

June Newsletter

Spiritual
Niagara

Connecting you with yourself

Edition 4 volume 6

www.spiritualniagara.ca

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June celebrates Father's day, the start of Summer and the birth of Spiritual Niagara!

So much to celebrate, Happy Summer Solstice! We are now 4 years old and appreciate the opportunity to help you connect with so many great people and services.

This month [Carolina](#) shares the abilities of the charorite and offers 15% off for it's purchase at [Haven Global](#).

[Christine's](#) article helps us tune in to ourselves and provides some great methods to do so.

[Iitуска](#) tells us about the celebration of summer solstice.

[Caleb](#) explains how changing can effect those around us and their influence in our lives.

One of our newest additions, [Tracy Kennedy](#) from the Spiritual Spa tells us about Vibroacoustic healing.

If you have ideas, articles 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 Lipinski](#)



STONE OF THE MONTH:

Charorite

A wonderful transformation stone, assists with inner vision and spiritual insight, as well as coping with change while encouraging emotional and physical healing. Charorite helps with releasing fears, compulsions and transmuting negative energy into positive, very good for Autism, bipolar, panic attacks, sleep, and powerful dreams. Charorite can assist in regulating blood pressure, treats eyes and liver conditions. Mention this stone and receive 15% off Charorite jewelry and crystals!

Quote of the Month: Knowing is not enough, we must apply. Willing is not enough, we must do.

~ Bruce Lee

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LIGHTWORKER'S WAY

Column 33

Is It Time For an Intuitive Tune Up?

By Christine Whelan

Hello, my beautiful and sparkly friends! Well, we've made it to another one. Another summer solstice. Now, I know we have an actual countdown December 31 each year, signifying a new start of a new year but, to me, summer solstice is our true beginning. All is awakened. All is fresh. New life sprouts from all of nature's crevasses and corners. And we have the opportunity to have fresh thoughts and beliefs, new goals and second chances. It is a time of potential re-invention of life as we know it, from the inside, out!

Do I sound excited? Yep, you bet. It's time for each and every one of us to do something great. And I love watching it all go down around me!

Personal beliefs:

Intuitively, 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 in the highest gift of free will. Which means, although we've created our own paths as souls, as humans we can choose what we want to do about them. Treasure them or trash them. Balance them or bash them. Either way, we learn – IF we choose to.

It is what it is.

Intuition, my friends, is our link between our journey on our life path and our earthly choices using free will.

So, do you want to find the hidden life goodies as you saunter by them in your human life endeavours? Then your intuitive powers is your best bet. How about learn to pick up messages from your guides that are answers to your requests more frequently and easily? You have the ability, you know?

Tune it up baby!

We have access to internal and external tools. Internally tuning up is like mental housecleaning. You clean up the

clutter in your head, heightening awareness and concentration. Externally tuning up uses resources provided by spirit, the universe and the earth.

Hanging out with your head

~Free association journal: One quick and easy way to get rid of everyday clutter in your mind that insists on meddling with your focus is simply picking up a piece of paper and the closest writing utility and writing whatever comes to mind. No sensoring. No filtering. Who cares about

spelling or grammar? In fact, it can be one run-on sentence. Just write. It's like syphoning gas. Once you get the flow started, it just keeps coming out. Sometimes you might even write something down that you weren't even aware was in there!

~Checking in with some of your thoughts and beliefs is important. Intuition is spontaneous and is not programmed; everything else is tainted with what we've experienced and what we've been exposed to. What do you really feel about your intuition? Do you believe that it is real and

not irrational or do you believe it's just "all in your head" or "an over active imagination". Recognize if this is playing a recording in your head. Many of us were told this often as children.

Barrier:

Sometimes "operating by intuition" doesn't always jive with social logic. Be prepared for local critics.

Hanging out with your heart

I believe that our emotions walk hand in hand with our intuition within us. If you are feeling a negative emotion, you hinder your ability to use your intuition. The better the feeling you are experiencing, the higher your energy vibration and therefore, the more potential of intuitive activity. So, so important is understanding that unexpressed emotion affects everything about us – our thoughts, our feelings, our actions, our beliefs, and yes our intuitive potential.



Paying attention to coincidence

Coincidence is just an easier way of saying universal synchronicity. As you live more intuitively, coincidences increase. To me, these events can be landmarks to let us know we're on path, messages from our guides, and answers to our requests. So, if you pay attention, you will be able to tell if you are operating intuitively and be able to receive some pretty tasty universal goodies.

Make a date with yourself

Spending time with ourselves is crucial to intuitively tuning up. We need to know what we ourselves are feeling and thinking to better identify intuitive nudges and messages when they come. You can use your intuition to figure out what to do on your date.

Be creative

Find something that draws your attention and go! Do it! So, so important! Creativity is food for the soul. And the weirder the better. Seriously....have some silly, crazy fun!

Validation!!! – Surround yourself with like-mindedness

I find this the most important of all. The main barrier to using our intuitive potential is trusting ourselves. We tend to allow our logical minds to take over and rationalize our experiences. If we are with someone and we experience something, it's important to trust our experience and share it. The more we find that others are experiencing similar things, the less we second-guess ourselves. It's all in the belief in the possibility. All we have to do is believe something is possible, and it is.

Crystals and Stones

All I can suggest here is do the research and use your intuition to decide which are the best for you. My personal favourite and the one that resonates with me when it comes to working on my chakras, energy vibrations and intuitive heightening is selenite. Among other properties of this powerful and multi-purpose gemstone, selenite brings mental clarity, helps one to access angelic guidance, quickly unblocks stagnant energy, instills a deep peace and is great for protection. If you are interested in increasing your intuitive abilities, place a piece of selenite on your third eye.

Yay for summer solstice! New beginnings. Fresh ideas. Life altering choices. Now is the time to tune up and exercise your third eye muscle as your beacon to new adventure!



And now, do you know what the ultimate energy tune up activity is? If you think you know -- without researching it -- let me know.

Love and Light!

~ [Christine](#)

Check out Mindz 'n Transit's Newsletter:
<http://christinewhelan.weebly.com/newsletter1.html>

Have You Heard?

David Hickey will be playing at
Angel's Landing in Wainfleet
On July 13th, can't wait!

[Here's the link for more info](#)





Ask Jewelee

Hi Jewelee,

The main question I have is if our finances will pick up and how soon!

Thanks

Fiona

Fiona:

Thank you for your question. You are concerned about your finances and if and when they will improve. I am going to look at your finances over the next 6mths and see if we see any changes. I have good news and bad news. The good news is I see improvement the bad is I think it will take longer then 6mths. When I am looking at the 6mth time frame I see more of a balance then improvement but when I'm looking outside of the 6mth time frame I see improvement. I feel that there was some unexpected setbacks. It's hard to explain but I feel that you or hubby took a job or relocated or something like that to help with current financial difficulties and instead of improvement there was unexpected expenses or problems. It's like you went one step forward and two back instead of three forward but I now feel like you are in a forward motion which is why even though it may not feel like it to you I am seeing a balance and a gradual improvement. I see a lot of stress and fear around finances you are actually worrying yourself sick but I also see new doors opening and financial growth and a balance. I'm not sure if it is a new job, raise, promotion or simply just catching up from those unexpected expenses but within 6mths you will be feeling a lot better about your finances.

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](#).

"A Midsummer Night's Dream"

By Jituska



One of my favourite plays by Shakespeare, "A Midsummer Night's Dream", a tale full of fairies and magical potions, capturing the spirit of the Summer Solstice. Derived from Latin "sol" meaning the sun and "stare/sistere" to 'stand still'. The actual Summer Solstice falls on the cusp between Gemini and Cancer. By Midsummer's Day, the Sun enters Cancer ruled by the moon and traditionally represents the 'home' and the land itself. On June 21st the Sun shines its rays upon our Earth and commemorates the season of Summer in the Northern hemisphere. This is known as the longest day of the year. It is also the shortest sunrise and sunset. Traditionally many cultures have honoured this day by rising with the Sun and setting bonfires in the evening. The fire was symbolic of the Sun and fertility (creation). It was also believed to banish ill spirits and ensure successful harvests.

One of the oldest rituals in the world is known as 'circumambulation' whereby one circles a fire or a holy well in some type of prayer or incantation. It can also be done around a tree clockwise as a rite of 'tree worship' as is the "offering of the fire". In Bohemia the Maypole was also used at this time and was known as the Midsummer tree and was used to start the actual bonfire. One may honour the Sun at this time in many ways, perhaps by wearing yellow, or lighting a candle. Gathering herbs and flowers at this time is said to give them special powers. One can also pick flowers and herbs ruled by the Sun, such as St. John's Wort, Calendula, Honeysuckle and Eyebright. As in the famous Shakespearean play when Oberon, king of the fairies and Puck weave their magical dance picking cowslip flowers and inducing slumber by its dew...may we be reminded of the Sun slipping away slowly into darkness again.

On June 21st when the Sun reaches its peak, we shall give it thanks for shining upon us to Bless the Earth and bring its warmth and abundance into our lives.

Blessed Be~

[Jituska](#)

Resident Witch in Charge

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. Opened now from 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](#).

We'd Rather You Didn't Grow, Thank You

By Caleb Booker

You know what bothers us about you? You're always growing. We really do wish you would stop that.

Don't you remember the message inscribed at the Oracle of Delphi? The greeks had it right: γνῶθι σεαυτόν. Know thyself.



As far as we're concerned, that means plant your feet on the ground and be consistent. You see, we have expectations about who you are. We've got you pegged. We know you.

And having you nailed down in our minds makes us feel good about ourselves. It makes us feel secure. It makes us feel smart.

So if you go growing like that, you'll change. Suddenly, you'll say something or do something that we didn't predict with our ingenious minds. And that will make us feel dumb, as if there was something about you that we didn't already know. We don't like that. We like feeling like we know everything. We like the familiar.

So even though we love you, even though we're your friends and family, we'd rather not be made to feel uncomfortable by all of this "personal development" and "spiritual growth" that you've been doing. It's awfully inconvenient for us.

Oh, so you think that "know thyself" means something different? It means discovering who you *really* are, beyond the ego and through your dreams and deepest desires? All of this "growth" that you're experiencing is really just the revealing of the person you've always been, ever since the day you were born?

Well that... that sounds like something we'd like to do ourselves, actually. Now we're envious. How dare you make us feel envy for something we're not emotionally prepared to experience ourselves?

No, really, if it's all the same, please get back in the box we put you in in the first place. If you keep getting out like this, we'll have to consider becoming more flexible. We certainly can not have that, can we! That means that we'll be changing and growing too! What a disaster!



Caleb is a psychic tarot reader, writer, and video blogger. His lifetime of study on spiritual matters began in early childhood. A reading from Caleb is focused on delivering one thing: the words you needed to hear to change your life for the better. For more information see [his profile page at Spiritual Niagara](#).

Vibroacoustics: May the Fork Be With You

By [Tracy Kennedy](#) - The Spiritual Spa

Science tells us that everything in the known universe is made up of tiny particles vibrating together at different frequencies to appear as solid matter. Everything has a vibrational frequency - an energy signature, and many empaths and energy healers are able to 'read' and translate these signatures in various ways. Energy and vibration can be influenced by exterior sounds, vibrations, plus other energy fields, such as people, animals, objects, places, music, and so forth. How is it that some sounds can relax us, or rattle us? How is it that some opera singers can shatter glass when they hit certain notes? Why does our favourite song uplift our spirit? Why does classical music inspire creativity and calmness? Why are singing bowls so relaxing?

Why do people listen to nature sounds when they meditate? Even the soothing sound of a loved one's voice can instantly make us feel better. The examples of how sound effects us (for better or worse) are endless.

Frequencies, sounds and vibrations can be powerful. Physically, our body contains a high percentage of water, and so it is not surprising that sound and vibrations have such an impact and effect on us. Considerable research has been carried out regarding sound, vibration, and frequency, and the effects on water - commonly called Cymatics [1] - the study of visible sound and vibration. Sonocytology is the study of sounds that various cells generate, and is a completely new field of research [2]. Just ask any dog how powerful sound is when you blow the dog whistle next time (that you cannot hear with the human ear). And not surprising, the military has been testing the use of sound against local and global enemies; Sonic and Ultrasonic Weapons (USW) are used to incapacitate enemies [3].

The effects go beyond the physical body and physiological changes. For example, music or sounds are a typical energy imprint that is often heard in a paranormal investigation, music that accompanies a particularly emotional time in the history of the location - of happiness or sadness, even anger. Within us, we feel the hecticness of everyday life, the busy schedules and demands of the day. Our vibration level inevitably drops if we don't care for the self, and our energy feels dull and depleted. What goes on within us pours out of us physically and energetically and impacts the space around us. We've all encountered people that 'give off a bad vibe'; we're reading someone's energy field around them, the Aura. Sometimes we hang on to energy longer than we should; repressed emotions, gripping on to worry and anxiety about a situation and so forth. We can also impact the space around us with sound, vibration and frequency, and raise the energy and vibration of the various layers of our Aura that surrounds us. Wind chimes dancing in the breeze offer a calming effect to the area around it, as do chirping crickets, or singing birds. Chanting or humming is often used in meditative practices to help calmness and connection to the inner self.



One of my favourite tools when I work with auras and chakras during Reiki Treatments are Tuning Forks, which act as an amazing acoustic resonator. There are various kinds of frequencies available, such as the Solfeggio Frequencies. The ones that I chose to use with the chakras and aura are based on the mathematical rotation of the planets around our Sun, working on the cosmic multi-dimensions of our chakras, the less conspicuous bodies or subtle parts. The rotations are also helpful for pathways and opening gateways of energy.

Using Tuning Forks that are tuned to a particular vibration and frequency, Vibroacoustic healing can clear energy blockages, relieve stress and anxiety, and increase feelings of well being - depending on the frequency. More and more medical practitioners are using tuning forks for muscle therapy, or to detect bone fractures in patients. Alternative and holistic health practitioners are increasingly incorporating tuning forks into their practice to enhance the healing process. All of these sound, frequency and vibration experiences continue to open up a deeper curiosity into traditional uses of sound - Cultural Musical Rituals, such as drumming, and chanting. I just came across an interesting book that warrants a closer look: Robert Gass - Chanting, Discovering Spirit in Sound.

Anyone who's tried Vibroacoustic healing with tuning forks can attest to how relaxing it feels, and how they cleanse heavy energies and emotions. I tend to use the OM fork (136.10 HZ) often throughout the day, whether it's to clear the energy in a room, a quick refresh for myself when I wake up, tune up the bathwater, or to charge up my meal. In fact, I tend to take my forks everywhere with me in case I need them (you never know, the universe works in mysterious ways!). [Laurie Wickabrod](#) also has a lovely array of tuning forks that she uses for her Vibroacoustic sessions at The Spiritual Spa. If you have any questions about Vibroacoustic Healing feel free to ask us or other Vibroacoustic Healers in Niagara. We're here to help. What sounds and vibrations will you listen to today to uplift your spirit?

Namaste & May the Fork Be With You...

[Tracy Kennedy](#) is a Reiki Master and co-owner of [The Spiritual Spa](#) in St. Catharines. She complements her healing sessions with Reiki, Tuning Forks, Healing Crystals, Herbal Smudging, and Empathic Energetics - the ability to 'read' people's energies and intuitively interpret the energy signatures and imprints left behind from past experiences.

Endnotes:

[1. See Wikipedia entry for Cymatics: <http://en.wikipedia.org/wiki/Cymatics>]

[2. Pelling, Andrew E. The Singing Cell. <http://www.darksideofcell.info/bg.html>]

[3. See Wikipedia entry for Sonic Weapons: http://en.wikipedia.org/wiki/Sonic_weapon]

Mandala Colouring

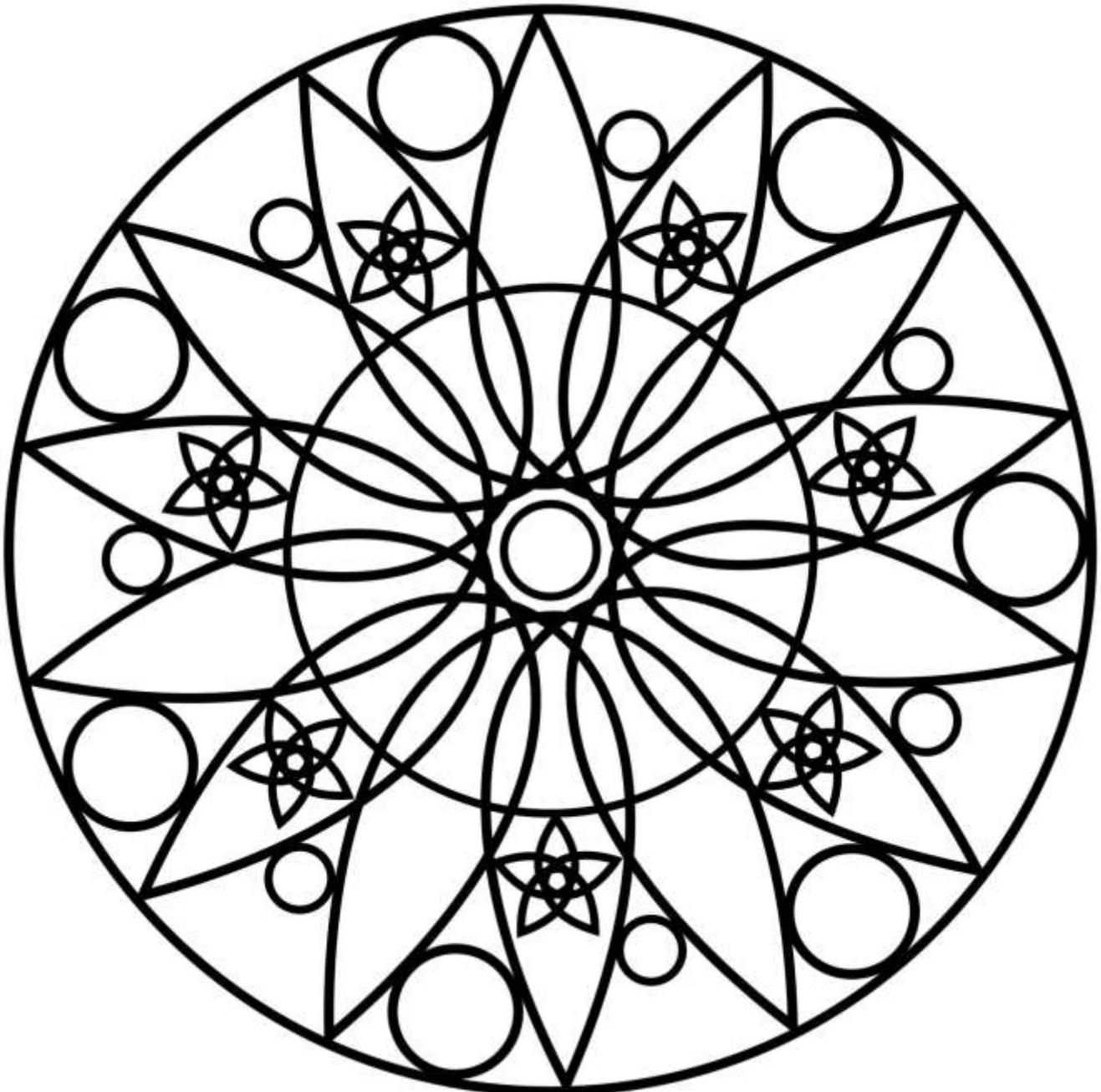
with Nancy Broerse

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 most terrifying thing is to accept oneself completely. - Carl Gustav Jung

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

Click on the cards for more info

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