

January Newsletter

Connecting you with yourself

Edition 5 volume 1
info@spiritualniagara.ca



Happy New Year

New year, new beginnings but what if your life has been filled with tragic events how do you look forward in a positive light? I ask myself that because the last year of my life has been spent lying down the majority of the time due to a spinal fluid leak and in December my mother passed away. I am not asking for sympathy just trying to make a point. No matter what the circumstances are in our lives we still choose how to live them.

I continue to be thankful for the many gifts I have been given in my life and I do accept the love and support from friends and family. I do believe that our thoughts are very powerful and it is what we focus on that we bring to our lives. When you are in constant pain it is very difficult to focus on anything but that, whether it be physical, emotional or spiritual pain. My suggestion is to start with a daily visualization of how you would like your life to be and then remember to accept the assistance of others because it is through them that the Universe offers it's assistance. That's my plan to make changes to my life in 2014 and to just take it one step at a time.

Remember to watch and listen for your opportunities this year.

This month's Newsletter offers:

[Christine](#) takes a look back and then guides us forward.

[Jewelee](#) offers guidance on learning.

[Jituska](#) discusses our connection to the cosmos.

[Caleb](#) drives us consciously to achieving our goals.

Print out and colour your monthly mandala from Nancy Broese.

Namaste,

Kathy Upper

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Have You Heard

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videos with many
spiritual thinkers
Check it out

<http://juicylivingtour.com/>



LIGHTWORKER'S WAY

Column 40

2014 – The Year of the Lightworker: A World of Infinite Possibilities

By Christine Whelan

"The two most important days in your life are the day you are born and the day you find out why."

— [Mark Twain](#)

Welcome, my awakening and most magnificent friends, to your year! Welcome to 2014 -- the year of the lightworker! Wherever you find yourself right now, is where you need to be. It's where you are meant to be.

2013

It was a wild year, wasn't it? I watched so many people's lights come on in such astonishing ways. I found myself in the role as a guide, offering what has been given to me over the past several years to those who find themselves at my door, wondering why, asking questions. I have seen them get it. I have seen them smile, cry, yell "yes!", and finally take a deep breath of release.

I just love this stuff.

Reviewing the months' topics

This column in the last year has reflected what I've been guided to share face to face. To look at it now, it was a specific journey. We started out with going back to the basics; remembering the importance of focusing on life's basic needs as humans being. This creates a foundation. Before starting into the depth of our journey, we were also reminded that above all, we have the greatest gift of free will. Since the journey is all about change, it just makes sense that we keep in our free-willed minds that change is mandatory, but growth is optional.

Easing into a bit of self-care, we looked at the power of laughter. And on the flipside, to address certain generalized fears. I was guided to share an explanation of how I see the way things are – in life, so is in the afterlife; how we take care of ourselves and who takes care of the nasties, in life and in the afterlife. It's true, the only thing we have to fear, is fear itself.

Weaving in more self-care, I included what seems to be one of my current passions, information on intuitive tune ups.

As we learn, grow and heighten energetically as a mighty lightworker, we must always keep one foot on the ground. We must remain humble. We must remember boundaries. There are ethics of intuition.

As lightworkers, we are more likely than not to make agreements with older and more evolved souls to bring them into this world at this time. It is not an easy task, to raise these strong-willed, independent-thinking personalities. We delve into the wonder that is the indigo and crystal children.

We have become like two separate entities – of energy and of matter. We also seem to have two separate ways of thinking and feeling. It's in our best interest to recognize, respect and honour both sides, remembering on our spiritual journey, we are also still humans with human reaction, including anger, disappointment, hurt and frustration. Given that, we look at what a lightworker's world looked like in 2013.



Summer Solstice, 2013 - Drumming Circle on the Beach
Fort Dalhousie, Ontario

We ended with the holidays and the wide range of experience and emotion involved, reminding each lightworker that while we are working through our own karmic holiday baggage, we are also here to help others get through.

Keeping with that last message, I feel the need to enter into this next year focusing on the roles of today's lightworker. What I am starting to see with awakening lightworkers is the sense that this is their year and they seem to be approaching it with fierce ambition and empowerment.

Bravo to all!

From writing "Tanja's Story: A Story That Touched My Soul", I've been given the message of opening the channels and opportunity for a shift – from my words guiding, validating and supporting to others lightworkers' guiding, validating and supporting each other. It feels like my role in 2014 is to connect local lightworkers, sit back, and watch the blue, purple, pink and white sparks fly!. In hindsight, the last couple years have been the prelude.

Tanja's message was that she learned to not disregard the signs that are put in front of her to pick up with 1 or more of her 5 senses, this time hearing little Pepino barking in the distance right before Balu brings his tiny, earthly remains home to rest. I'd like to use Tanja's message to remind all others, we all have this gift. The time is now to trust it, to use it in the next steps forward.

I see that we are in the midst of a large cluster of life experiences, collectively, with the goal of getting rid of the old to make room for the new. We are being called upon to embrace change. We are being drawn into situations to provide us with intuitive tune ups. Embrace these

experiences my friends, because you have no idea what you are capable of.....yet.

The world is now full of infinite possibilities for you. Your path is full of purpose. Look at it with lightworker eyes. It is most excellent!

Lightworker's Way column - 2014

Each month will be written about a local lightworker's current life. The struggles, the victories, the lessons learned, the choices made. My words have been given. It's now time for you to share.

Stay tuned my sparkly friends, for the next column you read may very well be about you!

Welcome to the year of infinite possibilities!

With light and love,

~Christine

Tanja's Story: A Story That Touched My Soul

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

Mindz 'n Transit - 2014

<http://christinewhelan.weebly.com/winter-2014.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

I've been told by many intuitive people that I will be taking a course that will lead to moving in the direction of my purpose here. I need a little more information in regards to what and when? Any help would be greatly appreciated,

thanks Jewelee!

Sue, Aries

Sue:

I am not so sure it is just one course you will be taking. I have a lifetime of learning. You are one of these people that always need to challenge themselves and learn more. I feel like you have some very strong intuitive and healing gifts but very different from the traditional views of a healer. You are not the type of person to listen to issue after issue you are the healer who will listen and then analyze and figure out a plan of action and motivate someone to achieve their goals. You would be great as a life coach, teacher, facilitator, etc. You have a very strong energy and come across as a leader not a follower. I don't have formal teaching as in a degree course but more of a situation where you learn something that interests you and then it will take you in different directions and you just expand and expand. That is what I mean by a lifetime of learning. The other thing I should mention is that I don't see you paying mass amounts of money to take these courses. Learning can also be volunteer, online, reading etc. whatever it is I am seeing it is something you already have knowledge about or do so for example if it is reiki you may start to practice it more expand on it then get interested in adding crystals or shamanic reiki.

I hope this sheds some light on 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](#).

" The Twilight Zone" By Jituska



Here we are entering another turn of the wheel in our collective consciousness. Regardless of the fact that we are still living day to day in accordance to a man-made Gregorian Calendar we continue to exist as many have before us. We live our entire lives in a series of cycles..from each second that turns into a minute, that turns into an hour, a day, a month, a season...a year. The planets above us are also moving within their own cycles. We are intricately weaved into this dance of cycles whether we choose to be aware of it or not. The more we become conscious of this the better quality of life we will experience. Yet, I cannot help but ponder how many more moons will it take before we get back into alignment with the true cycles of time.

This "New Year" fell on a New Moon which made me ponder even more intimately how detached we have become within our relationship to the infinite cosmos and our place within it. As I watched people around me making their New Years Resolutions I could not help but bring to light how powerful this was. New Moons are a part of nature's cycle representing new beginnings. Whether it is an idea or a seed to be planted. To me it was a great opportunity to bring us back into balance. This was also a major theme happening at this time astrologically. Make a wish! Absolutely! The universe will bring it! This is no accident, for in the infinite reality of the cosmos...everything happens for a reason. We need to realize that the calendar we are living our daily rituals by is ingrained only with partial glimpses of the true cycles. We have been living within the 12 month calendar for so long we have become oblivious that there are in fact thirteen Moons. If we were to follow the Moons cycle we would realize there is an extra day in the calendar. This extra day is a reminder of the unknown....the magical place within our hearts. Our

hearts understand this place. We know deep within about the existence of this plane.

How long will we go denying this Sacred space. In this modern world we have become so disconnected from it. It is by belief that the more we get back in tune to the u-n-i-verse... which is our guidance...the more we will be able to create a world that can live in harmony and bliss.

As an astrologer I watch the planets and I see people and situations responding just like clockwork. There is absolutely no doubt in my mind that we are affected by what is going on far past our Earthly plane. I encourage everybody to get to know more about the planets and learn about their cycles. You will eventually get your own Aha! moment. Starting with the Moon is always the quickest and easiest way to feel your relationship to the cycles of the cosmos around you. After several months of watching her wax and wane you will begin to understand...but don't stop there...for we are affected by all of it! Watch and learn!

Many Moons Blessings)O(

Jituska,
Resident Witch In Charge

If you are ready to take the leap into your connection to the soul of the u-n-i-verse and how you are connected to it all I will be giving a Moon teaching at the Spiritual Spa on January 30. It will be New Moon and a great time to set your intentions for the year



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: Aim, Relax, and Push Only When Conditions Are Right By Caleb Booker

If you look very carefully around the Niagara Region these past few days you might have noticed that we're getting a bit of snow.

This makes driving conditions tricky. Worse, for some reason the de-icing spray they put on the QEW this year seems to be converting the snow into a slick gel-like substance that has sent, quite literally, over 400 cars into the ditch so far this season according to the OPP.

In short: this has got to be the most fun driving season we've had in ages!

I mean, usually it's completely easy. You pick a direction, stomp on the gas, and know that eventually you're going to get there. Boring. Most of the time you don't even remember the trip.

Now, though, the experience is really spiced up. Slam that gas pedal and you absolutely will find yourself spinning out of control. You have to feather it, paying attention to how much traction you have and how much momentum you can create. You also have to be watching way, way ahead to see what the traffic is doing, if the lights are changing, and if anybody is going to come stumbling out into the road.

The difficulty level on this game just went way up, and you'll remember the trip when you get home!

How this relates to manifestation is fairly obvious. Life is not a perfectly smooth asphalt surface that you have complete control over. It's messy, variable, and if you achieve guru-like skills you will still only ever have a clumsy control over your momentum at best.



So, work with it:

- Decide on your goal. Get it fixed in your mind, and keep an eye on it wherever you are, whatever you are doing. (Watch where you're going.)
- Watch for obstacles, and react accordingly. This way they may get in your way, but will never stop you for long. (Keep scanning traffic and looking way ahead.)
- Quitting anything abruptly or spontaneously is dangerous. Think things through, and if you leave projects that aren't getting you where you want to go, do so gracefully. (Never slam on the brakes!)
- When you seem to be pulled off course (taking a corner in the snow), relax (take your foot off the gas) and just go where life is taking you while never losing sight of your goal. Keep aiming at your goal, but don't fight against the momentum. Work with it.
- When it seems like you have all the tools you need and the obstacles are out of the way, don't hesitate! It is time to achieve your goal! (Hit the gas when you get grip again.)

Safe driving everyone!

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](#).

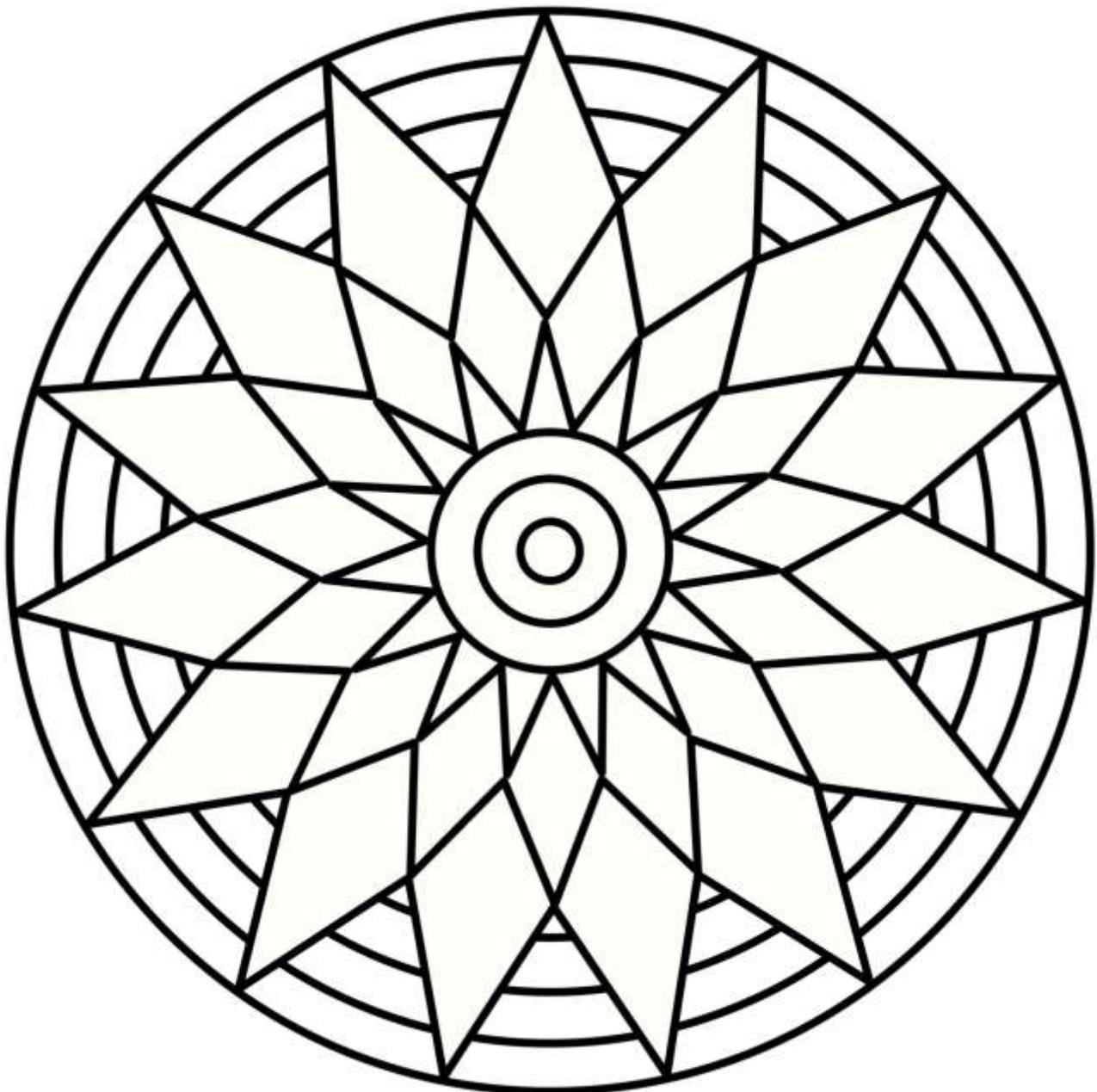
Mandala Colouring

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."



Self awareness or self-consciousness can lead to the enlarging of consciousness. It can lead to the expansion of control of one's life. Self awareness involves the capacity of not only looking back, but also looking ahead. Self-awareness is not only a gift, but it is a responsibility.

Mufid James Hannush

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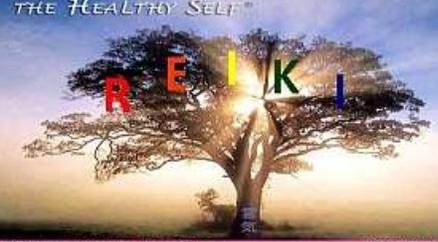
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Lady Violet

Along with my guides, I offer people guidance on anything they are questioning. My guides assist me in asking the necessary questions and helping to see all available options, so that the individual can choose the one that feels right for them.

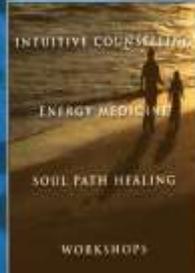
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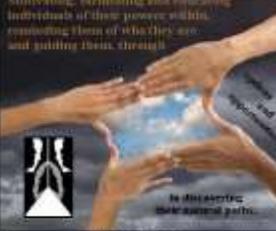


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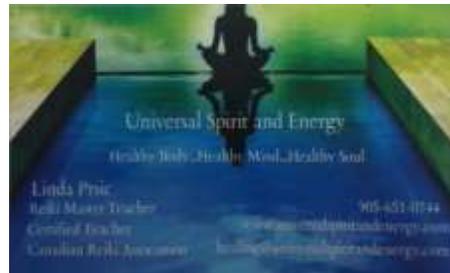



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