

February 2007

Access Your Spiritual Support Within

Monthly Newsletter with Donna Somerville



Well, it is late in January, long past the time that this newsletter would have been written and sent out, and still, here I sit awaiting my “inspiration”.

Recently, I have been truly working with the concept of being in the NOW as all the authors and books speak about. It is not as easy as they make it sound and, I believe, it is one of the reasons that my “inspiration” has been evading me. Let me explain.

In working with the “Power of the Now as Mr. Tolle calls it, I am very much continually pulling my self out of “wherever” and back to

“I”
cannot
live inside
of “WE”

Here! Well, this is a lot of work. More than a lot, it is “constant”! So, when am I to access that all powerful “inspiration”? In my movement from past to here, from future to now, I am not resting anywhere; I am moving and struggling and fighting. My inspiration cannot find me to inspire!

When I am constantly “fighting” with myself to be ever present, I am in a fight. I am not at rest, I am not in power, I am at war. I tire, quite honestly, of this war. And so, using the all powerful—Power of Intention of Mr. Dwyer’s—I decided to end my war by using my intention.

How? Well, I “intended” that I would no longer fight with myself; I intended that my

“ego” self would be cooperative, would be willing to enter the union, the oneness, the wholeness and allow me my power and my peace. It all made sense to my mind, and there it is “my mind”!

I shared this with a dear friend who truly does grasp the Course in Miracles definitions and she smiled very gently and explained why this could not work. You see, in order for us to have an ego, she explained, we had to enter a separated state of being. We had to become an “I” separated from the “WE”. So, there is separation on one side and union on the other. I want to move more into the union, the “WE” side and I want my ego to follow me, or at least allow me to go.

She explained, my very wise friend, that since the ego comes from a separated state, it is a separation energy and so cannot exist in union, it starves, or it dies, use whatever words you want to use. “I” cannot live inside of “WE” and still remain “I”.

WOW! I saw it so clearly. We have a separated self—our “I”, our “ME” and then we have our union, our whole self—our “WE”. When “I” enters “WE” it can no longer remain “I”, it disappears. So, that is what this fight is all about. Now, I see this not as a battle nor as an end, just as a disappearance of one energy INTO another.

A wonderful realization, but what has it to do with no “inspiration”? Well, my inspiration definitely comes from my connection to the WE, of that there is no doubt. And right now, I am so much into my battle between the “I” and the “WE” that I am really not sure where

I am at any one time. I am “flicking” in and out of both. So, my husband suggested that I write about it and see where it took me. An inspired moment I think!

Here is why I think this is important stuff for a newsletter. All of us, at one time or another, in our return to wholeness will go through this “flicking” in and out.

By staying present and in the moment, so completely, you truly do find a piece of yourself and a “Peace” within yourself. So, my dear comrades of this battle, stay with the journey. Let’s not battle, but instead let us constantly and consistently return and stay in the NOW and find here what is truly the truth in the now instant. I can tell you for certain, that in the ego “ME, ME” there is only past or future. There is definitely no now.

Whenever I follow that “ME, ME” moment, I then find myself somewhere else; somewhere in my past of who said what to whom and blame; or somewhere in my future of worry and wonder of when and how, fear and uncertainty. No where in the union of the “WE” will you find uncertainty, no where in the “WE” will you find blame. It is a place of acceptance; a place of certain peace. So, wait and listen, listen to what is going on around you in the present moment and allow the beauty of the moment to bring you back to it, to the Now. And once back in the Now, your inspiration will return, you sense of wholeness will deepen and you sense of truth will come so clear.

My dear friends, wait, listen and follow the moment’s breath back to where we all belong, the moment of this present Now. There are amazing hearts here in this moment and we are so much better for touching those hearts and that can only be done in the now. So, please, let’s do this together and stay put. Now! Now! NOW!

NEW, EXCITING NEWS!

The new course “**Back to Basics**” is being offered this month, Sunday February 11th. If I was allowed to only teach one thing, it would be this. I am excited and at the same time, I feel this is so important to the strength of you to stay in your NOW!

In this course we will use hands on experience to make your Aura and your energy fields REAL! Once you have experienced and SEEN your

energy fields, then learn how to protect them. Using hands on exercises, learn how not to carry the “weight of world” on your shoulders or “in” your fields. Learn how to set sacred space, and strengthen the integrity of your space. Then, using other techniques at the healing table, experience the energy fields of others and learn to detect blockages in those fields. Come and understand how we use our energy to influence one another and then learn how not to play that game.

Energy is power, do you know yours? Come and find out who you truly are, from the inside out!!

Back to Basics – Sunday February 11th, 9:30 am to 4:30 pm. Cost \$96.90 with taxes. This class will have 12 participants. Pre registration with non refundable deposit of \$50, is required before February 7th. This course will be held at Tranquil Spirit. Register with Claire or Phillip at Tranquil Spirit, 506 206 0576 or claire@tranquilsprite.ca

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MEDITATIONS ON CD! ARRIVED AND FOR SALE!

HOW EXCITING!! You can now “attend” one of my meditation classes in a CD format.



Each meditation begins with a relaxing of the physical body by bringing down a light through and within 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. You can purchase the CDs by contacting us at donnasom@nbnet.nb.ca or at our website <http://personal.nbnet.nb.ca/dsomer>

The first one is now available and is a meditative lullaby entitled “Touch of the Father, Touch of the Mother”; a meditation the fills you with the light touch of the Father Creator and the grounded strength of the Mother Earth. Available now, purchase cost of \$14.95 + taxes + shipping.

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

As well, it is our intention release two 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.

The next one is now complete and is on sale. It is called “Awaken the Dreamer”! So watch the website and this newsletter for information.



WHAT'S ON MY CALENDAR?

Meditation Group, Tuesday Evenings, 7 pm.

There is no commitment with this class; come as you need or as you can. Cost \$5.00 per person, each night, maximum 8 participants. You no longer need to pre register, but do call to let me know you are coming.

Meditation Class, Thursday

Evenings, continues at Tranquil Spirit. This class is filled but do look to register for the next one beginning, **Thursday March 8th**. This class fills quickly, so sign up now. To register please contact Claire at Tranquil Spirit, 506 206 0576 or claire@tranquilsprit.ca

Learner's Forum, Sunday February

4th, 3 – 5 pm. Maximum 8 participants. Pre-registration required. \$25 per person (includes taxes).

Mentoring/Coaching Group. There is no Mentoring Group for February. This idea is being re evaluated. If you have any interest, please do let me know what you think this group can be and help me to make it into something that truly can serve everyone.

Soul Voice Chat Room – Next Chat Room is **Monday February 5th**

at 7 pm Atlantic time which is one hour ahead of Eastern Standard Time. This is a monthly on line chat, where participants of the Soul Voice Correspondence Course may log in and discuss their journey through this course material. This is a service that is included in the cost of the course and so no extra charges. Pre-registration is required to receive the information needed to log in. Contact me at donnasom@nbnet.nb.ca for details.

Reiki Training “Plus”, Level One, Saturday and Sunday **February 24th and 25th**, 9:30 am to 4:30 pm each day. This class will have 6 students. \$313.50 with taxes. Pre registration is required with a deposit of \$100 non refundable, by Feb. 19th.

COMING IN THE MARCH!!

Public Evening of Channel - Ever wonder what channeling is all about? Now is your chance to experience it in a group setting. I will be channeling and answering one question, for each person. This is a group event, there will be 10 participants. The questions may be personal or teaching. Being held at Tranquil Spirit, **Wednesday March 7th at 7 pm**. Cost is \$22.80 with taxes. To register please contact Tranquil Spirit at 206 0576 or claire@tranquilspirit.ca. This will be a monthly event and it does fill quickly.

“Unraveling the Mystery that is YOU”, Meditation Class Thursday Evenings - This session is beginning on **March 8th, 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? Let this guided meditation class encourage you to unravel those mysteries. Cost \$85.50 with taxes. This class will have 8 participants and fills quickly, so sign up now. To register please contact Claire at Tranquil Spirit, 506 206 0576 or claire@tranquilspirit.ca

Reiki Training “Plus”, Level Two Friday **March 9th**, 7 – 9:30 pm, Saturday and Sunday **March 10th and 11th**, 9:30 am to 4:30 pm each day. This class will have 6 students. \$313.50 with taxes. Pre registration is required with a deposit of \$100 non refundable, by March 2nd.

Back to Basics – A one day course that explores the basic laws of energy. Saturday **March 31st**, 9:30 am to 4:30 pm. Cost 96.90 with taxes. This class will have 12 participants. Pre registration with non refundable deposit is required before March 28th.

LATER IN THE YEAR

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 \$381.90 with taxes. Non refundable deposit of \$100 required before April 16th. This class will have 4 students.

If you wish to receive future copies on a monthly basis, please email me at donnasom@nbnet.nb.ca