

February

Yes, the month of love. In Canada we celebrate Valentine’s Day and Family day in February both a celebration of the love that we have in our lives. I am feeling wounded by the loss of my first love, my mother, who I believe is also responsible for teaching me how to love and to trust in the love of others. Sometimes this can be a difficult thing for us to do especially if we have been hurt by love. This wound, although unseen, can be quite painful. I think that the majority of people wish happiness for themselves and each other. If you have been hurt by the loss of love remember that there are 6 billion others on the planet to share your love with. Continue to celebrate the love in your life, family, friends, pets, even jobs or hobbies and that celebration will bring more love to you.

This month we are adding a new column, A Visit With, as we meet with various members of the Spiritual Niagara Community starting with Barbara Carrelli.

Also this month:

- [Jewelee](#) advises on a twin flame.
- [Jituska](#) reminds us to love ourselves.
- [Caleb](#) analyzes the meaning of growth.

Print out and colour your monthly mandala from Nancy Broese.

Namaste,

Kathy Upper
[Spiritual Niagara](#)
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Have You Heard

About Energy Medicine with
 Donna Eden?
 She has some great videos
 on Youtube showing you
 how to use it

Check it out

<http://www.youtube.com/innersource2>



Ask Jewelee

Dear Jewelee

Will I meet/ have I met my twin flame in this lifetime?

Madelyn, Virgo

Madelyn:

This is a tough question. My belief system is that we only have one twin flame however we can have past life connections that can sometimes be confused with a twin flame. We can have multiple past life connections. For most people we are lucky if we experience these connections in this lifetime. Twin flames are extremely rare connections. Unfortunately I don't see you as having already met your twin flame and I hate to say it but I don't believe that you will meet them in this lifetime. The good news is I am seeing that person so your soul is elevating to a point where you will be ready to meet it is just not the right time.

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](#).

A Visit with....

Barbara Carrelli



By Kathy Upper

Even before you arrive for your meeting with Barb she has already done some work for you. Barb, whether she is offering a reiki treatment or a card reading, channels a message, a premonition regarding the person she is going to be meeting with. Having very little or no knowledge of the person that she is meeting with, Barb's messages are individual and often prophetic, a message from a loved one that has passed or an answer regarding a question in their life or a health issue. Barb never knows what will come up as the messages are as individual as we are.

During a reiki session with Barbara she concentrates on clearing your chakras and aura and then her hands are guided by source as to which areas of the body are in need of the Universal energy that she is channeling. Barb also, very often, receives messages during this session but she does not talk during the session and states that often the person being treated will fall asleep as the sessions are very calming and relaxing. Barb recalled how during a recent session while over a person's head her hands kept fluttering out like a butterfly and she received the message from the clients' mother stating remember the butterfly. When she told the person about this she was very surprised when she relayed a story that involved her brother and a moth landing on him. They had thought this was a message from her mother and Barb confirmed this for her.



A card reading with Barb is done with Angel cards. She channels while she is doing her readings. She does different card layouts during a reading. The person puts their energy into the cards by shuffling them. Through the various layouts she provides whatever messages come through for them and she asks if there is anything else that they had questions about. At the end of the session she lets the person know the premonition message that she received before they arrived.

Barb also reminded me that our connection to nature is so important. Luckily she lives in an area in St Catharines where her home is surrounded by nature and she is visited by an osprey and a hawk along with rabbits and racoons. She feels the messages and the healing effect of nature. I also felt the strength of that and that there is a message for me in that to remember to connect with nature because the answers are there.

When you go to Barb's profile page on Spiritual Niagara you will notice that her picture is surrounded by an orb. I asked Barb about this and she said that her son had taken the picture with his phone camera on New Year's Eve a couple of years ago. I have seen a lot of orb images but never where someone's entire head is surrounded with it.

If you would like to visit with Barb for Reiki or a reading all of her contact info is found on [her Spiritual Niagara profile page](#). You can also visit her website for a little more info. I would like to thank Barb for our visit and for allowing us to discover more about her gifts.



" Know Thyself "

By Jituska



This month is another turn of the wheel, traditionally referred to by the Celts as Imbolc. It is a celebration of the return of the Sun. The Sun represents our purpose and our "I" dentity. As most of us are aware of our Sun sign, it is the essence of "I am". The Sun is the element of fire and asks us to look into what inspires us, what feeds our soul's essence. What makes us 'tick'. What makes you want to get out of bed? We all have this deep connection between ourselves and the infinite possibilities. We can say we are inspired to give to the world but it all starts within ourselves. Everything starts with you. If you do not take the time to love yourself, what exactly are you projecting out to the world? We must always be conscious of the source. Where are we truly coming from? There's an old saying, "save some stoke for the fire". This comes from within. If you do not give the time for yourself, how can you possibly feed the fire in others.

We all have a fire within us. It inherently wants to give, that is our true nature. Yet if we do not seek the light within us to love ourselves, we are missing a beat in the grand symphony of existence. The only thing that can possibly come from us is what is inside of us. I have had many conversations about this and alot of people confuse loving themselves with the perception that this may be egocentric. Not at all! Ego is a part of the experience. Everything emanates from you. How can you be at 'peace' if you don't include all the 'pieces' of thine own self. The Ego is a part of us...it helps us to define our boundaries. As with everything we must be conscientious and aware of keeping 'in

check' and balance. We have an ego for a reason and we must pay attention to it. This is something I ask for you to meditate upon this month. As Valentines day approaches focus upon self-love. Identify with yourself. Your truth. Your alignment with which you came from. Acknowledge your love for others but only once you can honestly embrace yourself and your own divine essence. Do not distract yourself nor take yourself too seriously. There is a point (as with everything in our lives) whereby things can tip the scales. For many Moons I have been purchasing flowers for myself (decades). I cannot tell you how many times people were astonished that I was purchasing them for myself. I love flowers...they make me happy and having them in my presence raises my vibration. Interestingly they always live far longer than expected :) Do not wait for other to love you or for their approval. It all starts with loving yourself and love will emanate through you. "Know thyself". This is the time to shine your light upon the world.

Think happy thoughts :)
Many Blessings!
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](#).

Growth Means Becoming Someone Else By Caleb Booker

You can't become the person you want to be unless you're willing to let go of the person you are.

I knew a guy once who used to say "well I'm just like that, that's just who I am," at least twice during every conversation we ever had.

This meant that, as the years wore on, he never did anything new. Everything was filtered through the thought "is this who I really am? Am I a guy that does something like that?" Then he'd go inside, look for a memory of something he had experienced that might be similar, and if he didn't find one he'd refuse to participate.

You could say that this was his Ego dominating his life. His current state was the perfect state, and must not be touched.

Most people sense the inherent danger in this. To truly live and extend oneself, you must leave your comfort zone. You must do something wonderful and new even if it "isn't you". The alternative is to lead a stagnate, colourless life.

Recently I was reminded that there is another step. Dipping your toe in unfamiliar waters just to see what is there is only the beginning.

What if there's something you want to do that is radically different than the way you've been your whole life? What if you want to learn a new language, or become a musician, or an aerobics instructor? What if there's absolutely nothing in your entire life that would indicate you could pull any of that off, but you've decided that it's something you want?

First of all, if you're on the fence about something like this, I hereby encourage you to go for it. Life is far too long to spend it suffering in the hell that is "what if".

Next, spend a half-hour every single day doing the new thing. Now, your life won't accommodate the new thing because you don't currently do the new thing. That isn't who you are. But if you want it to become this new person who does this thing, then something else is going to have to be removed for a half-hour a day.

This is where the sacrifice of who you were comes in. Something in your life is going to have to go away so that you can replace it with this new thing.



That might be easy. After all, you might be the kind of guy who spends 3 hours watching TV every night. Now you can be a 2 hour a night kind of guy. That'll be just the way you are.

Or, it might be hard. You might be pushed for family time, work time, and your volunteer work on top of all of the housework that never seems to be caught up. If that's the case, either your work hours or the volunteer hours need shaving back, or someone else is going to have to handle more housework. In any case, you're going to have to pick something and let it go.

Or, it might be nearly impossible. You might be trying to change a habit or get over a phobia that has controlled you all your life. Letting go of these things you do in favor of NOT doing them is tough. Still, people do it every day. You just have to decide to do it, figure out what you want to replace it with, and go out there to find the help you need to cross the finish line.

No matter what the case, however, everything is always possible as long as you're willing to let go of your old life in favor of the new one. To our Ego, that sounds a bit like dying. It will fight back with anger and fear and bitter cynical "but you don't understand" nonsense. Ignore it, and change anyway.

Kill the Ego definition of who you are, and give birth to the new Ego definition of who you are becoming.

Just one last thought: the things we say and do in a day define us. Thinking and dreaming don't count. So if you've read a new book and adopted a new philosophy, more power to you, but you haven't changed unless either your actions or your words have. Don't let the Ego trick you into thinking that simply wishing will make it so!

Now. The world is yours. How would you like to enjoy it?

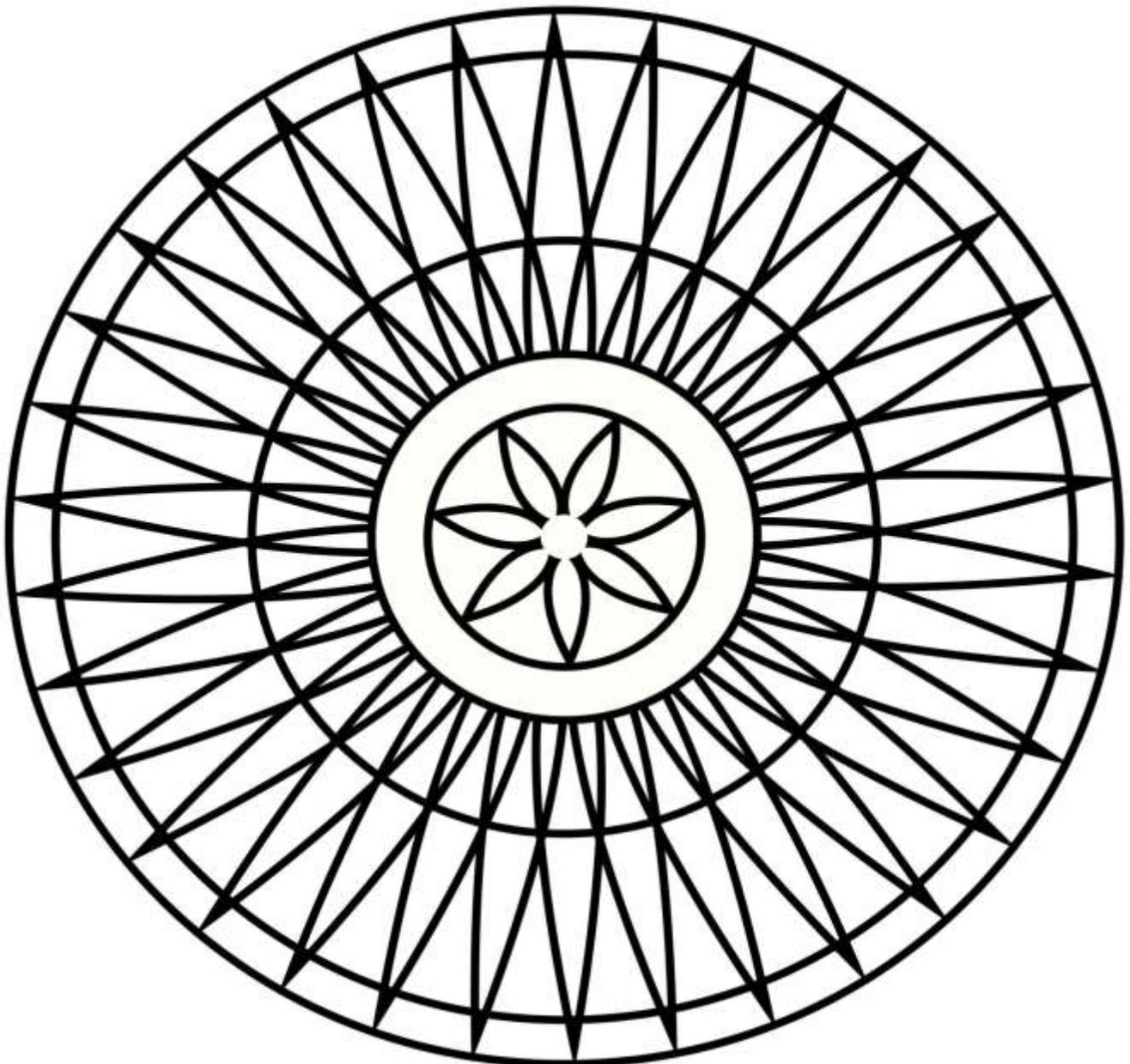
Mandala Colouring

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."



"Conscious evolution begins as we take responsibility for clearing our own obstructions."
Dan Millman

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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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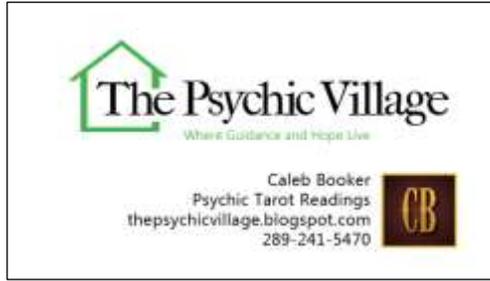
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