



EmpowerChangeNow Newsletter

Life Transformations – *empowering change*

September, 2008

Volume 2, Issue 9

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 is a very special issue. Like the sound of the ram's horn that will be heard next week on the New Year, I'm signaling my departure from my current consulting position and my movement into doing what I believe is my life's mission—to empower change via my business Life Transformations full-time. Just as I'm taking a leap of faith this month, as of October 1 to be exact, I'm also presenting some unusual topics to you to broaden the depth of your perception of the world. We are in uncertain times and being able to use your creative and intuitive abilities is a lifesaver. Please help me be successful so that I can continue to help you! Pass this newsletter along to others; ask friends & colleagues to sign up; let me know about speaking or workshop opportunities and of course, let me know if you'd like to try out intuitive life coaching—I'm offering the first 1/2 hour free with an hour session for the month of October!. As always, I welcome your comments or experiences with this material.

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

The Stars are Aligning

I was planning to leave my current consulting position sometime this fall and go full-time with my business, Life Transformations. I knew that the exact time would become evident and it did. One person left at work, duties were reassigned to my dissatisfaction and this triggered my already short-term desire to jump ship. The fact that the decision is so clear to me is rather surprising particularly in light of the very unstable economy. My perspective is it couldn't get much worse. It has to get better! If I can make it through the next year, I should be fine. When people ask me about my decision I merely say, "The stars are aligned". They think that I'm kidding, but I'm not. Here's the scoop. When I looked at the calendar, I realized I had given notice on September 15, 2008, exactly at the time of the full moon. From a lunar perspective, this is a perfect time to "let go, or get rid of things one doesn't want such as poor health, nasty habits, bad neighbors or other things one is ready to let go of". In this case, I was ready to let go of my corporate work which I had done for better or worse for nearly thirty-five years. It was what was familiar to me, however, about seven years ago I started to prepare to do what I believe to be my life's mission. After combining the best of my project management best practices with my study of intuitive development, and creating my intuitive life coaching business about five years ago, I'm ready to go full-time. I've been told by many that bringing intuitive concepts into the workplace is a "tough nut to crack"; however, I believe this is the card that I've been dealt. I feel that it is what I'm supposed to do and therefore it feels right to me. When one is on the right path, things fall into place and that's exactly what has been happening for me over the last year or so. There is so much for me to do that continuing to work a full-time "day job" while launching a full-time retirement business became overwhelming. I finally decided that I had to choose and I chose the difficult but more satisfying path.

I will be starting full-time on October 1, 2008 with September 29-30 being the two days of the Jewish New Year. Again, according to a lunar perspective, upon which the Jewish calendar is based, this is the new moon, the New Year a time of renewal of faith, redemption and the beginning of another circle of life. For me, it will be the beginning of my new life with my new business. I see the dates as very opportune and a sign of providence. My timing is ideal. The stars have aligned indeed.

In this issue:

- **The Stars are Aligning** 1
- **Using Heart Energy in Team Interactions** 2
- **Empower Success with Vision** 3
- **Balance Your Life Corner—** 3

An Example of Using Heart Energy in Team Interactions

After giving my *Right Brain Creativity for Left Brain People* briefing at a major project management conference recently, an attendee and I had the following exchange during a break:



He noted that he was an engineer and so was more on the “left brain dominant” side of the “right-left brain” continuum. As it pertained to my talk, this meant that he was more data and fact-oriented. As we got into our discussion, he felt comfortable capturing what he felt was the essence of project management, “it’s all about communications!” “Yes”, I replied, “that’s true”. The cliché would have been that PMI says that communications, communications, communications is what’s important in project management. Instead, I continued with, “*It’s important to use your heart as well as your head*”. Now he was thinking. We discussed what this meant as he told me about a problem employee...

“It’s interesting that we’re having this discussion now, as I’m having a meeting with a problem employee tomorrow. It’s going to be a different discussion now that we’ve spoken”. He explained that his employee wasn’t working out on the project; he wasn’t meeting his deadlines. I inquired about the manager’s approach and was told it was rather matter of fact and appeared rather hard hitting to me as he used hand gestures to make his point. I asked if it were possible that the approach was making the employee nervous and that contributed to his behavior. The light of understanding came into the engineer’s face and he answered, “hmmmm, that’s possible”.

When I explained that he wouldn’t use such logic with a loved one, but rather would be more caring in his response – he got the message, hence his reply to me. Then I asked, “How does it make you feel that I care about you and your problem?” Then it really hit home. His eyes welled up. He felt the heart energy that I was sending to him by my caring and concern. Just thinking it makes it happen. It’s that simple. He felt it and smiled. That’s all I had to say.

I don’t know what happened the next day when this engineer/manager sat with his employee and discussed the issue at hand and the problem behavior; however, I’d venture to say that this conversation went well and that his employee responded favorably. My guess is that the whole situation improved.

In my own experience with teams, these difficult situations prove to be lessons for all involved. With just a bit of caring, forethought and heart energy, team interactions can be greatly improved which in the end, supports successful projects. Practice with your heart energy today to promote better team harmony. Remember that what you give out comes back to you multiplied. You just might need others to be understanding of you sometime.

Remember:

- **Engage your head and your heart for better teams**
- **Heart energy is caring & concern**

Not working at your ideal job? Ready to re-evaluate?

Check in with me regarding my upcoming

Creating Your Ideal Career Workshop (estimated date is November, 2008).

703-624-0130. joanne@empowerchangenow.com



Life Transformations

Empowering Change

Reston, Virginia 20190

Tel: 703-925-9205

Mobile: 703-624-0130

E-mail: joanne@empowerchangenow.com

Want to know more?

We're on the web:

www.empowerchangenow.com

Balance Your Life Corner

As we move into cooler fall weather, I thought a nice hot dish that's easy to prepare, healthy and is versatile would be a good idea. Here's a recipe that fits the bill since it can be either a meal for 2-3 people or an appetizer for 5-6. Enjoy!

Fat-Free Layered Bean Dip

1 can vegetarian refried beans

1 jar salsa (I like Safeway brand Medium spicy)

1 small can sliced olives

1 cup fat free sour cream

1 8 oz. package fat free mexican mix cheese

bag of tortilla chips (try the Blue Corn)

In a small rectangular baking dish, layer the refried beans, then the salsa, cheese, and sour cream. It is possible to refrigerate for a later time (say a party or other serving situation the next day) or to place the baker immediately in the microwave for 5-6 min. Check to see if it's bubbling hot and the cheese has melted. Serve and enjoy with your favorite tortilla chips.

Empower Success with Vision Request

If you've been to one of my presentations, chances are you've heard me say that "nothing positive starts from a negative". Everything that we create in our lives comes from first believe that we can do it, accomplish it or have it. So we have to have a picture, image or vision of what we want in our minds first, and then we move towards making it happen. The mind is an amazing thing since we make happen that which we focus on. This can be both for our own good or our own detriment. There's the old adage about "being careful about what you wish for, since you just might get it". We do create our world one thought at a time, but first it is a thought or an image. For this article, I'm calling it a vision of the future.

We hold a vision when we begin a project, study, organization, or business. We conceptualize, hold the vision and then make it happen. When we have a team, we have to make sure that others in our group believe the same or hold the same vision in order to go in the same direction. Otherwise, and this can often be the case, the project can fail. The more we band together with the same vision, we can accomplish great things. Such is the case with those that hold great races or events for charity such as the Race for the Cure. It takes one or more people who hold the vision and then get lots of others to help out believing in that same vision to make it happen.

Wouldn't it be great if we could get lots of other people to hold OUR vision of what WE WANT in our lives? How about if holding that vision only meant flashing your eyes over an email once a month and sending positive thoughts to all those people and their visions listed? I have an idea that it would work. Why not give it a try? Look for the follow-up emailer (Constant Contact) shortly!

