



EmpowerChangeNow Newsletter

Life Transformations— 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.



Welcome!

As an Enlightened Leader, it's important to be positive and to be able to use our imaginative forces for personal and professional benefit. This month I emphasize these qualities and highlight how I used them to help me deal with my own medical situation.

I welcome your comments or experiences with this material.

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

The Right Path – The Right Answer

How do you know "it's the right answer?" Ever make a difficult decision only to find that things just fall into place afterwards? When that happens, I consider it to be a sign that the decision was the right one. Recently, I decided to go on an expensive vacation. I debated about whether it was the right thing to do. I checked in with my Inner Guidance System (IGS) and got that the selected trip, date and price were all good for me at this point in my life. The next step was to determine the most appropriate flights. I tried many of the key discount websites which showed various low cost price points. There are so many variables as if the case with most decisions – I wanted to avoid New York City as a gateway of the US, so I opted out of the tour's air/land package. The next part involved layover time and European stopover point, which cities were relatively efficient and safe and how much time was reasonable for transit. Was it worth a bit higher price for variations in these factors? I finally went with a quality airline, medium layover time, and got the lowest fare available for economy air. Once I completed the arrangements, which took awhile even over the internet, an amazing thing happened. I put my pen down that I was using to capture reservation numbers and final prices and my right earring fell off of my ear. When I picked it up, I realized I had fastened it without actually putting the post through my ear. As a result, it could have fallen off anywhere. Since I didn't lose it and it dropped at the moment I completed my trip arrangements, I consider this to be a sign of providence. "It's all going to work out for the best". "I'm doing the right thing," I thought.

In this issue:

- **The Right Path –the Right Answer** 1
- **Going With the Flow** 2
- **Balance Your Life Corner—** 3
- **Hold the Light for Yourself** 3

Going With The Flow— Learning to Read the Signs

SITUATION: I had a speaking engagement scheduled at NASA Headquarters for May 15 during the noon hour that had been planned for several months. The woman who had arranged it had seen my newsletter, then my website and had noticed that I did presentations on creativity called “Right Brain Creativity for Left Brain People”. When she called inviting me to speak, she indicated that she thought that the scientists at NASA could use some help being more “right brained” as the title suggested. Needless to say, I saw this as a tremendous opportunity to further my consulting business and gratefully accepted the invitation, even though it was a gratis engagement.

We continued contact to pass on key information including my bio and the abstract while she generated an advertising flyer for her location. She told me that the program had to be approved by several levels of management and I was quite pleased when the approvals were complete. All seemed to be going quite well until about 10 days before the program date. At this point, she emailed me to say she was disappointed in the response and would have to cancel. There just were not enough people signed up for the program to justify my coming into town to deliver it. I immediately wrote back assuring her that I was not upset. I took these things in stride since I believe it all happens for a reason. I told her that I “must have too much going and this was a message to slow down”. It was fine.

LESSON: When things happen we often don’t see the whole picture until later. As it turned out, this was a good example of the picture becoming clearer about a week later when I developed a health issue and had to have a medical procedure. I scheduled a specialist asking the receptionist, “when is your first available appointment”, the reply to which was May 15 at 1pm. The picture became very clear to me at that point. If NASA hadn’t cancelled, I would have had to cancel since this was a procedure that couldn’t wait. It would have taken priority over the program. The program cancellation was for the best. Everything worked out in the best interest of all concerned.

When we can go with the flow and not fight events that occur, we are less stressed. If we can accept that we don’t know the whole picture and that things do find a way of turning out for the best, life moves along a lot easier. It’s taken me many years to first realize and then to accept this universal truth. I offer it to you for your consideration.



Remember to:

- Go with the flow
- Don't swim upstream!
- It usually works out in the end
- Lessons learned apply!

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Balance Your Life Corner

Here's another one of my favorite, yet simple meals. I served this one for a guest recently and they were thrilled. I hope you will be too!

Try Trader Joe's Salmon Roulade's. They are "open and bake". I served them with the frozen Ginger Carrots. The sauce is wonderful.

Let me know how you like it! It's healthy and easy.

Hold the Light for Yourself

As an Enlightened Leader, it's important to be positive and to be able to use our imaginative forces to empower ourselves for both personal and professional benefit. This applies not only to our projects but to our personal lives as well. There are times when we need to remember to hold the light of wisdom—that inner light that we all have—on ourselves.

Keep your mind positive. This month I have a lot to be grateful for. The previous article refers to a medical procedure. It was a biopsy in conjunction with a positive mammogram. After 3 repeat tests and minor surgery, my results are fine. The entire time I held a very positive picture in my mind. Anytime anyone asked me I said, "I will not get upset or worried until I have something to get worried about." Don't let well meaning people insert negative thoughts or energy into your life no matter what the subject or experience. Even the well meaning nurses that said, "Honey, I know how traumatic this experience must be"... before the results were in. My response was, "thank-you for your concern, but I'm not reacting until I have something to react to". They seemed quite surprised.

My life still stopped for 3 weeks between all the arrangements, tests, appointments, and a bit of recovery over this past weekend. Yes, I'm a lucky one. But even modern medicine is recognizing the power of positive thinking. Whether it's a problem at work or a possible scenario at home or with your body, don't react until there's something to react to. Hold the light for others, but don't forget to hold the light for yourself.

