

December

Yes, the time of shopping and gift giving is here. This year remember to give to yourself and make this next year the year you wake up to your full potential. If you wish to come in to this realization you will probably need help. Yes, books can help a lot, I know I have read many of them in my search for the true me but if you want to truly listen to the advice of the Universe I have found that those messages come from others. We are social beings and we are here to help each other along the way. Please consider looking to those listed in our new [Reach Your Potential](#) category on the website. You can read their profile page and see who truly connects with you then give them a call or send an email the first step to Your Brilliance is yours, but remember you do not have to do it alone.

As we are liberated from our own fear, our presence automatically liberates others.
~ Nelson Mandela

This month's Newsletter offers:

- [Christine](#) explores the feelings of Christmas.
- [Jewelee](#) sees some future learning on the way.
- [Jituska](#) tells us about the influence of the Moon Goddess.
- [Caleb](#) shows how our perception creates our reality.

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

Here is an excellent website for those that are interested in spirituality and self-improvement.

To find out more

[Click here](#)

LIGHTWORKER'S WAY

Column 39

Christmas Feels Bipolar

By Christine Whelan

BY CHRISTINE WHELAN

*"Christmas isn't a season. It's a feeling."
Edna Ferber*

*"Christmas, my child, is love in action. Every time we love,
every time we give, it's Christmas."
Dale Evans*

*"If you haven't noticed, I prefer to continue to use
"Christmas" instead of "Holidays".
I consider myself respectful of all cultures in the world. I
embrace all customs.
I just prefer to continue to respect and embrace my own as
well."
Me*

*Coming from someone who feels everything – who
experiences everything connecting to an emotional response
– the world at Christmas I notice, has an overall pattern of
feeling – of being. I was going to type "levels" but stopped
as I visualized only two levels, and these levels are
extremes.*

The world becomes bipolar.

Christmas feel #1: joy, magical, sparkly, dreams come true, healing

Christmas feel #2: dismal, dark, depressing, hitting bottom, addictions. The suicide rate goes up at this time.

Let's do the tough one first

Christmas has the potential to pull out of us what hurts the most but has been pushed down nicely, out of sight, out of mind. It brings out the realization of being alone, of missing disconnected loved ones, and of those who have passed. It inspires us to remember those who have hurt us – those who

we have chosen to keep a distance from but due to the activities of this time of year, now have to face.

I worked on a crisis line for many years. If I was scheduled for the days after Christmas, I was braced. The number of calls really rose. The theme? People having to see family members over Christmas.



There is an underlying twist though, as I sit here being reminded by a spiritual whisper in my right ear. The trick is, if this seems to be a part of this year's Christmas experience, to journey into the dismal darkness, it's an opportunity to reach in and find that golden nugget of magic. There will be something there. Something that, if uncovered and dealt with, will be released. Magic.

Thinking about this journey makes me think of a rare song that crossed my path about 15 years ago, about suicide. Yes, my friends, I dare to bring up suicide at Christmas time. But bear with me. A comedian wrote the song for his friend who he was afraid was going to take his own life. The song takes you deep into the dark trenches, it makes you want to cry, it makes you cry, it makes you want to scream and at a moment or two, it may push you towards contemplation. Then it begins to pull you through, begins to show the light, makes you focus on reasons to continue to live. The last line, "You were born. Finish what you started." The song only played 3 times on the air before it was banned.

Understandably; it provided an uncontrolled, sudden situation for anyone who may be standing on that edge already.

For myself, I find it the most powerful song I've ever come across. It offers a chance to dig down and experience those dark feelings and pulls you through, if you allow yourself to listen to the entire song.

The process feels like an integration of poles; and an opportunity of healing. The healing comes from the pain. When we help someone yell, cry and scream, we help them heal, and then we also heal something within us.

Someone asked me many years ago, when I was in my first few years of being a counsellor, "What do you do?" I answered, "I make people cry."

As lightworkers, we have our own pasts that often include painful memories and experience; it's a part of who we are. We needed those experiences to create the wonder of our lightworker selves. I feel many are in challenging stages at present. Hang in there, sweet lightworkers. That journey is almost over. You are experiencing opportunity to get rid of the old, to make room for the new. Remember to breathe, drink lots of water, try to sleep when you can, and get into nature whenever possible. You are desperately needed. Take care of you, please.

For the lightworkers who have been purging for a while and feel lighter, freer and ready to go, please remember the importance of allowing others to feel their pain while you are with them. Please let yourself be the safe place where another can land. Allow another to cry and scream. Encourage the purge.

You shine the bright light. Those in need will see your light without even knowing it, at this time of year. You have a gift for healing. It doesn't take much. Just listening, and let them feel.



Back to Christmas feel #1:

How high we let our flying carpets soar at Christmas totally depends on us. I find that these are 6 ways to help carry us into that festive rapture.

Traditions

Traditions, first fostered by my dad, are very much valued in my family. It gives me so much pride to watch my kids continue the tradition of traditions.

I'll let my daughter, Morgan, take this one since she's recently written about traditions in her blog.

"10 Christmas Traditions Lost in the World"

<http://moneyortime.wordpress.com/2013/12/08/10-christmas-traditions-lost-in-the-world/>

Gatherings

If there's got to be one time in the year when we see, face to face, the people we only facebook the rest of the year, it's Christmas.

Children

Children are our best role models when it comes to Christmas. They are in the moment. Yes, they are excited about getting presents but if you look past that, you can see that they are in euphoria of the experience.



Pleasures of the senses

Going back to the traditions piece, most include experience of the senses: Christmas lights, the music, the taste and smell of baking, the taste of eggnog, and the smell of pine. The list can go on. Simple pleasures.

Down time

I enjoy finding little cubbyholes of alone time when I can bring it right now to nothing, then slowly let some good stuff in. The above 5 sense events and items work well during down time moments. Down time helps to balance out the active, crazy moments of hustle and bustle. You know what I'm talking about – shopping.

My favourite down time Christmas moment is getting up early, before everyone else. It's still dark. It's very quiet. And I put only the Christmas tree lights on and sit on the couch with my first cup of coffee. And breathe. Aaahhh....

Blessings

The attitude of gratitude. Well, let's start right off with the fact that you are reading this. That means you have access to the internet. Give thanks. Now, take a look atwhatever...doesn't matter. Take a look. You are looking. You have eyes that see. Give thanks.

Get my point?

It can become quite easy to focus on the craziness at Christmas. Please, my friends, bathe yourself in the thought and feeling of knowing what you have in life. You are blessed. Most times we take it all for granted.

I myself, I'm very grateful that you are reading this. Thank you, my friend.

As lightworkers, it is our ultimate role to bring ourselves, and the people around us, to a point where we feel this Christmas joy any time we will it, to believe in the choice of happiness. Until then, it's about the purge. Until then, Christmas is bipolar.

And that's ok, because there are enough soft places to land.

Light, love and warmth, my friends,

~Christine

Tanja's Story: A Story That Touched My Soul

<http://christinewhelan.weebly.com/tanjas-story.html>

Mindz 'n Transit Newsletter: December, 2013

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

Check out what I think is "the original lightworker song"

<http://www.youtube.com/watch?v=wlROKELxxVg>

Give the gift of insight this Christmas!

Mindz 'n Transit Gift Certificates

<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

Dear Jewelee

Do you foresee me going to school or working come January?

Sharron, Leo

Sharron,

When I ask whether you will be working or in school come January. I feel like you will be learning. I'm not sure if it is going back to school because I do have employment for you. I feel like you will be working and the learning I could be seeing is some sort of job training or learning for the job.

When I look past January that is when I have formal school which would be more enrolled in a course. Again it could also be a delay because you did not get registered in time or the course you want is full. If this is the case don't get discouraged because I don't see a long delay with school. I just see you working in January with school coming later.

I hope this answers your question.

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](#).

"Moon Goddess"

By Jituska

Upon their Solar return, (what is now commonly referred to as one's 'birthday') many people seek to discover a forecast for the up-coming year ahead. Although this is a large part of why people go to an astrologer, these are all mere potentialities and do not guide one how they can actually 'get there'. I have chosen a path that is far more empowering to individuals. I find that too much emphasis is placed on just the Sun Sign. Most of the general public know what their Sun sign is, yet the Sun takes a full year to make a cycle in it's cosmic dance with the Earth. The Moon has a far more intimate affect on our daily lives. It affects our habits, our emotions, our physical bodies.

Many Moon's ago people followed the Moon's cycles far closer and acted in accordance. For instance, every two and a half or so days the moon changes signs and elements. One can then make a choice as to what energy is in alignment to that day. This would include whether to go ahead and take a certain action or wait until a more suitable day. One would not start a new endeavor when the Moon is in Aries for it would be more than likely to fizzle out and not come to fruition. It would be a great day to run a marathon though! Ruled by fire one would be far better off to create the initial idea but wait until Taurus to actually set it in place. Chances are it would have far more staying power planting it alongside the Earth's energies. One could also choose to wear the colours of the corresponding sign to add to the vibrational frequency of that particular day. Let us say the Moon is in Aries, then you could wear red to add to your 'get up and go'...or green if it is in Taurus to attract that extra cash or healing energy.

I find the Moon is the key to navigating our way along our path. It tells us about our past, where we came from and how we acquired our patterns. It allows us to look into our cycles and see if they are working for us or not. Since the Moon moves very quickly through it's phases we have a chance to catch glimpses of our shadow selves also. For we are not the same person every day. We fluctuate, for we are a part of the ever changing elements. As everything in the universe is constantly moving, so are we. The Moon is aligned to us. It is our satellite. It tells us when to plant, when to harvest. It even effects our appetites! The Moon signs do affect how you eat and what you will like to eat. If you are overindulging in any area of your life it can also help to regulate and bring about the proper routines to maintain the balance that is necessary. Knowing where your own Moon sign is in your chart as well as following it through the sign's and phases will most certainly give you crucial insight and a detailed map to help guide your way throughout the Solar year. If you are interested in further information I facilitate workshops and Moon meditations throughout the year at various locations.

Many Moon's Blessings)O(

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. 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](#).

Manifestation Fundamentals - Stupid Jerks

By Caleb Booker

You know the type. I meet them every day. They drive slow in the fast lane. They pay in pennies at the checkout. They stare at the menu at Tim Horton's for fifteen minutes, unsure of what they want, even though it already took them ten minutes in line to get that far.

They smoke, they spit, they swear, they smell, and they're in my way. They're too loud, too self-absorbed, too ignorant, and too uncooperative. They ignore my good ideas and are probably conspiring against me. Plus, they're probably completely evil.

They're ruining everything, and they're why things aren't going my way. They're the source of everything that is wrong with the world. If they would just smarten up and do things right, my dreams could come true easily, overnight.

What if I told you, however, that maybe I'm just a jerk? I know, it seems unlikely, but if I want to really start manifesting things in my life, I should indulge this crazy idea for a minute.

If you've spent ten seconds looking at "Law of Attraction" material you've been exposed to a common scene. It goes something like this: our miserable hero decides to perk up and think positively, and suddenly all the mean people in their life magically disappear or change their attitudes.

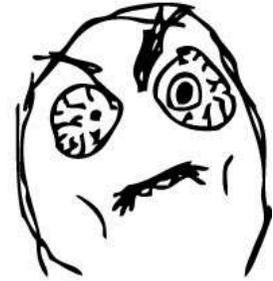
I've tried it too, but found that, strangely, people are still kind of annoying. What am I doing wrong?

This is because of what I call "The First Fundamental of Manifestation":

To work with The Law of Attraction properly, you must transform yourself into a person who has this ability. Change is not optional.

It's not about simply adopting a new philosophy or learning a skill. You don't just get some instructions on manifestation and follow them. Rather, you realize that you are already manifesting.

All of these jerks surrounding me? They're my doing. Because that's who I am. I'm the hateful little jerk that looks at people with disdain and irritation just because they're out there living their lives in ways that don't



directly serve my ego.

My *irritation* would have been impossible if I had chosen *compassion* instead. But I didn't.

My *impatience* would have been impossible if I had faith in the person in front of me that they were doing the best they could. A moment's *empathy* would have dissolved my impatience. I didn't bother.

Those people who just don't listen to my ideas? *They have reasons* that, to them, made perfect sense. Those who manifest *become curious* about how to work with those reasons, rather than wasting time being wounded at having their ideas ignored.

Just as an experiment, try owning that for a minute. Everyone is awesome, all things are possible, and you decided to ignore all of that so that you could be annoyed and feel inconvenienced.

I need to accept that as true. If I'm unwilling to do so, then I'm choosing to manifest a world of stupid jerks who all work against me.

It is about recognizing that the people who annoy me are actually not annoying. I'm just the kind of person that gets annoyed by them. And that's not their problem. There is nothing wrong with them at all. This is all on me, and so from now on, I'm transforming into someone who isn't going to react like this. I'm working on it.

It is about accepting that there is always, *always* a story I don't know about:

- He's driving slow in the fast lane because he's scared about merging traffic ever since the accident last year, where his wife got seriously injured.
- She's paying with pennies because she's out of money, the bank is far away, and she can't afford a car.
- He can't pick an item from the menu at Tim Horton's because he has vision problems that

went undiagnosed throughout school, which also made it difficult for him to pick up reading skills. He lives with the embarrassment of that every day in a society filled with text.

- She is having a hard time taking me seriously because, when I walked in, I inadvertently insulted her with that comment I made about slow drivers. Her husband drives slow ever since the accident because she's terrified and he loves her. She suffers from nightmares about it to this day, and she blames pushy drivers like me.
- Yeah, he smells. He's tried everything on the shelves in the "Bath & Beauty" section but nothing works. It's actually a medical condition and there are treatments for it, but nobody's ever suggested that to him before.

It is about recognizing that I am the kind of person that seeks out the stupid and selfish. I've honed my "stupidity detector" so well that I can detect the weakest signal and amplify it thousands of times, so that it comes through sharply, loud and clear to my senses, as if the world is filled with its horrid vibration.

Meanwhile, my "awesome detector" is so broken down it only tunes in to a few random frequencies, or maybe just a

couple of the loudest in-your-face moments. I remember things used to be so much better, but that's only because back then, I knew how to notice the good in the world so much better.

Accept people for the perfect beings they are, making the best choices they can given the circumstances. Do that and suddenly everything changes. Everybody is worth knowing, and every one of their experiences is fascinating to witness. Life moves along smoothly, with no real noticeable obstacles. Everyone is interested in being your partner.

In a world like that, this "manifestation" stuff is child's play.

IMPORTANT: There's only one solution for someone who is abusing you: cut them out of your life until you can determine that it's possible to relate to them in a way where you don't get abused. This article isn't about that. Do not expose yourself to abuse. Just get away from it. Period. Safety first people!

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](#).



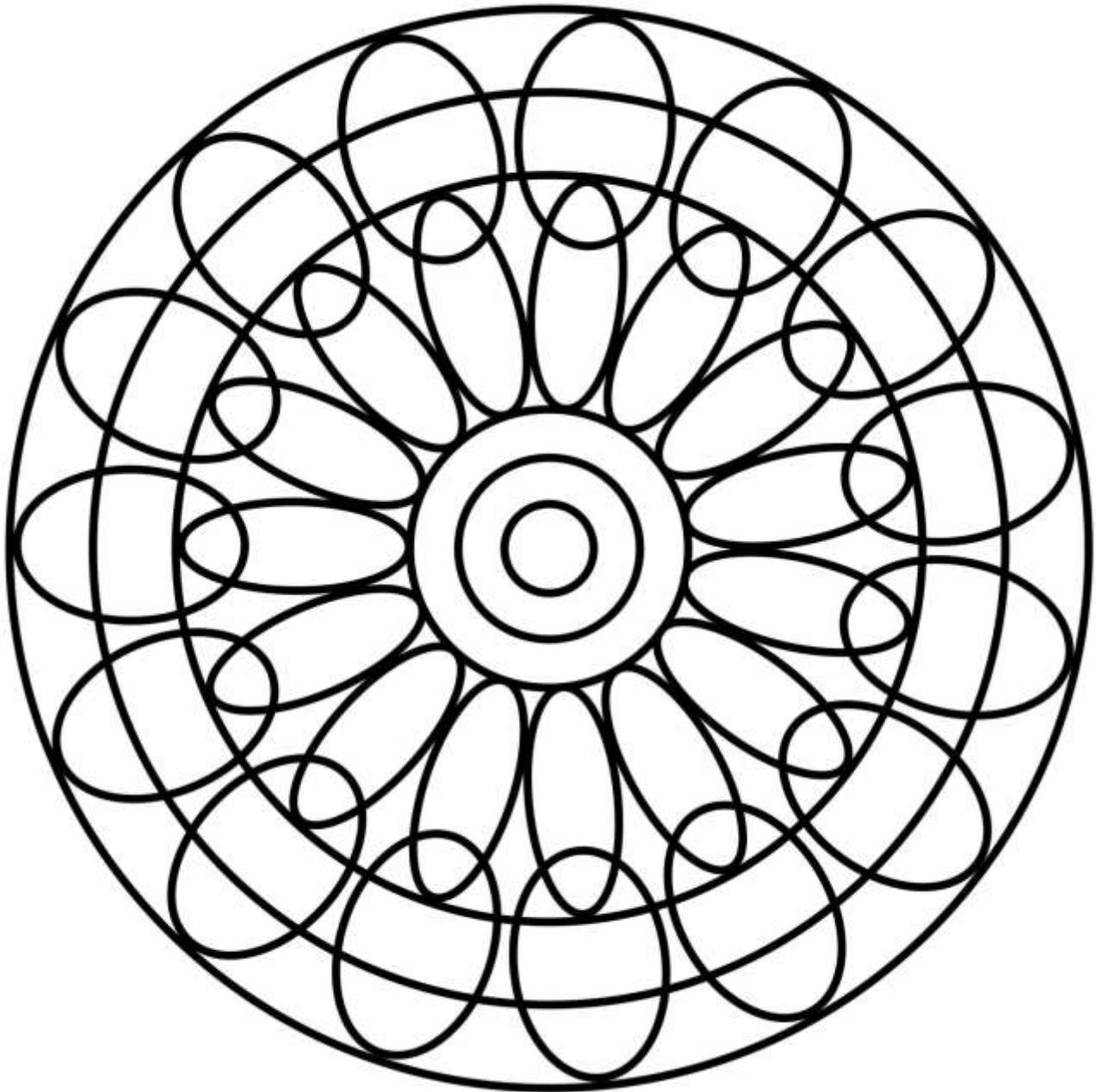
Mandala Colouring

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."



You're alive. Do something. The directive in life, the moral imperative was so uncomplicated. It could be expressed in single words, not complete sentences. It sounded like this: Look. Listen. Choose. Act.

Barbara Hall

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

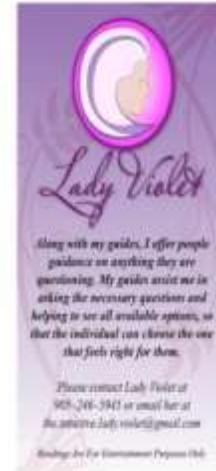
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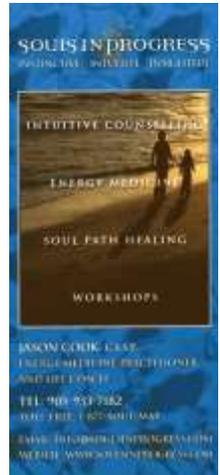
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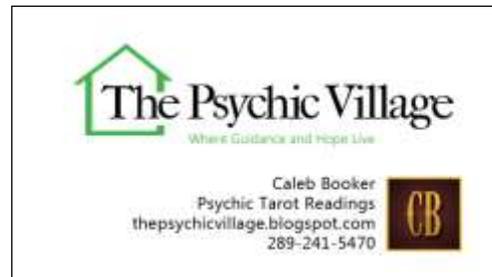
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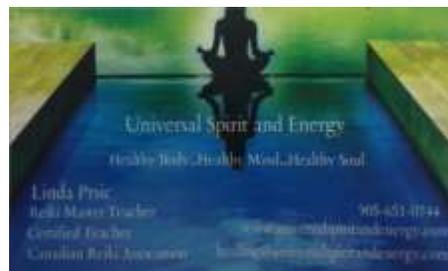
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