



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, this month I review my recent workshop on Enlightened Leadership - Maximizing Creativity and how to use these techniques to bring your projects in successfully. As a bonus, you can use these same concepts to work on any area of your life! I also give you some info on how to recognize the call to action to be of service, just one more way to empower yourself for success.

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

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

Heeding the Call to be of Service

How often do events occur in our lives where we feel like everything is just falling into place? When it seems like you could be writing the script because these events are happening so perfectly, I call this phenomenon, the domino effect. Ever watch dominoes that are lined up fall and knock each other down one by one? They fall over very easily and effortlessly. That's the domino effect and it works with life events as well. When this happens we can have confidence that the next event is in line with our mission or purpose and can feel good about the result. What are some examples? I will give you two that have happened recently so that you can get the idea that it applies equally to both work and personal life. The personal story first.

I was taking a walk around the lake near home. As I moved from an area of just trees around the bend towards the open lake area, I came upon a family holding a photo of their son. I instinctively knew that they were about to do a funeral service for him and I felt that he had been cremated. After a few friendly questions, I determined that I was correct. He loved Reston and the Lake and his last wishes were for his remains to be spread over the lake. I asked if I could be of service in providing a blessing and they gladly accepted. It all happened so perfectly that I knew it was the domino effect in action. In addition, this is the type of situation where if you hold an ideal of service, you will be invited to be of service. I certainly felt that way. I knew the moment that I saw the photo what I was meant to do. I didn't ask for anything in return since just being of service and knowing that I was doing the right thing at the right time was enough for me. However, the family did offer their thanks after I performed a simple impromptu ceremony for their departed. So I knew it was the right thing to do (the domino effect) as I was being called into service.

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How often are we called into service, but perhaps aren't paying attention? Aren't reading our signs? Or if we are aware choose not to participate? All I can tell you is when you do what is asked in a service scenario, the inner knowing that you did the right thing brings feelings of accomplishment, satisfaction and self-appreciation that do not require external validation. This scenario could have been a mentoring or coaching situation at work or, someone needing help anywhere in your life. How would you feel if the tables were turned and you were the one requiring help? Or understanding? Or consideration? These are all qualities of Enlightened Leaders. I often say, take care of your team and they will take care of you. Be of service where you can and then when it's your turn, you're more likely to get help. Even if you don't need support, it's still gratifying to know you're of service. It adds a great deal to life in general and it will make a difference in your work life plays out as well.



Remember:

- **See the signs**
- **Watch the patterns**
- **Journal**
- **Practice**
- **Incorporate**

The second story has to do with another service opportunity. I decided that I wanted to be of service to the community so I held that vision. Within days, I saw a woman with a T-shirt reading "Osher Life Long Learning Institute" and asked her about it. "It's classes for people over 55 years old", she told me. "Sounds like a worthwhile program," I thought and filed the information away in my memory banks. Then I forgot. But I was reminded the next week when the information was repeated in an alumni magazine article. Again I made a mental note to look up the website on the internet. Before I had a chance to research this organization, I got a call from a friend regarding another item and who then said, "I'm the program chairman for the Reston Osher LLLI". "Wow, do they need instructors?" I asked and found that they did. It was only a week before I was scheduled right near my home with a program for next winter. I knew when I got the same information about Osher LLLI again, that I was meant to do a class for this organization. It was the domino effect again. The events were falling into place just too perfectly. It was easy, not forced or contrived but all the pieces came together quite well. That's when you know you're doing the right thing at the right time and in the right way. I wanted an opportunity to be of service and was certainly being provided that opportunity.

Here are some things to remember:

- ◆ Open yourself up to the signs,
- ◆ Pay attention to the patterns
- ◆ Journal your findings
- ◆ keep practicing to become comfortable
- ◆ Incorporate what you learn into your personal and professional experience

Before you know it, you'll be heeding the call to service. By the way, the same week, three new business opportunities came to me with no effort on my part. By asking to be of service, I got back lots of support. Want to learn more about the natural laws at play? Contact me for personal coaching or take one of my workshops.



Ready for Change?

Are you repeating the same mistakes over and over? Ready to re-evaluate your life or professional vision?

Check in with me regarding a free introductory life coaching session.

Call or write today

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Balance Your Life Corner



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Want to know more?

We're on the web:

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Lemon Fish

Many of us either have high cholesterol or are adding more fish to our diets merely to be healthier.

Here's a very easy recipe (the best kind):

Take your favorite fish fillet—I'm partial to salmon, tilapia, tuna, swordfish, or rockfish since they grill well. I love the Trader Joe's Lemon Dill Sauce. Or if you prefer, spray with olive oil Pam and sprinkle with a variety of spices. Then broil 5 min. on each side. Voila, add some carrots, green beans or your favorite vegetable. Enjoy!

Let me know if you try it!



Readout on Enlightened Leadership-Maximizing Creativity via Innovation, Imagination & Intuition Workshop—June 22

This week I accomplished another milestone for Life Transformations, LLC in graduating another class of Enlightened Leaders who maximized their creativity via innovation, imagination and intuition. The workshop of the same name was held June 22 at the Reston Executive Center for a lively group of program/project managers. It's always exciting for me to teach naturally left brain people to move into their right brain to access their innate intuitive and creative abilities to facilitate achieving their maximum potential personally or professionally. These very left-brained people were all present to learn to use their right brain creativity, understand their inspirational flashes, learn to make more balanced decisions (combining the best of the left side analytical and the right side creative brain aspects). Although Blackberries were visible throughout the day, the group was able to stay present and recognize the signs around us—after all, life's a journey so it's important to be able to read the map! Once we become aware of the patterns, for example, we can apply them to provide clues to when we're on/off track with our decisions, visions, and strategic plans, forecasting and risks as well as mitigations that are all essential elements of bringing in projects.

Some attendee comments include: "thanks for an enlightening day... you kept things moving.. And every one stays focused, a real plus in your workshop format... excellent examples showing how to apply the techniques to real world problems... fuzzy material, difficult to teach, but I learned!"

Missed it? Catch the next, very unique workshop on how to maximize your creativity and put out the issues before they become fires, stay on track and learn to deal with people. It's all part of being more in tune with your inner creative and intuitive abilities. Learn to be an Enlightened Leader and maximize your creativity as well. [Check in with me for the forthcoming schedule. Have a group? Schedule your own workshop.](#) Contact joanne@empowerchangenow.com for information.

