

March 2007

Access Your Spiritual Support Within

Monthly Newsletter with Donna Somerville



It is interesting to me to watch the “new age” ideas finally reaching the mass consciousness. First we see “The Secret” being broadcast on television, on a show that has such a following and influence, that you just know people will listen. After all, “everyone” listens to what Oprah’s favourite things are. And imagine hearing Oprah say “I have always lived the principals of the Secret, I just didn’t know it was a secret.” Voila, the answer to why Oprah is so successful? The world responds, “I must listen and try this!!”.

And then this is followed by the Oscars where we see, not one, but two, stars say they are experiencing their dreams coming true!?!?! First with Ellen, the host of the

“Why do the dreams of some people come true... while others die away...”

Oscars, saying that she saw herself as the host of Oscars as a little girl. Then, with Jennifer Hudson winning the Oscars after being “voted off” American Idol; and her story of sitting on the church steps, surrendering to

the will of her God, as she pondered where she would go next.

But if all of this is true, then why do not all of our dreams come true? Don’t we all ponder, pray and imagine. So, why do the dreams of some people come true while the dreams of others die away on a shelf in the back of a person’s mind, leaving that person a little sadder, a little less fulfilled and then, a little bitter.

The principals of the Secret are not new, nor are they a secret. They have been taught by many, including myself, for many decades now. This new presentation of these principals in the Secret is wonderful and encouraging and gives a new way to approach an old idea. And Bravo! for that, for that is how our world will and is changing into a new kind of Eden. These types of mass consciousness awakenings are the path to the changed earth that Eckart Tolle writes about in his book; are the path to the “end of the world” that the Mayans say will happen in 2012. But how can you be sure you will end up on the “new earth” and not in world of the Bible’s Revelations? By your approach to your world.

One approach is to see, create and actively participate in your creations. The other, the one that leads you to the earth of Revelations, is the approach of judgment, assessment, punishment and then more judgment. Using other words less biblical and more “new agey”, the second path is one of the “ego self”, that limited self that can only assess the present in terms of the past and then judge it in order to see a path to further creation. But a creation coming out of judgment, can only create more judgment!

Instead we suggest that you see this entire path in terms of your Conscious Creator and your Unconscious Creator. What do these terms mean? Well, the Conscious Creator is the one you know about. That part of your mind that you use to visualize, and ask for what you want. Then you contemplate these ideas becoming real and “feel” how you would be living in that new circumstance. This is a wonder and, like Jennifer Hudson,

on the steps of her church, you will be amazed at what your God can create!

But wait, you did that and now – nothing! How did that happen? Where is the fantastic materialization of my dream? Well, this is where your Unconscious Creator comes into play. There is another part of you listening as you dream and assessing what can be allowed and what cannot.

How is this assessment made? Based on your self opinion, your past experiences that have left imprints inside you and make unconscious statements, daily, about what you can and cannot have or experience; what you are good enough to receive and what you are not allowed to receive because you were a “bad girl” or “boy” and “will not amount to anything”. This is the creating of your Unconscious Creator. And we are suggesting that as you practice creation principals like those of “The Secret”, you will raise this Unconscious Creator from the depths of you. And Bravo to that raising!

Why? Because this is the difference between a dream made real and a dream that dies on a shelf. That Unconscious Creator, needs to become conscious. Using the words of Tolle, in the “Power of Now”, this Unconscious Creator self needs “to be seen and observed”. Nothing else required, just observed. You need to KNOW that there is a part of you that cannot, will not or is afraid to.... And once you know that part, you can observe it to be untrue and it will, quite literally, disappear or decompose before your eyes.

For the power of the Unconscious Creator comes from your unconsciousness of it; in that lack of awareness, lies its power. It is the ego self or the “pain body” creeping around inside of us, leaving lingering negative emotions of lethargy, giving up, boredom and then leading us to choices that

reflect ideas such as why bother, won't happen and nothing ever goes right for me. I am no “Oscar” winner!!

This limiting voice is the voice of the Unconscious Creator and it needs to be heard and listened to NOT because it is right, but because if you could “hear” it, then the resulting choices that kill a dream would not take place. It is like bringing a shadow out into the light, guess what, the shadow disappears!! As will the attributes of the Unconscious Creator.

“I am
no
“Oscar”
Winner!!”

The creation of a dream is composed of visualization, asking and then feeling the “feelings” of that successful creation – as detailed in “The Secret” – and we absolutely agree. But NOW, you must also act. For as you “feel” the dreams coming true, imaginary or otherwise, you will aggravate and waken the “I can't”, and the “I am not ready” within you and that then pulls the Unconscious Creator into action. When all of this occurs without awareness, we are just sabotaged and we do not see how, when or why. We don't see that our tiredness and lethargy is coming from the “I am not ready”, and it is followed by our “why bother” that then leads to foolish decisions and disbeliefs that kill the dream and leave it to die, without action, upon our unconscious shelf in the back of our mind and heart.

So, dear friends, as you work the creation of “all that you ever wanted”, do be aware that this action can act like an affirmation, bringing up from the depths of you, exactly the opposite of what you are wanting to create.

What we mean by that, is that all this wondrous creating and dreaming can, and will, waken that part of you that is not ready, that cannot be good enough to receive such wonders, that cannot “host the Oscars”, that cannot “get a movie role after not winning the American Idol”, and if those feelings are not acknowledged and seen for what they are – self doubt and lies about who we are on the inside – then those wondrous creations that are yours for the asking, will, in fact, die on the shelf!

Allow yourself to feel the doubts, but feeling them only to see them for what they are, lies about yourself. And where you cannot see them as lies, then you need to get to know yourself better from the inside out. For it is our belief that any

dream is yours for the asking just because of “WHO” you are, not because of what you have done or what you have learned or participated in. If your dreams are dying on a shelf somewhere, get to know yourself better and see that you DO deserve and CAN have. These actions will bring the Unconscious Creator into the light or truth of Your True Self and thereby cause “it” to be killed and die on a shelf instead of your dreams.

You are allowed! You do deserve! It is your time! Join the change to the New Earth, and let go of judgment and embrace your “Right” to happiness, fulfillment and daily experience of joy and acceptance. Welcome to our New Earth! What a wondrous time this is!! Please join us.

MEDITATIONS ON CD! NOW 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 a light through and weaving 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!

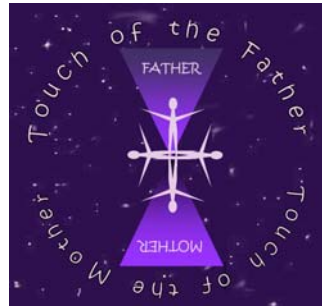
All meditations are available at a cost of \$14.95 + taxes + shipping. You can purchase the CDs by contacting us at donnasom@nbnet.nb.ca or at our website <http://personal.nbnet.nb.ca/dsomer>

The next meditation is now complete and is for sale. It is called “**Into the Silence**”. 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.

Reconnects 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 now available include 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.



“Awaken the Dreamer” is also available and is a wonderful guided meditation intended to connect you to Your Dreaming Self and create a new partnership to create 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.

NEW TREATMENTS NOW OFFERED!!

EMOTIONAL ENERGY WORK

Donna begins this treatment with a deep penetration of Reiki Energy which awakens within your body stored emotional energy that blocks your living and creating the life you want to live. Through a coached session, we will direct your attention within to see, feel and heal, allowing a deeper connection to those places within that you have denied, stopped and now are using to sabotage yourself and your choices in life.

Reiki forces support and comfort your inner self as the coaching session progresses.

This treatment is 45 to 60 minutes, at a cost of \$102.60 per session. These sessions are offered at Tranquil Spirit different days each month. In March, **Saturday March 17th**, afternoon appointments. In April, **Monday April 2nd and 12th**, afternoon appointments. Please contact Tranquil Spirit at 206 0576 or info@tranquilspirit.ca.

Master Treatments of Reiki with Three Reiki Masters

We are pleased to announce a new service that is being offered out of Tranquil Spirit. This is a one on one treatment, by appointment only. In this treatment, myself, Vicki O’Sullivan and Michele Arsenault (three Reiki Masters) come together to use our Master Symbols along with our own unique talents, to assist your body to heal, to energize, to create in whatever direction your journey is taking you.

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

On Wednesday **March 12th**, all of our appointments are filled. Our next openings are **Wednesday April 11th and 18th**, afternoon appointments only. Contact Tranquil Spirit at 206 0576 or info@tranquilspirit.ca.

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 know 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 March 4th and March 18th
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).

Soul Voice Chat Room

Monday March 5th 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. From last month's chat, our focus this chat is how we have reacted to the consideration that all our visions, intuitions and messages are coming from a larger version of US, not a "they" or "spirit" but US inside a "WE". Pre-registration is required to receive the information needed to log in.

Public Evening of Channel

Wednesday March 7th
7:00 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.

Meditation Class, Thursday Evenings, "Unraveling the Mystery that is YOU"

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? 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 and there is still room, so sign up now! To register please contact Tranquil Spirit, 506 206 0576 or info@tranquilsprit.ca

Reiki Training "Plus" Level Two

Friday March 9th, 7:00 to 9:30 pm,
Saturday & Sunday March 10th and 11th
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, by March 6th.

TOOLS OF INTUITION WORKSHOP SUNDAY MARCH 25th

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 participants,

Sunday March 25th 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@tranquilspirit.ca to register.

Mentoring/Coaching Group What is it now?

Are you wondering about the visions you are having? Are you unsure of what to do, how to proceed? Or do you just want to understand what is happening? Then this is the group for you!!

This group is re invented and progressing once again.
Next meeting is **Monday March 26th, 7:00 to 9:00 pm.** There is no cost to this group! For information call 357 7007 or donnasom@nbnet.nb.ca

COMING IN APRIL

BACK TO BASICS WORKSHOP, SUNDAY APRIL 1st

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 April 1st, 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 March 26th. To register please contact Tranquil Spirit at 206 0576 or info@tranquilspirit.ca.

Public Evening of Channel

Friday April 13th

7:00 to 9:00 pm Cost is \$22.80 with taxes.

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

LATER IN THE YEAR

Reiki Training “Plus”

Level One

A two day workshop anticipated in mid May 2007. 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.

CONTACT INFORMATION

Unless otherwise specified, contact

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