

Divine Connection:

*Hypnotherapy & Numerology for
Healing & More*

NEW MOON & THE FIRE CEREMONY

Written by Donetta Huffman

On September 22, 2025, we welcome both the New Moon and the autumn equinox, the official beginning of fall. The New Moon, hidden in darkness, marks the start of a fresh lunar cycle and a powerful time of renewal and new beginnings. The autumn equinox mirrors this energy, symbolizing balance as day and night become equal, and transition as we move into a season of harvest, reflection, and letting go. Together, these celestial events invite us to pause, reset, and prepare for what lies ahead.

For the Oneida Iroquois people, the cycles of the Moon and the seasons are deeply woven into ceremonial life. The Fire Ceremony is one such sacred practice, where participants write down burdens, painful memories, or emotions they wish to release, and offer them to the flames. The fire carries these offerings to the Creator, transforming pain into healing and clearing space for renewal. Just as the autumn equinox signals the turning of the seasons, the ceremony helps us transition—releasing what is no longer needed so that new growth can emerge.

Together, the New Moon, the beginning of fall, and the Fire Ceremony form a powerful alignment. The Moon's darkness invites reflection, the equinox brings balance and transition, and the fire offers transformation. By honoring these rhythms, we step into harmony with nature and spirit, embracing the opportunity to let go, begin again, and move forward with clarity and strength.



WHAT'S IN THIS MONTH'S ISSUE:

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MY JOURNEY:

Numerology has always been a guide for me, a way to understand my deeper nature—my talents, life goals, hidden characteristics, and even the challenges that shape me. Along this path, I've come to see how often we need to forgive ourselves throughout our lives. I truly believe that anything is possible for anyone, and numerology reminds me of that truth. Numbers bring a sense of order to a sometimes chaotic universe, and that order has helped me grow spiritually and keep moving forward with hope.

In 2012, while living in Southern California, my life was full of teaching classes, speaking in spiritual shops, and sharing the Semi-Circle Numerology cards I had created. During that time, I met so many incredible people, including Russell Four Eagles. He introduced me to something that would leave a lasting imprint on my heart—the Oneida Iroquois Fire Ceremony. The very first time I hosted one for him, I was so moved that I told him I would welcome him anytime he came to town. Each visit, people would gather for healings, and at the end of the evening, Russell would lead us in this sacred ceremony.

The Fire Ceremony is about forgiveness—perhaps the deepest kind. It invites us to forgive ourselves for circumstances we never had control over, like where we were born or how we grew up. It also asks us to forgive the moments when we did have control but didn't act from our highest light. Russell often reminded us that our words carry great power, and once spoken, they cannot be taken back. Through the fire, we release those burdens—memories, pains, and regrets—so that we no longer carry their weight. Each ceremony left me lighter, clearer, and more open to the healing energy available to us all. I am honored to continue hosting these ceremonies, and I warmly invite you to join me at a future Fire Ceremony—come experience the healing, forgiveness, and renewal that has touched my life so deeply.

Upcoming Events



NUMEROLOGY 101

September 7th; 2-4PM EST

Discover how numbers can unlock the secrets of your soul's purpose, inner drives, and potential. In this beginner-friendly class, you'll learn to calculate and interpret your core numbers—Life Path, Soul, Personality, and Destiny—through guided instruction and hands-on practice.

This class is perfect for anyone seeking self-discovery, spiritual growth, or a deeper connection to their intuitive gifts. You'll leave with a clearer understanding of your unique numerology profile and how to align with your higher purpose.

No prior experience is needed—just bring your birth date, full name, and an open mind.

- In person -

FIRE CEREMONY

September 21st; 2-4PM EST

FREE EVENT

Gather in sacred circle to honor and balance the Autumn Equinox and New Moon. This is a time of reflection, release, and new beginnings—perfect for planting intentions and letting go of what no longer serves.

Through song, and guided fire ceremony, we'll offer prayers and blessings in harmony with Native traditions, connecting with the elements and the wisdom of the changing Earth.

I will supply the offering and all the necessary items needed. Come with an open heart, and dress comfortably for the outdoor ceremony. Together, we step into the new season with gratitude, balance, and renewal.

-In person-



COMING SOON

Awakening Your Life Path - 30 Day Challenge
October event:

Awakening Your Life Path — a transformative 30-day challenge designed to deepen your connection to what you came to do in this lifetime.

For \$40, you'll receive your individual Life Path Awakening book.

Join a 4-week live Zoom series, where we'll explore your insights, share reflections, and activate the next steps on your spiritual path.

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