

Happy New Year from Spiritual Niagara

This year remember “you are not your thoughts”. Your thoughts are what you use to create your life. We can connect our true selves when our thoughts are quiet. We are peace.

It is my hope that this New Year will offer all of us wonderful opportunities for growth, laughter and peace.

Sorry this issue is so late. I am still in recovery mode. I plan to be in transformation and restoration mode soon, lol.

Namaste,
Kathy Upper
[Spiritual Niagara](http://www.spiritualniagara.ca)

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Listen to Yourself

I once again have been nudged to share. The energies from 12-12-12 and 12-21-12 are frankly kicking many in the ass and at the same time are so powerful and incredible if we can ride the wave.

Let’s start with the kick ass...sadness, depression, illness, nothing working the way it used to...even good things....to many people, wishing to just give up and go home. Yup, lots of that. Why am I here? Why is nothing working? How come nothing changed?

Don't give up. The truth is...everything has changed. We, however seem to love our routines, our own thought patterns and beliefs which now keep us stuck in an un-productive cycle. (like the movie Groundhog Day). And yes, this is even for spiritual teachers and practitioners. How we practice, how we see the energy and work with it needs to change...an upgrade so to speak.

For everyone (including myself) We need to stop and breathe and then go deep into our hearts and FEEL who we are now and ask for internal guidance in how to proceed forward with ease and grace.

Everyone is needed now...everyone has a special piece of the pie. On the upside...) We can do this. Still breath, but also stop listening to other people as to how they think you should live and be...listen to yourself, your guides and angels. Ask to have all cleared from your internal and external self anything that is blocking you from having you fulfil all your dreams. REALLY feel your true selves...Own You, love You, celebrate You....and when in that knowing...feel that about everyone and everything you come across.

Change your perspective, see from a sense of gratitude...find support systems...teachers...anything and anyone who will help you shift. Help each other, support and love each other. Understand that to be authentic is to sometimes be vulnerable...there is power in that...to ask for help and say I don't know is powerful....as spirit said the other day...You can not hide from your Truth Self, so stop trying to fix what is not broken....

I love that...breathe....celebrate...and love yourselves...You (and I) are perfect...in all our silly, weird humanness...) Espavo, Tracey
~ [Tracey Miller Ruggiero](http://www.traceymilleruggiero.com)

New Realm Healing
Angel's Landing - Healing and Empowerment Centre

CRYSTAL CONNECTIONS
with [Carolina Lipinski](#)



STONE OF THE MONTH:
APATITE

An inspirational blue stone, (yellow very rare) promoting manifestation, communication and expression. Recently Apatite was discovered at the bottom of the western part of the Grand Canyon, dating back to approximately 70 million years ago. Apatite is attuned to the future, but is able to connect to past lives, as well as developing psychic gifts, and deepens meditation. Apatite can induce social ease, dissolving aloofness, and is helpful for hyperactive and autistic children. Apatite draws off negativity, anger and confusion, stimulates creativity and intellect. Healing attributes include – bones, teeth, motor skills, arthritis, joint problems, hypertension and balance, while suppressing hunger, and sorrow. Apatite is also known to be a stone of luck!

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LIGHTWORKER'S WAY

Back to the Basics and Ride the Flying Carpet

By Christine Whelan

Happy 2013 my beautiful friends!! This is your year. Can you feel it? Great and wondrous things are just around the corner. For me, I have found myself boosted into high gear and high energy as soon as the holidays waved goodbye. Onward and upward, I've been finding myself saying,

I came up with this month's topic this morning as I pondered why I suddenly woke up at 4:30 am and was ok with it, flowing peacefully and gently into motivation to become creative in the dim light of my living space. It's still dark outside. I miss that. I've been sleeping in a little these days – missing the sunrise – no doubt due to a combination of higher levels of melatonin, lower levels of serotonin (blaa blaa blaa) and a welcoming shift in my social life (better).

The topic that surfaced was *going back to the basics*. In waking up this early, I've been given the opportunity to experience and appreciate the simpler things. The automatic sounds all around me while I'm indoors, waiting for my coffee to finish brewing. The rising winter wildlife rustling about when I step outside my side door, staring down the naked valley, just beyond the stream drifting from my first cup of coffee.

Focusing on the basic things in life can help you to be present; to be mindful; to be in the now. And it's the most powerful place to be! To get all weird and wickedly wild, the goal of mastering the 3rd dimension – the world of the living – is to master the ability to be fully present, to be in the now. This is said to be our main priority right now, in these days of conscious shift. It's the way to get through the shift in the smoothest possible way. Once we are living in the present, being true to ourselves and following the signs and messages along the way, trusting our intuition, living life becomes like traveling along on a flying carpet. My carpet is red. What colour is yours?



You may not consider these "basics" for yourself, but these are basics according to my background and sense of what works. You have full potential to create your own list.

- Dancing – To me, the umbilical cord that connects the body to the earth is music.
- Singing – It's all about the release of emotional toxins. It doesn't matter how you sound. If you are self-conscious, sing in the car!
- The magic of walking – Your 5 senses are your tools.
- This leads us to connecting with nature – You can do this while walking. Specifically choose your walking location to include an abundance of opportunities to consume nature's feast for the senses.
- Cry – Any emotional release is beneficial. Research continues to pour out involving the negative affects unexpressed emotion causes at every level of our being. So, find a way that works for you to cry your eyes out; scream!
- And if that is not possible, write it all out in words or draw it in images. No one has to see it and no one has to be able to understand it.
- Don't forget our good friend, laughter – Laughter loves to kick in the good stuff, endorphins – nature's prozac.
- Feel and express love as often as you can – Love for a partner, for a parent, for a child, a pet, a friend, a favourite book – just feel it! In fact, feel all of these feelings -- freedom, appreciation, passion, excitement, enthusiasm, hope, contentment, and gratitude.

- Physical contact – Hugs are free.
- The interpersonal experience – Be in regular contact with the people who leave you feeling good about yourself.

Putting some quality attention on the basics of life is a simple way to ground and protect yourself for the negative energies that surround us, both in the living and spiritual world. Consciously focusing on activity that uses your 5 senses also gives your mind a strong message of self-care. Your body will shift towards balance. For this, I say that spending a cubby hole of time here and there taking a little trip back to the basics is magic for the mind, body and soul.



As we catapult into the evolutionary fast lanes of 2013, let's make a loving promise to ourselves. Let's promise to jump off that beautiful flyer carpet once in a while to take a walk, smell the roses, and hug a friend (or potential friend).

I want to share one of my favourite quotes with you. At this point, I have lost who said or wrote it. Somewhere out there, I'm giving credit. *"LIFE IS SHORT -- Break the rules -- Forgive quickly -- Kiss slowly -- Love truly -- Laugh uncontrollably -- And never regret anything that made you smile."*

Love and Light my Friends!

We've made it to 2013. Blessed are we. Are you being true to yourself yet?

~Christine

Imagine – January's Newsletter

<http://christinewhelan.weebly.com/newsletter.html>

Workshops facilitated by Christine in the area

<http://christinewhelan.weebly.com/coming-events.html>

Readings with Christine in the area

<http://christinewhelan.weebly.com/coming-events1.html>

Have You Heard?

Recent research identified that a person's intuition is accurate up to 90% of the time.

So remember to listen to your's.

<http://www.aftau.org/site/News2?page=NewsArticle&id=17369>

READINGS ON NIAGARA'S ECONOMIC OUTLOOK FOR 2013

Economic Outlook for Niagara Falls

Uncertain economic times will cause some businesses and citizens to move from the area in search of improved locations to live, work, and or promote their business. Young people especially will take on challenges in other parts of the world. New streams of study and technology will open up trade careers to enhance students, which will be available in the future. Many new people will arrive from various areas of the world to live and work in Ontario, especially the Golden Horseshoe area, bringing their finances with them to live and start-up businesses. A whole new cycle of doing business will emerge in 2013, with continual growth in the coming future, from new immigrants as well as internet business. I see people wanting and attaining more stability in their lives and awakening to new learning, changing careers and life style patterns. Changes in political figures will enhance more success especially with the younger generation, with continued mindfulness in the environment. I see people who are ready, attaining more balance in affairs when the shadow shifts and brings forward more light.

Reading by [Carolina Lipinski, Haven Global](#), Queen St., Niagara Falls



Pelham, Ontario's Economy in 2013 has the potential to be directed by relationships and networking

"Five Villages One Community"

"Pelham, Ontario, is primarily a farming community in the heart of the Niagara Region. In 1970, the Town of Pelham combined five unique and historical villages: Fonthill, Ridgeville, Effingham, North Pelham and Fenwick into a single town covering 126.42 square kilometers."

It has its own brand of small-town feel.

Many have moved away for a variety of reasons, mainly job and business opportunities. However, several who grew up in the Pelham area still remain. In the last month especially, I've notice a rising occurrence in this quiet, rural space, as I live and interact both socially and for business among it. I feel an energy that is drawing towards the strengths that worked in the early 1900's -- a sense of community. I feel gatherings together in kitchens to cafés. Friends with years of connection, reaching back to elementary school, will re-unite now as adults with years of practiced skills, and they will partner.

It is up to those re-united to follow the ideas and motivations that come to them at this time, potentially thrusting them forward into developmental progress together. There are those who, consciously or subconsciously, are in perfect position to act as human hubs, drawing those who are meant to connect, together.

The combinations will create a new fire of creative industry. Ideas will churn and ignite. What will develop will strongly represent the distinction of this space that is Pelham, Ontario.

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

Mandala Colouring

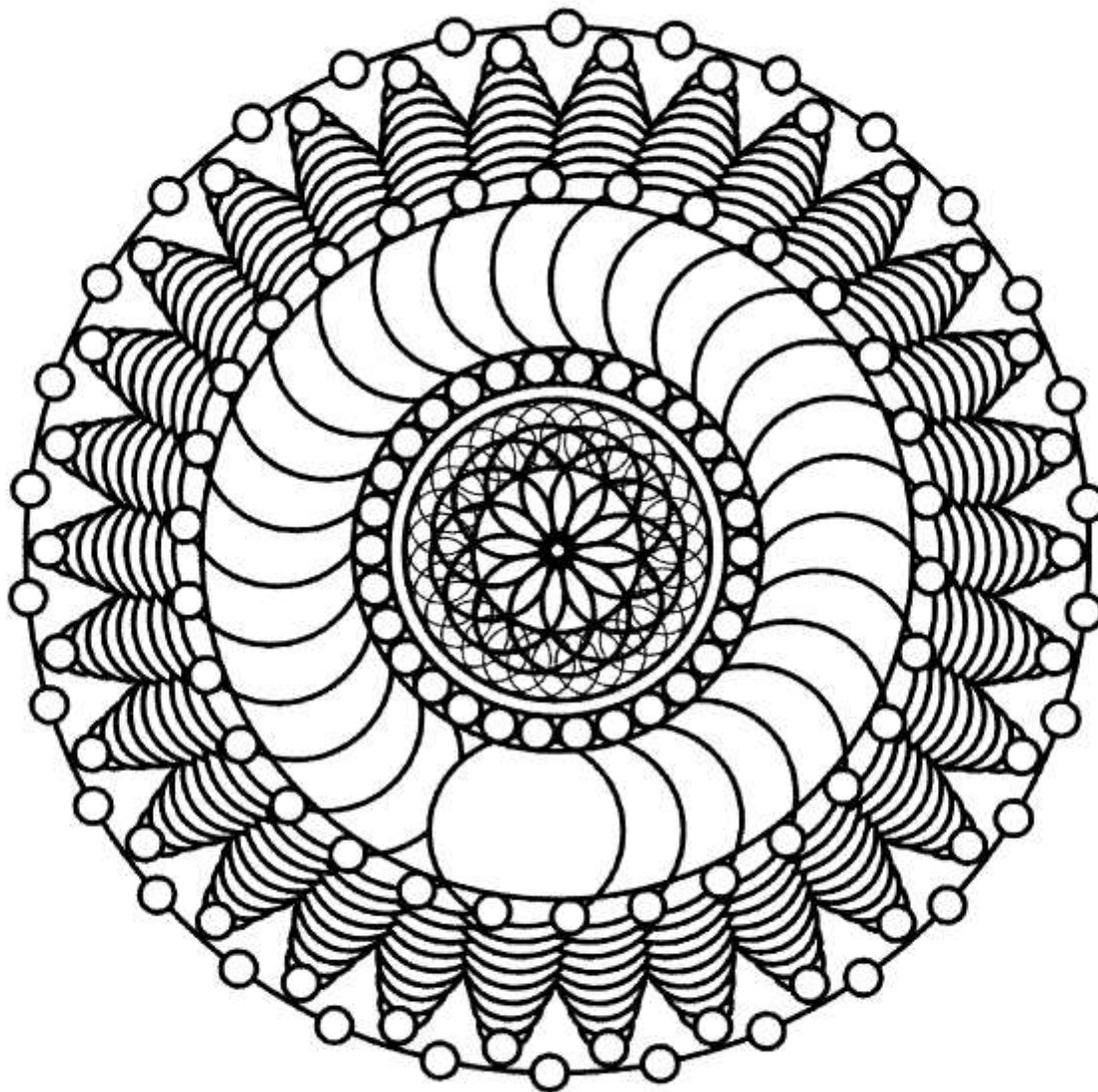
with Nancy Broerse

Explore the Magic of Mandalas

How to Get Started

1. You will need crayons, pencil crayons, chalk, pastels, paint or markers in a variety of colours.
2. Find a quiet and comfortable place. Play soft meditative music if you can or open the windows and listen to the soothing sounds of nature.
3. Start colouring. Don't think about your choice of colour too much and don't worry about matching colours. Let your instincts guide you. After you've begun with the first colour, the rest will follow naturally.
4. Begin from the middle to release hidden energy. Colour in from the outside to the centre to find your own meditative centre. Keep the direction you have begun and colour until you think it is finished.

"One color on the mandala invites another, like a guest who asks to bring his friend to your party."



You can often measure a person by the size of his dream. ~ Robert H. Schuller

Mandala provided by Nancy Broerse from her Mandala Colouring Book – Book Five Wisdom © Copyright Nancy Broerse 2009

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