



# 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,**

**Last month I dealt with expectations and prioritization. In this bi-monthly issue, I emphasize how to stay present, slow down, and when necessary expand time to facilitate personal performance.**

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

**Always in light, Joanne**

## Expanding Time

*I'm late, I'm late, I'm late...* said the rabbit as he ran into the hole. This famous phrase from *Alice in Wonderland* describes how many of us feel most days as there just doesn't seem to be enough time to get everything done. We are so determined to get things done that while we are in meetings, rather than paying full attention to the details being presented, we are lost in thought about all the other things that need doing. So, we start to create lists. We are never really present and are always in the past, wondering if all we did yesterday was really enough, or thinking about the future with concern for all that is on our lists. No wonder stress, anxiety and all the related ills plague modern society.

Surely you can run around, be hectic, make mistakes and have lots of re-dos! Do you find yourself in a bind with too much to do? How often do you suddenly find that you're not in the best frame of mind, rushing around and then... you send an email to the wrong person so the intended party doesn't get it causing lots of issues; or you order a product only to discover that it's the wrong item, or perhaps it's from the wrong supplier? Hectic scenarios lead to problems in the office quite frequently, so why not slow down and be present to avoid all the hassle in the first place?

As Eckert Toll says, we need to be in the NOW.

How can one be fully present and in the NOW? One way is to consciously bring our minds back to the task at hand. What are you doing at this moment? Is it the most important thing you need to do? If not, how can you change things so that you are doing the most crucial thing? Last month I dealt with expectations and prioritization. The next step is to let go of the distractions of the left brain, slow down and allow your inner quiet to take over. (See, *Meditate to Improve Personal Performance on Page 3 for some ideas on how to do this*).

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# Meditate to Improve Performance

Meditation is not just for yoga followers, but is widely accepted across the board. Note an article in *Venture Inward* (the magazine of the Edgar Cayce Association for Research and Enlightenment) of Mar-April 2011, *Meditation helps soldiers*, that describes recent studies supporting the link between meditation and stress reduction.

The article cites a study, funded by the Department of Defense and reported in the scientific journal, *Emotion*, wherein marines in training participated in meditation while a control group did not. "Researchers measured the soldiers' abilities and mental capacities before and after training. The results indicated that the Marines who included meditation practice as part of their training showed improved mental capacities, improved athletic performance, relief from anxiety, better sleep, and stronger memory."

Thus this study provides even more scientific evidence that adding periods of meditation, or quiet reflection, has a very positive impact on personal performance.

So how does one meditate? I'm not a purest. Whatever works to allow you to slow down and quiet your mind is good with me. Usually, music, an otherwise quiet space and a desire to go inward are all helpful qualities. Let's drill down.

1. Listen to Music: music is composed of frequencies and represents energy. Selecting your favorite music for listening is actually a way to activate your inner energy centers. Suggestions for quiet listening include classical, yoga, Reiki, chanting, harp or any music that you find your body naturally relaxing when playing.
2. Find a quiet space: it's important to meditate in a relaxed environment in order to foster relaxation. Imagine trying to relax when a garbage truck, train, or workmen are nearby? I tense up just thinking about it.
3. Allow inner peace: the next step is to let go of the outer world to prepare yourself to enter the inner world. We are used to working with facts, figures and the rest of the "left brain" environment. Moving into a more creative, intuitive and slower-paced "right brain" state takes practice for those of us that are naturally left-brained.
4. Leave expectations behind: there's no "right or wrong" way to meditate. Whatever gets you to slow speed, turning inward, allowing yourself to hear your inner voice is perfectly ok.
5. Build up to 15-20 minutes: start meditating for a few minutes and build up to more until you can be quiet for at least 15 or 20 minutes.

Then enjoy the results.



## Remember:

- ◆ Slow down
- ◆ Quiet your mind
- ◆ Go inward
- ◆ Allow inner peace



## Events and Happenings

**Remember those less fortunate and give to your favorite charity since doing so sets up abundance to come back to you. As a rule of thumb, I give 10% of all profits to charities. Last year, Life Transformations, LLC and JOSAN PRESS enabled four children to have cleft palate surgery, saving them from a life of disfigurement.**

**Check it out at [www.smiletrain.org](http://www.smiletrain.org)**

## Balance Your Life Corner

### Healthy Snacks

The buzz in *Entertainment Weekly* (3/4/11) was all about popcorn! This article cites a 2009 study that found a medium-size bag of popcorn contained a whopping 1,610 calories and 60 grams of saturated fat. Wow! I can feel my arteries hardening just thinking about it.



Who doesn't love popcorn? But, this popcorn should come with a warning label. Look for healthier alternatives, and when home try Orville Redenbacher's 100 calorie packs and eat away!



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Once you are in the present moment, tell yourself this simple statement, "I have enough time". Repeat it and believe it. Keep telling yourself, "I have enough time. All is well in my world". I've used this positive statement, otherwise known as an affirmation, many times with great success. It really works.

Here's an example . Once I had to write a statement of work and only had one day to do it AND get the approvals prior to the policy deadline. Everyone told me that it was an impossible task, but I wasn't swayed from my determination. I approached the situation with my usual positive attitude along with, "I can do this" and "I have enough time" as my affirmations. Then I began to slow myself down to enter my creative zone. The next thing I knew, I had written the multi-page document prior to leaving the office that evening. The next day I was able to successfully hand carry the SOW through the administrative government environment to obtain the necessary approvals. This seemingly impossible task was completed in one business day.

So what's at work here? Telling yourself that you do in fact have enough time, sets up the energy of the situation for you to do your best, be in the right framework for creativity to facilitate peak performance, which cuts down on the necessary time to completion of the task. Before you know it, you've gotten the task done in much less time. Or, another way to look at it, you've expanded time to fit the task.

Try expanding time and have fun while you're doing it!

