

January 2007

Access Your Spiritual Support Within

Monthly Newsletter with Donna Somerville



There is a magic about this season. You can almost feel it in the air. The Carols and Christmas Songs that you hear, if you close your eyes and allow the tones and sounds to come inside of you, there is such a sense of majesty to certain of these pieces. And the

“Play with the energies of Santa...”

presence of a character that gives to everyone, that ensures that everyone receives just what they want in its proper size and color, and only gives to those who are “good”; why that character has the feeling of the God from our religions. Can create anything, gives it away and ensures good behaviour?!!??

But moving away from the judgment side of it, there is a magic about Santa that is so real, it is touchable. More important it is so real that it is useable. What I mean by useable is that this season of giving and receiving is magical in that it illustrates our power to create, to give and to receive. The amazing amounts of money and food donated at this time of the year are, in and of itself, the perfect example of the ability to manifest and to share.

So, take time to connect into the magic of this season and feel for yourself the power that is there. The entire story of the Birth of Jesus is another miracle that happens against all odds and in the humblest of beginnings, as so many of the carols proclaim. This birth of power to our world;

a power that surpasses the edits of man; a power that is proclaimed by the very stars in the heavens and sought out by the wisest of the seers and wisdom keepers.

All in all, there is a magic about this season and I believe it is a very practical magic that is calling each of us to our power in its simplest form, calling each of us to our creativity and our ability to share what we can create. Play with tuning into this magic through the sights and sounds of the Christmas season. With so many of us focused on these ideas, they are stronger and more touchable, and so easily accessed. Attend a concert with your consciousness open, receiving and allow the tones and sounds to enter your heart, your fields, your consciousness and feel yourself being literally uplifted by the magic in the voices, the purity of the sound, the magical power of the intent. It is truly a tangible experience and one that can be made very real in a physical and human way.

Then allow yourself to play with the energies of Santa, not the commercial ones, but the energies of Santa. Let yourself again truly experience the idea of the character himself. Find a television show or stand by the Visit Santa’s line-ups and feel. This character is a manifestation of magic; he “sees you when you are sleeping, he knows when you’re awake, he knows if you’ve been bad or good”. Consider what that magic could be? What would such a knowing feel like? Let Santa Claus come to life for you now the way he comes to life for young children every day. Feel the power, his knowings, his access to everything – resources and helpers – to create everything the children want.

This is the magic of creating at its purest. Let's leave away the judgment of "so be good for goodness sake", let's just explore the magic he has and uses so selflessly. That selflessness manifests everywhere this time of year. It is the time of the most donations to charities, the highest sales in stores. Now getting away from the commercial side of it, look at the purity of creation here and how easily we share it.

This is the truth of us, our magic and our abilities, allowed to flow freely and expected to flow freely!! How exciting, a time of year that supports the ability to create, to give and to receive; all of which are the energetic laws of abundance and prosperity, of creation. You must give to receive; not it is better to give that to receive, but instead you "must" give to receive!! Energy demands this and it is truly one of its laws "for every action there is an equal and opposite reaction". What better time to see this illustrated than at Christmas. Do we not receive so much; not just gifts of material goods, but good cheer, charity, effort on our families part to try to be a better family; kindness and sweet smiles from strangers. This is a time of year that can remind each of us that we are Santa, we are magical and powerful and we can feel, touch and use that power freely in front of everyone. It is acceptable. Not only acceptable, but expected!!

Add to this mix the birth of Jesus and the picture becomes complete. The birth of Jesus states so clearly, without doubt, that this time of the year represents the birth of the Son of God to our earth, to mankind. But let your heart feel that birth in a less restricted way; not the religious ideas but the just the simplest idea of God becoming man in His Son. The baby was born, miraculously, to a virgin. The idea being that God creates through and within us, without the need for man to intercede!! Then the babe is born, in the simplest of surroundings; no neo-natal unit, no stainless steel tubs; just the act of a woman allowing her body to do what it "knows" how to do in the simplest of surroundings!! Then the birth of a child orchestrates the stars in the sky; attracts the

kindness of animals; calls the shepherds from their flocks; call the seers and wisdom keepers to his side; calls the world to know and watch!! We too have that power of God within each of us. We too are the Sons and Daughters of God, born on this earth by his hand and his miracle!!

The entire Christmas Story is the reminder of WHO you are and WHERE you truly came from! Let this story of the Birth of Jesus not be just the birth of some Man that is foreign or alien to you in your small life; but instead, an example of who you can be and what you can do!! Later in his life, Jesus himself said in many different ways and at many different times, "as I do so can you". Now I am not quoting the Bible, I am unable to do that; but still in his life the power of a child of God is illustrated over and over again. Are we not, each of us, a Child of God?

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I urge you to allow your heart to open to all these energies and so much more. Feel the magical tones and sounds of Christmas and allow them to uplift you! Imagine, create and decide to hold that ability to create and share for the whole year! Consider allowing your parentage to be available to you on a daily basis. And most of all, have a Wonder filled New Year; filled with new and easy experiences of creation, prosperity and sharing; filled with beautiful sounds and magical Santa like powers. Let your year of 2007 be a year of Wonder, Magic and Creation directed by your focused mind, your clear intentions and your loving heart!
**Happy Santa Season!! Merry Christmas!
Happy New Year, one and all!**

A LITTLE BIT OF NEWS!

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@nbn.net.nb.ca or at our website <http://personal.nbn.net.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@nbn.net.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 this week. It is called “Awaken the



Dreamer”! So watch the website and this newsletter for information.

MORE NEWS - NEW COURSES, in person AND correspondence!

Back to Basics – A one day course that explores the basic laws of energy. When I teach Reiki, my courses are called Reiki Training Plus. This course encapsulates the “Plus” part of that Reiki Training.

Born out of experience and training in various other modalities, this one day experience is a guided journey through energy, its laws and its feel. We will have hands on experience of the energy focused the way Diviners use it, making this “idea” of energy and aura much more real. This is then followed by practical, hands on experiences, to guide you in directing energy, to create space that is useable in every walk of life. These energy spaces are useful in deflecting negative thoughts or energy; ensuring that you are not carrying anyone’s ill health, bad mood or negative ideas, understand what your integrity “feels” like; experience the feel of blocked energy in a body; and experience the power of energy when it is clearly focused and directed.

Energy has no conscience, it follows the demand or need. It is a foot soldier, not the General. YOU are the General. Take this course and become more aware of the “orders” you are constantly giving and use those orders to orchestrate the energy into the world you want to live in!

BACK TO BASICS will be taught on a monthly basis beginning in February 2007!

Back to Basics - Correspondence Course – We are creating this same course in a Correspondence Course format. In order to give you the hands on experience, directly, we are creating guided meditations as the mechanisms to understand your power to harness, orchestrate and create with energy. The manual is in creation now and will cover everything listed in the information above,

Of all that I teach, this feels so truly important that I prayed for away to reach more than a handful of people here in New Brunswick and here it is!

BACK TO BASICS – THE CORRESPONDENCE COURSE AVAILABLE SOON!

WHAT'S ON MY CALENDAR?

Meditation Group, the Tuesday evenings group begins the New Year on **January 9th** at 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.

Meditation Class, Thursday Evenings, beginning January 11th for six weeks, 7:30 pm to 9:30 pm, , at Tranquil Spirit. This guided journey class builds one week on the next. This class is filled but you can sign up early for the next one beginning in about 8 weeks time, Register early with Claire at Tranquil Spirit, 506 206 0576 or claire@tranquilspirit.ca

Learner's Forum, Sunday January 14th, and 21st, 3 – 5 pm. Maximum 8 participants. Pre-registration required. \$25 per person (includes taxes).

Mentoring/Coaching Group. We will start again in the New Year on **Monday January 15th** – 7:00 pm to 9:00 pm. Cost is \$17.10 with taxes, per person, maximum is 8 participants. Pre-registration is required.

Reiki Share, free of charge. **Sunday January 21st**, 12:30 to 2:30 pm. This group is NO LONGER limited to Reiki practitioners. Anyone interested in experiencing healing energies in a shared, group format, is welcome. This group is for those with an interest in healing, to share and experience divine energy. Pre registration is required. Maximum 8 participants, two tables with 4 on each.

Soul Voice Chat Room – Next Chat Room is **Monday January 22nd**, 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.

COMING IN THE FEBRUARY!!

Back to Basics – A one day course that explores the basic laws of energy. **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@tranquilspirit.ca

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.

Later in the Year!

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.

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**