



# The Transformer

A Publication of Energetic Transformations, Inc.  
Applying the Laws of Metaphysics in Everyday Life ®



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## Welcome to 2008!

It is common in the Western world to make resolutions for change at the start of every calendar year. However, most resolutions soon lose their resolve and we go back to the way we've always done something. One hint for making your resolutions stick is to resolve to do the small things, not the huge ones. A resolution to simply show gratitude in your everyday life is more likely to stick than one to lose 20 pounds or stop smoking cold turkey. Moreover, in the long run, developing a habit of showing gratitude is much more powerful and life changing than many other "big" resolutions. And, once you change your energy, your attractor field will also change bringing with it many of the "big" changes without any additional effort.

## Share Your Light

Everyone has valuable insights but many of us don't share what we know because we don't know why we know it! In the overly academic world of the 21st Century many folks feel that if they can't reference or justify their inner knowledge they shouldn't share it. To that I say "take a chance! Share what you know." Inspiration doesn't come with footnotes. If the Universe speaks to you, share it! If you don't know where to share your insights send them to me and I'll put them right here. You can also attend one of our events and share in person.

## Events

Life Makeover Group Organizational Meeting  
Saturday Jan 12th, 9 A.M.  
Market Street Coffee, 19 West Market St  
Leesburg, VA  
<http://www.marketstreetcoffee.com/>

## Events (Cont.)

Central Virginia Metaphysical Center Lecture  
Sunday, Jan 13th, 11 A.M.  
Dillwyn, VA  
Topic: The Mind, a Barrier to Consciousness

## On-Line Discussions

We have a wonderful on-line discussion board at <http://www.metaphysicalmind.net/> that is tragically underused! Please join in the discussion and share your Light!

## Yahoo! Group

If you don't like public discussion boards or prefer to do your discussions by e-mail, join our private Yahoo! Group. Just send a e-mail to [Energetic\\_Transformations-subscribe@yahoo.com](mailto:Energetic_Transformations-subscribe@yahoo.com). In addition to e-mail messaging, Yahoo! members can also access the group's archive and on-line files area.

## Contact Information

We welcome your articles, ideas, and insights so feel free to contact us.

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Note: all events and services listed in this newsletter are completely free of charge or obligation. Share your Light!