



# EmpowerChangeNow Newsletter

**Life Transformations, LLC.** – *empowering change*

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Life Transformations was

founded in 2002 by Joanne Aaronson. Joanne's mission is to foster empowerment in the individual to achieve his/her ideal life including relationships, career, and financial situation. Or for the executive, to achieve Enlightened Leadership to empower their best organization possible. The [Empower Change Now Newsletter](#) was started in 2007 to support this mission by sharing information about the underlying paradigm shift necessary to empower change in the individual for unlimited possibilities.



**Dear Readers, as I welcome in the new year with the first issue of my third volume, I focus on the importance of coming back into balance and practicing staying in balance not only for successful projects, but to be successful on a personal level. Even if you are a healthy and happy person, hopefully, there's some information that will be useful to you to achieve even higher potential as the world comes back into balance over this next year.**

**As usual, I welcome your comments or experiences with this material.**

**Always in light, Joanne  
Joanne Aaronson, PMP, Ct Reiki, Ct EIIS**

## Coming Back into Balance

As project managers we have to share available resources and sometimes, when times get tough even manage to do without. After all, we get paid to figure out how to stretch what we have and be creative to make the most out of it. Here's a story from my recent trip that illustrates the importance of maintaining balance between what we want and what we need.

During most of the month of December, I took a vacation to India. It was a pleasure trip that included a wide variety of religious and cultural experiences. But it opened my eyes in other ways too. Although I fully expected to see a diversity of living standards there, the poverty was overwhelming at times. Yet, in some ways the people have something that we tend to lose track of – and that's balance in their lives. This understanding comes mostly from their religious beliefs.

In the larger cities of India, occupants enjoy what we would call the necessities of life, but once we moved away from the main centers, life became rustic. Often water was only found at wells, cots were laid out under thatched huts, goats tied up nearby and wooden sticks were used as tooth brushes. When we visited one village in particular, the children were just coming back from school. They were joyful just to interact with us. They laughed and kidded each other. They seemed happy just to have visitors who were interested in them. Perhaps we had brought a few pens or some shampoo for them? They tried out their English on us. "Hello, how are you?" Even the boys would be shy to approach us. Their world is so very simple, yet they understood enough by seeing advertisements of electronic gear. Many people have cell phones; unfortunately, this group saw them but didn't own them.

We had the opportunity to visit a school just outside the Rathambore National Park, where wild game still roam, including tigers; although the animals were interesting, seeing the faces of the children was more fascinating to me. Our tour brochure had indicated that we should bring school supplies to donate to the school. It was very easy for me to make a stop at Office Depot and pick up a few packages of gel pens and some crayons which I added to my luggage. Now I handed over my stash and realized that not all the tour members had done the same. **Continued on Page 3**

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## What's Wrong With the World?

The volatility of the market has been a roller coaster ride for the last few months. Who could have foreseen the extend of sub-prime mortgages throwing the fragile home market into a nose dive? Or the domino effect that the investment houses wild credit games got the global banking industry into? It seems like the whole world has imploded OR perhaps it was just time to get back into balance. The theme for this month's newsletter is moving back into balance and it applies equally to our work lives as to our home lives.

This is a picture of a curious monkey I saw, while travelling in India, that was fascinated with an empty container of orange juice. At first glance it looks like he's actually reading the words on the box, but we all know that monkeys can't read. At first glance, many people thought they were in on a great scheme when they invested with Madoff. Even his closest allies were dupped, or so the press states.

Moving back to our programs and project management environments, how can we become more intuitive so that we pay more attention to deals that are:

- ◆ "too good to be true",
- ◆ "opportunities that should be passed up",
- ◆ "not spending more than we really can afford" and
- ◆ "being more realistic" with how we trust people?

Look inside yourself when these situations come up. Ask the small voice inside what makes sense and you'll be amazed at the answers that you will get. Everyone is asking the questions:

- ◆ "how could people have trusted",
- ◆ "why didn't they know"?,
- ◆ "why did it take so long to find out?"

Don't allow people at work or at home to dupe you with ponze schemes either. When a fellow employee presents a program that doesn't play fair for all concerned; that is predatory towards customers; that takes advantage of the team down the hall....don't buy into it either! Use your inner light to guide you back into balance.

### SET YOUR IDEAL VISION

**Are you repeating the same mistakes over and over?**

**Ready to re-evaluate your life or professional vision?**

**Check in with me regarding my winter promotion for**

**a 1/2 hour free introductory life coaching session. Call or write today**

**703-624-0130 or [joanne@empowerchangenow.com](mailto:joanne@empowerchangenow.com)**

#### Remember:

- **If it's too good to be true, it is**
- **Look at yourself first**
- **Stay in balance**





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## Create Your Life Corner

### GOAT Masala

Some of my readers may think I've gone wacko, but here goes anyway. We ate lots of goat meat while in India (cows are sacred and are frequently seen walking down the street). Some local markets carry frozen goat meat. It's delicious, reasonably priced and easy to fix.

Here's a recipe for Goat Masala. Pick up a box of meat masala at your neighborhood ethnic market. Often grocery stores carry Indian spices. Stir fry onion, a bit of leek, mushroom and the goat meat with about 2 tbsps of the meat masala. Add 1 cup water, 4 oz . Tomato paste and cook on the stove (about 1 hour). OR use a crock pot (leave on low about 5 hrs). It was fabulous! Serve with basmati rice and flat bread.

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When I was packing, it was just one task for me to do to get ready. Now it had meaning. There were some children that wouldn't get a pen or a pad. On the day of our visit, about 200 kids were present just in the girls' school. The boys looked around the corner, wondering and hoping, yet knowing it was not their day for there was not enough to go around. Perhaps a tour group will come by and bring more supplies another day? We vowed to send a package of supplies when we got home so that the kids would have more pens and pads at least for awhile.

How often does someone leave a group and we find hoards of supplies in their desk? Often there are boxes of every kind of pen, pads, paper clips, erasers, etc. when just a few of each would do just fine. Is there ever a time when a team member goes to the supply cabinet to find it's bare of what they need? Are the supplies shared?

I think this story is not just about poor children and school supplies in India. The bigger picture has a direct relationship to how we view our resources and our teams.

Ask yourself these questions?

Do you share among the team?

Information? Resources? Assistance? Mentoring? Support?

Or do you hoard it all for yourself? Do you appreciate what you have both physically and figuratively? Children begging for a pen, some shampoo or a pad, was very sad. We gathered what supplies we could from the hotel, gave it to our tour guide who passed it on to the school after our visit. Could you help gather resources and distribute them to team members? Could you help share across teams? Would you benefit in return?

We did. The children were amazingly happy by our simple gestures. If you help your team members do you think you would make them happy? Remember to think about what you need vs. what you want and move back into balance. In the end, it will help everyone feel better and be happier.

