



# 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. A session with her will reveal your current Astrological opportunities and bring you into a deeper awareness with Nature-based wisdom and healing.



## Seasonal Wisdom

Issue #2

2009-2010

### Welcome to the Winter Solstice Issue

The framework and timing of this series of 8 newsletters, is based on the 4 Celtic seasonal celebrations ( Samhain, Imbolc, Beltane, Lughnasadh), 4 solar events (Winter Solstice, Summer Solstice, Spring Equinox, Fall Equinox) and coinciding Astrological activity. The Ancient wisdom of the Celtic calendar reminds us to honor and observe the rhythms, insights, and opportunities each season offers.

### Celtic Festival of Winter Solstice

## The Essence of Power is Stillness

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### Winter Spiral Specials

**Dec 21 - Feb 1,  
2010**

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Winter Solstice, December 21, is a time of quiet power. The word solstice derives from Latin sol (Sun) and sistere (to stand still). As we honor and observe this season we are given the opportunity to be still, embrace the creative darkness, and allow our body, heart, and mind deep rest. Celtic tradition holds life as cyclical rather than linear. This is represented in Celtic art by the spiral. The symbol of the spiral shows us the pattern of moving inward, going to the still-point of center (our Sacred Mystical Core), then turning outward, and bringing our Light out into the world. When we honor this time of the longest night we remember that out of darkness, Light is re-born. This truth can sustain us through difficult times in our life.

∞ **Meditation** ∞

### A Winter Solstice Spiral Journey

Settle into a comfortable position and close your eyes. Create a transition into Sacred Space by breathing in through your nose and out through your mouth. Allow your body to relax more deeply with each breath. Feel the support of the Earth beneath you.

Visualize a large ancient stone archway engraved with spirals. Feel yourself pass through this magical opening into a beautiful, quiet Winter Solstice night. Breathe deeply and open fully to your connection with Spirit. Notice there is a glowing spiral path on the ground before you. Follow this path that gradually guides you into the heart of the spiral. Once you reach the Sacred Mystical Core, the shimmering path disappears. Stand still and feel into the quiet power of the rich, creative darkness within you and around you. Rest in this precious emptiness.

Feel and visualize a peaceful Light growing in the darkness. Allow this loving radiance to fill you. Experience your heart being ignited by the Sacred Solstice Light. See yourself as completely luminous with the Light expanding and radiating all around you. You are the embodiment of Winter Solstice and you are the Light reborn. Rest in this expansive radiance.

When you are ready to return, notice the Spiral pathway reappears on the ground before you. Now the Light radiating from your core illuminates the path back to the ancient stone archway. As you move back through the magical portal, and leave this Sacred Space, know you are a cherished Light in this world..

### Astrological Activity for December and January

## "Lost"

by David Wagoner

Stand still. The trees  
ahead and bushes  
beside you  
Are not lost. Wherever  
you are is called Here,  
And you must treat it as  
a powerful stranger,  
Must ask permission to  
know it and be known.  
The forest breathes.  
Listen. It answers,  
I have made this place  
around you.  
If you leave it, you may  
come back again, saying  
Here.  
No two trees are the  
same to Raven.  
No two branches are  
the same to Wren.  
If what a tree or a bush  
does is lost on you,  
You are surely lost.  
Stand still. The forest  
knows  
Where you are. You  
must let it find you.

### **December 20 - March 10 2010. Mars retrograde in Leo**

*Life can seem to be moving in slow motion during Mars Retrograde so take care not to push. Keep your energy in balance. Use this time as an opportunity to practice patience, focus on completing long-term projects, and schedule time for rest!*

### **December 26 - January 15, 2010 Mercury retrograde in Capricorn**

*Mercury retrograde in Capricorn presents another wonderful opportunity to slow down, re-experience something that was not recognized or honored, and turn around a missed opportunity.*

### **December 31 - The 13th Full moon of 2009 in the sign of Cancer.**

**Blue Moon.** *Traditionally, a Blue Moon was the 4th full moon in a season. Each of the 4 seasons of the year has 3 months, and will usually have 3 full moons. Each of these 12 moons has a name like "Harvest Moon," "Hunter's Moon" etc. But when a season occurs that contains 4 full moons, there is no name for this occasional moon and it was given the name, "Blue Moon". This is the origin of the expression "Once in a Blue Moon " that we use metaphorically to describe a rare event. A Blue Moon on New Year's Eve happens about every 20 years.*

*Also on this date with the New Year's Eve celebrations, we experience the 6th partial Lunar eclipse of 2009. Here's to a feminine and nurturing 2010.*

### **January 13 - May 30, 2010 Saturn retrograde in Libra and Virgo**

*Saturn retrograde is a great time to schedule a reading to look at your relationships and social contracts.*

### **January 15 - Solar eclipse in Capricorn**

### **January 15 - New Moon**

### **December 31 & January 30 - Full Moons**

**New! Personal Astrological Reports**

\$10.00 with your scheduled session.

"The Sky Within" by Steven Forrest is a sensitive, beautifully written astrological view of the spiritual self as displayed in your uniquely personal natal chart. This professional report is about 22 pages.

*"A Sky Within report is like a conversation with a very close trusted friend. It is filled with truth and presented in a manner that allows the reader to acknowledge those truths about themselves that may not be readily revealed to even the people closest to them. A Sky Within report is a rewarding experience, for some a life-changing experience." Matrix Software*

This special offer ends February 1, 2010.

## The Wheel Turns

The next mailing will be the February Imbolc Issue. Included in that issue will be a meditation with the Irish Goddess Brigid, more Celtic wisdom and the astrological focus for February and March. I look forward to speaking with you.

Deep Peace of the the Shining Stars to you,

Chris

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