



# Heaven & Earth

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

JANUARY 18, 2009

(401) 286-1852

## Happy New Year!

I don't know about you, but I am so happy to be done with 2008! When we ushered in 2009 last week in the quiet comfort of our own home, I could feel the tears stream down my face. Why was I so sad? I stopped for a moment and realized that 2008 was a year of immense changes, challenges and decision-making. Many people I know have experienced the same trials and tribulations as we had.

But, through it all, we remained focused on our mantra '*this too shall pass*'. I can't remember how many times I said that over the last year—to myself and to my friends, family and clients. I awoke on New Years Day morning with a renewed sense of something unfamiliar to me. Was it joy? Was it defeat? I had been searching for a word all day, but had not been able to find the right one. The closest that I come to an explanation is a feeling of *peace*. For the first time in a long time, I feel hope. I have always been filled with gratitude for whatever good or not so good comes my way, but that day I felt empowered by those simple thoughts of hope and peace.

I do not make resolutions. I do; however, set goals for myself personally, and for the last few months of 2008, I had made up my mind that 2009 was going to have to be about **me**. Yes. I am going to take some time for myself and to start living my life instead of just existing in it. I have to remember to resign myself to what is and what will be instead of looking around the corner and wanting to know what is there. Not one for surprises, I have a feeling this year will be filled with many surprises.

Although I am not taking a break from my healing practice, I have been tossing around the many ideas and changes I have made to the website and to my healing practice over the last year. I do, however need to take some time and get healthy so I can implement the changes I want to make in my personal and professional life.

What changes are **you** making in 2009? Have you made your Vision Board yet? I am proud to say I finished mine on New Years Day! Within the next week, I'll post it on the site. If you've done a vision board and would like to share it with our readers and visitors to the site, email me a picture of it and we'll get it on the site. It's all about sharing, caring and empowering each other to be the very best we all can be.

My hope for all of you is to have an incredibly joy-filled year peppered with love, prosperity and surrounded by caring, loving people!

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## What's up at Heaven & Earth?

### Classes & Workshops

It seems that the month of January started to fill up in December and I will not be scheduling any classes for January. If you are interested in a particular class and I have at least 2 people interested in taking it, I can go ahead and schedule the class. Just email me your interest.

## Special Announcement!

When a student of mine shines and moves forward in their own life, I like to recognize that. A student of mine, and now a friend of mine, Becky LaRose has opened her own holistic healing practice. The name of Becky's healing practice is [Sacred Earth Holistic Healing](http://www.sacredearthholistichealing.com/) and I am so proud of her accomplishments and that she reconnected with the lightworker within.

Please visit Becky's site at <http://www.sacredearthholistichealing.com/>.

## Specials for January & February 2009

Got stress from the holidays? Why not relax with an integrative holistic and spiritual healing session? We can incorporate tuning forks, aromatherapy, guided visualization, reiki, energy balancing, crystal healing, etc into the session for a totally relaxing experience! At the end of your session, if you are guided to, you will receive a mini Angel reading!

We are offering this Integrative Holistic and Spiritual Healing Session for \$60.00 for 60-minutes!

Don't forget about our Angel Gatherings! We will come to your home to do private angel readings with your guests. At the end of the readings, we will have a question and answer session and a guided visualization experience to meet your spirit guide. Angel Gatherings are \$33.00 per person for 4-8 people. We are filling up fast with bookings for 2009! For more information, please call us at (401) 286-1852 or email us. More information can be found on the website also, just click on **Angel Gatherings**.

## Newsletter Changes

To allow some time for development of programs, services, etc, we will be sending out our monthly newsletter ever two months instead of every month. So this newsletter will cover January/February, the next will cover March/April, etc. I will send out newsworthy announcements as they happen, but as I promised when you signed up for our newsletter, we do not bombard you with email.

## Changes to Website and Message Boards

As always, we are making changes and upgrades to the site. At this point, we are not sure how much is going to be affected with the website, but you will only see subtle changes here and there for the next few months as we look to integrate some of our features. Unfortunately, our gift shop is going to be one of the casualties of the integration, along with the message boards and some other features. We found that the message boards and forums are not used enough to substantiate keeping that service.

But, we will still be able to communicate! I have come into the digital age a little bit more and have a Facebook account. So, if you are interested in chatting or catching up 'live' with me, please visit my Facebook page. Just search for Donna Gaudette. We are looking to expand groups on there and are excited of some of the features it has. Many of you know each other from classes, events, etc and you will be able to connect with people with whom you may have taken some of my classes.

## Empowering Women Group

I want to give a big 'thank you' to all the women who are participating in our group, **Empowering Women**. These women are amazing and dedicated to helping each other through journeys, life and learning. When we started this group, we weren't sure how it was going to turn out, and it has taken on a life of its own with the connections these women have made. We are up to 10 amazing women in our group and if you are interested in joining, please let us know. We may need to consider having our gatherings off site in a larger space to accommodate the interest this has generated. Rebecca Maddock-Dombrowski and I facilitate the gatherings and look forward to welcoming more women into our group!

## The Power of Affirmations

When we are feeling down and out or angry, it's easy to say a negative word or feel a negative emotion. Instead of giving into the negativity, change your thought by saying 'cancel, delete, cancel, delete' and replace the negative thought with a positive one.

As a courtesy to our readers, visitors, clients, we had been offering a Daily Affirmation via email. We have changed the material a little to provide you with not only affirmations by Louise Hay but affirmations from the Power of Intention by Wayne Dyer. If you are interested in receiving Daily Affirmations, please visit the [website](#) to sign up for it. Its FREE!

## Daily Message from the Angels

Many of you have signed up for Daily Messages from the Angels. The overwhelming response and your positive feedback has been incredible. We will be continuing with the **Messages from the Angels**, but it will be a weekly message, a little longer in length, with a kind of 'forecast' for the week.

This will allow more in-depth messages and channeled messages to be given. We're still working with the format and will let you know when we make the changes. In addition, those who are on the newsletter list to receive this newsletter will be automatically entered in our monthly drawing. Each month, I will draw a name from our newsletter subscriber list and the lucky winner will receive a one-hour Angel Intuitive Reading with me. Our first name will be drawn January 28<sup>th</sup>.

We will send out our next newsletter in March, and will send updates as they become available. Please continue to be kind to yourself and each other as we start and progress into the new year. Keep reaching for the stars and keep planting dreams.

You are all in my thoughts, blessings and prayers!

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

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**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.

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