



# Chris Donovan Studios

INSIGHT COUNSELING AND SPIRITUAL HEALING



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## Chris Donovan



Chris is a Clairvoyant Tarot reader and Astrological Guide with over 30 years experience. Her intuitive guidance comes through Clairvoyant images, Angelic and Ascended Master teachings, and the Tarot Cards. A session with her will reveal your current Astrological opportunities and bring you into a deeper awareness and connection with Nature-based wisdom



## Seasonal Wisdom

Issue #1

2009-2010

### Welcome,

In this amazing time of cleansing and transformation, I believe it is imperative that each of us honor and respect the consciousness of the Earth, and bring our personal dreams, choices and ambitions into a stronger alignment with Nature's evolutionary process.

This issue is the first of a new series of 8 messages called "Seasonal Wisdom" for the 2009-2010 year. The framework and timing of this series is based on the Celtic calendar of 4 seasonal celebrations ( Samhain, Imbolc, Beltane, Lughnasadh), 4 solar events (Winter Solstice, Summer Solstice, Spring Equinox, Vernal equinox) and Astrological activity. The Celtic calendar format is intended to support each soul in developing a deeper partnership in the grand dance with Nature. The ancient wisdom encourages and inspires us to remember our natural flow, to honor and observe the rhythms, insights and opportunities each season offers, and to make quality choices that are in sync with the Divine.

## Celtic Festival of Samhain

and healing.

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We begin at this time with the festival of Samhain (pronounced 'sow'inn') celebrated on the eve of Oct 31, marking the Celtic New Year and the beginning of Winter, the dark half of the year. All life germinates first in darkness. The darker, shorter and colder days are a fine time to harvest the growth and wisdom we have experienced in our lives this past year and to prepare, to turn inward, and consider what seeds we will plant and nurture for new growth to emerge in our lives in the Spring. Samhain is a supernatural time, when the gateways to the otherworld are open allowing the Spirits of Ancestors, Gods, Goddesses and the Faeries to move among us and communicate to us their knowledge wisdom and memory of ancient times. The modern festival of Hallowe'en, All Saints Eve, derives from Samhain.

### ∞ Samhain Meditation ∞

To begin, invite one of your Ancestors that has been a source of strength and inspiration for you to a special Samhain evening meditation. Just as you would set up a date with a friend, create a sacred, quiet space for this meeting and respectfully hold to a specific time for connecting with their Spirit. A picture, a personal item of theirs or a gift they have given you may enhance your connection. At the set time, making sure you will not be interrupted, center yourself in a comfortable position, close your eyes and bring awareness to your breathing. Find a relaxed balanced rhythm of inhale and exhale and say out loud, "The Light of the Divine surrounds me, the Love of the Divine enfolds me, the Strength of the Divine protects me".

When you are fully present, picture your ancestor coming through a gateway of Light to join you. From your heart and soul radiate Light and Love to your Ancestor and feel it returning back to you, continually moving in an infinity pattern (∞) called a Lemniscate. When you feel this connection is strong, begin a dialog of gratitude for this Ancestor in your life. Respectfully acknowledge their contributions and the joyful moments you shared together. Then sit quietly and allow yourself to receive any communication coming from them through that infinity pattern of Love and Light. Remember to be open and trust your experience. Their communication may not come in words but possibly in sensations, feelings, images, sounds, smells etc.

As you close your meditation with gratitude, picture the Lemniscate separating into 2 individual circles of Love and Light that surround each of you. Bid your Ancestor farewell as they leave through the gateway of Light which closes behind them. Sitting in your circle of Light and Love feel the blessings of this meeting and allow time for integration and transition.

### Astrological Activity for November & December 2009

## Neptune and Uranus

Neptune, planet of our sleep dreams and meditations, goes direct in the visionary sign of Aquarius on Nov 4. This energy can support you during the beginning of this Winter season to deepen your experiences of rest and to turn inward to the "world behind your eyes" for introspection and reflection.

Uranus, planet of independence and personal freedom goes direct in the mystical sign of Pisces on Dec 1. This reawakened rebellious energy can provide breakthrough opportunities and insights into what new seeds we desire to plant in our quest for greater wisdom and fulfillment.

## Mars and Mercury

Mars, the warrior planet of action, will Retrograde in dramatic Leo on Dec 20, 2009 - March 10, 2010. During Mars Retrograde, watch for impatience, inertia, tension, loss of enthusiasm and frustration.

Schedule a call or session to explore the area of your chart where Mars will be Retrograde to consciously prepare for this time. For these 81 days, I recommend finding a balance between action (that is in alignment with this season such as completing long-term projects) and scheduling time for rest each day.

Mercury, the planet of communication, goes retrograde again for the 4th time this year on Dec 26 2009 - Jan 15, 2010 in ambitious Capricorn. This reversal always presents a wonderful opportunity to review our thoughts and conversations or to re-experience something that was not recognized or honored in our past.

During this Mercury Retrograde I am offering specific sessions that will hold the focus of identifying where this will be happening in your chart and what missed opportunities can be re-created with different choices and outcomes.

**New Moons Nov.16 and Dec 16**

**Full Moons Nov. 2, Dec. 2, and Dec 31**

## As the Wheel Turns

Next Mailing, Dec 15th, will be the Winter Solstice Issue with more ancient wisdom, thoughts on Divine Timing, Order and Placement, a Winter Solstice meditation, Blue Moons and an astrological focus and forecast  
Love and Light,  
Chris

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