

Both meditation and practicing mindfulness will center your physical, emotional, and mental states to support your life and awakens you to the wisdom that is all around and within you. You are not dragged down by the negativity of others or by past events or habits, because you are making choices centered from the strength of your being: being peace.

There are mindfulness meditations, but I have chosen to be mindful in all areas of my active life and follow the insights that I receive from being joyful and peace filled. Recently, I was in

the rest room of an airport washing my hands and felt a deep shift in my whole being move through me. It was if I was moving through a portal in this ladies room. As I stood there drying my hands, I felt a new understanding of who I am, from that moment forward. I knew that I could no longer find comfort in moving back into my past. I could feel all parts of my beingness celebrating; celebrating this shift and the freedom that I felt from head to toe.

In light of the recent election, many people are distraught. If you want to be part of a collective consciousness that creates real change, focus on being that change. Be unconditional love, compassion, joy and equality. Raise your vibration so high that change must happen. When we do this and join together true change does happen. Living mindfully centers you in these qualities.

So as you go about your day. Be mindful. Be non-judgmental. See the beauty that is all around you. Take it in. Celebrate your life. Your life will surely change for the better. Spiritual shifts can happen in any moment. We are being supported to shift more quickly, easily, effortlessly. All we have to do is show up for the big celebration!

On page 5 of this newsletter there is a good article on practicing mindfulness.

Happy Holidays!

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

SCHOOL OF ENERGY HEALING CLASSES AND EVENTS

ANNOUNCEMENTS

I recently received requests for the silk Reiki scarves that I sold back in 2014. The feedback I received has been very positive. One person left the scarf with a friend who was in the hospital on life support and her family was told by the doctors to consider turning off life support. A few days later she woke up and walked out of the hospital. Several of people who have bought scarves incorporate them into their energy session, gave them as gifts, and others bought them to combat stress and anxiety at work. Their feedback is that the scarves helped them to remain calm and centered. Each scarf is dyed, infused with Reiki and attuned to all the symbols for 7-10 days, and then mailed. Each scarf comes with a meditation for the specific color combination chosen. Scarves can be ordered at <https://www.energytransformations.org/collections/reiki-infused-scarves>

2017 will be a great year! We will be offering at least two retreats. One retreat will be for Caregivers (see below) that will be held in January and offer CMEs and CE's for doctors and nurses, and the second retreat will be a Reiki retreat held on the fall equinox weekend. So Caregivers, if you are feeling the winter blues or tired of the cold, join our retreat in Carefree, North of Scottsdale, AZ. There is plenty to do in the winter warmth of the desert.

Starting in January, I will be a co facilitator of the Dewey IONS Community Group. We meet the first Tuesday of each month at the Dewey Library from 1030-1230. IONS meetings offer presentations and activities to support individual and collective transformation through consciousness research, transformative learning, and engaging a global community in the realization of our human potential. The meetings are free and open to everyone.

Of interest to all. On the Noetic Science website is free information regarding a study on spontaneous remissions of various illnesses. <http://noetic.org/research/projects/spontaneous-remission>

UPCOMING WORKSHOPS AND RETREAT For the workshops below [sign up here](#)

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

Moving into Balance: Empowering Caregivers to Restore, Energize and Honor Self. Jan 21st and 22nd, Carefree, AZ. Overnight retreat. CMEs and CE's for medical personnel. [Learn more here.](#)

Usui Reiki I, Saturday, February 4th. Learn how to work with the gentle yet powerful art of healing energy, Reiki. In Reiki I, you learn what Reiki is, how it works, how your energetic body works and how it relates to healing and well-being. You also learn how to do Reiki on yourself, others, animals and plants.

Usui Reiki Master, Saturday, February 25th and Sunday, February 26th, Scottsdale, AZ. Complete your Reiki training. Learn how to do attunements, techniques to enhance and strengthen your energy, requirements for teaching Reiki, and receive a Master level attunement.

Medical Intuition, March 18th and 19th, Scottsdale, AZ. Increase your intuitive skills. Learn how to focus your intuitive gifts to access and assess information from your client's body. Learn how to communicate with the body. This is a very experiential class. Participants will be taught different techniques so they can experience and find those that work with their intuitive skill set. Must be an energyworker or massage therapist to participate. CEs for massage therapists. Sign up at <http://www.energytransformations.org>

Aromatherapy Classes in Tucson with Kerry Blank

Aromatherapy for Mind & Mood @ Tucson Botanical Gardens, 10/22/16 from 9-11am, Learn about the connection between aromatherapy, mind and mood, specific essential oils and their effects and some great recipes for home use. Make your own mind and mood blend to take home. \$35, Register online through the gardens www.tucsonbotanical.org or call Kerry 410-206-8699

Aromatherapy for Your Home Emergency Kit @ Tucson Botanical Gardens, 11/5/16 from 9-11am, From cuts and scrapes to burns and bug bites, learn about oils with antiseptic, anti-inflammatory and soothing properties. Make your own product to take home and start your kit. \$35, Register online through the garden www.tucsonbotanical.org or call Kerry 410-206-8699

Aromatherapy & Tea @ Kerry's house in Oro Valley, 11/16/16 from 10am - 12pm. Join me for herbal tea and cookies while learning about different aromatherapy topics each month. This month's featured oil is Rose Geranium. Learn about it's effects, how to use it, and make your own product to take home. \$25, RSVP with Kerry @ 410-206-8699

Aromatherapy Classes in Parkton, MD by Beverly Hamilton

Aromatic Gifts for the Holidays Sunday, Dec. 4, 2016 Parkton, MD

Learn how to create two aromatherapy gifts for holiday gift giving (or keep for yourself). You will make a brown sugar face scrub and foaming hand soap. You will also learn aromatherapy basics and how to use essential oils safely.

<http://www.phoenix-reiki.com/Workshops.html>



CAREGIVERS - STAY HEALTHY BY TAKING CARE OF SELF

Pouring one's heart and soul into caring for others can be both rewarding and exhausting. Multiple studies have shown the burden of caregiving can impact a caretaker's health and well-being. Isolation, depression, chronic fatigue, muscle and joint pain, memory, and sleep difficulties, and substance abuse are among the problems that plague individuals with large caretaking burdens. As the levels of fatigue and burnout increase the amount of sleep deprivation and lack of personal time increase. This can occur in any service field and even more in non-professional caregivers taking care of family members with altered abilities.

There are many ways to restore your energy and compassion toward your life's work or the work of your life. An individual is just that, unique, effective management and caregiver fatigue goes far beyond taking a pill or using medication, though those methods can support you and should not be refused as a part of the plan to

improve your health. There are many different methods and scales developed to determine caregiver burden and stress levels, such as the Caregiver Burden Index. There are multiple scales to determine one's level of depression when you don't even think you are depressed, the most common one is the Beck Depression Inventory. We have so many protocols in modern medicine to determine the problem, but often lack the protocol to remedy the disease and symptom. There are limited studies which have been performed to determine how to remedy the burden of caregiver fatigue in any circumstance.

So, what is the calculated damage that the increased stress of caregiving takes on the body? The most formal studies on caregiver fatigue have quantified that increased burden decreases caregiver telomere length (Epel 2004). The immune system is also effected when compared to people who are not chronic caregivers, the response to a vaccine is not as robust and does not last as long (Glaser 2009). In addition, If the person who is receiving the caregiving has behavioral disorders, low income or less than 65 years old this will increase the caregiver stress (Ferrera 2008).

The good news is that all of those measurable symptoms are dynamic and can begin changing in minutes. Perhaps when we can qualify the effects of this type of stress on the body then we can remedy them through various methods and restore balance. In this way you can take control and decrease the effects of this chronic stress on your life. Secondary to your individuality we can make suggestions on how to enrich your ability to relax in situations which are stressful, enrich your ability to remember how joy changes your life and health, and enrich your ability to recognize your own needs and listen to your body.

This can be as easy as identifying what your needs are and asking for help, finding help through agencies, your doctor, friends, family, and even people you do not know. If you find yourself shut down and exhausted, reach out. The first step is saying "Yes" to honoring and re-energizing your body, mind, and soul. Empower that sense, be more open to saying "Yes" to new opportunities to decrease the burden of being a caregiver whether that be starting new easy practices you do every day, finding a new group of friends to speak with or lean on, sharing a joined experience, accessing new resources, focusing on your own health, or agreeing to allow someone to help you.

Taking time off to get rest and relaxation can serve so many benefits to your body and mind. Respite care is a very useful benefit that some insurances or hospice programs will pay for because they know being a care taker is difficult. Bringing down the chronic stress level can change the abilities of the caretaker. Resting and moving the physical body can help strengthen the care taker for the tasks at hand. By going to a retreat you may find others in your same situation. You can create new bonds of interpersonal strength and find new support from those who may understand your life's work. Retreats help you learn new tools or refresh old techniques that you know which help you. Making sacred space and participating in rituals also refresh the mind body connection to re-establish balance. So, no matter what stage of care taking or what type, make some time for yourself whether it be a full weekend, 5 minutes a day, or a couple of times a week, replenish your caring heart and make sacred space to honor yourself and be resilient.

Smile, Laugh, Move, Breathe, Eat, Sleep, Retreat!

Andrea Gonzalez. M.D., Board Certified in Family Medicine, practices in Oak Creek, AZ

WHY PRACTICE MINDFULNESS?

Studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits. Here are some of these benefits, which extend across many different settings.

Mindfulness is good for our bodies: A seminal study found that, after just eight weeks of training, practicing mindfulness meditation boosts our immune system's ability to fight off illness.

Mindfulness is good for our minds: Several studies have found that mindfulness increases positive emotions while reducing negative emotions and stress. Indeed, at least one study suggests it may be as good as antidepressants in fighting depression and preventing relapse.

Mindfulness changes our brains: Research has found that it increases density of gray matter in brain regions linked to learning, memory, emotion regulation, and empathy.

Mindfulness helps us focus: Studies suggest that mindfulness helps us tune out distractions and improves our memory and attention skills.

Mindfulness fosters compassion and altruism: Research suggests mindfulness training makes us more likely to help someone in need and increases activity in neural networks involved in understanding the suffering of others and regulating emotions. Evidence suggests it might boost self-compassion as well.

Mindfulness enhances relationships: Research suggests mindfulness training makes couples more satisfied with their relationship, makes each partner feel more optimistic and relaxed, and makes them feel more accepting of and closer to one another.

Mindfulness is good for parents and parents-to-be: Studies suggest it may reduce pregnancy-related anxiety, stress, and depression in expectant parents. Parents who practice mindfulness report being happier with their parenting skills and their relationship with their kids, and their kids were found to have better social skills.

Mindfulness helps schools: There's scientific evidence that teaching mindfulness in the classroom reduces behavior problems and aggression among students, and improves their happiness levels and ability to pay attention. Teachers trained in mindfulness also show lower blood pressure, less negative emotion and symptoms of depression, and greater compassion and empathy.

Mindfulness helps health care professionals cope with stress, connect with their patients, and improve their general quality of life. It also helps mental health professionals by reducing negative emotions and anxiety, and increasing their positive emotions and feelings of self-compassion.

Mindfulness helps prisons: Evidence suggests mindfulness reduces anger, hostility, and mood disturbances among prisoners by increasing their awareness of their thoughts and emotions, helping with their rehabilitation and reintegration.

Mindfulness helps veterans: Studies suggest it can reduce the symptoms of Post Traumatic Stress Disorder (PTSD) in the aftermath of war.

Mindfulness fights obesity: Practicing "mindful eating" encourages healthier eating habits, helps people lose weight, and helps them savor the food they do eat.

This information was taken from the Berkley website. You can find this and more on mindfulness at <http://greatergood.berkeley.edu/topic/mindfulness/definition>

TRIPPING OVER JOY

What is the difference
Between your experience of Existence
And that of a saint?
The saint knows
That the spiritual path
Is a sublime chess game with God
And that the Beloved
Has just made such a Fantastic Move
That the saint is now continually
Tripping over Joy
And bursting out in Laughter
And saying, "I Surrender!"
Whereas, my dear,
I am afraid you still think
You have a thousand serious moves.

by Hafiz

A STAR WITHOUT A NAME

When a baby is taken from the wet nurse,
it easily forgets her
and starts eating solid food.

Seeds feed awhile on ground,
then lift up into the sun.

So you should taste the filtered light
and work your way toward wisdom
with no personal covering.

That's how you came here, like a star
without a name. Move across the night sky
with those anonymous lights.

Rumi

RETREAT - Moving into Balance: Empowering Caregivers to Restore, Energize, and Honor Self

This two-day event is being held at the Spirit in the Desert Retreat Center in Carefree, AZ (just north of Scottsdale.) Co-facilitators, Dr. Andrea Gonzalez and Dawn Fleming will provide a holistic approach to recharging, creating balance, and honoring the caregiver through a variety of activities. Make yourself a priority, sign up today! CMEs and CEs are offered for doctors and nurses.

Caregivers,

This retreat will allow you to become informed about many techniques you can use on a daily basis to restore your energy and compassion toward your life's work. An individual is just that, unique, we will explore many facets of healing that go beyond taking a pill or using medication. Through this workshop we strive to enrich your ability to relax in situations which are stressful, your ability to remember how joy changes your life and health, your ability to recognize your own needs and listen to your body.

The first step is saying "Yes" to honoring and re-energizing your body, mind, and soul. We hope by empowering that sense of self you can be more open to saying "Yes" to new opportunities to decrease the burden of being a caregiver whether that be starting new easy practices you do every day, finding a new group of friends to speak with or lean on, sharing a joined experience, accessing new resources, focusing on your own health, or agreeing to allow someone to help you.

The retreat is being held in the beautiful Spirit in the Desert Retreat Center in Carefree, AZ.

Spirit in the Desert offers all of the amenities and beautiful environs to make our retreat successful, memorable and affordable, including:

Well-appointed guest rooms with comfortable beds, in-room bathrooms and luxurious outdoor balconies.

24-hour coffee/tea refreshments, water, ice, laundry.

A spacious dining room featuring professionally prepared buffet meals by our Chef. Indoor or patio seating provide spectacular mountain views.

Additional small group indoor and outdoor gathering spaces.

A refreshing pool and spa.

Serene environs that include a meditation labyrinth, reflective walking path, fountains and a striking desert landscape.

WiFi access throughout the site.

Offering rooms for single or double occupancy.

Don't miss your opportunity to find balance, learn techniques to restore your energy and more!

[Sign up here!](#)



Reiki Infused Scarves

Let these Reiki Infused Scarves assist you in your healing process. Use them on yourself, on clients, or gift them to family members who need a little healing boost.

All of scarves are 100% silk. I dye each scarf. They are either 8" X72" or 11" by 60." All scarves have been prayed over and infused with Reiki for 7 to 10 days. The scarves also have all been attuned with the Usui and Karuna sacred Reiki symbols. You can wear the scarf and absorb the good vibrations, place over an area that needs healing energy, meditate with the scarf, use it in your Reiki/energy sessions, give as a gift to someone in need, or place it in a room that could benefit from a higher vibration and see what unfolds. There are several different color combinations. Custom orders are available. Each one is dyed and infused when ordered.

Right now I offer two styles of Reiki Infused Scarfs:

Shibori (which is a Japanese style of dyeing) and have layers of two colors with line patterns running throughout the scarf. Comes in 11 x 60.

Spirit Scarves (which looks like tie dyed but really is done with a very different process.) Spirit Scarves might show images of faces, animals, feathers, or geometric shapes. Comes in 8x72 or 11x60.

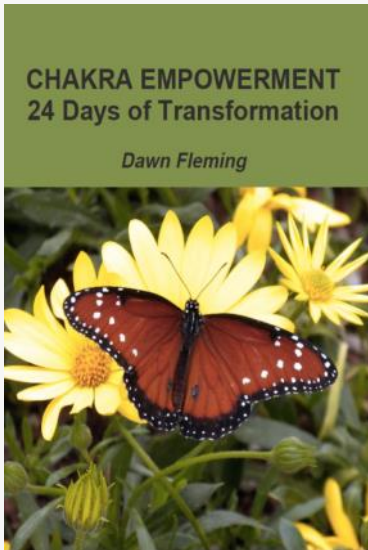
Scarves can be ordered at <https://www.energytransformations.org/collections/reiki-infused-scarves>

Testimonial—More testimonials on website.

The last time I saw you I bought a really beautiful, long, purple and white Reiki scarf. About a year later a friend of ours got very seriously ill. My husband traveled down to N.C. to see his family and also to visit her in the hospital. The doctors had suggested that her family turn off life support. All of us were sending prayers and Reiki. Tom did a session on her and I had asked him to leave the scarf with her. A few days later she woke up and is now doing fine. GOD is great! When I saw her a few months later she tried to give me back the scarf, but I knew she was to keep it. I want to know if you have any other purple and white scarfs, or something similar. I really would like to replace it if possible.

Angel Hugs, Gayle

CHAKRA EMPOWERMENT: 24 DAYS OF TRANSFORMATION

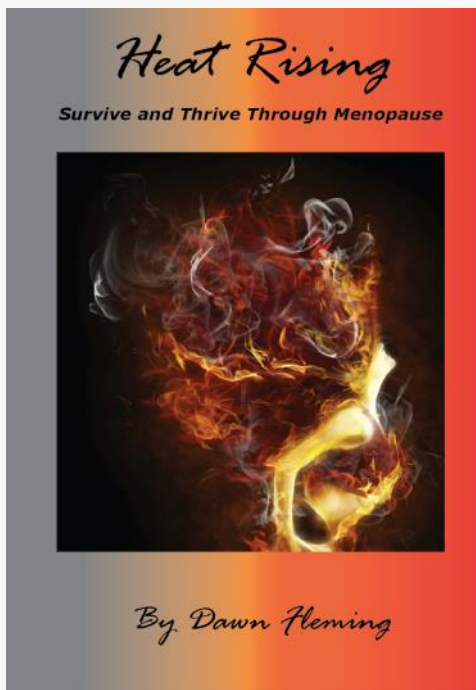


Learn how to align your chakras to support good health, peace of mind, as well as your intentions.

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.

It is in paperback and ebook formats.

BOOKS, CDS, DVD, and more!

See our newest special Expanding Your Internet Presence by Getting Your Articles Published Online 2 CD set with resource materials along with Navigating the Continuing Education Approval Process book and 2 CD set of the recorded teleconference all for \$80 a savings of \$18

Other books available are:

Creating a Successful Holistic Health Practice

Meditations for Success CD

Teaching Workshops Effectively

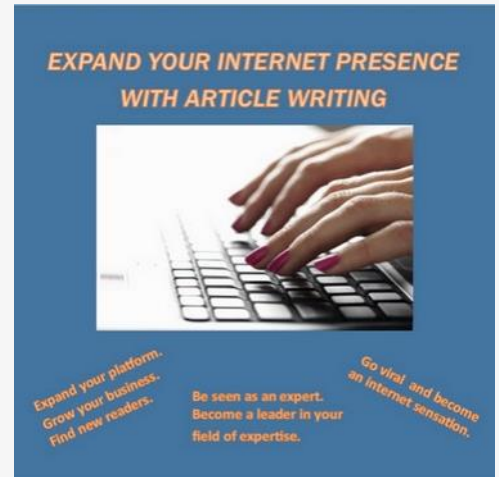
Navigating the Continuing Education Approval Process

Mastering Reiki: Advanced and Master Manual

Mastering Reiki DVD

Perspectives on Ascension

Reiki I and II Manuals—that you can copy for your students



Order these today at http://www.energytransformations.org/products_manuals.html

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



Would you like to advertise in Energy Transformations Magazine? This ezine goes out to over 7,500 readers around the world and to many more as it is shared on social media. Send inquiries to reikidawn@yahoo.com

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