



# January 2012 Newsletter



Spiritual Niagara

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## Happy New Year from Spiritual Niagara

Welcome to 2012! I can't wait to see what this year will bring us. There is so much anticipation in the air. We have some major changes going on with Spiritual Niagara as our community continues to grow. I have contacted a graphic artist and she is working on a Spiritual Niagara logo for me. I will ask for your feedback as that develops.

I believe this is our year to shine. We will show the world that gratitude is stronger than greed, that kindness brings love, that gentleness can bring change and growth and that criticism is not necessary for positive change. Try meditation if you haven't already it is the best way to connect you with your inner self.

Keep updated on the latest events on our [Calendar page](#).

This month we have some excellent articles and we welcome a new monthly addition with Lisa Iris. We continue with our Ask Jewelee column. You can [send in your questions](#) and Jewelee will answer you in our Newsletter.

Welcome to our newest webpage linkers:

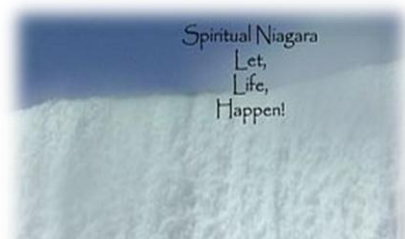
Diane Herring, [Peaceful Path to Yoga & Wellness](#), Niagara Falls, ON  
Stacey Haluka, [All Souls Healing](#), St Catharines, ON

And Welcome our newest Spiritual Partner site:

Ramona Remesat, [Connect 2 Your Angels](#), Calgary, AB

Want to join us! Send me an email [Kathy@spiritualniagara.ca](mailto:Kathy@spiritualniagara.ca)

Namaste,  
Hugs and Happy New Year  
Kathy Upper  
[Spiritual Niagara](#)



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### Exciting New Addition

We are welcoming a new monthly feature Myth & Magic with [Lisa Iris](#).

Lisa, an extremely gifted artist, will walk us through her 2012 calendar. We will be given insights into her work as only the artist knows. This month we meet Perseus.



**LIGHTWORKER'S WAY****A COCKTAIL OF PROTECTION - PART 7: Calling on Your Support System****By Christine Whelan**

RA CULISHING MUGETU

As we enter into this well-anticipated year of 2012, having experienced the energies of the now-passed first full moon of the year, I sit here at my front window with my morning coffee in hand and new, fluffy slippers on feet and watch our first real storm of Crystal Beach crash in on us, applying addition drama to our first Friday the 13th. We have made it, my friends! We've made it to the year 2012!

If we were a novel or a movie, we'd be in the climax of the storyline!

And yet, we've not been told, ourselves, the main characters, what the outcome will be.

I'm not going to profess I know the answers to this universal curiosity "what will happen to us in 2012?" (as I typed out this statement, I looked up and it was 11:11 am....too cool). I do have my own personal suspicions, thoughts, suggestions and ideas of what is involved.

So many theories and predictions; debates and visions.

But does it really matter anymore?

One thing we might want to reflect on is the Law of Attraction, at this point.

So, consider this...

If there's a critical mass — enough people focusing on the same or similar thing — then combined thought will make it so.



If we were a novel or a movie, we'd be in the climax of the storyline!



In other words, it doesn't really matter whether a shift or drastic change was "supposed" to happen, as predicted by many, or not. If enough of us have been —

thinking about it  
talking about it  
defending it  
arguing and debating about it  
preparing for it  
writing about it  
reading about it  
watching drama about it  
this collective focus.... can make it so.

It's a global, self-fulfilling prophecy.

But I digress.

Whatever is to happen, there are several common denominators

included in each theory that can be focused on when deciding what to include on your 2012 person journey.

One thing that has been consistent all along in my discoveries about this point in time (and I've been searching since January of 1996) is the importance of our interactions and relationships with others and how they will change. On the earth plane, we have a variety of levels of relationships and they come for a variety of lengths of time in our lives, for a variety of purposes. Up until recently, most of us have been drifting along, unaware of the purposes of events and interactions in our lives.

However, these days, we are getting it. We are getting that everything happens for many reasons for many people. We are getting that coincidences are not just coincidences but signs and messages from a force bigger than us. And we are getting that we are all connected.

The connections we have with each person that comes along on our paths have to do with our own personal goals and needs, as well as the other person's goals and needs. Identifying your needs and consciously creating a support system designed to help

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meet these needs is a consistent and concrete way to protect yourself at all levels of life and dimension. This is not about being selfish, so turn that little voice in your head off right now! It's about respecting the opportunity to be here at this time, to be you at this time, to take full opportunity of the magic that is the interpersonal experience that has been provided for you and everyone else on this planet – equally.

Often we get stuck on the programming that comes along with who we consider should be our support system. Let's not get into that right now. Let's just review the basic screening points we can incorporate into our social boundary system. Let's simplify it.

Allow in:

- Those who believe you.
- Those who believe in you.
- Those who allow you to feel what you are feeling.
- Those who will listen to you.
- Those who do not have a pre-conceived notion of your what's, why's, and how's. These are your choices only.
- Those who build you up, not tear you down.
- Those who you can trust and respect you (ie. your privacy.).

And don't forget, to get the above in your life, you need to put it all out there as well.

I just pulled my daily Angel Card before coming back to work

on this column. Interestingly – but not surprisingly – I pulled the “Ask” card. This card reminds us that we have a very powerful band of supports just beyond the veil. These are our ancestors, our protectors and our guides – our angels! However, our spirit possess are governed by a universal law, free will. So, we must remember to ask for help in order to receive help.

(From Channeller Shanta Gabriel, AA Gabriel – Protection During Changing Times; Lightworkers.org)

Remember you are never alone. Create a close relationship with those who guide and guard you. They can help diminish the feelings of being alone and powerless. They wait for your call. Do you need proof they are there? Ask for proof and then be open, remembering that the sign may not be what you would expect – but it will be there.

These entities are creative and have a wonderful sense of humour so keep this in mind. You can use your Solar Plexus chakra to balance out any feelings of fear and powerlessness by visualizing a golden light running through it which will help you feel strong and confident in times of need. The Archangel Michael can help you with this. He has been given charge of this task at this time of change. You can connect with him by dropping deep into your heart, opening it and calling on

him using words that you are comfortable with. To call him to you, all you need to use are the words, “Archangel Michael, protect me now.”



Relationships are living, breathing life forms all on their own. They, as we all do, need nurturing.

### HOW TO NURTURE AND STRENGTHEN A RELATIONSHIP IN YOUR LIFE:

Acknowledge it  
 Appreciate it  
 Communicate with it  
 Respect it  
 Empower it  
 Take time for it  
 Understand it  
 When needed, forgive  
 When needed, apologize

We are in a time of change and challenge. To isolate yourself is to allow yourself to be entrenched in the constant input of negative information and energy that this life, at this time,

has to offer. It needs to be there. It's all part of the grand transformation, whichever transformation it will be. However, it will suck you in. There will be no balance. Consciously choosing a purposeful support system around you helps to hold you up, regularly (if you let it) shooting you with amazing doses of the positive stuff. Its 2012 – The time is now!! Reach out. Notice the astounding connections that are develop and expanding all over the world - and in your little corner of it.

There is magic in the air. Discover it.

Enjoy the ride.

Love and Light my Friends,  
Christine Whelan

[Follow Christine on her blog](#)



Dear Jewelee

What is my true calling? I am feeling the calling to the Healing Arts?  
Maureen, Sagittarius

Dear Maureen:

There are many different types of healers and when I ask about your healing abilities I think I am seeing something very different than what you may be expecting to hear. You have a very passionate nature and you have to make a difference to people.

It is hard to explain but you have to see something thru to the end. This being said yes you have healing abilities however I see it more as a motivational helping people. You want to make the difference in helping someone but I also see that it is not a onetime thing. You would be very good at something like a life coach, or counselor. You have such a passionate nature when it comes to people you have to see things from start to finish. You have this need to help people and want to take them from point a to point b and have that connection to follow thru and help them on their journey.

It does not matter if it is Reiki, counselling, motivational speaker etc. as long as you can help them on their journey. It is not so much about you as a healer as in how you can help others. The best thing you could do to put yourself on the right track is to figure out what you would enjoy doing to help others and go in that direction.

I hope this helps you on your journey  
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. If you would like to meet with Jewelee for a private reading contact her directly through her website or by phone.



## GOOD NEWS STORIES

Spiritual Niagara wants to hear your good news stories. Tell us about good Samaritans, triumphs, dreams realized, good deeds, and coincidences. The only criteria is that it is positive.

We want to hear about your Earth Angels.

Send your stories by email to [info@spiritualniagara.ca](mailto:info@spiritualniagara.ca) with Good News Story in the subject line.

# Soul Aspect Reintegration Therapy

An Interview of Discovery by Kathy Upper

*I had the opportunity to learn more about this new therapy in an interview with Tamara Bernard and Feir Johnson. Tamara is a deep trance channel and the following is an interview with that spirit energy collective. Please read with an open mind and if this speaks to you then you will know.*

## **I started our interview asking for an introduction from our spirit collective.**

I am what is considered by the human forms as an ancient energy you see. I have been in many forms, many human forms, I am considered a collective if you will. Many in the human form at this time regard me as Mary, the mother of Christ. However I have been around long before the coming of Jesus Christ. This is simply how the human forms have understood me.

I am an energy that is responsible for many humanitarian efforts. I am responsible and have been responsible for many humanitarian efforts over the course of my lifetimes the course of my incarnations. I have headed many initiatives for taking on poverty, for taking on hunger for taking on homelessness. I am an energy that is responsible for bettering the causes of those in form. Bettering the cause is the easiest way to put it.

## **Why are you with us now?**

We have been contracted to provide a healing that is unique to this time frame. To assist the healers with the earth changes you see.



It has been a collaboration of the efforts of many, of many spirits at this time. This is not something that has been taken lightly.



When an individual incarnate expires they return to source energy. There is a process and a time when the soul returns to source there is a clean up done. You see quite often there have been walls put up or blockages to aspects of the soul . This needs to be fixed when the soul returns back to source. This is what we call reintegration. You see what has happened now is there has been so many souls who wished to return back to incarnate without having the opportunity to have their soul aspects reintegrated. This is because they deemed themselves required back on the earth to assist with the healings and the earth changes that are happening.

What happens is they return to the earth plane not fully integrated. This provides limitations to these individuals. This is a very courageous act on behalf of these souls who wish to return not fully integrated. They know that there will be problems. They know that there will be health concerns that there will be emotional turmoil, that there will be troubles caused by not being fully reintegrated. An agreement that has been put forth to provide this soul reintegration, while they are on the earth plane, as a way of allowing them to move forward in the work that they wish to do, as a way of allowing the earth to continue to evolve in the way it needs to do without the damage being done further to the soul aspects, to the soul itself.

It has been a collaboration of the efforts of many, of many spirits at this time. This is not something that has been taken lightly. This is not something that has been planned for what we would consider a long time. We do not work from the same time frames as the human forms. However this is not something that has been planned from the onset of time. This is something that has been put into place in our respects quite quickly.

**Why is this being offered at this time?**

The earth has become unbalanced. The vibration of the earth has suffered losses and drops because of the type of damage that has been done to the earth itself. At the time the earth is attempting to restore itself. It is in a cleansing process. There are many souls who have agreed to come back and be a part of this cleansing process. Many of those souls are not fully integrated they did not have the time to repair themselves. There is a very urgent, very dire need to allow the healers to reach their full potential. They will not be able to do so if there are aspects of their soul that have not been fully reintegrated. They will be working at 25 and 75 % of their potential. Many healers that are on the earth plane right now could be doing much better work if they were fully integrated.

**Who would be a good candidate?**

There are many who would be good candidates. There are many that have contracted this service. They are not aware of this as of yet simply because this is in the initial stages. The higher self of the individuals is fully aware of this and the higher self is committed to draw the individuals to this. There are also many who will want this work who are not a good candidate.

We are only permitting those who truly wish to become enlightened, to become true spiritual and physical healers. We are also offering this to those who may not be considered healers. The individuals that are drawn to this service may not be who humans would consider the right candidate which is why humans will not be making this decision.

**How is this determined?**

This is determined by myself as well as Archangel Uriel will be involved. When an individual requests this service there will be a point at which I will have opportunity to talk with them. I will also, behind the scenes be communicating with their higher self. Their higher self will provide much input on their path. We will be able to determine if this service will be offered at this time. There will be an interview process required.

**What commitment is required?**

The commitment truly is not great. Simply they need to commit to being open and receptive to what the aspects, their soul aspects, are requesting from them. This could be something as minimal as the inner child aspect wishing to sleep with a teddy at night. This could be an aspect telling you that we wish you to stop drinking or smoking for better health. These could be very

minimal or they could be very great it all depends on what the aspect requires.

**What length of time would this therapy take?**

We anticipate that this will take approximately 4 sessions dependent on the numbers of aspects that need to be integrated as well as the nature of the issues as well as the amount of time it takes to establish trust. You see it takes much trust on behalf of an aspect to have it come forth. The sessions would be an hour and a half in length with one week in between. This would allow sufficient time for changes to take place.

**You are starting this therapy with volunteers how do you want them reach you?**

Yes, we are looking for 2 more volunteers that we feel your vehicle, Spiritual Niagara will reach. These volunteers will be called to this, their higher self will draw them to it. It is urgent that we start this therapy right away.

The Soul Reintegration Therapy is being offered in Niagara Falls through Innisfree School of Hypnosis. Please contact Tamara by email at [t@atlantianppcentre.com](mailto:t@atlantianppcentre.com) and she will be contacted to set up an interview time.

## Of Myth and Magic



A new feature by Lisa Iris based on the 2012 Calendar – Crystal Wind Fantasy Collection

[www.zazzle.com/crystalwind/gifts](http://www.zazzle.com/crystalwind/gifts)

### ***Perseus - The Hero's Journey***

As December's festivities fade into a memory, the bleak grasp of winter returns.

At the threshold of a new year, ritual libations are lifted to the Fates to invoke their favour. Strengthened by vows, or resolutions, we bravely embark into the unknown. Perseus joins us as the archetype for the hero's journey.

Perseus dominates a glacial landscape, impervious to the elements. His eyes are fixed on an inner quest, looking far beyond the impending storm. Pegasus, whose name means "to spring forth", embodies the call to freedom and adventure. This mythic creature rose from the spilled blood of Medusa. As Perseus slays this snake-tressed symbol of negation, the liberated self is born, taking flight.

Perhaps this painting is the prelude to Andromeda's rescue. The hero's journey begins with trials that temper character and forge physical strength. The most noble acts of valour are those which secure peace and prosperity.

Like Perseus, we venture forth in defiance of the gathering clouds, resisting the pull of the Gorgon's glare. The subtle victories of daily life merge as hope and an unknowable destiny. Like Perseus, we become "The Hero with a Thousand Faces."

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