



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,

We all do it— use lots of handheld computing devices that are supposed to make life simpler when they encourage us to constantly be connected to the power grid. Read this month's articles to learn how unplugging is healthier for your brain and better for your productivity.

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

Always in light, Joanne

Einstein Didn't Twitter

We are constantly bombarded with information on a daily basis by an ever increasing number of devices and methods for sending us tidbits faster and faster – like Twitter. Is it all necessary and what is it doing to our brains let alone our attention spans? Well, I for one, can't concentrate with pop up ads interfering with my internet search, nor IM messages interrupting my day, nor constant beeps of text messages... wow, am I in the Dark Ages or what? I like to really be able to think for several hours at a time. Just imagine that? But how is it for most people who are constantly checking their email (one study shows that the average worker checks mail 30 times per hour) and interacts with TV/gadgets 8.5 hours per day.

A Business Week article (June 2010 by Peter Burrows) reports on a new book by Nicholas Carr –*What the Internet is Doing to Our Brains* and makes some disturbing points: when we are so distracted, it takes longer for us to respond to physical pain initially for ourselves and then for others. In other words, we are so wrapped up in ourselves that we can hardly think about, nor care about anyone else. Scary! We actually lose the ability to show *empathy* for others. Another point Carr makes is that the Internet is encouraging *group think*, while discouraging *individual creativity*. We are so bombarded with 200 character bits of information that we just pay attention to them and not do enough thinking for ourselves. Although lots of good information comes from the Internet, overuse, putting our work out for public display figuring that it can be edited later, may discourage ample follow through. The article also points out how many million blogs there are – people write about everything and others read it. How does one know where *truth is*?

Moving back into science, Carr also points out that the brain may be taking an evolutionary step**Cont'd Page 3**

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Does Your Inner Child Want to Play?

It's almost the end of the year and for many, it's also time for the yearly performance review. In taking stock of all your hard work throughout this past year, slow down to also reflect on how you feel about what you accomplished. Are you happy about it? Did you get enough done? Will it ever be enough in your boss' eyes?

While I was at a recent conference at the Association for Research and Enlightenment (ARE) in Virginia Beach, where I also was selling my books in their book store, I was asked a question by a member of the staff. "What did I think of the idea of doing two projects? Her current assigned work and the 'pet project' she really wanted to do? Should she try to do both at the same time?" This was an interesting question to be asked since I believe one should go within and ask their inner guidance for the answers to their own direction rather than external sources. However, I responded, "What do you *want to do*?" She told me she really wanted to do her pet project but was afraid her work would suffer. My advice was to slow down her assigned work enough to allow her to get some of her hobby area in as a presentation to the staff, since she thought they would enjoy learning about it. I reminded her that her boss would work her as much as she allowed herself to be worked. She was quite pleased with my answer even though I felt as if I was just giving her quite ordinary information. But it's all relative, isn't it?

What are we talking about here? We set the standards by which we are judged once we hit the mark with our managers. Then, we strive to do better in order to receive strokes from this external source. This is a carryover from childhood when our parents gave us something special when we brought home a good report card or achieved in some special way. This may not be true for everyone, but I've seen this pattern repeated enough to make the statement. Rather than look for external gratification and approval of others, why not just do your best. I can see it coming! Many of you may be saying, "But how will we ever get ahead?" Believe me, no one ever moved forward in their careers by never sleeping or enjoying themselves. Instead, remember to allow time to have fun.

Your inner child wants to play. I promise that if you allow this inner part of you to the fun he/she desires, the big you will be recharged, happier and return to work ready for higher performance. Give it a try and see what happens.



Remember:

- ◆ **Allow your inner child to have fun**
- ◆ **Play is healthy**
- ◆ **Play for improved work performance**

Events and Happenings

AIA Angels Memorial Fund Page for the Smile Train. Please consider a donation to a charity that saves third world children from a life of disfigurement.

The Circle of Life-A Journey Through Grief to Understanding

See details at www.josanpress.com or 703-624-0130 for questions.



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

Balance Your Life Corner

Joanne's Pumpkin Pie

Here's a variation on an old favorite that saves a few calories here and there. It's still tasty but lower in fat and sugar.



Use 1 can of pumpkin (15 oz)

2 eggs

1 can evaporated milk (lower fat version like 2%)

spices—1 tsp cinnamon, 1/2 tsp cardamom, 1/4 tsp ginger

Mix together and pour into a ready made graham cracker pie crust (lower fat than a traditional pie crust). Bake in a pre-heated 350F oven for 40 min. or middle is set. Enjoy!

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backward rather than forward due to the constant attack from the Internet in all its various forms. We are becoming more like *processors* (*our ancestors only had to eat, kill food and protect themselves*) rather than creative thinkers. What's an antidote?

In Einstein's day he was focused. His office was noisy and so he went out to the country to a retreat, as they called it in those days to facilitate a more creative space. He was in tune with his own nature to the point of recognizing that his workplace was distracting and that a quieter place could allow the proper reflection for creativity and innovation. It was during one of these creative periods that brought forth the Great Theory of Relativity. Wow, talk about a marvel of innovation.

So let's go over the basics. Understand what you need to foster your own creative space. What does it do for you? Do you need quiet and alone time? Or, are you the type to have an IPOD playing tunes in your ears with others working all around? Do you like to be in nature or is a comfy sofa with the laptop on your lap where it's at for you? Do you really need to be checking the Blackberry as you walk down the street, while the messages are beeping and Twittering? Work towards your space allowing you freedom of mind; that is, to get out of the logical, analytical and often stayed left brain and into the slowed down and creative right brain... go for it.

As for me, it's necessary to leave the cell phone, computer, IM messages and other interruptions behind. As the saying goes, "Einstein didn't Twitter" and look what he accomplished.

