

April 2007

Access Your Spiritual Support Within

Monthly Newsletter with Donna Somerville



“And through foggy London town, the sun was shining Everywhere”. The lyrics of this song have been running through my mind for many, many days now. I find this interesting because this song is not my favourite. It is on a CD by Michael Buble, and what is most interesting is that my favourite song is the first cut, not this one which is the second cut. And so, I wonder why, oh why is this the song that keeps running through my mind and not the other one???

Well, last night I “saw the light” through my fog and here I am at the computer. One of the easiest ways for you to communicate with Your Higher Self, is through such coincidences. Particularly when it

“Ego does not feel. Ego thinks, weighs and measures, considers and analyses...”

mind trying to sort through ideas and come to decisions. You almost feel as if you are in a “fog” and wonder which way is the right way, which way is the way “out” of this. Even more so now, with the ideas of creating your reality and being able to “have” everything that you desire being more and more acceptable.

When you can “have” everything, what is it that you really and truly want? This for me is the “foggy London Town”; a place where

is NOT the lyrics that you love so much, and yet still “those” are the words that just won’t go away.

“Foggy London Town”? This could be the

everything is available and so what do I choose, what do I want, and what is right?

This is the first step in “The Secret”, and many other manifestation teachings, and it cannot be ignored. It seems to me, to be one of the more important steps particularly because we are taught that the Ego loves to “want” and loves to “have”. So, to ensure that Ego is not the part of you directing your choices as you manifest your life, this step of determining what you want, and why, becomes critical to your journey.

And so the question becomes, “HOW” do you know what part of you is choosing your directions. In fact, it is the question asked often by many of us: Where is my ego? How do I tell? The answer I feel, is found through the feeling body.

Ego does not feel. Ego thinks, weighs and measures, considers and analyses and so creates “foggy London Town”, a place of too many ideas and too many choices. You become lost in a fog and wonder which is the “right” way out. And the sun that can shine through and show you the truth, the way out, are your feelings.

What feelings? The feelings that come with a passionate desire, the feelings that follow actions done in service, and out of kindness, involving yourself with your world and the others in your world. Ego is an isolated “I” place. A place of “the highest good of me, and the hell with everyone else”. It is a place driven to create what “you” want and consideration of anyone else is immaterial. Be careful when this is the feeling that you

have. This feeling is a selfish one, this feeling is the decision that you are going to get what “you” want and you are so driven and so determined that you are right, that it does not matter who gets in your way.

And that is the ticket to seeing your ego, “who gets in your way”? Hear those words and feel the aggression that comes with them???. Are these the words of a kindly and generous being who is in the world to be a part of it and be of service to it. A Christian saying comes to play here: “what would Jesus do?”. Not his miracles, but his perspective, the consideration of everyone.

Other people do matter—not MORE than you but equally to you. Ego will not believe nor want to consider this, or anyone, at all.

Herein lies the difference between assertiveness and aggression, a dear friend and teacher once taught me. What difference? Well, Eckhart Tolle puts it beautifully: it is perfectly fine to state “my soup is cold” but it is ego to state, “how dare You serve ME cold soup!”. The difference is so easy to see in those statements! Truth is truth. The soup is cold. But the second statement is personalized and does not state truth, but expresses you in a state of being offended. That is Ego, you being offended, you have personalized it and made it all about YOU. That is Ego.

We are not suggesting that you submit your world and your wants to everyone else. Truth is truth in any form. BUT, your truth at the expense of another’s, herein lies the unveiling of your Ego.

When your problems in your world

become personalized; the feeling of world “out to get you”, that is your ego seeing the world through your eyes and only your eyes. And so in your “foggy London Town”, your ego is easy to spot when you are trying to see your way, and ONLY

“Do not allow a dream to be created that seems so complete, you do not have a place to grow to or from.”

your way at the expense of anyone else. When the world is out to “get” you, you are in ego. When “your” dream becomes more important than anyone else in your world, you are in Ego.

When creating “everything and anything” you want in your world, we suggest that the value of what you are creating needs to come into play. How does your dream make your world AND the world of those around you, a better place to live in? Do not just live your own world, ignoring or pretending that no one else lives here. An American Senator Obama suggested in an interview that each day we should ask our children “how did you make the world better today?”; be your own parent and ask yourself this of your dreams and creations, how am I making the world a better place with these creations?

Feeling useful and passionate about who you are and what you doing in your world is your guide out of the fog of thought, one right way and ego mind.

This dream that you are creating, it can be “anything” that you want; but ensure

that it is still a dream in which you are growing and seeing all that you are, so that you can come to be all that you can be. Do not allow a dream to be created that seems so complete, you do not have a place to grow to or from.

Therein lies the answer to your questions of what do I want?, where am I to go? What is right? Therein lies your answer,

your way out of the “foggy London Town”. The sunshine everywhere is simply the awareness of Your Self and if your creations are allowing you to be aware of Your Self, you are in the Sunshine of Everywhere. Children, create sunshine, not fog.



NEW EXCITING NEWS!! **PAY PAL IS HERE!**

In our effort to serve you better and more conveniently, you can now use Pay Pal Services, through the Internet, to pay for any of our services or products.

For those of you unfamiliar with Pay Pal, it is a company that insures the safe use of your credit card or any other financial information, used for payment purposes. In purchasing through the Internet, it is not recommended that you give your financial information to anyone directly. Pay Pal offers a service where it provides a “go between” service, enabling you to safely and securely pay for products and services through the Internet!!

And now, we are part of that service! If you wish to use Pay Pal to purchase any of our services or products, just let us know and we then calculate the costs and request the payment from you, through Pay Pal.

You will receive an email from Pay Pal. Click on the link included, and make your payment. Voila! It is done. Easy and Effortlessly.

MORE EXCITING NEWS!!
www.donnasomerville.com

Going live within the month of April. Look for our new and improved website!!

We will send out an email notice within the next month to let you know the website is ready and waiting for your use and feedback.

MEDITATIONS ON CD! NOW FOR SALE!

HOW EXCITING!!

WOULD YOU LIKE TO ATTEND ONE OF MY MEDITATION CLASSES ?

Now you can do so using any of these Guided Meditation CDs, recorded directly from one of my classes.

Each meditation begins with relaxing of the physical body by bringing a light down and weaving it through every part of the body. This is followed by a guided journey, channeled in the moment and different each time. We journey to the core of Self and explore who we are and how we are. I would love you to join us, so please do!

All meditations are available at a cost of \$14.95 + taxes + shipping. You can purchase the CDs by contacting us at donnasom@nbnet.nb.ca or at our website <http://personal.nbnet.nb.ca/dsomer>

The newest meditation available is now for sale. It is called **Into the Silence**.

We feel that an important step in the creation of Your Life in this New Earth, is to be able to be still enough and quiet enough to hear your deepest desires. This meditation guides you into that silent place within, helping to reconnect you to your Silent Self. It is also a wonderful

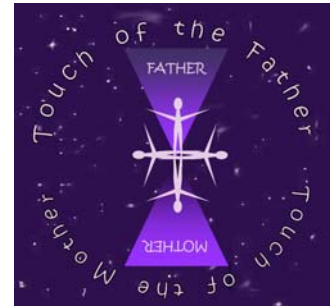


meditation for those of you with insomnia, or chronic pain. In the silent place, miracles abound!

Other meditations available include a meditative lullaby entitled

Touch of the Father, Touch of the Mother;

a meditation that fills you with the light touch of the Father Creator and the grounded strength of the Mother Earth.



Awaken the Dreamer is also available and is a wonderful guided meditation intended to re connect you to Your Dreaming Self and create a new partnership for creating the life you want for yourself. Dreaming is the first stage in creating the life you want!



Contact us directly at 506 357 7007 or donnasom@nbnet.nb.ca and order one for yourself and one for a special someone.

It is our intention to continue to release new meditations each month, Bravo David!!; keeping in mind of course that the music creator, the producer and graphic artist - David Somerville does have a full time job.

ARE YOU FIGHTING AGAINST YOURSELF?

Treatments to Support the Wholeness of You.

TURNING POINT THERAPY

In response to the circumstances of our lives, we have created defense mechanisms designed to protect us from potential problems and people. Our defensive actions can be appear as fears, uncertainties, a strong sense of responsibility, control, and/or distrust.

What is important is that these defensive actions do not come from the WHOLE OF YOU. They represent a very small part of you that is attempting to protect itself. This comes from a deep distrust of Your Self and Your Power.

In this coached therapy session, we facilitate the reconnection between the trustworthy Powerful Self and the Distrusting and Fearful Self. We introduce and negotiate a reconnection where the Powerful Self “listens” to the Fearful Self and answers the uncertainties with truth and care. This potentially creates a Turning Point for you, allowing you to turn away from what is past and no longer true to embrace the possibilities and potentials that are true.

Turning Point Therapy, with Donna Somerville is a method to facilitate more wholeness in your thinking, your feelings and your actions. These sessions are available in person or on the telephone, cost is \$85.50 with taxes, per session.

Master Treatments of Reiki

Reiki Energy is a Divine Force that reminds You where you came from. Using our Master Symbols along with our own unique talents, we assist you to reconnect to the Divine, to remember good health and see the potential possibilities in your life.

This treatment brings together three Reiki Masters—Donna Somerville, Vicki O’Sullivan and Michele Arsenault. Each have their own unique talents and experiences that add to the depth of this treatment.

These treatments are available at Tranquil Spirit. Each treatment is 45 to 60 minutes, at a cost of \$102.60 with taxes. We are available different weekdays each month.

In April we are available **Wednesday April 11th and 18th**, afternoon appointments, and in May, **Wednesday May 23rd, and Thursday May 31st**.

Please contact Tranquil Spirit at 206 0576 or info@tranquilsprit.ca. to give this gift to Your Self.

WHAT'S ON MY LOCAL CALENDAR?

Meditation Gathering

Tuesday Evenings, 7 pm. This group continues and we are doing some amazing work here. If you want to hone your visualization skills, this is the place to be. Each week we move deeper within the Self to explore Our Self, from the inside out. There is no commitment with this class, but do call to let me know you are coming. Cost \$5.00 per person, each night, maximum 8 participants.

Learner's Forum

Sunday April 15th 3 to 5 pm. Maximum 8 participants. We are exploring many new ideas connected to this "New Earth" we are creating. Come and explore with us. Stretch your mind in a new direction. Pre-registration required. \$25 per person (includes taxes).

Public Evening of Channel

Friday April 13th, at 7 pm.
Have you heard about channeled readings and wondered why they are different from other kind of readings?

This is to demonstration to answer that wonder. In a group setting of 12 participants, each person asks one question of channel, as general or as personal as you would like. What is most interesting about this, is that you will learn as much from another person's question as you will your own. Being held at Tranquil Spirit, at a cost is \$22.80 with taxes. To register, Tranquil Spirit at 206 0576 or info@tranquilsprit.ca.

Soul Voice Chat Room

Monday May 7th at 7 pm, Atlantic Time which is one hour ahead of Eastern Standard Time. This is a monthly on line chat, for participants of the Soul Voice Correspondence Course to discuss their journey through the course material.

Mentoring/Coaching Group

Monday April 16th, 7 to 9 pm.
After our first meeting, the new Group is well established and ready to expand. If you are interested in developing your intuition and psychic abilities; if you are curious about channeling and want to know where to start; this is the group for you. There is no cost to this group, but please call ahead to reserve your space. 357 7007 or donnasom@nbnet.nb.ca

Reiki Training "Plus"

Mastery,

Friday April 20, 7 to 9 pm, Saturday April 21st and Sunday April 22nd
9:30 am to 4:30 pm. Cost is \$370.50 with taxes. Non refundable deposit of \$100 required before **April 16th**. This class will have 4 participants.

COMING IN MAY

Meditation Class, Thursday Evenings, “Unraveling the Mystery that is YOU”

This session is beginning on **May 11th**, 7:30 to 9:00 pm. This **six week session** is about unraveling YOU and in so doing, discovering what you did not know about yourself. Who are you, from the inside out? Here is the place to get to know yourself, and bring those dreams into reality because you will know who you are and that you deserve the life you want to create! Cost \$85.50 with taxes. This class will have 8 participants. Sign up now! To register please contact Tranquil Spirit, 506 206 0576 or info@tranquilsprit.ca

Reiki Training “Plus” Level One

Saturday and Sunday, May 19th and 20th, 9:30 am to 4:30 pm. Being held at Tranquil Spirit.

In this two day workshop we will review the use of Reiki for self treatments, and a basic treatment on another person. As well, the “Plus” will explore the reality of your Aura, sacred space, and the protection of your healing space, This class will have 6 participants at a cost of \$256.50 each, with taxes. Pre-registration is required with a non-refundable deposit of \$100.

To register please contact Tranquil Spirit at 206 0576 or info@tranquilsprit.ca.

LATER IN THE YEAR

BACK TO BASICS WORKSHOP, SUNDAY JUNE 3rd

This one day workshop is about understanding how to work with the creative forces and their energies. If you do not understand energy, then how do you use it to “create your desires and dreams”? Are you feeling as if your days are directed by other people’s moods and desires? Do you feel as if you are not “strong” enough to create what you want? Energy is power, do you know yours? Come and find out who you truly are, from the inside out!!

We will experience energy, hands on, measuring your Aura and proving to you that your Aura does exist by exploring what affects your Aura and when. We will explore how to “hold your ground” energetically. As well, learn how NOT to carry the “weight of the world” on your shoulders. This allows you to be more free to create your reality outside of what everyone else says is the way it “should” be. A course in the freedom to be you, in all your creative glory, and how to hold and keep that space!

Sunday June 3rd, 9:30 am to 4:30 pm.

Cost \$96.90 with taxes. This class will have 10 participants and is being held at Tranquil Spirit. Pre registration with non refundable deposit is required before April 15th. To register please contact Tranquil Spirit at 206 0576 or info@tranquilsprit.ca.

Reiki Training “Plus” Level Two

Friday June 22nd, 7:00 to 9:30 pm,
Saturday & Sunday June 23rd and 24th
9:30 am to 4:30 pm each day. This class
will have 6 participants and is being held at
Tranquil Spirit. \$313.50 with taxes. Pre
registration is required with a deposit of
\$100 non refundable.

TOOLS OF INTUITION WORKSHOP

Date to be determined.

In this one day workshop, using hands on
experience with three different tools learn
to focus and connect to diva guides. Using
Psychometry (reading of photographs),
Pendulum, Mineral and Crystal Balls, learn
how to use each of these tools and in the
process increase the power of your
intuition and draw it more to the surface
where it is more accessible on a daily
basis. This workshop will have 12 partici-
pants,

**A Sunday later in the year,
9:00 am to 5:00 pm,**
at Tranquil Spirit, at a cost of \$112.86 with
taxes. Contact Tranquil Spirit at 206 0576
or info@tranquilsprite.ca to register.

CONTACT INFORMATION

Unless otherwise specified, contact

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