

September 2007

Access Your Spiritual Support Within

Monthly Newsletter with Donna Somerville



There is an image we would like to share with you. It is an image we have used often in our individual conversations with some of you. It is an image we would like you to consider as an image of You, as you are seen from beyond the parameters of your Earth life.

There is a stone on your planet, it is called a Diamond. What creates the beauty of this stone is how the light reflects and refracts through its many facets. It is a multi faceted stone and as the light flows through it, rainbows are created; depth and brilliance are shown and beauty is appreciated.

When you wish to perceive the brilliance and inner beauty of Your True Essence, the diamond is an image you can use.

The diamond's brilliance is diminished when some of its facets are cloudy. In fact, diamonds are reduced in their value when the facets are deemed cloudy. Are some of your facets "cloudy"; is your brilliance in your life, diminished?

We do not speak here of intellectual brilliance, we speak of inner brilliance; the allowance of your abilities and gifts to be radiated outwards for all to see and use. Are you actively living your life, or does your life "live" you! How can you answer this question? How can you tell? Through the feelings you have in the living of your life. Is there joy? Not fleeting moments of happiness, but true, lasting joy. Is there freedom in your life? Not moments of freedom snapped away from something or someone aggressively; but true freedom that leaves you with the feeling that you

CAN choose and that you DO choose, actively, moment by moment.

When all facets of you are receiving the "light" and allowing it to highlight and radiate true, brilliant beauty outwards, you are empowered, joyful and free to be in your world and your life.

"Do you like who you are becoming?"

So, consider the facets of your diamond, how are they polished, or kept clean? What kind of care do you take of your diamond? How

many of your facets do you know or can you allow yourself to know? Are any of them cloudy?

A study of yourself is critical in the awareness of the facets of You! Study? Our use of this word is time taken to become aware of how you have become, who you have become and the contemplation of the Question:

"Do you like who you are becoming?"

This study is of all the aspects or bodies of you. Your physical body: is it clear, healthy, alert and open? Your mental body: is it open, receiving and allowing itself to receive? Your emotional body: is it present or reaching always from your past? Your spiritual body: is it connected to you; can you hear guidance, can you hear us?

Some of you do take time to "listen" for guidance and direction - sometimes called meditation. But once direction is received,

how does it filter through your facets?

What do we mean? Can you allow the guidance to then make manifest in your world the pieces to your puzzle needed to “make it so” OR are you then taking that guidance and forcing it to come through in the image and likeness that your Ego deems appropriate? Do you accept and then allow, OR do you hear and then dictate the terms of how that direction will make itself into effect?

So many questions? Does guidance not serve to provide answers. Your answers

“I want to experience Joy. I allow myself to experience Joy.”

become the inner guidance that you seek to “hear” and follow so willingly. But are you truly willing?

The cloudy facets of you cannot allow the light to filter through; cannot allow the guidance from the higher levels of You to reach through the emotional, mental and physical aspects of you. Instead Ego interferes with its own imagined idea of “how” and “when” and “where”. OR the past, your past, projects its own interference on what this must be translated into. Example:

I want to experience Joy. I allow myself to experience Joy.

The energy responds and begins to create the feeling of true, deep Joy from the inside out.

The Ego interferes and takes control of that emanating Joy Energy and decides how it will feel, when it will feel and what

it then means.

This combines with Your Past experiences that dictates that Joy cannot be allowed to the fullest extent because ... it was not felt by Your Mother or Your Father, and you are only allowed to be as joyful as they knew, and so limitation is created. OR ... perhaps, your “bad little child” is not ready; you are not pure enough, good enough, have not earned it yet; whatever tape plays in your head limits and directs the Joy Energy to you in just that limited way you are able to accept.

This example is small and not specific, for what brings joy to one does not necessarily create joy in another and so an example for all, needs to be general. But our point is to pinpoint that there is human experience interference in the energy that you call down into your lives and that interference can play out as beliefs in your mind, negative emotions in your heart and controls of the Ego.

Your solution? Self Awareness. The understanding, patience understanding, of how you became who you are now. The clear observation and recognition of who you are becoming now, with each choice and decision you make. What road are you walking? Why? And where is that road taking you?

How to facilitate such a solution? Here the tools expand beyond meditation to include quiet contemplation that facilitates recognition of your actions and your motives. Not just what you are doing but WHY you decided to do it. Not just what you say, hear or feel, but WHY the interactions in your life have been interpreted in this fashion.

So, allow yourself to be curious and aware of the many “teachers” of your

world who share writings, courses and information opportunities. Then among all these creative people, seek to know what is for you and what is not, through the question of “will this experience bring me to recognition, awareness and so learnings about myself from the inside out?”.

This new “school year” allow yourself to begin again, or renew your commitment, to achieve a “Degree in Self Awareness”. This degree can take you places, bring

you riches and create limitless choices that then place into your life Joy, Empowerment and Freedom. As with all education, what doors it can open are endless and fascinating.

Let your life become fascinating and interesting to You, as you live it. Reflect on your life in motion, now. Continue creating your life, with awareness, acceptance and allowance. Learn! Enjoy! Allow! Accept! Create! We so look forward to your graduation!

CLEARING THE CLOUDINESS FROM THE FACETS OF YOUR DIAMOND.

Treatments to Support the Many Facets of You.



Empowering Chakra Treatment

Not about balancing chakras, this treatment is about the power and wisdom stored in each chakra.

Awareness has been brought into our world of the power, and wisdom present in each of our chakras. By example, the Third Chakra is the seat of Personal Power; seat of your personal identity. While the Second Chakra houses the “touch” of Life energies; the energy to “feel” alive in your body.

In this treatment, we work with your chakras and find their unique pattern for representing their wisdom through you into your life. After scanning to understand your body’s unique connection to Your chakra wisdom, we then focus on one or two chakras with the purpose of clearing the chakra of anything that is blocking access to its wisdom.

This treatment is designed to bring a more vibrant and useful connection to the chakra and to facilitate the clearing of any

“secrets” stored there that might block that wisdom from radiating usefully into your life.

This treatment is 35 to 45 minutes in length, at a cost of \$85.50 with taxes, per session. This treatment may require further examination of emotional blocks in other treatments such as Turning Point Therapy.

Master Treatments of Reiki

This treatment is about harnessing the divine forces in the traditional Reiki fashion, but with the combined forces of three uniquely powerful Reiki Masters. Each Masters brings to the treatment their gifts, amplified by their Master Reiki Symbols.

Used to invigorate physical health, relax the mind and strengthen the spirit, this Master Treatment of Reiki has seen some amazing results in participants thus far.

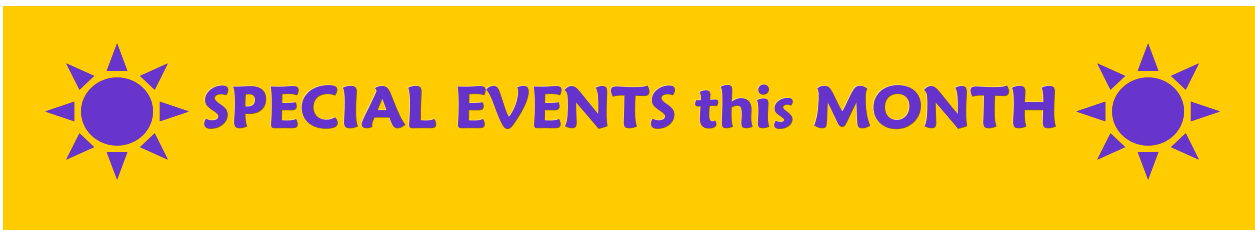
Come as experience one for Your Self.

Different Reiki Masters are involved on different dates. Each treatment is 45 to 60 minutes, at a cost of \$102.60 with taxes. We are available different days each month.

This treatment used to be performed at Tranquil Spirit, but is now being done at my home in Waasis. Call myself, Donna at 357 7007 to book your treatment.

Reiki Masters Michele Arsenault, Vicki O'Sullivan and myself are working as One on **Wednesday Sept. 12th and Friday Sept. 28th; 2 pm, 3:15 pm and 4:30 pm.**

Reiki Masters Beth Armstrong, myself, and Bev DeLong are working as One on **Saturday Sept. 1st and Sunday Sept. 9th; 2 pm, 3:15 pm and 4:30 pm.**



Meditation in the Garden

Monday August 27th, 7:00 pm.

Come and join us for a meditation in my garden. Using meditation techniques, come and connect to the nature spirits at home in any garden. Feel the beauty and power that nature contains and willingly shares with the nature of You. There will be 12 participants. **Pre-registration is required.** Please bring your own chair. The cost is \$10.00 per person including taxes.

Other **Meditations in the Garden** are anticipated for **Wednesday September 5th, 7:00 pm; Friday September 14th, 7:00 pm;**

All Garden Meditations are intended with wonderful weather, but should the Earth decide differently, the meditations will take place inside my home.

ENTER THE FAIRY RING:

An Introduction to the Power and Wisdom of the Fairies.

Sunday September 16th, 9:30 am to 4:30 pm.

In this one day workshop, which will take place outside in the garden, as well as down by the Oromocto River, we shall open ourselves to the Fairy World. Using this connection, we shall then accept assistance

and support from the Fairies, themselves, as we are directed to find our own "Fairy Heart". Come and discover your connection to the Fairies. It is an very old connection and a very powerful one. This class will have 12 participants. The cost is \$80.50 including taxes. **Pre-registration** is required with a non refundable deposit of \$40.00 before **September 3rd.**

COME AND FIND YOUR FAIRY HEART!

A Circle of Knowledge, Channeled Gathering

Monday September 17th, 7:30 pm to 9:00 pm

This is a teaching group of questions and answers, using curiosity to explore ideas about life in this Earth School and how best to arrive at a place of Joy, Peace and Empowerment within this human life. This group's channeling will be recorded and copies given out to each participants.

This is a lighter version of the Learner's Forum, designed to explore and discover the truths and purposes of this life through questions from the participants and teachings through channel. An example of the kind of questions that could be asked: "Can you explain the difference between being my own champion and standing in my

power and being aggressive with others in my journey?” It has a “personal” tone, but still is general enough that everyone can consider the answer given.

Come and experience, through channel, a new teacher each time. First meeting will be **Monday September 17th**. Group will have 8 participants, at a cost of \$25.00 per person including taxes. **Pre-registration is required.**



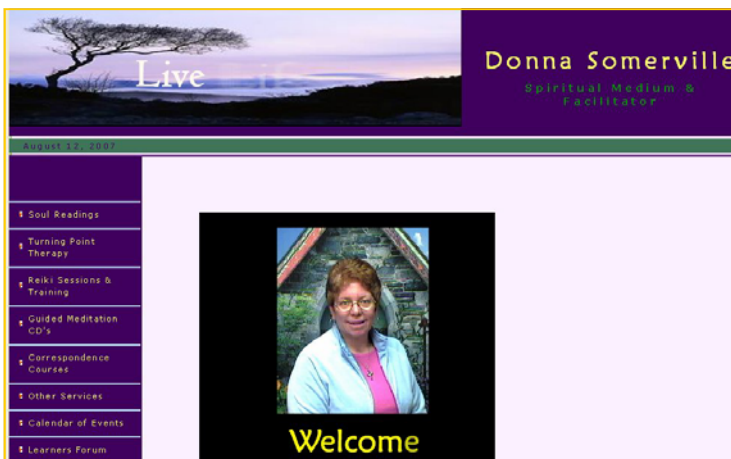
NEW EXCITING NEWS!! PAY PAL IS HERE!

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!!

Visit Our NEW and IMPROVED WEBSITE!!!

Going Live Today!!!

www.donnasomerville.com

Check out my upcoming calendar of events on an ongoing basis, listen to a **FREE** sample the Meditation on CD series or a **FREE** sample of a Learners Forum channeled session. We will be updating these **FREE** samples on a regular basis!

Please give us your feedback on what you see, anything you would like added, or just say “hi” on your first visit. If you have not touched base in awhile, come and get re acquainted.

MEDITATIONS ON CD! NOW FOR SALE!

HOW EXCITING!!

WOULD YOU LIKE TO ATTEND ONE OF MY MEDITATION CLASSES, BUT YOU LIVE IN NEW YORK STATE ?

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 www.donnasomerville.com

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



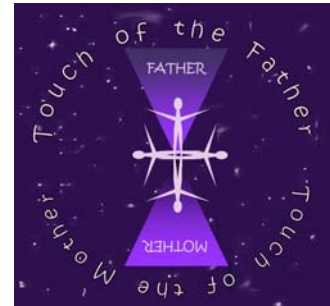
We feel that an important step in the creation of Your Life in this New Earth, is to be able to be still enough and quiet enough to hear your deepest desires. This meditation guides you into that silent place within, helping to reconnect you to your Silent Self. It is also a won-

derful 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.

WHAT'S ON MY LOCAL CALENDAR?

Mentoring/Coaching Group

Monday August 20th, 7:00 to 9:00 pm.

This group is about developing intuition and sharing experiences so that all can grow in our own unique sensitivities. Discussion comes from many directions, all of which are to explore the walking of this journey on Earth in a sensitive and intuitive way. There is no cost to this group, but please call ahead to reserve your space. 357 7007 or donnasom@nbnet.nb.ca

Meditation in the Garden

Monday August 27th, 7:00 pm.

Come and join us for a meditation in my garden. Using meditation techniques, come and connect to the nature spirits at home in any garden. Feel the beauty and power that nature contains and willingly shares with the nature of You. There will be 12 participants. Pre-registration is required. Please bring your own chair. The cost is \$10.00 per person including taxes.

Other **Meditations in the Garden** are anticipated for **Wednesday September 5th, 7:00 pm; Friday September 14th, 7:00 pm;**

All Garden Meditations are intended with wonderful weather, but should the Earth decide differently, the meditations will take place inside my home.

Meditation Gathering

Tuesday Evenings begins September 4th, 7:00 pm.

We are beginning once again with this continuing guided meditation evening, exploring and learning to listen to Your Self from the deeper levels. The guided

meditation is followed with a circle of sharing and discussion of the insights, symbols and understandings gifted by the meditation.

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.

Meditation Class, EXPLORING THE WISDOM OF THE CHAKRAS

This session begins **Thursday September 13th, at 7:00 pm.** This is a **four week session** which uses guided meditation to connect into the power and wisdom contained in each of your chakras. This is NOT about balancing the chakras. Instead it is about connecting "into" the chakra. By example, accessing the "Touch of Life" in the 2nd chakra; or the Power of Identity in the 3rd chakra; etc.

In the first four week session, we will explore the first three chakras, beginning with the First Chakra. There will be a second session beginning in mid October to explore the remaining chakras. This class will have 8 participants. The cost is \$55.00 each person. **Pre-registration** is required with a non refundable deposit of \$25.00 before **September 1st.**

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**Monday September 17th,
7:30 pm to 9:00 pm**

This is a teaching group of questions and answers, using curiosity to explore ideas about life in this Earth School and how best to arrive at a place of Joy, Peace and Empowerment within this human life. This group's channeling will be recorded and copies given out to each participants.

Think of this group like a Beginners Version of Learner's Forum, lighter and softer using different channeled teachers. This group is designed to explore and discover the truths and purposes of this

life through questions from the participants and teachings through channel. An example of the kind of questions that could be asked:

"Can you explain the difference between being my own champion and standing in my power and being aggressive with others in my journey?"

It has a "personal" tone, but still is general enough that everyone can consider the answer given.

Come and experience a new channeled teacher each time. First meeting will be **Monday September 17th.** Group will have 8 participants, at a cost of \$25.00 per person including taxes. **Pre-registration is required.**

Learner's Forum

Sunday September 23rd 3 to 5 pm.

Maximum 8 participants. We will be accessing new energies that are seeking to share perspective and wisdom for the fullest use of this Earth Life and with all its choices and energies. Come and explore with us. Stretch your mind in a new direction. **Pre-registration required.** Cost is \$25 per person including taxes.

Reiki Training "Plus" Level One

Saturday and Sunday, September 29th and 30th, 9:30 am to 4:30 pm

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 before **September 14th.**

Reiki Training “Plus” Level Two

Friday October 12th, 7:00 to 9:30 pm,
Saturday & Sunday October 13th and
14th, 9:30 am to 4:30 pm each day.

In this level of Reiki, the introduction of the Reiki Symbols begins and on the “Plus” side, we begin to explore the Emotional Body and the blockages that ensue when unexpressed emotions are held in the physical body. Come and learn to explore beyond the physical body using the ancient way accessed through Reiki Symbols.

This class will have 6 participants at a cost of \$313.50 each including taxes.

Pre registration is required with a non refundable deposit of \$100 before **September 28th**.

Reiki Training “Plus” Mastery,

Friday October 26th, 7 to 9 pm,
Saturday October 27th and Sunday Oc-
tober 28th, 9:30 am to 4:30 pm.

In this final chapter of Reiki Training, explore the Master Symbols, as well as how to direct the energy more deeply to truly access the divinity of Your Self and anyone who participates in Reiki with you.

This class will have 4 participants at a cost is \$370.50 including taxes.

Pre registration is required with a non refundable deposit of \$100 required before **October 12th**.

CONTACT INFORMATION

**Unless otherwise specified, to register or book
any treatment appointment contact:**

**DONNA SOMERVILLE
506 357 7007**

donnasom@nbnet.nb.ca OR www.donnasomerville.com

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If you wish to receive future copies please contact me
using the above contact information.**