

Donna Somerville presents:

A Correspondence Course

Hearing Soul Voice
Knowing Soul Wisdom

"I believe that my work as a medium is not a "gift", but a skill I have developed over the years. I believe that everyone has and can develop their "gift"/skill, in their own way.

I want to share what I have experienced and learned as a practicing medium. To do that, I invite you to follow the journey laid out in the course. This course is not to make "YOU" in to "ME", but to lead you to Your Most Skilled and Authentic Self."

Donna.

"Begin Your Journey to Your Intuitive Self"

To order the course or for more information call

506-357-7007

donnasom@nbnet.nb.ca

<http://www.donnasomerville.com>

Donna Somerville has been in the Holistic and Personal Awareness field since 1988. Both as a teacher and student, Donna has awakened many of her natural abilities which she now shares through private & long distance sessions as well as workshops, throughout Canada and the United States.

**Developing Your
Intuitive Communication**

Information Booklet

© 2002 Donna Somerville
Inner Workshop Series



**Subject: Hearing Soul Voice, Knowing Soul Wisdom
Correspondence Course**

Someone Interested
In Knowing Their
Authentic Self

Dear Someone:

I am so encouraged when I hear from people who are asking more of themselves. I look upon **Hearing Soul Voice, Knowing Soul Wisdom**, as a course that enables you to be in your life more easily and more fully.

In the following pages you will find the Introduction to the course along with the first requirement, a Letter of Commitment. The Introduction explains the perspective of the course, where it came from and how it works. The first requirement, Letter of Commitment, is fully explained in the sample course materials. We do not officially begin to work together on the course, until I receive your Letter of Commitment.

Now, to the costs. Along with your Letter of Commitment, I ask that you include a money order, made out to D. Somerville in the amount of \$295.00. You will receive in return, your **Hearing Soul Voice, Knowing Soul Wisdom Workbook** of teachings and exercises, two Guided Meditations on CD or cassette and access to an online group chat for course students.

In addition, you have access to me as a facilitator for four hours of coaching time, during which I can answer any questions, concerns or give you feedback on your journey through the exercises. All in all, I will be your personal guide through this process, regardless of how long it takes you to complete the course.

So, there you have it. The first step is in your hands. If upon reading this, you decide it is not for you, I will not contact you to follow up. This is Your journey and You decide its' direction and pace. I look forward to working with you, if you decide it is your path

Bless Your Heart



each day. This is a lot of time, therefore my intuition, or soul voice connection, is accurate and easy for me to access. This is not to say you must spend this kind of time, but do not expect it to be as accessible or as accurate in three hours a month as someone who invests much more time. It is all relative. The question I would like you to think about here is "how much time do you give your Soul to access and communicate with you?" This is your intuitive communication, the space for your Soul's voice to reach you. I do believe that everyone has complete access to communicate with their Soul, the "other side", God, call it whatever you want to call it. It is called "intuitive" because this form of communication is not tangible or readily explained. It is a knowing. It is being in the right place at the right time. Intuition is often confused with "luck" or "coincidence". I have come over the years to discount each of these words. I do not believe in luck and there are no coincidences. There is only the guidance from my Higher Self/God that comes to me through my soul's voice, my intuition.

“ Once you start looking for symbolism, you will be amazed at what you will see...and, once your Soul knows you are listening in this way, it will use symbolism much more often and more accurately. It can be the language of the Soul.

I developed this course because of client requests. So, please understand what follows is NOT the only way to access your soul's voice, but it is the way I was taught and what I experienced as I grew in my communication abilities. I share with you now what works for me. I ask you to experiment, and allow your path to intuitive communication with soul's voice to blossom in its own unique fashion. Please do not ever try to "be" me, or anyone else. Your unique abilities, once nurtured, will provide you with all that you will ever need. And, then, what a wonderful addition you are to our world - a flower blossoming in its own way, with its own fragrance and color.

And so, to begin...

COMMITMENT

To begin this process your first assignment is a "mental" exercise. We ask you to begin by giving some thought to what you want from this course and why. What made you want to be more intuitive? Do you believe that your Soul has a voice, and that you can hear it? What do

This course is set up to discover Your Soul's Voice by developing Intuitive Communication abilities. You will proceed through these pages and exercises at your own pace.

THE MOST IMPORTANT aspect of this entire course, is the idea that

INTUITIVE COMMUNICATION IS NOT A GIFT, IT IS A SKILL.

Viewing intuitive communication as a "skill" implies that it can be developed and improved upon. A "skill" implies that you seek out others with that skill and learn from them. A "skill" implies something you already have, will never lose, but something that can become rusty with lack of use. A "skill" also, and this is most important, implies that you must become committed to spending time practicing, and honing that skill.

Therefore, developing your intuitive communication with your soul's voice requires a commitment in order to become "good" at it. "Commitment" is a word that means many things to many people. Let's examine the word as I use it, in this context.

The first commitment required is to Your Self. A commitment that you want this skill and are willing to do whatever it takes to develop it. The second commitment is one of time and effort. Celine Dion has an amazing voice, but how many hours each day does she spend on keep-

ing that voice in shape? Hmm, never thought of that?

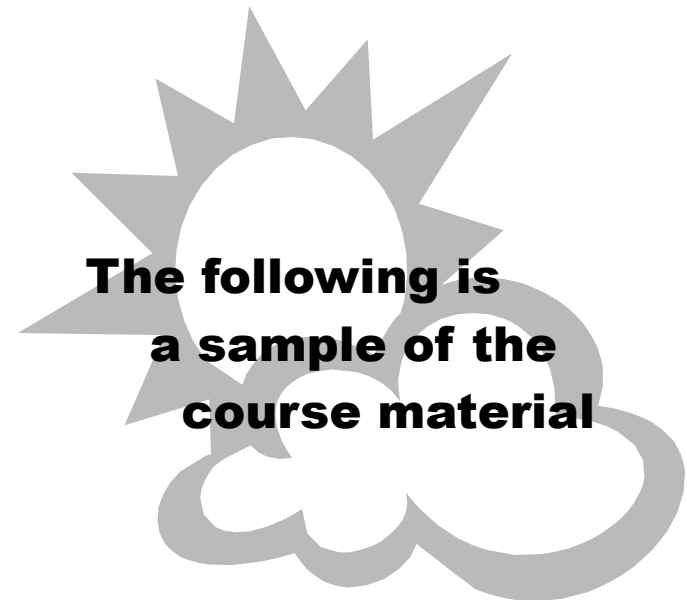
"To intuitively communicate...taking the concepts of faith or trust, and turning them into actions"

Your Soul's Voice, think of it as a presence that is always

there, but perhaps now only in a whisper. OR Your intuition, think of it as a

muscle that needs to be exercised and developed. Either of these require time and effort on your part. There is no "right" or "wrong" amount of this time and effort. However, if your lifestyle allows you to spend an hour, three times a month on these exercises; then you must allow for your development of your intuitive ability to hear soul's voice, to be in line with that amount of time.

Whenever someone compliments my skill at being intuitive, I remind them that I meditate 30 minutes a day, four or five days a week, and have for the last ten years. PLUS, I am actively seeking my soul's voice (and the soul voice of others) four days a week, four hours



**The following is
a sample of the
course material**

**HEARING SOUL VOICE...
KNOWING SOUL WISDOM
Through Developing Intuitive Communication**

Table of Contents	Page
Introduction	3
Commitment	6
Intuitive Communication as a Healing Process	8
The Foundation	11
Sacred Space	12
Gatekeepers	16
Prayer	23
Breath	38
Unified Heart Meditation Instructions	45
Foundation is Set - Let's Begin	47
- Symbolism	48
- Measuring Your Success	55
- Counsel of Caution	56
- Cards	57
- Psychometry	72
- Automatic Writing	86
Hearing Soul Voice/Knowing Soul Wisdom	108

INTRODUCTION

I have called this course “Hearing Soul Voice - Knowing Soul Wisdom” and I believe that the easiest way to discover and explore Soul’s Voice and Wisdom is through the development of your intuition. Before we get into the meat of this course, I wanted to begin by sharing my understanding of what I have come to know of “intuition” and how it is developed. For me, intuition is the Soul’s Voice and a medium through which you access Soul Wisdom. They are one and the same and I will use “Soul Voice” and “Intuitive Communication” interchangeably throughout this course material, for your intuition is “HOW” your Soul’s voice reaches out to you.

I have come to believe that intuition is an innate “ability” that everyone has within themselves. I do not see intuitive communication, or psychic ability, as a “gift” but as a SKILL. Often we have and more importantly “use” it, but never refer to it as psychic ability or intuition. The most common and accepted intuitive ability is that which is common with motherhood. The “knowing” connection mothers have with their children.

When I began this journey to becoming a medium, I had no idea that I was headed towards becoming a medium. I was in a high stress job and needed to relieve that stress in some way. I joined a meditation class purely for medical reasons and I smile as I revisit that memory. You see, over the years, I have come to understand the relationship between our soul and our human self. I smile because I now see that our soul orchestrates our lives with such perfection, that seldom do we really know where we are going or why. But, oh how much easier it would be for Soul to lead us, if we could identify it’s voice and follow it’s wisdom.

I believe that “developing intuition” in the beginning, is coming to that understanding - that our soul orchestrates our lives, which may mean leading us in directions that we are not even aware that we are headed. Later in our journey, through “using” that developed intuition, we move from understanding soul’s part to trusting it more and more. In fact, in the advance stages, more than trusting it - depending upon it. The advance stage of “intuition” is moving from an acceptance of your Soul’s part in your life to a dependence on your Soul, constantly. At this advance stage, Soul’s Voice becomes Your Voice. They can be one and the same.