

# Spiritual Niagara

Merry Christmas and Happy New Year

Newsletter December  
Volume 2, Issue 12



[www.spiritualniagara.ca](http://www.spiritualniagara.ca)

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## Change for the Better

By Kathy Upper

Spiritual Niagara has changed the Newsletter format in order to make it easier for you to download and if you wish, to print and read later. I am also looking at changing the website's design. I welcome suggestions for improvements. If you have ideas that you feel will make the site more user friendly or if you run across something that you do not like please let me know.

I am looking forward to the changes in format coming in the New Year. I believe that the upcoming year will be full of change and promise.

I am so happy that you have made Spiritual Niagara a part of your life. Thanks goes out to all of our readers, web page associates, partners, links and writers and I wish you all the best this coming year!

Merry Christmas,

[Spiritual Niagara](http://www.spiritualniagara.ca)



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## Bulletins

Join me in welcoming [Sheri Webber and Soul Comfort Wellness Centre](#) to Spiritual Niagara, a new Web page Associate!

Nancy Broerse has a new webpage on Spiritual Niagara!  
[Metaphysical Consulting](#)

Welcome to a new Web Partner, Ramona Remesat and  
[Connect 2 Your Angels](#)

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## Lightworker's Way: Part 16 A Cocktail Of Protection – Part 6: Protect Yourself With Laughter And Love

By Christine Whelan

“We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth.”

Virginia Satir, family therapist

Ok, it's time to get all warm and fuzzy on you to counteract the chill out there during these dark and gloomy days of winter solstice. Come on, up and at 'em – raise those spirits!!!

We covered a few ways to help protect ourselves from within – using our inner worlds – and we began shifting focus to the outer world's tools by looking at boundaries to set with ourselves and others. Now I want to direct your potent attention to the wonder and power of the interpersonal experience.

### THE INTERPERSONAL EXPERIENCE

The first thing I ask you to do is take inventory of your belief system connected to how you feel about yourself and other people in general. Do you believe you and everyone else on earth blindly stumble along, weaving and bobbing around what this nasty ol' world has coming to us? I doubt that since I doubt you'd be reading this newsletter if you believed to that extreme. However, on a scale of 1–10 (being honest with yourself because you don't have to share this with anyone, but you), how firmly do you believe that no one knows what's right for you, but you? How firmly do you believe that none of us, not even the best psychiatrists, not even Dr. Phil, have the right and ability to know what's best for anyone else?



When I was 26, and freshly coming out of a spirit-numbing relationship, I was drawn to get a tattoo. It was a reviving experience! I wasn't sure what the tattoo would be until I reached the tattoo shop and the image jumped out at me in a catalogue. Even so, it wasn't until a couple years later that the true and guided meaning was presented to me. And finally, it wasn't for another 2 years that I began to really understand this meaning. The tattoo I chose is on my shoulder (easy to hide when needed but also easy for me to see when needed) is of a red rose with a peace sign entwined in its stem. The meaning and constant reminder is, as long as I see the true inner beauty (rose) of everyone and everything, I will have inner peace (sign). I've found this to be a reminder constantly needed as there have also been constant tests. Well played, universe and subconscious!! Being able to see someone's inner beauty let's me see their true path, in a general sense, that is.

Acceptance that each and every one of us must follow our own path helps unconditional love unfold like an energetic red rose.



## Lightworker's Way Continued

You can strengthen this magnificent energy by tying up loose ends with your relationships. Forgiveness and apology clear up emotional blocks and help the chakras function smoothly. Unexpressed negative emotions and thoughts between yourself and another can weaken your energetic connection and thus, weaken your own personal energy system, creating emotional toxins that can cause damage at different levels. This includes your physical health and vulnerability to negative energies. Now, I'm not saying you should go about blindly forgiving and forgetting, exposing yourself to continued abuse and control tactics. I'm suggesting you consider releasing negative emotions you have for someone who has hurt and/or overpowered you, once you've dealt with these emotions. You also have the right to ask for change. You don't have the right to expect change. If someone is not willing to change, you may decide to keep them from your life. Try to understand them, detach from personal affect of their actions so that you realize you are not responsible for them, let it all go, and move forward.

Easier said than done of course, but the work towards this progress is sooo worth it!!

## LOVING THE SPIRIT WORLD

Being an empath all my life, I've come to unofficially refer to myself as an advocate for spirit rights and respect, so just bare with me here. Just suppose, you were a lost, confused, hurt, lonely or even angry spirit, drifting around on the earth plane. You're not sure why, or you know why but you don't know how to make the necessary connections and change in order to move forward. Even further, try to consider the unrealized realization that you are dead, but you don't know you are dead.

*Intentionally surround yourself with people, places and things that make you smile and laugh*

Now, just imagine you become aware that people in the living world are referring to you as an "it" or a "something", are planning events to "hunt" you, and once they are in the same room as you they become quite afraid of you or confrontational, and ask you to do "parlour tricks" to prove your are there. Giving love to someone in the spirit world can create a variety of positive change, including a withdrawal of what is perceived to be an attack. Giving love to someone in the spirit world can simply mean respecting them as entities with thoughts and feelings, just no physical body.

Sometimes the hardest thing to do is the best thing to do -- loving and forgiving that which is unknown, that which is scary, that which is unjust; those who wants to hurt you. It was quite the challenge for me to follow through with a friend's suggestion, while sensing a malevolent force hovering over me in attempted intimidation, to smile and say out loud, "I love you", while sending forth positive, pink energy. A creeping away, disempowered, was the result. Repeated attempts promoted my, "Still loving you", chant in song. I envisioned the dragon on an old Bugs Bunny episode, hobbling away with spiky tail between the legs.

Protecting the family unit from the affects of lower level energies that thrive on our emotional weaknesses and fears can be achieved when we love those in the living world we are connected to unconditionally and always express our thoughts and feelings for them, whether positive or perceived negative. It's the unexpressed stuff that gets used!

Lightworker's Way Continued...

A FEW SUGGESTIONS to help integrate doses of love and laughter into your everyday life:

- Hugs! Hugs! Hugs! We need interactive energy exchange daily to thrive!
- Start and end each day with a half hour of comedy – either watched on TV or a DVD, etc
- Intentionally surround yourself with people, places and things that make you smile and laugh; that give you a feeling of acceptance and belonging. Learn a way to stop feeling a duty to connect regularly with those who drain you by judging and criticizing you.
- Practice acceptance. Find your own way of grounding yourself to the reminder that everyone is entitled to walk their own path – this includes making their own choices. With unconditional support (not including health and safety issues), you just might be the only one who keeps them afloat. That energy comes back to you at some point, to lift you up in some way.
- Carry around with you, or on you, a form of rose quartz. This will enhance your love for and acceptance of yourself and in turn, will send out an energy that will draw to you pure and unconditional love from others.
- Serotonin! Get as much sunlight as you can during these dark days. This will give you shots of sweet serotonin, which is our bodies' release of a feel good chemical. Think of it as nature's prozac!

#### GRATITUDE IN REVIEW

Since its December and the end of the year, let's try an exercise in gratitude.

Ready? Relax your mind and body. Going by month, run a series of flashbacks across your mind's eye, from last January to today. However, every memory that you allow to participate in this show must be positive. These are the things you can feel gratitude for, all in the few moments it takes to do this yearly review. If you don't have many, take this time to focus on the things that you've taken for granted, simply because you are human. Think of the things you have, the abilities you've had this year, like walking, or how about breathing on your own. Get the picture?

Simply stated, love and laughter make your light shine brighter and a bright light is the ultimate protector.

Keep smiling my beautiful friends and love like you've never been hurt.

Christine

FREE HUGS: <http://www.youtube.com/watch?v=9BE1YqDYILo>

Question: Can you tell which people in this video really need a hug?

Answer: All of them – it's just that some of them make the choice to become vulnerable and show it

Follow Christine on [her blog](#)



## My Journey with the Runes

By Caleb Booker

When it comes to the tools of divination one rule becomes very clear: stick with what “resonates” with you. You should feel like a part of yourself is here within the symbols waiting to be discovered.

This was how I felt when I first discovered the simple series of etchings known today as the “Elder Futhark Runes”. There was something about these symbols that spoke to me, and I’ve felt ever since some kind of connection with the centuries of Nordic peoples who carved these signs into wood and stone.

According to mythology the Runes are given to humanity by the god Odin. Each symbol carries with it a legacy of thoughts and stories from long ago, and each is focused on a unique aspect of what it means to live in this world.

As with most tools of divination, the meaning of each rune is up to the interpreter. In part this is a practical concern, as time has layered so many stories and interpretations on each symbol that finding the original or “true” meaning is likely impossible. Even experts aren’t certain how to pronounce some of them, with accents of entire cultures all having gradually shifted over a few hundred years.

Through all of this, however, a great many lessons unfold that can often be surprising. The symbol “Hagalaz”, for instance, symbolizes hail and extreme weather. This is generally interpreted as cataclysmic change in a person’s life, but that isn’t always a bad thing. Anyone who has ever had a child knows how completely their old lives are swept away by the presence of a newborn baby.

Many of the symbols are the same way, each describing how the primal forces of the multi-verse can change our lives for the better or worse. But runes aren’t just “thunder and lightning”. Fellowship, relationships and community often play a part, and I found myself



gaining a new understanding of how important it is to be a part of something bigger than myself. “Wunjo” is the clearest example, meaning both “Joy” and “Fellowship”, implying that they are one and the same.

As most people know Vikings were great explorers, and they would carve many of the runes into their ships and wagons as different aspects of travel. These were always paired, however, with the idea that the exploration of oneself is part of the journey of life. “Tiewaz”, for example, was carved on ships as a symbol of successful trip, and it was also used elsewhere to mean victory or justice. In wrestling with these seemingly different concepts all wrapped up in one symbol a number of truths about the human heart come to light.

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*...they always speak to the forces that are acting inside and around a person with surprising clarity*

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## Journey with Runes..continued

There's a lot more, including lessons about where inspiration comes from, where security and comfort are born, how manifestation and the "Law of Attraction" work, and about the special talents of male and female energies. All of these worlds of thought and philosophy are spelled out in the 24 symbols of the Elder Futhark Runes. When cast out on a table for divination purposes they always speak to the forces that are acting inside and around a person with surprising clarity, and can become a powerful tool when written out to express your intentions to the Universe.

Of course, this is just my experience. While I've felt a deep resonance with these simple chiseled symbols, they are just tools. Insight is waiting for you wherever you look for it, and the question isn't whether runes "work" or not, but whether they "work for you".

*Caleb Booker is known as a "Jack of All Strange", having a working knowledge of a wide range of spiritual, religious and magical practices from around the world. He has frequently made his safety a secondary concern in the quest for new insights and wisdom about the nature of reality, and has consorted with psychics, scientists, witches, secret societies and entities beyond the physical world. He is starting a spiritual events calendar for the Niagara region in 2012 called "Otherworld Emporium". You can find out more at <http://www.calebbooker.com> or contact him at [info@calebbooker.com](mailto:info@calebbooker.com).*



**A  
Paranormal 101  
Event**

## Winter Solstice Dinner & Intimate Seances





**At the  
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Connect for the first time, or again, with Liane and Christine from the October 25 séance, as well as several other mediums from Southern Ontario.

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7:00pm  
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Dear Jewelee, I am hoping to meet my soul mate....any guidance? Pauline, Virgo

Pauline:

Spoken like a true woman! I have asked your guides for information in regards to meeting your "soul mate." The first thing I am shown is that you are a very nurturing caring giving person. You will often do for others before yourself which can be a very admiral trait however it is affecting you negatively as you seem to be in a pattern of attracting partners that are takers and you often get taken advantage of. It is like you think if they need you and you give and give then they will love you and stay with you because they need you, however what I am seeing is you giving and giving and them taking and taking and then when they have taken all they need they move on to someone else.

Part of your life lesson is to learn to set boundaries and say no and do for yourself as well as for others. It is almost like when you learn to do this the Universe will give you your "soulmate" and I use this term very loosely as I personally don't believe in soulmates. I believe that through the years we have many soul mates and every one of them is there to teach us a lesson. I take the definition of a soul mate as finding the mirror image of yourself in another.

This being said your guides are showing me that the "soul mate" you are looking for will be a giver and not a taker. This is the person that will make you soup if you are sick same as you would do for them. This is a person who is with you because they want to be not because they need to be. It is a give and take balance where you are strong they are week and vice versa. I think they may have children but I am being told you would be ok with that. You will not meet this person in a bar or online it is more of a random meeting.

Something like you get a flat tire and someone stops to help you or you see them at Tim Hortons every so often and you just start talking. There are no guarantees as to when this will happen however once you find this person they will be the one you stay with. Part of what is stopping you from meeting them is that you are looking to help, save or fix someone and this person does not need to be helped, saved or fixed. Look for someone that has it together and that doesn't need anything but you.

I hope this has helped shed some light for you

Jewelee

*Jewelee is the owner of the Ask Jewelee Store at 4911 Victoria Ave, Niagara Falls, ON. You can submit your questions for Jewelee through our website. Your question can be something personal for yourself or others or you might have questions about being a Psychic. You can [submit your questions to Jewelee](#) through the Spiritual Niagara website. If you would like to meet with Jewelee*

*Merry Christmas and Happy Holidays*  
*from all of the Spiritual Niagara family*

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[Nancy Broerse, Metaphysical Consulting](#)

[Carolina Lipinski, Haven Global](#)

[Feir Johnson, Innisfree School of Hypnosis Education and Clinic](#)

[Christine Whelan, Mindz 'N' Transit](#)

[Anita Djurkovic, Oakwood Day Spa](#)

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[Carolyn Shannon, Venting Creatively](#)

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[Cheryl Munro, On a Wing and a Prayer](#)

[Heather Keeso, Firewalk Niagara](#)

[Jennifer McKenzie, The Path to Inner Peace](#)

[Lisa Ellis, Boost Your Skills](#)

[Tamara Bernard, Atlantian Performance & Pain Center](#)

Don't forget the [Spiritual Niagara Calendar](#) for the latest happenings for 2012!

Email: [info@spiritualniagara.ca](mailto:info@spiritualniagara.ca)

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Namaste, Kathy

