

February Celebrates Love

We are very fortunate to have love in our lives. This includes the love that we have for ourselves, probably the hardest to receive. Celebrate those you love with compliments, or making dinner together, or a walk in nature together. It is the times we share that are most precious.

Remember to also celebrate self-love and provide yourself with some peaceful moments like a bubble bath or a yoga or meditation class or a private reading. [Check out our calendar](#) there are so many wonderful things happening in Niagara.

I was recently sent this amazing video about Niagara that I must share with you. Here is the link: <http://vimeo.com/52899242>

In this month's articles Jituska provides us with an astrological reading on the City of Niagara Falls. Please join me in welcoming [Jituska to our Spiritual Niagara](#) membership.

[Christine Whelan](#) explores free will what is it and do we really have it? I shared an article that I received through an email from my friend [Carolyn Shannon](#) about Mindfulness when dealing with pain.

If you have ideas or videos that you would like us to share you can email me at Kathy@spiritualniagara.ca

Namaste,

Kathy Upper
[Spiritual Niagara](#)
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Inside this issue:

February Celebrates.....	1
Crystal Connections.....	1
Lightworker's Way.....	2-3
Ask Jewelee.....	4
Mindfulness for Pain.....	5-6
Have you Heard.....	6
Spirit of Niagara.....	7
Mandala Colouring.....	8
Spiritual Niagara Members.....	9

CRYSTAL CONNECTIONS with Carolina



STONE OF THE MONTH:

Rose Quartz

The stone of Love & Romance! The quartz of the heart, an emotional release and balancing stone, resonating warmth and love to the self and to others. Healing properties include -chest & lung problems, kidneys & adrenals, vertigo & burns, Parkinson's & dementia. Mention this stone and receive 15% off of Rose Quartz jewelry and stones this month!

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LIGHTWORKER'S WAY *Column 29*

Free will: "I don't have to, I want to."

By Christine Whelan

Free will. This is a concept I speak frequently about, almost daily.

"I believe we all create our paths before we are born to each lifetime, in partnership with a higher presence, the Source. I also believe, once born, we are given the highest gift of free will. Intuition is our link between our chosen journey on our life path and our earthly choices using free will."

~ Christine Whelan.

To me, one of the two most significant and powerful universal laws present in our existence is the law of free will. The other being law of attraction. In doing some research, I realized quite quickly that the concept of free will is very controversial. A lot of people, from a lot of difference belief systems have had a lot to say about the subject. I read from different perspectives; from scientific to religious to psychological and philosophical theories. From this plethora of words, the message that resonated with me was, first of all, that yes we do have free will (some scientific and religious views believe we do not), and following, I feel that free will can be defined as *the ability to choose a course of action from among various alternatives as a means of fulfilling some need or desire; being responsible for one's actions and accepting the resulting consequences.*



There is a book that crossed my path several years ago called "Letters from The Cosmos", published by Clermont Press, written by a husband and wife team. Let me just share with you the words on the cover, "Inspiring, instructive and sometimes controversial messages;

written and transmitted by an unnamed, unknown source; received and recorded through an extraordinary psychic process". I wanted to quote the cover simply because I couldn't have described the book better. This book provided me with the first opportunity to consider our world and God from a very fresh outlook. We have been given this beautiful gift, the gift of free will. God saw us as children at one time so he gave us rules, as a parent gives a child. Boundaries. In my home growing up they were called, "ground rules". In history they were called "The 10 Commandments". Now we are older souls, like adults, expected to have learned lessons along the way that serve to guide us along our paths so that we now must take charge of our own lives, learn how to trust our intuitive nudges, and use our free will to make our own choices, and very importantly, be responsible for the following outcomes, whether they be positive or negative.

I read the book in 3 hours.

Importance of free will and the affects of losing it

So, when considering the possibilities around our choosing our own paths before we are born, free will, in partnership with intuition, determines whether we stay on path, a.k.a. whether we experience true happiness or not. Imagine the affects of being in a situation where someone is overpowering you. Someone is decided how you should feel, what you should believe in, what your decisions should be, what is best for you, telling you that all that you are experiencing is wrong. This would be like putting handcuffs on your free will, one of the most important tools of survival. Of course, there's always the possibility that being in that particular type of situation would be a part of one's path; however if so, wouldn't it also be a part of one's path to find a way out of the handcuffs?

I often remind people that, when it's time to heal, it's time to go back to where we left ourselves. I often get the question, "When is that?" In my belief, each person

has their own point of the beginning of that separation, but I think that for a lot of us, we start to lose us around the age of 2 years old. At 2, we start to scream, "No! No! No!" and have our little temper tantrums. We will be heard!! And the adults start to let all the other adults know, while also apologizing, that we have entered the stage of "the terrible two's".

The terrible two's.



And they'd all laugh and nod their heads knowingly.

For many years now, I've been coming across the theory that when a young human being hits a certain age, somewhere between the ages of 2-4, this individual begins the development of his or her free will, the ability to start making one's own decisions (age appropriate, of course), the ability to say no.

Given this, consider it, at the time we began to develop our free will -- one of the most important tools of survival -- we were being labeled as "terrible". Not the parents' fault. They probably weren't aware of the affects. Lots of that going around back then. But we can be aware now, and we have the free will to change our beliefs and use of our free will today.

We can take the handcuffs off.

Just sayin'

Deuteronomy 30:19 gives us a choice: "I have set before you life and death, blessing and cursing. Choose therefore life, that both you and your seed may live".

"From common sense logic: If there is no free will, then there is no choice of belief, and therefore no convincing. People who deny the existence of free will are convinced there is no free will. Therefore we have free will." Anonymous

"What people have the capacity to choose, they have the ability to change."

— [Madeleine Albright](#)

Love and light, my friends! Spring is on its way!
~ Christine, Mindz 'n Transit

Mindz 'n Transit February Newsletter – "Imagine"
<http://christinewhelan.weebly.com/newsletter.html>

"I believe we all create our paths before we are born to each lifetime, in partnership with a higher presence, the Source. I also believe, once born, we are given the highest gift of free will. Intuition is our link between our chosen journey on our life path and our earthly choices using free will."

~ Christine Whelan.



Ask Jewelee Column

Dear Jewelee,

Hello! This is a bit more of a general question about spirituality and the universe than specific to me. Recently I was at meditation group where the leader was explaining that you can meet your spirit guides or angels during your meditations. And as he spoke further it seemed to me that what he was describing was what I thought was my inner being. So I was a bit confused, are angels and spirit guides and inner beings (or source, god, the universe, so many names) the same thing? I suppose my confusion lay in the fact that I thought I should align with my inner being for answers, and in the meditation group I was encouraged to seek out my angels or guides through meditation, which really meditation is a way of aligning with my inner being anyway, but it makes me wonder are all these beings the same just with different names?

Thanks for your help, I know you don't answer personal emails, but perhaps putting my question out there the universe will send me an answer in another way too :)

Michalea, Sagitarrius

Michaela:

Those are excellent questions and I am going to explain my beliefs based on what I experience as a reader when I connect to Spirit. Hopefully this will help explain things. We all have different ways of doing things and things that resonate to us. When I read I connect to energy which I believe is your inner being. This is the energy that lets me tap into you and your Spirit for guidance in your life and helps me see the things that go on in your life such as thoughts, work, relationships etc. I don't really consider this energy I am reading to be from guides or angels I refer to it as tapping into your energy (Inner Being). If I am doing a mediumship reading then I am tapping into your family members/ancestors energy. Because these beings have crossed I would consider them to be spirit energy. Not Spirit guides but spirit energy and because they are your relatives I would also see them as your guides and angels as they are there to guide you and help you and give you strength. I would consider them to be your personal guardian angels. When I do mediumship this is the energy I like to connect to because a client can validate what I am seeing. If I just connected to a spirit guide or angel you could not validate and you may leave with questions and doubting the information I am passing on to you instead of feeling like you have answers. I just find that people feel more comfortable when information can be validated as it can answer that question how do you know. I also believe that we all have Spirit Guides but I also believe it is up to us as individuals when we are ready to ask for them to reveal themselves and to ask for validation such as a name or answer to a question. Again I believe this should be something between an individual and a guide so that you can validate the information and be comfortable with the answers. This is the person you would turn to for deeper spiritual issues such as life path questions or deep rooted issues. Again I personally feel that these guides will only reveal themselves when they are ready.

I hope this brings some clarity and again I would like to stress that this is the way it works for me for others it may be a completely different process.

Peace,
Jewelee

[Send in your question for 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.

Mindfulness for Pain

This article is courtesy of [Carolyn Shannon, Empowerment Start Here](#)

When you feel pain, your first inclination is likely to try to avoid it or "kill it." However, a growing body of research shows that we can use our minds to "turn towards our pain" in a way that can ease it.

"Mindfulness" based meditation techniques may be effectively used in place of or in combination with pain medication. Let's explore three components of pain and how you can use your mind to intervene in all three.

When you feel pain, the experience arrives first as a physical sensation. It's likely that you will then have an emotional reaction to that sensation such as fear, irritation, or frustration. Then, you might tell yourself a story about what your pain means, such as "Maybe I have a terminal illness," or "It's my own fault for doing such and such."



These are the three layers of a painful experience--sensations, emotional reactions, and thoughts or "your story" about it.

You can use mindfulness to step into all three of these layers and shift your relationship to your pain. Not only might this help to ease your suffering, but it may also stimulate your body's healing resources to resolve the cause of your pain. Applying mindful attention to your body can change how you feel and facilitate healing.

So what is mindfulness?

Mindfulness is consciously paying attention to what is happening in the present moment with an accepting, non-judgmental attitude. It is "witnessing" what is happening without being swept up in, overwhelmed by, or getting lost in the experience. You observe your inner experiences--your sensations, feelings, and thoughts--as "events" that move through you.

Through mindfulness, you realize that all experiences come and go. In fact, as you become mindful of pain, you may find that it shifts and possibly even resolves. Whatever happens, you will change your relationship to pain so that it is less likely to "take you over" and "rule your life."

You can practice mindfulness in three steps:

First, you can observe the story you are telling about your pain. Much of the story you are telling may not be true. It may come from memories of others

suffering, from your own past experiences, or just be imagined and "made-up" future possibilities. It can be helpful to separate the facts, things you really know about your painful experience, from imagined outcomes based on your fears or self-judgments.

Second, you can observe your emotional reactions to the pain. Notice if you are aggravated, afraid, or even angry about having this pain. Again, see if you can observe your emotions without identifying with them or being swept away by them. It can be helpful to label your feelings to get some observational distance. You can simply identify them with the word that feels most appropriate--fear, resentment, irritation. . .

Finally, you can apply mindfulness to the raw pain sensation itself by gently and lovingly paying attention to it. First, take several deep breaths to relax your body as well as you can. Then, feel around the edges of the painful area--just noticing the raw sensations, breathing into them, and noticing any ways they shift or change.

If you are able to get somewhat comfortable with this, next, see if you can enter into the middle of the painful area and breathe in and out of it. Allow your breath to bring a sensation of spaciousness and a feeling of nurturing acceptance into the pain. You may also find it helpful to "ask the painful area to

speak to you." Is there any message the pain has for you? You may be surprised at what you discover.

Mindfulness is a practice that you get better at the more you work with it. You can apply it anywhere in your life to become more present, discover clear insight, and facilitate positive resolutions to any issue you face.

Best wishes in your personal practice.

Kevin & Matt

The Mind-Body Training Company

P.S. Practicing meditation is one of the best ways to bring more mindfulness and joy into your life. For a

solid grounding in the basics of meditation, energized breathing and manifesting what you desire with the Law of Attraction, check out this program:

<http://SecretsOfMeditation.com/secrets>

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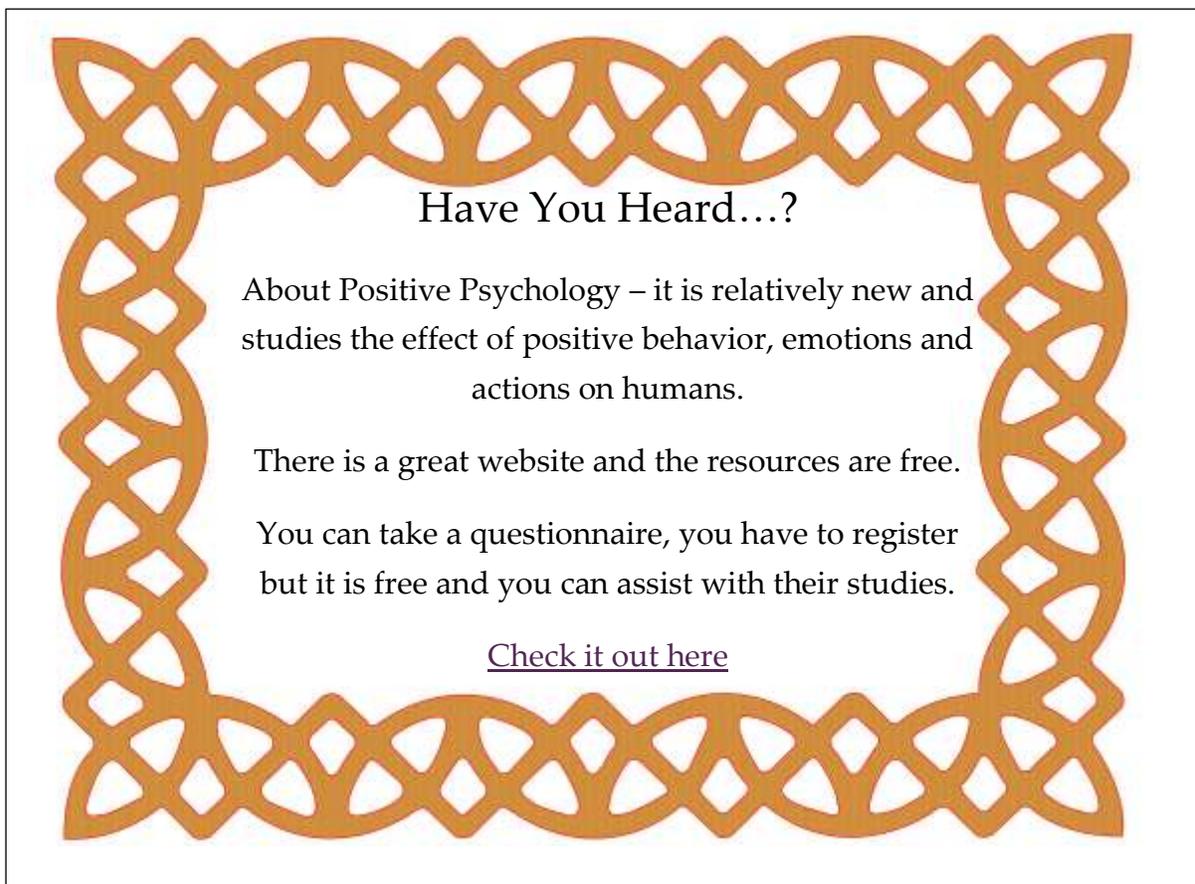
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About Positive Psychology – it is relatively new and studies the effect of positive behavior, emotions and actions on humans.

There is a great website and the resources are free.

You can take a questionnaire, you have to register but it is free and you can assist with their studies.

[Check it out here](#)

Spirit of Niagara

By Jituska

At the beginning of this year I was asked to look at the astrological forecast for Niagara Falls. In order to do so I had to do some research as to when Niagara officially became a "City". I found several dates, first was 1846 when it was recognized as a village, followed by March 13th 1882 when it became the 'town of Niagara Falls' and finally in June 12, 1903 when there was a declaration act incorporating it as the 'City' of Niagara Falls. Finally I got down to the bottom of it, in 1904 January 1st at midnight Niagara officially became the 'City' of Niagara Falls. This was the date I chose to draw the actual chart for Niagara Falls. As I began weaving the threads together I could not help but get a feeling of the actual 'spirit' of Niagara itself. The chart itself became more pertinent to me than the actual prediction. I could not believe the tapestry that appeared before me. A predominant theme of a 'Goddess' -esque energy.

First most obvious was the Libra rising. How 'she' projects herself to the world and how she is seen by others. Libra ruler of beauty, marriage and union. Isn't that interesting I thought, 'honeymoon capital' and a place that people come together from all around the world to admire her beauty. Venus her ruler, the Goddess! The ultimate feminine symbol, but then I noticed the Venusian theme continued on as I found the actual planet Venus in the second house of finances. Love of all the beautiful things money can buy! Venus' s charm leading people to form business relationships that lead to it's wealth.

Businesses relating to the 'Arts', making money from the arts and all that is beautiful has always been the positive potential of Niagara but Scorpio in the second is in it's detriment here as it opposes its natural ruler of Taurus. It brings with it a dark secretive side such as using wealth to achieve social status, material comforts, sexual preoccupation, extravagance and a tendency to spend! We are all well aware of the affluent families that Niagara Falls arose from and to this day still have much influence over tourism and casino's. The Oaks were the wealthiest family in all of Canada at one time due to their luck in prospecting mines. There are many hidden secrets here such as the tunnels, underground railroads and prohibition etc. As I delved into the third house I found another interesting link into the mind's eye of Niagara. Uranus in the third in Sagittarius conjunct Sun in Capricorn. This is the mind of genius's. Most inventors and scientists have Uranus, planet of revolutionary ideas in the third house. Uranus in Sagittarius gives the sense of adventure, the pioneer, delving into new territories, foreigners, new belief systems. Saturn placed in the fourth house as well as the ruler of Capricorn gives the structure and responsibility necessary to bring an actual form to the development of these ideas. Saturn in Aquarius in the fourth also explains why Niagara was chosen as a home for the Freemasons, a highly structured Esoteric Organization. We still find it's influences at such places as Oaks garden at the bottom of Clifton Hill. Mars in the fifth in Aquarius brings in breakthroughs in engineering, and new ideas through creative teamwork, group co-operation for the enrichment of humanity. Sounds very Tesla-Edison-like to me :)

Next I watched the energy flow just beautifully into the sixth house of work and being of service. Here I found Pisces with Jupiter amplifying it all, the compassionate underdog. Healing, healing, healing! Traditionally 6th house ruler is Virgo, also a symbol of the Goddess. This screams "I know how you feel and I will show you how to heal". Spiritual alternative healing (Piscean), healing body (Virgo, earth) and mind (Mercury, ruler of Virgo) . Perhaps this may be an opportunity to integrate alternative medicines and advances in our medical, hospital systems. This was all re-confirmed as I observed the planets in the ninth house. The ninth traditionally rules spirituality and travel. Pluto's placement here shows profound insights into the future of humanity and it's institutions with little tolerance for hypocrisy and social injustice.

Pluto in Gemini again brings ingenuity and the moon's conjunction to Pluto and Neptune in the ninth, brings in the psychic and clairvoyant attunement. Neptune is in the ninth house but in the sign of Cancer. No wonder people travel from all around the world to come here. All this tremendous magnetic force is attracting electro-magnetic beings to her feminine water element. Neptune God of the Sea is at home in watery Cancer, the mother. So here we have the harmonics of the love principle. Venus rules love at the personal level of attraction and Neptune the higher unconditional transcendental union of all. Neptune in Cancer conjoins the moon ruled by Cancer. Lots of love, love, love. Add the

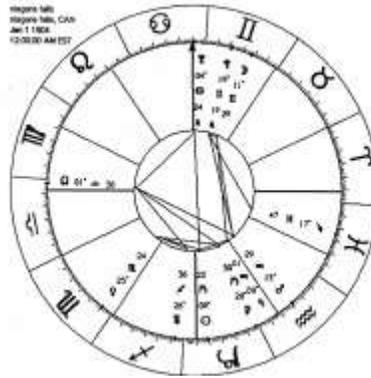
Jupiter in Pisces in the 6th house we have a very mystical healing dynamic happening here.

To close the story of Niagara we go full circle and find Libra again 01 degree in the Karmic North Node of the twelfth house. We began with the Goddess in the first house of identity and conclude with Goddess in the twelfth house of collective subconscious. I continuously felt connected to a Goddess-type spirit when drawing up the chart for Niagara Falls, of whom I will refer to from now on as..."Goddess Niagara".

Many Moons Blessing's)O(

Jituska

Jituska is an educator and advocate of Natural Health and Healing here in the Niagara Region. She is an independent advisor and actively involved in many facets of integrative medicine providing natural health care solutions to the public. She is the founder of the Niagara Holistic Lifestyles Pavilion located on Park St. in Downtown Niagara Falls. Re-Opening May 1st-October 2013. Along with building a Sacred Healing Garden the prime focus is on bringing together the Niagara community by providing a public forum for displaying local talents and products. This will include artisans and speakers on health and wellness; A 'Holistic' grassroots, homegrown organic market. Her background includes, herbalism, homeopathy and astrology which she integrates into her workshops, teaching astrological gardening to how to's of herbs and their preparations. If you would be interested in joining a workshop or a moon meditation both are held monthly. For more info contact Jituska on Facebook at either [Niagara Holistic Lifestyles Pavilion](#) or [Pagan Association Niagara](#).



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."



"Worry does not empty tomorrow of its sorrow; it empties today of its strength." ~ Unknown

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

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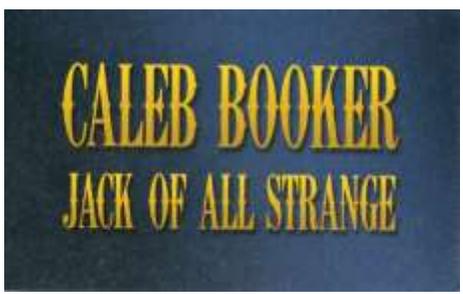
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