

**Golden Visions Newsletter
1/2005**

Greetings from New Mexico!

I hope this finds you warm and ready to challenge (and ENJOY) the upcoming year! I am hoping to do a snail mail (newsletter) before the rates go up, but not certain that will be manifested at present. Here is a brief outline of upcoming events and classes that will be held in Silver City and Minneapolis. If you are interested in attending, please let me know. You can call me with any questions as I feel there may be some items not too clearly described as I feel right now it's important to get the information out to you, in whatever manner possible. (I think this means I may not have thought it out as clearly as I would like, but it was primarily important to get the basic information to you asap!) There is more information relating to these classes at: www.donnaquice.com <<http://www.donnaquice.com/>> or call me at the numbers below if you have any questions.

I will be in New Mexico from January through April 30, 2005. Address: 116 West Tenth St, Silver City, NM 88061.

I will be in Minnesota from May 10 through July 31, 2005. Address: (Ivy Cottage) 33 Fourth St NW, Osseo, MN 55369.

I am back in New Mexico from August 12 through October 27, 2005 I am back in Minnesota from November 1 through December 31, 2005.

I am talking with Normandale Community College relating to teaching the hypnotherapy through them this fall/winter. It feels like this is going to happen as they are forming a fabulous Integrative Health and Healing program through the Continuing Education Department and are very interested in offering the hypnotherapy. They are offering a wide variety of classes and workshops facilitated by Master Lin, Carole Hyder, Lori Palm, Jodi Baglien, Lucille Crow, Jackie Mielke others, and I highly suggest you check it out! (www.normandale.edu/continuingeducation or 952-487-8343) It feels right, and may I add a premature "Yippee!!!"

On a more personal note, last year I continually felt I needed to start weekly classes again – then I read Dannion Brinkley's third book as well as Kryon's Book Ten – and BOTH validated the fact that we need to GET MOVING! We need to gather regularly; we need to volunteer – to GET INVOLVED and make a difference. I also highly recommend you read both of these books to get your motivation sparked, if it has been low. I'm going to look into hospice again, and am focusing on meeting weekly both in NM and MN – I'm not sure who will be facilitating the Minnesota classes in my absence, but that is being worked on. Any VOLUNTEERS? (heh heh). It is for a non-profit! Just let me know! Both books reminded me of who we are, and why we are here. It is time for us to stop giving this lip service and begin doing what we came here to do... and that is different for each of us. Search inward and see what is calling you. It doesn't have to be hospice or healing – but look to doing something you are passionate or at least a little excited about. If none of this works for you, then consider focusing more prayer or meditative thoughts outward and inward. We DO make a difference.

Enough for now. Now read on, and DO keep in touch!

...Upcoming Classes and Events for New Mexico!

PLEASE CALL or EMAIL TO REGISTER FOR ANY OF THESE CLASSES OR EVENTS! 505-534-1291

Wednesday nights beginning 1/12/05 6:30 - 8:30 PM – Silver City, NM
Group meditation, spiritual support and much more – as will be determined as the classes evolve.

Location: Golden Visions – 116 West Tenth St., Silver City NM 88061. Corner of 10th and Grant.

Donation suggested but not mandatory. Donations will support ongoing classes, cost of tea, and support of Golden Visions Center, a non-profit corporation with a vision of sponsoring more events and classes in the future.

Sunday, 1/16/05 4:00 – 8:00 PM – Silver City, NM

New Mexico College of Natural Healing – Pot Luck – Give Away and Used Book Sale. NO FEE. Bring a dish to share and an item or items you are willing to pass on to someone else, or something you received but will not use and feel someone else would like it. (candles, pictures, knick-knacks, rocks/crystals, jewelry...) There are also going to be books for sale and the profits all go to Golden Visions Center in order to fund future events. If you wish to donate some used books to the sale, contact Donna in advance. Enjoy a variety of food, items you may like to take home with you (in exchange for what you brought), and have a wonderful social time! Give Away items that are left over will be donated to a charity like Goodwill.

Transpersonal Hypnotherapy Certification - 5 days

January 21, 22, 28, 29, & 30, 2005 – Silver City, NM or

August 19, 20, 21, 27, & 28, 2005 – Silver City, NM

Master Hypnotherapy Certification - 5 days

March 4, 5, 11, 12, & 13, 2005 – Silver City, NM or

September 9, 10, 16, 17, & 18, 2005 – Silver City, NM

Life-Between-Lives Spiritual Regression Certification - 4 days

April 15, 16, 17, & 18, 2005 – Silver City, NM or

October 7, 8, 9, & 10, 2005 – Silver City NM

Hands-on and Intuitive Healing Workshop - 1 day February 12, 2005 – Silver City, NM

Becoming Multisensory – six consecutive Thursdays – 7-9 PM January 20, 27, February 3, 10, 17, & 24, 2005 – Silver City, NM

Past Life Regression/Life-Between-Lives Spiritual Regression Friday, February 25, 2005 – 6:30 – 9:30 PM – Silver City, NM

....and what's upcoming for Minnesota?

Transpersonal Hypnotherapy Certification – 5 days May 20, 21, 22, 28, & 29, 2005 – Ivy

Cottage, Osseo, MN or November/December dates to be determined – they will probably be scheduled through Normandale Community College from November forward.

Master Hypnotherapy Certification – 5 days June 3, 4, 10, 11, & 12, 2005 – Golden Valley, MN or November/December dates to be determined – they will probably be scheduled through Normandale Community College from November forward.

Life-Between-Lives Spiritual Regression Certification – 4 days July 28, 29, 30 & 31, 2005 –

Golden Valley, MN or November/December dates to be determined – they will probably be scheduled through Normandale Community College from November forward.

Wednesday nights beginning 1/12/05 7:00 – 9:00 PM – Ivy Cottage, Osseo, MN

Group meditation, spiritual support and much more – as will be determined as the classes evolve. Location: Golden Visions at the Ivy Cottage – 33 Fourth St NW, Osseo, MN 55369.

Donation suggested but not mandatory. Donations will support ongoing classes and facilitators, cost of tea, and support of Golden Visions Center, a non-profit corporation with a vision of sponsoring more events and classes in the future.

Semi-Annual Pot Luck - Give Away – Used Book Sale Friday, 7/15/05 6:00 – 9:00 PM

Ivy Cottage, 33 Fourth St NW, Osseo, MN 55369

NO FEE. Bring a dish to share and an item or items you are willing to pass on to someone else, or something you received but will not use and feel someone else would like it, (i.e., candles, pictures, knick-knacks, rocks/crystals, jewelry...) There are also going to be books for sale and the profits all go to Golden Visions Center in order to fund future events. If you wish to donate some used books to the sale, contact Donna in advance. Enjoy a variety of food, items you may like to take home with you (in exchange for what you brought), and have a wonderful social time! Give away Items that are left over will be donated to Goodwill.

There will possibly be more classes in Minnesota, but they are not “in stone” at this time. If you are interested in a class in Hands-on Healing, Becoming Multisensory, or a group Past Life/Life-Between-Lives workshop, please let Donna know.

Blessings, Peace, and Love to each of you and yours for this upcoming prosperous and evolutionary new year!

Donna

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