

November

As I pondered on my meaning of November, I was reminded of a video that I had seen on TED Talks. Due to the fact that I am unable to leave my home very much I have been spending a lot of time on self-development both reading and watching. November is a preparation month, preparing for winter, for Christmas and the new year. I found [this video with Jane Fonda](#) rather enlightening and thought I should share it with you. She discusses the benefits of a life review which, if we could even spend a few moments every week doing, would help us to develop a brighter future. Try it, go back and look at the lessons that your life has offered you. Just maybe there are some lessons that you have not yet learned.

This month's Newsletter offers:

[Christine](#) expressing that now is the time for lightworkers to come out of the closet!

[Jewelee](#) offers guidance to increase confidence.

[Jituska](#) discusses the history of time and calendars.

[Caleb](#) explores emotions and external influences around us.

Print out and colour your monthly mandala from Nancy Broese.

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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Have You Heard

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LIGHTWORKER'S WAY

Column 38

Exploring a Lightworker's World: Part 2

By Christine Whelan

"Be who you are and say what you feel because those who matter don't mind and those who mind don't matter." – Dr. Seuss (worth repeating..... so I did)

I began to be able to visualize and assess my life in terms of checking out my path – a jam-packed, fun-filled, mind-blowing path – in 1997, after my house fire. It was the same time I was getting my feet wet working at Niagara College, in the youth employment program, Futures. Being hired to work in this program was a little turn in my trail that was unexpected and brought on by someone other than me – I was hired from a second-year, clinically placement for college, and the placement had been chosen by a college teacher.

I thought I had gotten "offpath".

But hindsight really is 20/20. I can see now how I definitely needed to have that experience. At so many levels, oh ya, I can see it. And it fills me with so much of that positive stuff to review it.

It's where my lightworker trade was born.

Learning your lightworker trade

I heard a phrase in a movie I recently watched that jumped out at me and stuck to me like glue. So I thought, it's significant – take note, Chris.

Find your stride.

For me, that meant reaching back and checking out all the highlights of my childhood and early adult years. And by going back with a mental basket and scooping up to gather all the events and people I could remember that invoked some sort of emotion, whether it be positive or perceived negative, or both, I painted a picture. It was like going back to where I left myself, finding my true self.

In doing that, I discovered my stride. Patterns of what comes natural. What I've always been focusing on. What provides me with energy. What I witness provides others with energy. And of course at times, what rattles people's chains.

Reminder:

As we grow up and mature we are repeatedly given messages in a variety of ways, subtle and more direct, to leave our true selves behind, or at least parts of it, to become more responsible and get serious. We all have the power now to reach back and paint our own pictures, re-discovering that true self, and that stride.

If you have made the realization you are a lightworker, you've accomplished the first in a series of realizations. It can feel both relieving and frightening. Normal.



Still wondering?

I feel like it's a good time to check in with the definition of a lightworker: souls who carry the strong inner desire to spread light - knowledge, freedom and self-love - on earth. They sense this as their mission. They are often attracted to spirituality and to therapeutic work of some kind. Because of their deeply felt mission, lightworkers often feel different from other people. By experiencing different kinds of obstacles on their way, life provokes them to find their own unique path.

If you take the above definition and combine it with selected details about your own path - past experiences, personal traits, challenges, patterns, preferences and passions - you may see the painting come to focus. It may be something you've known all along. Then you can look at this as validation.

Oh, and your passions?

To identify what your passions are, just think about what excites you and what angers you about life.

I've noticed that many lightworker trades can look like a traditional community role such as a nurse or hairdresser, but with a lightworker twist. For me, I seem to have blossomed into the counsellor I've been for over 20 years combined with my lightworker twist, the intuitive component that helps me to counsel the spirit world.

Coming out of the closet - the lightworker closet that is
Once you've identified your lightworker trade - your stride - you can ask yourself, "what do I want do with it?"

Oh, and let me add that it appears, since we are at this time, the end of 2013, there is a sense of urgency I'm hearing that many people are experiencing now. What comes hand in hand with a lightworker who is going through a shift in their lives, and sense of opening up to this amazing and terrifying newness, is a pushing sense of "Come on! Get to it! Get it now!"

So what can this feel like to a lightworker in transit?

In a nutshell

This is what you are. You chose it so deal with it. Learn it fast. Get it now. And furthermore – you need to share this with the world. So, tell the world. Expose yourself. Do it now.

Depending on how someone has lived life up to the point of lightworker awakening, will determine how well someone can handle this part of life.

It can feel much like coming out of the closet as a gay person – making one's self vulnerable to criticism, disbelief and disapproval, sometimes even running the risk of exposing one's self to anger and fear from lack of understanding, depending on what one's trade is.

So - how much do you care about what people think of you?

The key factor to how a lightworker learns to walk on these new legs is whether that lightworker pays more attention to what is coming from themselves, internally, or what is coming at them externally, meaning other people's expectations.

Support system – a pool of like-mindedness

Most lightworkers are experiencing some pretty wild, weird and heavy events these days. Some occurrences come as taps on the shoulder; some come as lightning bolts through the head, some in the heart. But they all are meant to be and are there for very important reasons.

Given that, when alone, at times it all can feel like a straight jacket is in order, along with a handful of mind-numbing meds.

We can all use a dose of validation from time to time to raise our vibrations and faith in our intuition. It is extremely advantageous to hear other lightworker stories. They are healing opportunities, eye-openers, having the potential to be catalysts to epiphanies.

As a lightworker in development, it is absolutely crucial to be reminded that you are not going crazy and you are not alone.

It can often be a natural draw to be a loner as a lightworker; it can be a big part of who you are. I suggest that it be a conscious priority to get out there and step it up interactively from time to time.

The ethics of being a lightworker

Another gentle reminder:

Lightworkers are no better than anyone else. It is unenlightened to think that way. The best way to gain the trust, confidence and love of another is to be their equal.

This quote Wayne Dyer says Jesus once said sticks with me like warm and wonderful glue, "If you think I am your equal, I can help you. If you think I am better than you, I'll wait."

If Jesus didn't think he was any better.....

Ride that magnificent and yes, at times, terrifying flying carpet with pride my beaming friends. You chose it....and you have the power to be absolutely fabulous at it!

Find your stride, my radiant friends!

~Christine

Mindz 'n Transit Gift Certificates

Give the gift of insight this Christmas!

<http://christinewhelan.weebly.com/gift-certificates.html>



[Christine Whelan](#) has been writing the Lightworker's Way column for the Spiritual Niagara Newsletter since July 2010. Each month's article is a combination of her life experience, regularly-researched information and treasured insight from others' shared stories she is thankfully given each day in the work that she does as a counsellor, intuitive reader and workshop facilitator of 20 years.

Her main mission in life is to motivate, facilitate and educate individuals of their powers of within. This is her passion. Christine on a daily basis, verbally and in written form, reminds and encourages others to be true to themselves and recognizes that we are all in a time of getting rid of the old to make room for the new. It's life altering stuff!



Ask Jewelee

Jewelee,

I have been blessed with many gifts from healing, art, and intuitive but I am also troubled with loss of faith and trust in my gifts. Will I ever be able to gain confidence in myself and believe in my power?

Wayne, Libra

Wayne

It's funny because I am picking up on a wide variety of talents in you. Yes, you are intuitive probably more so than you realize and yes, you have healing abilities. My hands want to move so I think your gifts are some sort of energy work possibly Reiki or crystal healing or a combination of both. I feel like intuition guides you this is a good thing as you are not healing by book learning but by what needs to be done. It would not surprise me to find out that you receive messages as you are working on clients. I do see the creative artistic side however I feel the intuitive healer in you is stronger. I am also sensing a bit of a counsellor in you and the ability to teach. I don't see you as a teacher just that you have the ability and patience to teach or explain things so that people understand. It's sad to say but that teaching analytical mind can be your downfall when it comes to the intuitive side because it is the part of you that makes you second guess yourself.

I'm feeling like it is really important when it comes to the intuition and healing abilities that you turn off the logical side and allow the intuitive side to take over. It's not easy but if you can really become aware I feel like you can do it. Once you get the hang of it believe me it is easy. Another issue I'm seeing is that you have no one to work with or practice on to gain confidence. One of the hardest things is trusting yourself and I'm seeing people around you so I feel like if you had people you trusted to work on it would help build your confidence because you could get the feedback about messages and feelings you share when you are doing energy work. I am not sure if you are working but I'm sensing you would like to do this as a business. I honestly feel you have the abilities to take it to this level but you lack the confidence. You might want to consider joining some sort of healing circle or even starting one of your own because we all know healers need healing too. I would suggest some sort of healing exchange as this would help build your confidence. If you can't find enough people you may want to try some volunteer with something like the seniors center or hospice etc. as this could also help boost your confidence. The ability and gifts are there you just need some validation and feedback to get the confidence. The more you can work with your gifts the more feedback you get the easier it will come.

I hope this sheds some light on your concerns and abilities

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](#).

"The Birth of Venus" By Jituska



Are we there yet? What a journey we are on. Since we experienced the energies of the Venus transit last year to the 12/12/12 and now the conclusion of all the Lunar and Solar eclipses...what a trip! We are feeling things shifting as the feminine is re-awakening in our consciousness. This past month particularly, I kept running into water themes. Water is the feminine aspect in nature for she nourishes everything. First there were all the

planets in Scorpio, Sun, Mercury, Moon, North Node, Saturn, then there was Jupiter in Cancer, and Neptune went Direct in Pisces! The grand trine in water signs kept the theme of water consistently flowing into my life. The husband of a very close friend of mine had just got back from Bulgaria and had brought back some holy water that had also been blessed by the monks there. She gave me some as a gift and I felt so Blessed! That same week I went to a drumming circle with Shaman Lori Folkins who consecrated our sacred space with some Holy water she had just brought back from her pilgrimage in Scotland...I felt doubly Blessed! That very same week I was asked to participate in a Blessing of Niagara Falls for a group called the Perpetual Peace Project. They were doing a 'Walk for the Water" to raise international awareness of the sacredness of all our waters. There were many more instances like these but you get the picture.

The last plunge in all this H2O was the Grande Finale of the Solar Eclipse in Scorpio. Thank Goddess for the Moon in Taurus on the 17th. Taurus is the ruler of the throat, and she bellows, "Land!" It's time to get grounded and start manifesting. Venus rules Taurus and she is in now in Earthy Capricorn conjuncting Pluto. She wants to stop to smell the roses and indulge in the earthly senses now. We now have the Grand Earth trine joining our Water trine. It is the star tetrahedron. Both Water and Earth represent the Divine feminine spirit of creation. Now that she has got our attention, it looks like she is ready to get down to business. Like Botticelli's painting the 'Birth of Venus' she has emerged from the waters onto the dry land of consciousness...Goddess has arrived (deep bow)!

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. 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](#).

Spiritual Influence: Watch The Signal To Noise Ratio

By Caleb Booker



Intuitives spend a lot of time and effort on one thing: becoming more intuitive. As they hone their craft they become more sensitive to what they are feeling and thinking, and develop ways of converting that raw data into information.

On a very basic level, this starts as "this feels bad, it must be bad," and "this feels good, it must be good." Makes sense, right?

As we develop this part of ourselves, we start trusting our emotions more and more. We do this for a good reason: they frequently reveal things that were hidden. After a number of times where listening to our intuition reveals things we would have had no way of knowing before, it's only natural that we stop judging the feelings and just go with them.

The problem is that sometimes we completely forget that, like all humans, our emotions are at the mercy of our bodies - and our bodies don't always react in a way that makes any sense at all.

Take the new moon, for example. I've found that whenever the moon goes dark, I get a rush of emotion for a few days. This has everything to do with the way the moon is interacting with my body, and nothing at all to do with the specific emotions I'm experiencing.

Of course, I didn't realize this at first. When I first became sensitive to it I just couldn't understand why I was alternately so upset, then passionate, and then melancholy. I started losing sleep. I started suspecting some kind of negative influence. I started to wonder if maybe I was doing something wrong. "What are you trying to tell me," I would ask my guides.

Desperate for answers, I started to run down a number of theories. There were a few wild goose chases.

Then, one day, I looked at the calendar, looked at the last few months, and noticed a pattern. The new moon. It comes around, and I freak out a little. It finishes, and calm returns.

That's all it was. For goodness sakes...

So now that I know, I accept the energy with open arms and find myself incredibly productive and creative at these times. Starting new projects as the new moon approaches, at least for me, gives me a great running start. I definitely look forward to the galvanizing force.

Please understand though, I'm not trying to tell you anything about the moon. What I'm trying to tell you is this: the better you

are at tuning into the subtle energies of the universe, the more you will find yourself influenced by them in ways you might not realize. When that happens you have a choice: shield against these energies (which means block them out), or let them in and make them useful.

Let me be clear: both of these choices are perfectly safe and perfectly acceptable.

The only dangerous choice is to vehemently assume that your feeling "means something", and to go hunting for that meaning. The human mind is, by design, a pattern-matching machine. If you're experiencing a rush of emotion and look to the people around you for the cause, you will find it whether it is there or not.

Now, what would make this article really spectacular is to finish off with the magic pill that you can swallow to instantly know the difference between some external influence telling you something about the world, or to just blame last night's nightmares on an allergic reaction to cashews. It would be awesome if there was an easy way to tell the difference.

But there isn't. It takes patience, it takes experience, and it takes time. There are no true shortcuts when it comes to spiritual growth, so my only real advice is this: take each sensation, each emotion, and each idea that pops into your head for what it is. Don't assign meaning, and don't assign blame. Observe yourself, observe the world, and wait for the lesson that the Universe is trying to teach you to become apparent.

Allow it to take as much time as needed. Try not to force it, and allow all possible conclusions to remain only possibilities. Never commit yourself to a "truth", as actually "knowing" anything for certain in this life is not what we were born to do here. We are meant to experience and observe, that's all.

Accept all of this, and the best way to handle the energies around you will become clear in due time.

And don't forget: keep breathing.

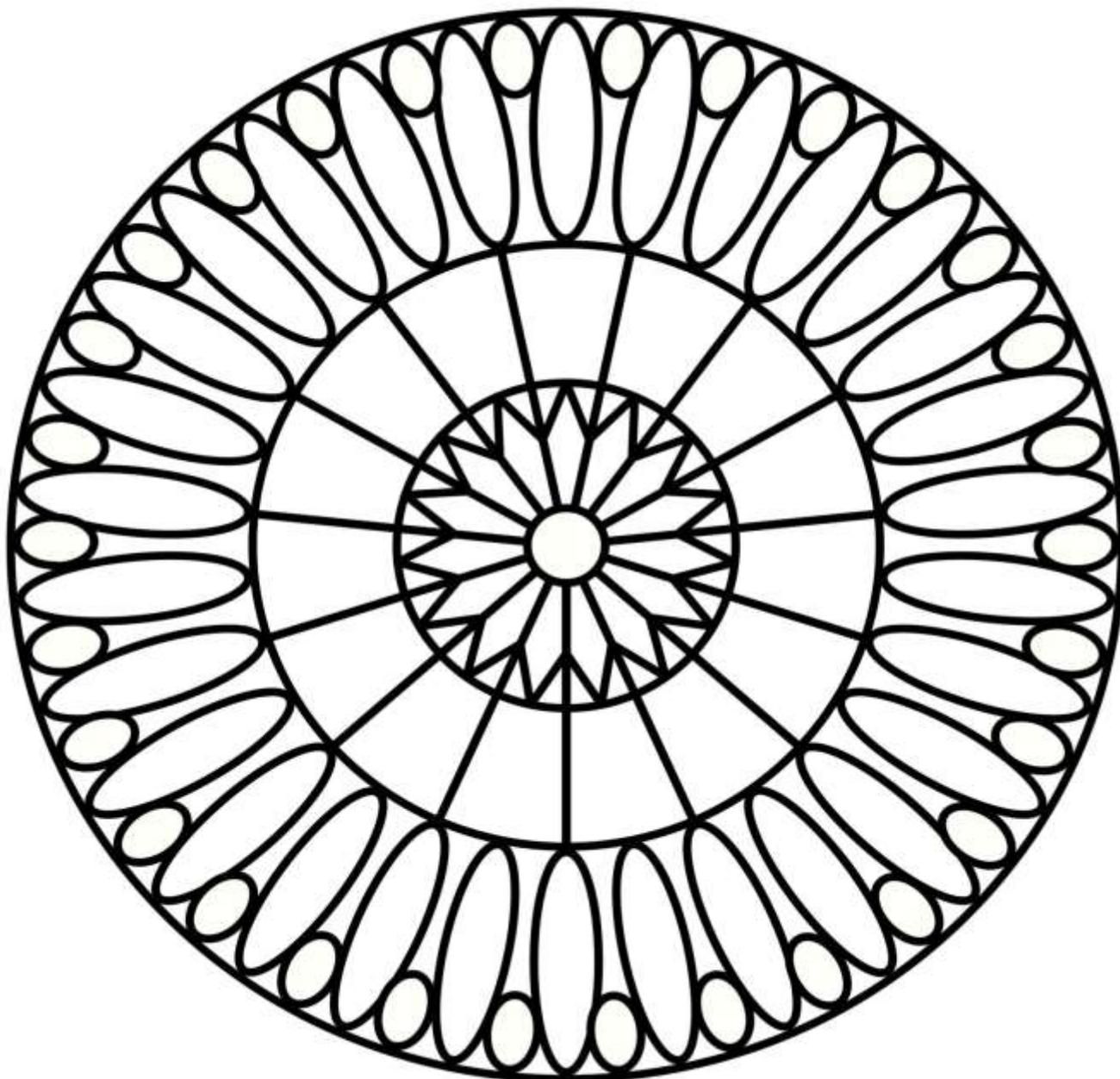
Mandala Colouring

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."



Only those who do nothing make no mistakes.
Author unknown

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