

April Newsletter

Spiritual
Niagara

Connecting you with yourself

Edition 4 volume 4

www.spiritualniagara.ca

info@spiritualniagara.ca

April Celebrates Re-birth

So what are the greatest questions? As we move into warmer weather and as things start to wake up, let's wake ourselves up by trying to answer some of life's greatest questions. Who am I? What do I need? Where am I heading?

Now don't take it seriously, try playing with your answers. Let your imagination go. Life, it seems, can become too serious. This is especially true if you do not feel well. We need to relax into who we are and stop trying to become and just BE instead, lol.

[Christine's](#) article helps us remember the importance that laughter plays in our lives.

[Jitaska](#) gets us started in thinking about lunar gardening to help us with this year's harvest.

[Carolina](#) shares the abilities of the moonstone and invites you to explore Haven Global.

In the Healing Journey article I share some of the lessons that I have been learning as I journey towards wellness.

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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CRYSTAL CONNECTIONS with Carolina



STONE OF THE MONTH:

Moonstone

A stone of new beginnings, whether it is creamy, clear or rainbow, a stone connected to the moon and intuition! A wonderful stone for dream re-call, or to keep in your medicine pouch or with your Tarot or Oracle Cards. Moonstone can calm emotions and align the chakras while enhancing psychic abilities. Moonstone helps with digestion and reproductive systems, and is also known as the travellers stone. Mention this stone and receive 15% off this month!

Quote of the Month: Great Spirits often encounter violent opposition from mediocre minds! Einstein
Haven Global, 4394 Queen St., Niagara Falls, ON
L2E 2L3 tel/fax 289-296-3781,
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LIGHTWORKER'S WAY *Column 31*

THE POWER OF LAUGHTER: *The Internal Workout*

By Christine Whelan

*"Laughter is an instant vacation."
~ Milton Berle*

In a time that has shifted many into a common, mainstream belief that prescription drugs are the only answer to all ailment and discomfort prayers, it's essential to remember and remind others, we have at our constant disposal, an additional medicine that is free, fun, and easy to use. It has no negative side effects, with the exception of the odd beverage spewed from nostrils and the occasional embarrassing snort or stitch in the side. In fact, I would say, this miracle med is so outstanding it actually has positive side effects. It lightens our burdens, inspires hope, and helps to keep us grounded.

This med can be quite addictive – and this time that's a good thing! Furthermore, in this instance, it's the treatment that's contagious not the illness.

Of course, I mean laughter.

Now I'm not saying go off your 'scripts. I am saying here's something else to consider adding to your health and wellness plan. Check this out --

Laughter: An internal workout

A good belly laugh exercises the diaphragm, contracts the abs and even works out the shoulders, leaving muscles more relaxed for up to 45 minutes afterward.

But there's so much more my fellow lightworkers....

Boosts the immune system

Laughter decreases stress hormones, increases immune cells and infection-fighting antibodies, improving our resistance to disease.

Releases endorphins

'Gotta love those endorphins! The body's natural feel-good chemicals promote an overall sense of well-being and can even temporarily relieve pain. A good giggle fest can kick start a nice dose of those babies.

Protects the heart

A habit of laughing regularly improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems. It is also known to lower blood pressure.

Connects to others

Our health and happiness depend, to a large degree, on the quality of our relationships -- and laughter binds people together.

Boosts creativity

Humor and playfulness loosens us up, energizing our thinking and inspires creative problem solving.

Provides social benefits:

When we laugh regularly throughout our daily lives, we tend to attract others to us, to this energy. And since laughter is contagious it's a beautiful and fun way to strengthen our relationships at every level. It's a gift we can give to others. I've seen it assist in times when teamwork is necessary and help defuse conflict.

Let's try a fun exercise, shall we? For the next week or so, let's all make a conscious decision to focus on these **6 basic activities** and see how things change within us and around us.

Smile.

Smiling is the beginning of laughter. Like laughter, it's contagious. When we look at someone or see something even mildly pleasing, we will practice smiling. Even if



we feel at our grumpiest, a smile can automatically cause us to feel just a little bit better. Sometimes it's the baby steps that work.

Count our blessings.

Gratitude. What are we grateful for? We spend a lot of time concentrating on what we want and what we don't have. Imagine what would happen if we spent some time each day counting 5 things (different each day) we are grateful for? An attitude of gratitude will raise our energy vibration level, bringing us closer to the laughing point.

When we hear laughter, we move toward it.

Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When we hear laughter, let's seek it out and ask, "What's funny?"

Spend time with fun, playful people.

These are people who laugh easily—both at themselves and at life's absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious. The people I know that I can sense generally vibrate at a higher frequency, laugh well and laugh often.

Bring humour into conversations.

Ask people, "What's the funniest thing that happened to you today? This week? In your life?" I know that might sound odd but it's all about timing. Ask when it feels right, when you feel comfortable to ask.

It was a regular ritual in my family when I was a young girl to bring up often and recite the "funniest thing each one of us has done so far". Notice we added "so far", implying we were aware that we would be participating in at least one more humorous incident in our own lives. In the interest of space management, I will spare you the details. However I can say, I believe this is how each family member gained such a valuable gift, the ability to laugh at ourselves.

Exposing ourselves to comedy vs. everything else

If we choose to watch something on our television sets or online, let's try choosing comedy as at least a percentage of the episodes, movies and clips we watch.

** I know it can be hard for some of us to stay away from the News these days. If comedy and humour can cause all the above positive stuff, imagine what constant exposure to the current world events can do to us? All I suggest is balance it out.

I want to end this month with the words of [Osho](#), a controversial professor of [philosophy](#) who travelled throughout India in the 1960s as a public speaker, because I think these words are powerfully gold.

"Laughter is one of the things most repressed by society all over the world, in all the ages. Society wants you to be serious. Parents want their children to be serious, teachers want their students to be serious, the bosses want their servants to be serious, the commanders want their armies to be serious. Seriousness is required of everybody. Laughter is dangerous and rebellious.

Seriousness is a disease. Laughter has tremendous beauty, a lightness. It will bring lightness to you, and it will give you wings to fly. And life is so full of opportunities. You just need the sensitivity. And create chances for other people to laugh. Laughter should be one of the most valued, cherished qualities of human beings.

Life is love. Life is laughter. Life is dance. Life is song."

Thank you Osho.

And thank you, my friends of great beauty. 'Til we meet again next month.

Love and Light,

~ Christine

Christine's Website:

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





Ask Jewelee

Hi Jewelee,

Can you tell me what it means to live in the present moment?

Thanks
Suzanne,

Suzanne,

Your question "what does it mean to live in the present moment?" It's not really a psychic question however it's a great question so I thought I would share my views with everyone. I should stress my answer is my interpretation only and I'm sure there would be many others. This would actually be a good Facebook post to hear what others' interpretations are as well. I feel to live in the present moment means to not be concerned about the past or to worry about the future but to focus on the here and now. What is going on at this moment what makes you happy now not the what ifs. It means to let go of the past and the possible future and to live for the moment. The only concern is the now.

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.

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

Healing Journey

with Kathy Uppner

I have come to realize that we are all on a healing journey. Some of us are concentrating on physical healing, others emotional or relationships. There are probably as many types of healing as there are people. Personally, at this time of my life, my journey includes physical healing. I have been using energy healing along with conventional medicine. I highly recommend reiki with [Roxsane Rysdae](#), Tuning Forks, Sonography and Flower Essences with [Laurie Wickabrod](#) along with the advice of Lori D'Ascenzo and Ancient Black Pearl Technique with [Lisa Ellis](#). Each treatment allowed me to connect with the healing energy of the Universe and

I have also been working with [Cheryl Munro](#) through email messages discussing what was going on and the messages that she was receiving for me. Cheryl is a medium, meaning that she connects with angels and the spirit world and she receives messages that can help people in many ways. It was after reading Cheryl's message that I thought I really need to share this with others. It was also because it was in writing and I could easily add it to my Newsletter that made it all the more easier to do.

I had explained to Cheryl that I so wanted to fix this and I have been concentrating on this to do in order to fix myself. Her message was as follows:

When you're thinking about it all the time, and constantly trying to find a "fix" for it, you continue to feed the reality that there is something wrong. Not only are you holding on to it so that it can't be "fixed" by the Universe, but you create an invisible shield around yourself that will not allow for any healing or light.

You create so many blocks in a simple thought.

You do not need to be fixed...there is nothing "broken" on you.

You do not need to read a book or take a class to learn how to self-heal...that lies within you.



All you need to do...is allow. Just live your life as a healthy and whole spirit experiencing through a human body. Let your spirit do its thing...it already knows all of this. It already knows that you are healed.

Stop, and just breathe in the moment. There is nothing else that you need to be thinking other than a direction for your next breath/step. Nothing else matters except what you are thinking or feeling RIGHT NOW!!!

Any thoughts/energy that you are giving to anything further than the moment, not only takes you out of the here and now, but it steals the energy required to surround you with light and healing love.

In essence, you are depriving yourself from your healing by entertaining any other thought than .. "I am healed and beautiful, my life is my own, right here, right now"

Stay still Kathy, give all of your energy to healing yourself NOW.

Those are the thoughts that will feed your soul.
Give yourself all of YOU!!!!"

What an eye opening message for me. Of course, I have been putting all of my energy into fixing myself and living for the future. I need to concentrate on wellness. We have to change how we think in order to change our lives. I knew this but was not doing it. This is very difficult especially when you are in pain but it can be done. If you become aware of where you are concentrating your thoughts and change them to how you want your life to be not how it is. I can do it and so can you in this moment right now.

I would like to thank Cheryl, Laurie, Roxsane and Lisa for their help along with all the many offers that I received for healing energy and prayers from this wonderful spiritual community of ours.

I am well, I am powerful and I am loved.

Lunar Gardening

By Jituska



"To everything there is a season, and a time to every purpose under heaven: A time to be born, and a time to die: a time to plant, and a time to pluck up that which is planted"

~Ecclesiastes 3:1-2

People have always been aware of the natural cycles around them the seasons being the most obvious. It also cannot be denied that there is a direct correlation between the forces of nature and all living things. The moon shows us by her influence on the tides and her direct connection to the reproductive energies of all species on our planet. This includes the plant realm. As the moon waxes and wanes so does it's influence on the life energies here on Earth. There have been many studies from Sir Francis Bacon to Rudolph Steiner as well as many modern day biologists from Harvard to the Biological Institute in Germany; All came to the same conclusion as the ancient Babylonians and our current day Farmers Almanacs; There is most definitely a time to plant and a time to sow.

Although I cannot go into the full details in one article there are some basics one can go by. During the increase of light (from New to Full Moon) plant annuals that produce their yield above ground. An annual is a plant that completes it's entire cycle in one growing season. During the decreasing light of the Moon (from Full Moon to New Moon) plant bi-annuals, perennials and bulbs and roots plants. Perennials are plants that return year after year. There are also the four quarters to consider as well as the signs the Moon and the element it is travelling through. The first two quarters are as mentioned above, the last quarter should be left for cultivating soil, pulling weeds, destroying pests etc. The signs typically go like this...water signs are the most fertile for `planting, earth signs the next best, Air and fire signs are best for cultivating and killing weeds. If you would like to go into specifics, such as exactly which plants are best at which time..ie cucumbers are best planted in Cancer and flowers in Libra etc.

I have on-going workshops available. As I mentioned, there is far too much to write in one article! Please feel free to call me to find out when the next workshop is :)

~Many Moons Blessings)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 June - 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](#).

Have You Heard?

Niagara Holistic Lifestyles Pavilion is re-opening June 1st.

They are looking for Holistic Health Speakers

Contact Jituska [through Facebook here](#)

Mandala Colouring

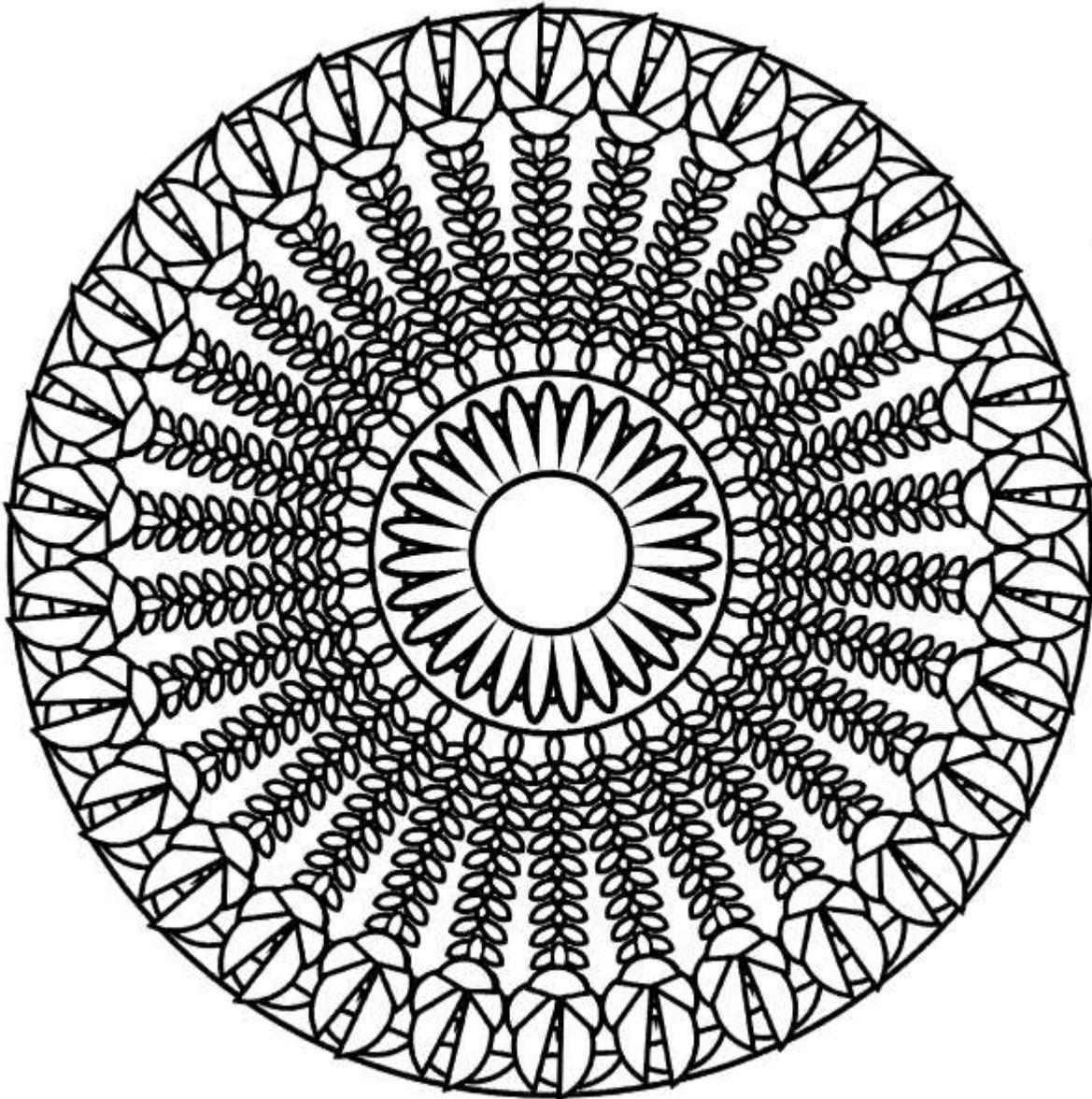
with Nancy Broerse

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."



"There are two kinds of people in the world. Those who say "I'll believe it when I see it.
And those who say "WHEN I BELIEVE IT I WILL SEE IT."

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CHRISTINE
WHELAN-MCCOY

Phone
(781) 674-6556
Tel
(909) 733-8923

christine@mindstransits.com

http://www.spiritualniagara.ca/Christine_WheLAN_McCoy.html

Stacy Kenney
Usui Reiki Master

The Reiki Way

All Natural Healing Therapy

Sebring, Thailand, ON
and surrounding areas
stacykenney@gmail.com
613-340-3553
www.spiritualniagara.ca/stacy_kenney

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A Look Within

By Cheryl D. Munro



Cheryl D. Munro

www.bymecheryld.com
bymecheryld@hotmail.ca

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