



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.



Dear Readers,

It's wonderful to have the warm weather along with the spring equinox this past weekend! Along with the change in seasons, I focus on how to facilitate outer change by slowing down and watching the signs around us.

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

Always in light, Joanne

Spring into Action

We've had a very difficult winter here in the metro Washington, DC area and the warm weather is quite welcome over the last few days. This past weekend we celebrated my birthday as well as the spring equinox. So in several ways we welcomed in a new season that brings lots of new beginnings—flowers bloom, birds chirp once again, and we can climb out of our shelters to enjoy the sunshine.

To be healthy, we need to not only work hard, but play hard which includes getting out in the fresh air and enjoying walks in nature. I'm finding that more and more, corporate offices are being architected with natural environments built in—such as a small body of water, more trees, bushes, flower gardens that attract birds and small animals. In other words, this arrangement of man and nature becomes a mini-ecosystem that helps one and all de-stress from the daily grind.

Why not take advantage of the natural environment surrounding your workplace whether you work in the city or in the suburbs? All the better if you work from home. Take time during your lunch break for a few minutes to walk amongst the birds and trees to ground yourself. When you return to your afternoon tasks, you'll find a fresher, more mindful and perhaps even more creative approach is at hand. I've proven this to be the case time and time again.

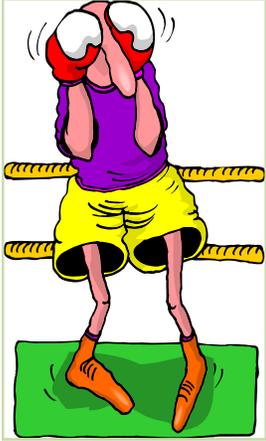
While travelling, I discussed this phenomenon with a friend and she promptly told me of a success story of her own. ..

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The Fear of Change Overcome



Remember:

- **Change is normal**
- **Let go and allow change to happen**
- **Events will fall into place**

As humans, we cling to routine. It's comfortable, safe and efficient. No one wants to deal with problems (not normally). Most of us have lots of stuff that goes wrong, so having some things in our lives that are stable and consistent is very soothing. Take our business relationships, for example. Whether they are on a personal basis—such as the dentist, doctor, tailor, banker or baker...or corporate, such as our vendors that provide goods and services—printers, paper, ink, computers, etc., we need to keep them. Once we've established a relationship, gotten the game plan down so to speak, we like to stick with it. We may have tried a few and had issues so finding one that works take time and trouble. Why change if it isn't broken?

But, there are times when things go wrong and we begin to make excuses. Well, it was just this once that the office cancelled my appointment for this or that reason that was justifiable to them but inconvenienced me. Or, perhaps you have a financial issue and you'd like a bit of credit. After all, you've always paid them on time for years; couldn't they let you have some extra time this once? They're not a bank they tell you. That's not very understanding. Perhaps it's the vet. Yes, your pet is very sick and the bill is pretty high—could you pay it over time? Well, you could get a finance program. What about the 12 years you paid for care right on time. Is it so much to ask? Is it always about money? Sure, they're a business, but in the end, we are people and people have issues.

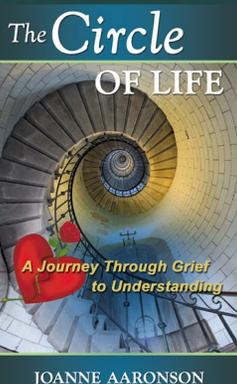
I truly believe that customer service is about understanding what's going on with someone. Take care of your customers and hope that the day never comes when you have to depend on them to take care of you.

Well, I'm writing this article because several vendors didn't live up to my expectations and I just kept making excuses. Finally, as things have a way of happening, this office cancelled my appointment for a dental procedure that was necessary just when I was about to run out of benefits. I had to complete the procedure that week or I would lose out. Too bad, they imply. This office was closing for vacation and left me in the lurch. I quickly checked my dental plans' other providers near me and found a number of offices. Calling one of them (I'm pretty good at intuitive selection), the new provider was able to accommodate me. Wow, that was easy. Not only did I get the procedure done on time, but the new dentist was really nice! And, as an added benefit the pricing structure was even lower. I saved a considerable sum of money. Then I sat back and said, "What was I so afraid of?" It was very freeing. Now I'm on a roll and ready for other change to happen.

Let go, give it a try. Allow things to fall into place. You are supported by events more than you realize. It will all work out in the end... perfectly!

Events and Happenings

My new book—an inspirational memoir to support those in grief and bereavement—***The Circle of Life—A Journey Through Grief to Understanding*** is now available. My first book-signing was held in Palm Springs, CA on March 11. Please see www.josanpress.com for excerpts and other book-signing events. Contact me at joanne@josanpress.com or 703-624-0130 for questions.





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Want to know more?

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Balance Your Life Corner

Rice Pudding

Whole grains are the big thing now for healthy diets. Ever try brown rice? It cooks up with just water like regular rice but has more vitamins and fiber. Serve brown rice as a side dish with other vegetables and if you prefer, some chicken or other meat. Here's my recipe for leftovers:

- Cooked rice -Yogurt -Sugar to taste - Raisins

Put approximately 2 cups cooked rice, 1/2 cup yogurt, some sugar and about 1/4 cup raisins in a pan and heat slowly so as to not divide the yogurt. Once the rice is really soft, let the mixture cool. I love this recipe and it's low in calories. Enjoy!



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As a data center configuration analyst, she's responsible for determining sizing for the center's computer needs. Every year she must answer very difficult questions regarding the center's sizing estimate for the year which normally takes days to properly compute. On this occasion, she took a walk and upon her return, she completed the questions in a couple of hours. Apparently, going for a walk helped her slow down, move into her intuitive mind, or what I call the creative flow. She surprised herself at the ease at which she responded to what normally was a very stressful task.

Why not try slowing down and moving into a more creative flow to spring into action? It's a great way to:

- ◆ Reduce stress
- ◆ Facilitate response to difficult tasks
- ◆ Determine options to challenging situations
- ◆ Find solutions to problems
- ◆ Help with employee issues
- ◆ Motivate you to continue on with other tasks
- ◆ Spring you into action!

