

March Newsletter

Spiritual
Niagara

Connecting you with yourself

Edition 4 volume 2

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March Celebrates Spring

Happy Spring Everyone, a time of renewal and growth. It is a great time to assess, what can I do differently to be a happier more fulfilled person? Small changes to your life can make a big difference. Try this before your feet hit the floor in the morning take a deep breath and send blessings forward for the wonderful day you are about to have. Join me in making this change to see how it can make a difference in your life. Let's make life OUR experiment!

This month Christine's article looks at change and how it is going to happen anyway so how can we do it our way.

Jituska explains Mercury Retrograde and how to prepare for this year's events.

We are adding a new feature entitled Earth Angels. This column will introduce you to the members of Spiritual Niagara and the services that they offer in your community. This month we feature Stacy Kenney from Thorold, ON.

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

Namaste,

Kathy Upper

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Inside this issue:

March Celebrates.....	1
Crystal Connections.....	1
Lightworker's Way.....	2-3
Ask Jewelee.....	4
Earth Angels.....	5
Have you Heard.....	5
Retro-Lounge.....	6
Mandala Colouring.....	7
Spiritual Niagara Members.....	8

CRYSTAL CONNECTIONS with Carolina



STONE OF THE MONTH:

Jade

The stone of luck! A symbol of purity and serenity, wisdom, especially good for the heart chakra, increases love and protection. Jade helps the healing process in the kidneys, adrenal glands and body fluids, as well as assisting with fertility, childbirth and dream re-call. Jade comes in an array of beautiful shades, but green being the prized shade in the East. Enjoy 15% off of stones and jewelry by mentioning this special this month.

Quote of the Month: Every set back is a set up for an even better comeback! Patricia Love

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LIGHTWORKER'S WAY *Column 30*

Change is mandatory, Growth is optional

By Christine Whelan

Spring is here! Can you feel it? Can you smell it? Have you noticed that many of the birds and geese have made their grand return? Do you feel the stirring within you? These are incredible stirrings, ones that encourage creativity, that motivate, that give strength. Strength? Why strength? you might ask.

I'm talking about strength to accept change, my naturally adventurous friends, the type of change that thrusts us outside of our comfort zone. Exhilarating? Thrilling? Or simply and utterly terrifying?

The remarkable part is, we all get to choose – exhilarating or terrifying. Free will, remember?

The Butterfly Effect

"The idea, used in chaos theory, that a very small difference in the initial state of a physical system can make a significant difference to the state at some later time.

[from the theory that a butterfly flapping its wings in one part of the world might ultimately cause a hurricane in another part of the world]"

The mother load of change is occurring within and without us right now. We are in the days of global evolution. All things must change. Our bodies are changing. Our minds are changing. This is shifting the overall vibration of the world as we are all connected. My change affects all that is around me. Your change affects all that is around you. Our affects will meet at some point, along with the changes that are occurring on the other side of the world. Amazing stuff!!

So, we need to concentrate on positive change, my friends.



Speaking of butterflies

All we need to do is look to nature to remind us that all transformation is around us. The butterfly represents change. It spends its first part of its journey as a caterpillar, next cocooned for metamorphosis (I used to love this word in elementary school), to come out as a beautiful butterfly. Its beauty is no doubt on the inside as well as the outside as with change comes learning and growth. At least we hope so.

If we choose to learn and grow with each personal life change, we need to always remember that with change comes loss, even if the change is a good one, there will be elements that are lost in the process of changing up that will be missed. It's good to acknowledge that missing or we may end of storing that lower vibrating energy within us somewhere, peeping out and snapping at our world in a way we may not desire or even realize.

When we experience loss, we experience grief so it would make sense to say that we also experience the 5 stages of grief with each change: denial, bargaining, depression, anger, and acceptance. Once I began to understand that there was this constant, internal process going on within me, I made much more sense to me.

If you don't take care of your life, your life will take care of you – In the journey of the Tarot, there is the card of the Tower

If we pay attention carefully, we will notice little whispers of instruction in the happenings of our everyday life. These whispers are often reminding us, "It's time to change direction." We, as humans being, rarely listen to these whispers as we often prefer to stay on the current path, to keep the status quo. After all, it takes so much time, energy and let's face it, money to make life changes. And above all, it takes risk and personal confidence. We know how to *be* in the midst of what is familiar.

Even when the whispers gradually rise to shouts, we often try to avoid what is right in front of us. It's when life takes over and we experience what we can perceive as a crisis, which is actually just a sweeping change that is out of our control, but that is necessary for us to make the needed change in direction, do we follow along. At that point we would have no choice, or so it seems. At that point, our choice is to accept or resist what has happened. These sweeping changes can you look like a loss of a job, an accident, a house fire, or a traumatic relationship break up. Take a look at your life. Can you see where there was something that happened that was out of your control? Can you now see, in hindsight, how that perceived traumatic experience caused you to change direction in your life?

So, ask yourself, "How well do I accept and deal with change?" Do you believe that everything happens for many reasons and as it should? Do you believe that at every point of challenge and hardship lies at least one opportunity for learning, change and growth? Or do you believe in bad luck and that life is hard, period? Your answers will directly impact how you live your life in these days and the days coming.

Ride that flyer carpet! Embrace it, fully experience it! Nothing is *bad*. That's just one perspective. It's a very limiting one, however it is the viewpoint that comes

from years (for you, the number of years you've been born into this lifetime) of using a set belief system provided lovingly by the adults in the first part of your life. Now is the time you can change your thoughts and feelings about change to better suit the days we are in.



Our choices make all the difference in the world. "Life is 10% what happens to us – 90% what we do with it." Give yourself permission to take some internal, inventory without judgment. What has been working? What is not working anymore? And re-invent yourself!! Spring is here, do you feel the stirring within you? Release it!

We've heard it before - be the change you want to see in this world.

Love and light my ever-evolving friends!!

~ Christine

Check out what Christine's got coming up:
<http://christinewhelan.weebly.com/coming-events1.html>

Intuition is a great tool to use when working with internal and external changes this spring. Read about Christine's Intuitive Tune Ups available this and next month!
<http://christinewhelan.weebly.com/intuitive-tune-ups.html>



Ask Jewelee

Hi Jewelee,

I have been guided to join a group to meet people who will guide me to the next level of my Spiritual Journey and I'm not sure which group to join or where I'm to meet them? Through a meditation group or is it some other kind of group? Any thoughts?

Sue, Aries

Sue,

I'm seeing a bunch of different groups so I think there may be a variety of choices for you and I think the more you expand the more choices you will have. I'm seeing a group, possibly a meditation group, but there is not a fee for it so it could be some sort of meet up group or healing exchange but it would be along that line where everyone is learning or sharing. I am also seeing classes. These would be at a store or someone's house where there is a teacher. There would be a fee for these but it is not a large fee. I am not sure what city you live in but I am seeing driving so you may be guided to go outside of your area. These are learning classes on a specific area of interest not just a group getting together.

I am seeing one last thing as far as your spiritual journey at this time. Have you ever thought of starting your own meet up or exchange group. I feel you have very strong leadership skills and organizational skills and think you would be very good at bringing people together. You may not feel like you have much to teach but if you keep it light and not formal you may be surprised at where it can go as we all have something to teach and we all have something to learn. Remember if you are looking for a group there are probably others in the same situation looking to expand and learn and share.

Good luck on your journey,

Jewelée

[Send in your question for Jewelee](#)

Jewelée is the owner of the [Ask Jewelee Store](#) at 4911 Victoria Ave, Niagara Falls, ON. You can submit your questions for [Jewelée 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 Jewelée for a private reading contact her directly through her website or by phone.

See [Jewelée's profile on Spiritual Niagara](#).



Introducing Stacy Kenney, The Reiki Way

Stacy is a Master level Usui reiki practitioner, which means she can both practice and teach reiki. She works out of her home in Thorold but is also available to come to you. Stacy started in reiki in 2008 when she returned home from a trip to Mexico with her family to celebrate her mother's 50th birthday. She realized while away how there is much more to life than the physical, and how much she needed healing herself, from her parents' divorce that occurred when she was a child. Stacy states, "Once we believe it and show the spiritual world attention, we then notice some pretty profound changes happening in our life."

Stacy describes reiki as "the closest way to connect with God and the spiritual realm without having a near death experience or actually passing into the spiritual world. It's a higher form of meditation that offers profound healing in a physical, emotional and spiritual way."

Recently Stacy registered as an Independent Consultant with Arbonne Canada. She wanted to become involved with this company because of their approach to health and

wellness. Their motto is Pure, Safe and Beneficial, and they use botanical ingredients in their products. They don't test on animals, nor do they use any animal by-products, artificial fillers, fragrances or flavors.

"I've seen a lot of people affected by cancer and the after effects and not being able to use certain products. These products are safe for people who've had cancer as they are Paraben free. They have everything from anti-aging lines, baby care products, cosmetics, and a men's line to nutrition. Our protein is Vegan and all of our cosmetics are vegan certified as well. I've worked for companies that expect 200% and more from you, but never give anything back. Every time I turn around Arbonne is providing another form of recognition, or praise. Everyone wants everyone to be successful, and there is always someone there for you. I know I want to be a stay at home mom when I have kids someday, and this is giving me the opportunity to do that, but to also provide for my future family. "



To find out more about Stacy or to contact her you can view [her profile page on Spiritual Niagara](#). You will also find a link to her Arbonne products.

Have You Heard?

You can download a free Oracle card app featuring the artwork of local artist Lisa Iris and inspired messages from Crystal Wind.

[Here is the link for you.](#)

RETRO-LOUNGE

By Jituska

The other day I noticed a friend of mine was performing at a place called the Retro-Lounge. How appropriate I thought, Mercury just went retrograde and this is exactly what I need to do--lounge. There are many that hear of a Mercury retrograde and immediately the confusion starts to enter the collective psyche. What exactly is a Mercury retrograde?

Well, as I experienced quite recently, just bringing up the subject brings about misunderstandings. Mercury is traditionally known in Greek Mythology as the 'messenger of the gods'. Astrologically it is the connection between the conscious (Sun) and our unconscious (moon). In order for these two psyches to function they need a mediator so they may interact and come to life so to speak. It is through Mercury that we come into contact with others in an aim for collective security. This is also why traditionally the Caduceus, the staff of Hermes, was a symbol for commerce and alchemy.

The planet Mercury represents our ability to communicate and connect. It compels us to gather and share information and engage in a give-and take that is essential to our development. When Mercury goes Retrograde it is a reminder to pause. It is not a time to make any decisions and most importantly never sign any contracts during a Mercury retrograde. Things of an electronic nature will also have a tendency to wreak havoc in our lives, computers, cars...not a good time to purchase items of this nature either. Travel will come with delays, appointments will get cancelled, and there will be a tendency for miscommunication and misunderstandings. People from the past may re-appear. This would be a good time to reflect on past beliefs or viewpoints, '..was it something you said?' Perhaps a good time to 'forgive and forget'.

The reason we take into consideration anything beginning with "re-", reflect, re-organize, review, revise, etc. during Mercury retrograde is because from the Geocentric Earth's view Mercury appears to be moving backwards. As Mercury orbits four times a year it moves faster than the Earth creating this phenomenon of an apparent backwards motion. This year we will have Mercury going retrograde from February 23-March 17th, June 26th-July 20th, and October 21st to November 10th.

The effects of these retrogrades can also be felt two weeks before and after, particularly for those with strong Mercurial influences such as Gemini or Virgo in your charts. May I suggest you mark your calendars and get out the lounging gear. I have my loungewear all set, perhaps a chaise lounge and bon-bons are par for the course as well. Look out retro Lounge here I come ;) Many Moons Blessings 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

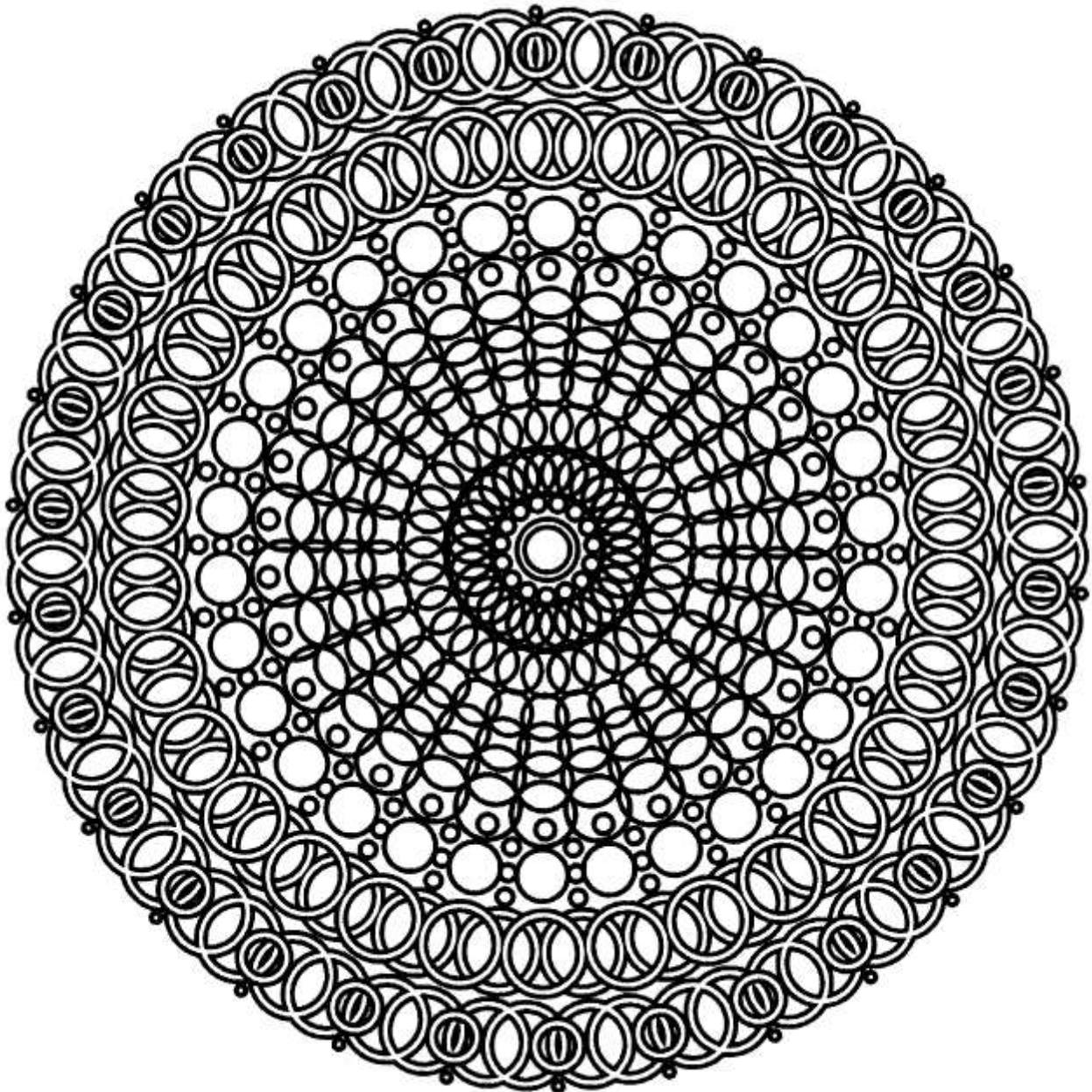
with Nancy Broerse

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."



"The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem."
~ Theodore Rubin

Visit our Spiritual Niagara members ~ Connections that can truly change your life.

Click on the cards for more info



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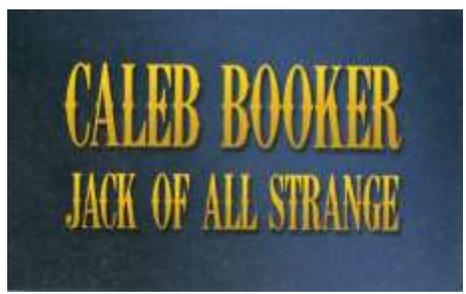
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It is your connection to others that will lead you to yourself. ~ Spiritual Niagara