



# EmpowerChangeNow Newsletter

Life Transformations, LLC. – *empowering change*

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Life Transformations was

founded in 2003 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.

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Dear Readers,

**I just got back from the trip of a lifetime and am sharing some of my new found insights. In this bi-monthly issue, take clues from my recent trip to Peru to understand how to replace your fears with opportunities to stretch and achieve success (with a little help from your friends).**

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

**Always in light, Joanne**

## Turn Fear into Challenges

We all have fears. Some fears involve height, physical concerns, snakes, etc. Some are real and others are the basis of an over-active imagination. Often, when we realize that the situation is really not that complicated, our fears disappear. So perception is one factor. This may not be true in all cases, so let's examine some situations where we can turn our fears from limitations to challenges to be overcome.

### Understand your fear:

Let's say that you have a fear of height. Do you go right out and take an elevator to the top floor of a very tall building and look down, or do you allow your fear to keep you from doing things that you might enjoy? I once went on a trip to Western Canada and took a helicopter ride over a glacier to overcome my fear of heights. What do you think happened? Well, at first, I was really scared, and motion sick. Positive self-talk got me through it with phrases like, "You're ok, nothing is wrong, it will all be ok". I convinced myself that I could do it and I did. The moral of the story is that what we believe to be true, in most cases, will end up being the case.

### It's a matter of perception:

So how can we turn our fears from limitations into just another challenge to stretch? There are people that say, "I'm afraid that my body wouldn't take kindly to the altitude so I won't go to Peru even though I'd like to climb Machu Pichu." For years, I wanted to do a spiritual journey to Peru, but I was concerned about the local conditions (how poor the people were, possibility of crime, etc.), about the altitude (could I breathe properly at 11,000 feet?), about my physical abilities (would my legs carry me up the mountain side to enjoy the sights?) and on and on. So, the net result was these fears held me back as surely as there was a restraint on my suitcase marked "No way are you going to Peru". And then one day I just decided I was going to Peru. What changed? My attitude, and with it my perception of all the things that had caused me concern. In researching the trip, I found people happily travelling to various sites within Peru without mention of any of my concerns.

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# Achieving Success- with a Little Help from your Friends!

It's important to remember that we are never alone. Our inner guidance is always available to provide intuitive help, and in turn, create opportunities to manifest whatever we need. Case in point is a story from my recent trip to Peru.

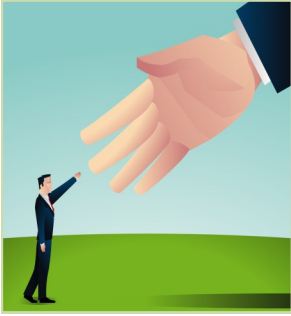
Peru was an amazing trip for lots of reasons. First, I had wanted to go for years but was concerned about the altitude, the local conditions (how poor the country is with the resultant possibility of crime), and pre-conceptions about my physical limitations. The website played down the amount of walking and the fact that the one mile treks were up, up, up! Granted I had been doing walks around the lake near where I live, but 45-minute casual strolls don't compare to climbing knee-high steps at Machu Pichu for an hour to reach the top summit in time for a sunrise ceremony! So in addition to strenuous hiking on the edge of a mountain, we were doing it before day-break in dim light.

As we climbed, I started to ask my guidance for some help. My fellow travelers were all around me... some were above me walking faster and a few were behind me on the trail below. I dragged my body up and up, holding on to the edge of the rocks with each step. It became clear to me that a cane or walking stick would be a great idea. In other words, I needed something to hold onto to help me stretch up each step rather than using my thigh muscles to the extent necessary at my 5'2" height.

Then, to my pleasant surprise, I began to see hands in front of my face as my much younger fellow travelers began to turn around to lend a helping hand. With each step, as I struggled to move upward, I suddenly started to feel that I was aided by divine helpers, some present and some not visible. Spirits now uplifted, my steps were lightened as I felt that I not only had physical help but angelic help as well. A smile spread on my face. Positive self talk replaced the menacing thoughts of, "What if I can't make it, how will I ever get back down alone?" Now my mind was filled with, "Yes, I can do this, with a little help from my friends."

Needless to say, I was extremely grateful. Reaching the top of the summit in time for the solstice sunrise was spectacular. And, it was especially wonderful in light (no pun intended) of the extra effort on my part.

Whenever you need help, remember that there are always people around you that can help. Just be open to allowing others to help you, don't be afraid to help for help and then let go of control so that others can actually follow through with helping. In the end you will achieve success—with a little help from your friends.



## Remember:

- ◆ You're never alone
- ◆ Look around for help
- ◆ Be open to getting help
- ◆ Express gratitude



## Events and Happenings

**My vacation this year was a spiritual journey to Peru. Long-held misconceptions about this amazing third world country and its innovative Inca Cosmology were unveiled. Surprise yourself and check out information on the net. There's some very interesting videos of Machu Pichu, Inca Cosmology (Puma, Condor & Snake), etc. Look up Cusco and Lake Titicaca for example. Did you know that potatoes (papas) were genetically engineered by the Incas and there are close to 3,000 varieties?**



Life Transformations, LLC

Empowering Change

Reston, Virginia 20190

Tel: 703-925-9205

Mobile: 703-624-0130

Email:

joanne@empowerchangenow.com

**Want to know more?**

**We're on the web:**

**[www.empowerchangenow.com](http://www.empowerchangenow.com)**

## Balance Your Life Corner

### Berries for Healthy Immunity

The buzz from *Venture Inward*, Magazine of the Association of Research & Enlightenment in VA. Beach (ARE), is that Blueberries "pack a powerful nutritional punch. They provide calcium, magnesium, iron, potassium, phosphorus, and zinc, along with small amounts of vitamins A, B, and C. Blueberries also contain dietary fiber, important for digestive health. They are exceptionally high in manganese, an essential trace mineral known to help with the metabolizing of fats, carbohydrates and proteins as well as contribute to bone health." Wow, that's a lot. So, enjoy your blueberries!



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They just loved going. Ok, so perhaps I was overly cautious. Maybe I could do it. Slowly my perception began to change.

#### **It's a matter of balance:**

Picture a continuum. At one end of this imaginary continuum is fear. As we move along the line of understanding, (more research about the reality of the situation), there is less fear, until we reach the center point or balance. Once we come into balance then we can head towards overcoming our fear into the zone of positive transformation. At this end of the continuum, we believe in ourselves, our own power, strength and abilities. Activities thought previously to be too difficult are no longer so and we truly believe that we can achieve our goal. Once we believe, the next step is to do it.

#### **Believing is the first step, and then comes Action.**

Well, back to my story about travelling to Peru. There I was climbing to one of the power sites near Lake Titicaca, my heart pounding out of my chest due to the extreme altitude (well, for me it was at 12,500 feet), my thighs burning after days of many hours of hiking straight up, when I became really exhausted. With every step, I told myself, you can do it. Suddenly, energy poured into my veins and I kept walking, step by step. The next thing I knew, I had made it to the top beyond my wildest dreams.

I have a friend that came over for dinner last night whose husband goes to Peru often and had the opportunity to climb Machu Pichu. Rather than attempt it, he passed up the chance. I was surprised, since at many years my junior it was a rare opportunity. It may not have seemed important to him since it was easy for him to get to the neighboring town – but to get to the top would still have required great effort, apparently more than he was willing to extend.

My trip to Peru not only corrected many misconceptions I had about this third world country and its history, but it convinced me that I truly can achieve much more than I thought possible. By overcoming my fears, I re-validated myself. Turn your fears into challenges to be overcome and reap the rewards.

