

Heaven & Earth

Empowering YOU to heal your body, mind, spirit and soul

DECEMBER 3, 2008

(401) 286-1852

Happy Holidays & Merry Christmas!

It's been a tough year for many of us on all levels.....physically, emotionally, mentally, financially and spiritually. As we look forward to 2009 with a renewed sense of hope and awareness, I would like to take this opportunity to help you find closure for this past year. In order for us to vibrate at a higher frequency and attract the positive influences we want in our life, we need to raise that vibration and find peace within ourselves.

I would like you to use the ending of this year to plant hope for new beginnings. By letting go of the fear, anxiety and stress of your situation, you will prepare yourself for only good. Part of this letting go process includes Forgiveness, Acceptance, Grace and Gratitude.

Is there someone or something you need to forgive? When we think of forgiveness, we shy away from the act of forgiving, instead focusing on the outcome. By focusing on the act of forgiving, we can heal ourselves inside and out without becoming attached to the outcome. We do not necessarily have to forgive the wrong that was done or the party responsible, we need to forgive that it happened to us and move on from there. Only then, when we truly understand and believe that we no longer harbor the anger, frustration and anxiety toward the situation, can we start to live our life on a higher vibration and higher frequency.

We are asked, 'how can you forgive someone who abused you?' You are not forgiving the abuser; you are forgiving the act of abuse that was done upon you. You are choosing to no longer be a victim, and when you forgive this in your heart and truly believe it, you will release the pain of the hurt that was done.

When we find Acceptance in a situation, we know that although the outcome may not have been to our preference. Some things are out of our mortal control and are left to a higher divine source to decide. Can we influence the outcomes? I believe we can. I've seen it done. I've lived with the outcomes that have been positively influenced by changing my thought process and in turn, changes the outcome where I know it was for my higher good. Remember, we don't always get what we want, but we always get what we need. Finding acceptance in situations that resonates within you is part of the process.

When we think of Grace and Gratitude, we sometimes forget that Grace and Gratitude go hand in hand. As a collective society, we have forgotten how to live in a state of Grace and Gratitude. When things don't go our way, we are quick to assess blame. We blame ourselves, friends, family, doctors, God and we curse those who won't 'give us what we want'. By living in a state of Grace and Gratitude, we need to remember the opportunities we had to love and be loved, even if we have lost the one we loved.

We can experience the true meaning of Grace, Gratitude and even true grit when we are forced to see what we are really made of. We are stronger than we realize. YOU are stronger than you realize. Be thankful everyday in every way, even though you may not fully understand the reason for the event, situation or even the cause. There is a reason for everything. Open your hearts, your minds and you will see the little miracles before you.

This year is just about over. You survived it with the Act of Forgiveness, the Art of Acceptance and the Power of Grace and Gratitude; YOU can overcome whatever obstacle you are challenged with no matter how your story reads.

Spiritually Yours,
Donna Gaudette. B.Msc., LMT, RMT, CMP
Holistic & Spiritual Healing Practitioner

Heaven & Earth

To view this
newsletter on our
website or to print
it, please [click here](#).

Classes, Specials, News.....

For the month of December, we will be offering the following classes:

We will have a limited scheduled for classes for December. We are guided to offer Angels Among Us: Connecting with your Angels, Guides and Guardians on Saturday 12/13 for two separate workshops times. This will allow those who want to attend the choice to attend the first or second workshop.

12/13: [Angels Among Us: Connecting with your Angels, Guides and Guardians](#), \$33.00, 1:00-3:30

12/13: [Angels Among Us: Connecting with your Angels, Guides and Guardians](#) \$33.00, 6:30-9:00

12/16: [Guided Visualization for Positive Change](#), \$25.00, 6:30-8:30.

We will be offering more classes in January. Please, also check our website for information about flex scheduling where we can schedule a class around your availability. Most classes are also available as an individual one-on-one.

Angel Gatherings

Angel Gatherings are held for groups of 4-8 people at your home, office or business. Angel Gatherings are intuitive readings that help you receive messages, guidance and intuition from spirit and your guides. Angel Readings can be life altering, therapeutic or entertaining. It depends on what YOU are seeking to get from the reading. The process of the connection to spirit is pure and different for each individual. We believe that the energy you have in and around you can summon the energy needed to facilitate a powerful reading.

As part of the Angel Gathering, we offer a 30-45 minute open group discussion about angels, guides, spirit, etc. After the readings have been completed, Donna will facilitate a group discussion about contacting your angels and guides. She will also answer any questions you have. If the group is open to it, a guided visualization can be done to connect with your spirit guide. The cost is \$33.00 per person and each reading is done in private and last 15-20 minutes per person. For more information, please visit the website and click on [Angel Gatherings](#).

Special Offers for December

Take some time this month and relax, rejuvenate and reconnect. For all our newsletter subscribers, readers and visitors, we are offering **\$15.00 off** any one hour session on ALL our services (excludes classes, workshops, hypnotherapy sessions). Please mention this special savings when scheduling your session. This special offer is for all services scheduled for the month of December.

We also have **Gift Certificates** available! For every \$50.00 you purchase in Gift Certificates YOU will receive a Gift Certificate from us for a **FREE** complimentary 30-minutes session of your choice!

Just a note: we accept all major credit cards and gift certificates can be picked up in person, mailed or sent via email to you or the recipient.

We will be offering a free trial size of our custom blended aromatherapy spray, Sacred Space with any Gift Certificate Purchase!

Visit our Gift Shop online for crystals, candles, pendulums and other spiritual and metaphysical gifts!

Project Idea: Create a Vision Board for 2009

It seems that wherever you turn these days, there is talk about manifesting abundance and creating wealth. A fun project that I would like share with you is called Creating A Vision Board.

A Vision Board, also called a Dream Board, is a constant reminder of what you would like to attract and manifest into your own life. I will be creating mine this week for 2009. You can make as many as you like and although its fun, it's also a powerful manifesting tool.

Want to attract the positive things into your life for 2009?

[Create your own Vision Board!](#)

Its simple: take a piece of poster board or foam core board and draw a border on the perimeter. In the center, place your picture. Above your picture, draw or glue/tape your spiritual symbol. This can be any spiritual symbol you connect to, such as Angels, Buddha, Flowers, fairies, etc..its's your own personal preference.

Across the bottom of this board, write in your own handwriting or printing, "This or something better now manifests itself for me in divine timing of the universe"

Now browse through magazines, newspapers, etc and cut out pictures, sentences, phrases, etc that you want to attract into your life. This can be emotions, material things, classes, destinations, etc..anything you would like to attract into your life.

Once you have a good selection of items, glue them onto your Vision Board.

Put this vision board where you can see it daily. Connect to it and feel deserving.

[The instructions are also on our website!](#)

Heaven & Earth is a holistic and spiritual healing collaborative dedicated to empowering you to heal your body, mind, spirit and soul through healing sessions, information and interactive classes, workshops and events. We offer healing sessions for the following:

Holistic Massage Therapy
Integrative Holistic & Spiritual Energy Therapies
Charka Therapies
Energy Therapies
Spiritual Life Coaching
Spiritual Intuitive Readings/Guidance
Vibrational Healing
Aromatherapy
Guided Visualization for Positive Change
Holistic Hypnotherapy

Clients are seen by appointment only.

63 Old Greenville Rd.
North Smithfield, RI 02896

503 Main Street, 2nd FL
Medfield, MA 02052

(401) 286-1852

www.heaven-and-earth-holistic.com

<mailto:Admin@heaven-and-earth-holistic.com>