



Heaven & Earth

What is a Spiritual Reading?

Spiritual Readings can be life altering, therapeutic or just comforting. It depends on what YOU are seeking to get from the reading. The process of the connection to Spirit and your Guides is done with the intention of facilitating a connection filled with love and light and is different for each individual. We believe that the energy you have in and around you can summon the energy needed to facilitate a powerful and often times empowering session.

What happens during the session?

At the start of the session, we call in our Guides, Angels, your Guides and Angels and ask the Archangels to help deliver the messages you need for your session for your highest good. We also ask that if a connection is made with a loved one, would you want to know. It is definitely ok to say 'no' to this. Some people come for sessions just for the guidance for themselves and have no expectations of connecting with a loved one.

Will I be able to connect with a loved one on the 'other side'?

The key to a successful connection is communication. If you are open to connecting with a loved one, they do not 'know' me but they do know you. If we are exchanging dialogue, chances are, your loved one will want to connect with you because they recognize the Spiritual Intuitive as the conduit for which the connection can be made.

Are Spiritual Intuitive Readings helpful for other areas of my life?

Do you have questions regarding a life path or event in your life for which you are seeking guidance? Perhaps the Angels and Spirit and our Guides can offer messages of hope, guidance, compassion and wisdom. We use our intuition as a guide to 'tap' into the reservoir of information and guidance being channeled to us. This could be information from your past, your past lives and even glimpses of things yet to come. Please remember, these are not predictions, just observations of what we 'see' through our intuitive ability. As human beings, we have free will to change the path in our lives and these sessions are just a guide.

Are the messages predictions in any way?

We do not give predictions or advise you on what color car to buy, where you should go for vacation...or to help pick lottery numbers. Intuition and predictions are two totally different areas. Our philosophy is “The Future cannot be forecasted, it must be created”.

What kinds of messages or intuition can you offer?

Your session will be filled with positive spiritual energy and the messages received are delivered with peace, joy and compassion and allows you, the receiver, to feel safe, secure and totally at peace. We can discuss the information at any length you choose, or you can simply choose to ignore it. It is up to you.

I've had a reading or 'card reading' done in the past and how is this session different?

Often times, if you've had a prior experience with a reading from someone else that didn't go well or was riddled with strife or bad news, you will have those misconceptions carried over into your outlook for a Spiritual Reading. We ask that you release those negative or self-limiting beliefs before coming for your session.

What do you use to facilitate a Spiritual Reading?

Donna uses many tools to facilitate a reading. Aside from using her intuition, she calls on the angels, guides (her own and yours) to help with the session. Often times, Donna will use Spiritual Oracle cards, crystals, aromatherapy, candles, music and other spiritual means to facilitate a session. The spiritual oracle cards are beautiful cards designed by such famous visionaries such as Louise Hay, Wayne Dyer, Doreen Virtue, Sylvia Browne, Cheryl Richardson, Denise Linn and more.

These cards are a guide and are used interpretively. All crystals and minerals have a purpose. The crystals and minerals chosen for the session will be for your highest intention to help the vibratory level resonate. Aromatherapy is done in a spiritual sense using subtle ancient blends taken from spiritual texts. Spirit is drawn to a candle flame, so it's important to have at least one candle lit. We use unscented candles or very lightly scented candles that are aroma therapeutic. Music is an integral part of any session and the music chosen resonates peace and relaxation.

Will I be given suggestions on how to help reinforce the information from my session?

If you are open to receiving information and guidance, then we will recommend tools and things you can do on your own well after the session is finished. This may include recommendations for books, music, other practitioners, etc. Your session truly does not end after you walk out the door. We will continue to offer guidance....you just have to ask.

Will I get ‘bad’ news or ‘good’ news during my session?

It is not the job or intention of Donna to 'filter' through the information. What she sees, is what she will deliver....but it is delivered with love and compassion. Often times we ‘see’ or ‘hear’ things that make no sense to us, but they may make sense to you...because we are getting information at a higher vibrational frequency, we sometimes just get words, pictures, glimpses, smells, tastes, feelings, emotions and images. Because they are speaking to us sometimes very quickly, we have to get out as much as we are given.

Is there anything else that I can expect from the session?

You will find that the Donna can deliver guidance and even just be a good listener should the information being delivered to you evoke happiness, tears, joy, sorrow or even grief. It is not uncommon during a Spiritual Reading to feel a release of pent up sorrow or grief, frustration or even joy. Our clients often times leave the session feeling as if a weight has been lifted off their shoulders. You can expect to feel safe, nurtured and secure in your thoughts, feelings and emotions during your session. We are not here to judge you; we are here to lend love and support.

I have specific questions or areas that I need of some guidance in my life, how can a session help me?

We are often asked if Spirit and Guides can help us with certain things such as a decision we need to make in our life and this decision is tugging at our soul and emotions. If you have specific questions you would like to ask your Angels and Guides, please feel free to communicate those questions during the session. Please do not expect direct answers to your questions. Everything is given as it is for a reason. We may not know why we’re given a certain phrase or image, but it sometimes makes sense in the near future. You are welcome to write your questions down prior to the session and bring them with you. Spirit and the Angels love to help with guidance!

What is my part in the session?

To facilitate a desired outcome, Donna will ask questions and expect feedback from you. If you have had tarot or psychic reading in the past you may have been expected to sit there and not ‘give any information’ or talk to the person doing the reading. The type of Spiritual Reading we facilitate is the total opposite of what you may have experienced with a tarot or psychic reading. A positive outcome depends on your willingness and desire to participate in the process. You are coming to the session with the intent of learning how to empower yourself through an issue or event in your life.

If I talk to the Spiritual Intuitive during the session, won’t she use the information to formulate a response?

Most people seeking out the help of a Spiritual Intuitive for guidance are doing so because they wish to facilitate change in their own lives. It’s not to find out the future or predictions. Please do not schedule a reading if you are not willing to participate in the connection. It is not Donna’s desire to play 20 questions or to 'guess' what you want answered. There will be no ‘leading’ questions, but if we are intuitively picking up on something, we will ask you for validation. We are not ‘fishing’ for information, but want to make sure we are in the ‘right church, right pew’ before continuing.

Have you had clients that you were not able to read or do a session with?

Although rare, it does happen. This happens for one reason or another. The person may have been coerced into coming for a session or they may not be ready to hear what they need to hear. In any event, if you are un-readable and we are not able to enter your field of energy to do the reading, we will let you know right away. Please know that this is not always the fault of the person coming for the reading. Often times, clients insist that they really want to be there, but Spirit knows the truth and sometimes they know the person is not ready to receive the information that they need to hear.

Why am I asked questions when I call for the session?

We ask a few questions when you call to schedule the session only because we want to ensure that you are coming for a healing session and guidance and not for a predictive reading. I no longer do general readings because I have found that the expectations of the people who were scheduling readings had been something that did not resonate within my soul. Spiritual readings and sessions are done with the intention of goal setting and helping you through a rough point or issue in your life. Spiritual guidance is a major part of the reading.

Can I bring someone with me?

You can certainly bring along someone for the reading. If they are there for support and are to remain in the room, that is fine. If they are to just go with you and wait for you, then they are welcome to wait in our office where this is plenty of reading material.

My daughter/son would like to have a reading. Is that possible?

We ask that children under the age of 18 have a specific reason for needing a reading and the parent must remain in the room where the reading is held at all times. No exceptions.

What types of payment do you accept?

We accept cash, credit cards and checks.

How often can I have a reading?

You can have a spiritual life coaching/empowerment session as often as you need to. We ask that you not rely on the Spiritual Intuitive to 'give you the answers' to life's questions and to not become addicted to the process. You have the intuitive ability inside of you to find these answers. Often times, it's just reaching into your soul and pulling out the tools that you were born with but forgot how to use.

What are Donna Gaudette's qualifications?

Donna Gaudette holds a Bachelors Degree in Metaphysical Science along with certification as a Certified Metaphysical Practitioner and Certified Metaphysical Minister from the University of Sedona. She also is a Licensed Massage Therapist, Certified Clinical Hypnotherapist, Certified Angelight Messenger and Reiki Master Teacher. Donna is pursuing a PhD in Metaphysical Science.

What is the difference between a Spiritual Reading and Spiritual Life Coaching/Empowerment Session?

There really is not much difference. A Spiritual Reading is usually a one time session you schedule when you are in need of empowerment or guidance.

A Spiritual Life Coaching/Empowerment session is more involved and has more talk 'therapy' involved. It is usually for issues on-going in your life that you are seeking to find a solution or guidance to in a spiritual way.

There are often times that during a reading, we use techniques that we use for Spiritual Life Coaching/Empowerment to help you address or acknowledge an issue or energy blockage in your life. Sometimes just talking through the issue can make a world of difference.

What if I need a longer session than I scheduled?

When we did sessions in the past we would offer session anywhere from 30-90 minutes. We have changed the policy for Spiritual Readings. With this change, we ask that the client be willing to commit for either a 60 or 90 minute session. When you book a session, we allot that time for you. We try not to book sessions back to back, just in case the session needs to be extended at the request of the client. When there is 5 minutes left to your session, we will let you know. If there are no other appointments scheduled immediately after yours and you wish to continue, please let Donna know. Please also note, that you will be charged for the additional time. If after the end of your session, you decide that you need to schedule an appointment for Spiritual Life Coaching/Spiritual Life Empowerment sessions, we can do that for you.

How do you handle seeing clients in your residential space?

It was a personal choice to relocate our healing practice to North Smithfield, RI. This decision was based on many factors. We use two healing rooms to see clients. One room is for readings and therapeutic sessions and the other is our office that we use also for classes and for sessions involving talk 'therapy'. You are assured privacy during your session.

Do you have any other offices in which you see clients?

Yes, in Medfield, MA.

Can you come to my home to do a session?

We do not offer Spiritual Readings in this capacity unless there are extenuating circumstances. Please feel free to call Donna to discuss your circumstances. We do make exceptions to certain situations.

Does Heaven & Earth still do distant and email readings?

Heaven & Earth will continue to do distant and email readings until further notice. Please visit the page on the website to learn more about Email and Distant Readings/Sessions.

What are Angel Gatherings and how is it different from Spiritual Readings?

We do offer Angel Gatherings and Goddess Gatherings for 4-8 people. The information on this is listed on the website. The difference between an Angel Gathering reading and a Spiritual Reading is that the Angel Gathering sessions are not as in-depth as a Spiritual Reading. This is not to say that you would not benefit from an Angel Gathering reading, but where an individual Spiritual Reading lasts an hour or more, a reading done at an Angel Gathering is usually only 15-20 minutes per person.

I still have some questions as to whether this type of session would be helpful for me, what do I do?

You can call Donna at Heaven & Earth at (401) 286-1852 or email her at DGaudette@cox.net. Donna offers free initial consultations via phone, in person or via email.

What is the cost of a session?

The cost of a Spiritual Reading is \$60.00 for 60-minutes, and \$90.00 for 90-minutes. The cost of a session for Spiritual Life Coaching or Spiritual Empowerment Sessions/Spiritual Advising is \$35.00 for a 45-minute session and \$50.00 for a 60-minute session. If you are in need of weekly consecutive sessions, the cost is \$40.00 for a 60-minute session or \$25.00 for a 45-minute session.

I am ready to schedule a session, what do I do now?

You can call Donna at Heaven & Earth at (401) 286-1852 or email her at DGaudette@cox.net. Donna will ask you some questions to ensure that you would benefit from a Spiritual Reading. If you are scheduling your session via our online scheduling, you can expect a call or email from Donna within a few hours to discuss your session.

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