



Golden Visions

Volume 2, Issue 2

September-December 2003 ++

...The Adventure Continues...

It's been nearly one year since the last newsletter. What is the same? I am still practicing out of the Ivy Cottage in Osseo. That's it. My home in New Hope sold last September. In December of 2002 my sister and I purchased a home in Silver City, New Mexico. In July I decided to sell the duplex I had purchased in Champlin in order to "be more accessible." I now rent space at a friend's home in Roseville and work both in New Mexico and the Twin Cities intermittently. Talk about exciting... and sometimes emotionally challenging, with changing environments every few months. Life is very different in this latest chapter!

Currently I am in New Mexico. I recently finished the book, *Becoming Multisensory* (whew!!!) and plan to promote it beginning with the grand kick-off (see below) on 9/20, followed by book signings in the Twin Cities, Madison, Kansas City, and other northern areas, and will be in the Twin Cities area through December. From

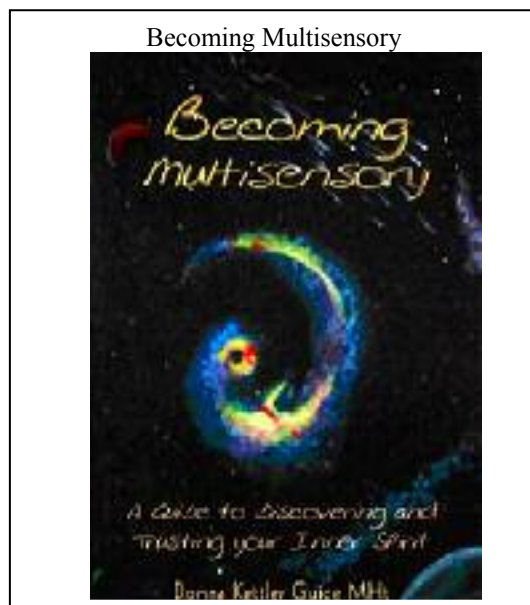
January through April of 2004 I will be based in Silver City, NM where I will be having a book kick-off in February.

I have finished training and am now a Transpersonal Hypnotherapy Trainer, which means I will be training and certifying people as hypnotherapists beginning in November of this year. The first training will be in the Twin Cities in November and the next class will be in Silver City at the New Mexico College of Natural Healing in February of 2004. On the following pages is a schedule of events at the Ivy Cottage as well as more information about the Hypnotherapy training, where to purchase my new book, and my class schedule. Relax as you read the rest of the newsletter, let me know if you have any questions regarding anything at all, and **MANY BLESSINGS**, always!

It's great to finally connect again! *Donna*

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Book Cover Art, "**Cosmic Birth**" by Nathan W. Guice, © 1999



BOOK KICK-OFF at the Ivy Cottage!

Come meet the author, get your autographed copy of her new book, "Becoming Multisensory," enjoy food, drink, socializing, a used book sale, & music by local musicians!

Saturday, September 20, 2003

1:00—6:00 PM

◆◆◆ **Musical performances by** ◆◆◆

Bill Campbell of "The Fanatics" & "Nobody's Poet"

and

"The River's Voice:" **Trish & Richard Bruxvoort Colligan**

Donna's Class Schedule (Dist. 281 only)

The following classes will all be conducted through District 281 and you need to call 763-504-6999 to register! If you have any questions about the content of these classes, call or email me at the numbers in this newsletter. I will be happy to tell you more about any class you're interested in!

Guided Meditation - Open to anyone wishing to experience inner peace, deep relaxation, more self-confidence, self-reliance. Practice visualization techniques and learn to connect with your intuition for guidance. Donna will guide you and teach you some effective meditation methods. Learn techniques for clearing your body, mind and spirit in order for you to relax more deeply. Donna Guice is the Founding President of Golden Visions Center and is a Master Hypnotherapist. Optional guided meditation tapes are available from the instructor for \$10, CD's for \$15. **Please bring a pillow and/or blanket and wear comfortable clothing.** Four consecutive Tuesday classes.

Dates/Time: Tuesdays, 11/11, 18, 25, and 12/2 7:00 - 9:00 PM Fee: \$66.00

Weight Release – Using the awesome power of your mind and its ability to change without conscious effort, release all the excess weight you desire beginning now! Accomplish your goals regarding your self-image. Bring about the change you desire on all levels through positive suggestions and visualization. Create a healthy state of being from the inside out. Donna Guice is a Master Hypnotherapist and Founding President of Golden Visions Center. **Please bring a pillow and/or blanket and wear comfortable clothing.** A \$20-30 materials fee is payable to the instructor (for 2 tapes or CDs) Three classes.

Dates/Time: Wednesdays, 10/8, 11/12, and 12/3 7:00 - 9:00 PM Fee: \$44.00

Communicating with your Angels – Experience deep relaxation while in a safe, mild trance. Connect with your higher guidance. Enhance your psychic and intuitive gifts. Fly with your Spirit Helpers! Train yourself through self-hypnosis to listen more clearly to the guidance that is with us constantly. Master Hypnotherapist Donna Guice will discuss how self-hypnosis can assist us in achieving anything we set our minds to. You can train your unconscious mind to agree with what your conscious will desires. You may also choose to share your personal Angel story with the group. ***A very enlightening experience!*** Donna Guice is the Founding President of Golden Visions Center. **Please bring a pillow and/or blanket and wear comfortable clothing.** A \$10 materials fee is payable to the instructor at the first class only. Two classes.

Dates/Time: Tuesdays, 10/7 and 12/9 7:00 - 9:00 PM Fee: \$33.00

Becoming Multisensory - Part 1 and 2

The process of "Becoming Multisensory" is a six-step process, which allows people to make their own choices using every sense, including their intuition. **Part 1 (Beginning)** focuses on the six steps of this process, using stories from the facilitator's personal experiences. Donna will also guide you through self-hypnosis sessions and/or meditations that will allow you to facilitate this process. In addition, you will: © Discover gifts within you that were hidden or "stuck" © Enhance your intuitive abilities © Relax more deeply than you thought possible © Invoke a keener awareness of nature's signs © Open doors to create the life you once only dreamed of, © Discern how to initiate wise decisions, that are based in love and for the good of all. In **Part 2 (Intermediate)** we will talk about © Dreams and their significance in your life, © Auras, © Charkras, © Learn about clairsentience, clairaudience, and other psychic and intuitive abilities plus much more! This is an extremely self-empowering workshop where you can discover what a gift life is simply by becoming aware! Donna Guice is the author of ***Becoming Multisensory: A Guide to Discovering and Trusting your Inner Spirit.*** She is a Master Hypnotherapist and Founding President of Golden Visions Center. Hours attended can count towards Certification in Becoming Multisensory©.

Part 1 - Beginning (3 sessions)

Date/Time: Mondays, 10/6, 13 and 20 7:00 – 9:00 PM Fee: \$44.00

Part 2 - Intermediate (6 sessions)

Date/Time: Mondays, 11/10, 17, 24, 12/1, 8, and 15 7:00 – 9:00 PM Fee: \$88.00

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UPDATED CONTACT INFORMATION:

In Minnesota:

Golden Visions at the Ivy Cottage
33 Fourth St NW Sept 16 thru Dec, 2003
Osseo, MN 55369 May thru July, 2004
Nov thru Dec, 2004

In New Mexico:

Golden Visions New Mexico
116 West Tenth St Jan thru April 2004
Silver City, NM 88061 Aug thru Oct 2004

Web & E-mail:

www.donnaguice.com
donna@donnaguice.com

Phone Numbers:

651-330-4832 MN
505-534-1291 NM
612-709-5578 Cell

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CLASSES AT THE IVY COTTAGE

Your Soul is calling - are you home?

Move over personality, your soul wants to shine! The wise masters say - Know Thyself, do you? Join us for a 5-week journey within. Drawing from the Ageless Wisdom Teachings from our great sacred texts, your inner voice will become stronger, your decisions clearer and you find yourself opening easily to simplicity and joy. Wednesday evenings at the Ivy Cottage. 7:00 - 9:00 Oct 8 & 29, Nov 5 & 19, Dec 10

Visit www.baglien.com for further information or call Jodi at 612.802.9483

Offerings by Trish Bruxvoort Colligan Spiritual Director and Recording Musician

Women's Ritual Circle Trish Bruxvoort Colligan, facilitator

How might your life have been different if there had been a place for you to learn, honor and celebrate the Soul of Woman? Based on A Circle of Stones: A Woman's Journey to Herself, Judith Duerk

As women before us we will honor the four directions and pass a talking staff as we seek to deepen our lives to the pulses of Spirit.

Wednesday evenings at the Ivy Cottage. October 1 & 22; November 12; December 10

Spirit & Sound: Chanting & Drumming Circle Trish Bruxvoort Colligan, facilitator

"If you can walk, you can dance. If you can talk, you can sing." *Zimbabwean Proverb*

Come! Explore the intersection of Spirit & Sound through communal drumming, singing, toning and chant. Bring your drum! A small supply of drums and percussive instruments will also be available. Wednesday, October 15 at the Ivy Cottage.

Sacredness Everywhere: Ritual as Spiritual Practice November 14-16

a weekend retreat for women Whispering Pines Retreat Center; 75 miles North of the Twin Cities

Visit www.raindancer.net and www.riversvoice.com for more information. Or call 612.203.4521

Autumnal Equinox and Winter Solstice Celebrations

Hosted by Jodi Baglien and

Trish Bruxvoort Colligan.

A time to gather in ritual, silence and song. Wednesday, September 24th, and Wednesday, December 17 - Love offering requested.

Visit www.baglien.com and www.raindancer.net for more information.

Spiritual Book Club

Wednesdays, Sept. 17, Oct. 15 and Nov. 19 7:00 -9:00 PM

Facilitator: Donna Guice

Discuss a different spiritually-oriented book each month. For more information call or email: donna@donnaguice.com Ph: 651.330.4832

For more class offerings at the Ivy Cottage, go to:

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Courses for L.I.F.E. Expo October 18

WHEN: Saturday, October 18 9:00 am- 5:00 pm

WHERE: The Osseo Community Center, 415 Central Ave., Osseo MN and the Ivy Cottage 33 Fourth St. N.W., Osseo MN 763-315-0086

Collect a **FREEBIE AT EVERY BOOTH***.

Relax with massage therapists & well-being practitioners. Forum.

Receive the guidance of intuitive readers.

Attend speaker sessions and book signings.

♥ Enjoy a free demo on Emotional Freedom Technique (EFT).

♥ Ask questions of local intuitives at the *new* Intuitive

♥ Creative Children's Corner for children aged 6-11.

♥ Live music- Bill Campbell of *The Fanatics & Nobody's Poet*.

NEW INTUITIVE FORUM!

Receive guidance from local intuitives. Hear what they have to say about future events. Questions are welcome from the audience.

Moderated by IAN PUNNITT of 107.1 FM

Speakers: Kathryn Harwig, Donna Guice, Debra Luptak, Valerie Lis & more!

\$5 admission includes all speakers & FREEBIES. *Minimum 200 freebies at every booth.

CONTACT: Valerie Lis or Brenda Campbell SilvaMNBC@aol.com



Book signing by Kathryn Harwig, "The Intuitive Advantage"



Book signing by Donna Guice, "Becoming Multisensory" A Guide to Discovering and Trusting your Inner Spirit.

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What in the world is going on?

This past year I've received a lot of information relating to what's going on around us and within us. I've listened to and acted upon some immediately; some I've ignored for awhile, but I've continued to LISTEN, which still seems to be one of the primary messages.

There continues to be great change occurring on every level—environmental, emotional, physical, spiritual—you name it, there is change happening. Our job (*should we choose to accept it*) is to "be in tip top shape" for the coming events. That of course mean on all levels, not just physical—but it DOES include the physical. I have always focused on my spiritual health, putting physical health somewhere on the back shelf "when I felt like it;" now it seems I'm being pushed and prodded to work on the physical more than ever. Of COURSE I fight this—but not as much as I used to! The spiritual work seems to come so naturally and the physical is quite a bit more challenging. Yet it IS TIME to make change and get ready for even more "shift" to happen. We

are asked to be strong, courageous, and again, LISTEN and be AWARE. There is always the support we need, if we just ASK.

Keep evolving. Keep shining your light. We are all deeply powerful, loving, and sometimes vulnerable beings... but we are never alone. ***KNOW how deeply loved you are!*** Blessings and Peace, *Donna*

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I will be taking Michael Newton's ("Journey of Souls" and "Destiny of Souls") Lives-Between-Lives workshop this November. He has developed a regression technique to guide people through very detailed "in-between lives" experiences. I have always been drawn to his work yet never took the time to learn it—until now! This is the last time he will be teaching the course so I feel privileged to be able to work with him!

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Have you heard about the Masters Miracle? I am totally amazed by the wonders it is working for me (and others). If interested, call or check out this site from Internet Explorer:
122308.themastersmiracle.com

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Come visit Donna at the Edge Life Expo, November 14, 15, & 16— Booth 222

I will be facilitating a free, one hour introductory workshop on Becoming Multisensory at the Edge Life Expo. My new book, *Becoming Multisensory*, will also be available for sale as well as meditation and self-hypnosis tapes, CD's and various other items. I will be doing readings and autographing books as well. Come enjoy the Edge Expo, find Christmas gifts, and rejuvenate your mind, body, and spirit! **YOU DESERVE A TREAT!** For more information check my web site (www.donnaguice.com) or the Edge Newspaper. *I look forward to seeing you!*

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What is Transpersonal Hypnotherapy?

Transpersonal hypnotherapy is an orientation toward hypnotherapy that is shared by an increasing number of holistically-oriented practitioners who are ready to take the concept of holism to the next logical step: where holism takes body, mind/emotions and spirit into consideration. Transpersonalism goes beyond the individual to consider the deep connections

between human beings and our capacity to transcend the limitations of a three-dimensional consciousness. In transpersonal hypnotherapy, there is an emphasis on the innate spiritual resources within each individual, along with the assumption that the guidance of a Higher Power will prevail within the therapeutic relationship, synchronistically bringing those insights and experiences that lead to the client's highest good.

Are You Ready... to become a Certified Hypnotherapist?

Have you thought about becoming a transpersonal hypnotherapist?

Now is the time to consider facilitating sessions that can change people's lives. Hypnotherapy has changed my life dramatically as well as the lives of hundreds of clients.

IF YOU DESIRE TO LEARN A POSITIVE, HOLISTICALLY ORIENTED APPROACH TO PERSONAL TRANSFORMATION, give me a call. I will be facilitating a Transpersonal Hypnotherapist Certification program in the Twin Cities of MN in 2003, and in Silver city, NM, and Sedona, AZ in early 2004. If you are ready to take this fantastic step in YOUR evolution and feel this is part of your soul's journey, please contact Donna Guice NOW, for more information!