

March Newsletter

Spiritual
Niagara

Connecting you with yourself

Edition 5 volume 3

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March

Well, definitely in like a lion, hopefully out like a lamb. I think we are all looking forward to spring about now. I know I am. It is the change in seasons that helps us appreciate each of them. It seems to have been a difficult winter for many people. I have been reminded numerous times lately about the importance of humour in our lives.

I asked Christine to search her archives for an article on comedy in our lives. It is a great reminder on what we attract with our emotions and how comedy might be a simple answer to raise our vibration.

I interviewed Carolyn Shannon this month and won't you believe what this lady is up to. Hopefully to can join her at the All About You Day on March 29th.

Jituska tells us about the Spring Equinox and Caleb looks at our connection to stuff.

Jewelee answers your questions.

I would like to wish everyone Happy Spring!

Namaste,

Kathy Upper

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Have You Heard

We have added a new category to our list of members, Feng Shui.

If you know of anyone offering those services tell them to contact me.

Kathy@spiritualniagara.ca

Check it out

<http://www.spiritualniagara.ca/profiles/>



LIGHTWORKER'S WAY

Comedy to the Rescue

By Christine Whelan

If someone had told me a couple of years ago that there would be one day I would come to believe that one of the most effective ways, for me, to ward off and keep away negative and manipulating spirits is by watching comedy on TV, well, I probably would have laughed. I have to admit that when I was first informed it was up to me to learn how to “balance” and “harmonize” this property and the buildings on it, I assumed it would involve some pretty mystical stuff. Yes, there is the constant use of the right crystals in the right places, with moments of included *breakthrough* crystals during challenging times as one would use *breakthrough*, or additional, pain meds during times of unusually high pain, and energy work with the mind and body is a must. But, when it comes right down to it, what can work like a charm (no pun intended....well, maybe a little) when trying to keep all happy in the spirit world around me, is paying attention to my thoughts and my emotions. It's a sense of grounded.

Think of it this way — See the range of emotions you often feel as being on a scale. At the top, there's joy, love, empowerment, freedom. Then moving down you see your lesser positives but still positive nevertheless such as hopeful, relief, gratitude. As you work down the scale, at some point the emotions begin to take on a negative mode. These can include frustration, irritation, impatience. Down at the bottom might include fear, depression, and guilt. Each point, or emotion, on this scale is attached to a specific vibrational frequency. So for example, if you were feeling a powerful sense of love for your child, you would be vibrating at a higher level. If you were feeling like someone else was in control of your life, you would vibrate at a low level. Now think of these different levels as different magnets..... and different types of spirits are attracted to their own specific vibrational levels like a magnet. Darker entities are attracted to the lower vibrations and spirits of the light are attracted to higher vibrations.

Now take it further. Those who are being attracted are also receiving energy from you so they are strengthening.

What I'm trying to say is, I've come to learn that whenever we are feeling sad, anger, vengeful, powerless — you can finish the list, all the bad ones — we are both inviting negative spirits to mess with us and giving them the food to do a better job. Kinda depressing eh? Ooops...don't wanna to go there! However the positive to this (and there *always* is a positive) is, as long as we are feeling any of the wide variety of positive emotions, we are attracting and strengthening all nearby positive entities, helping them in some way that is personal to them and in turn allowing them to help us with our own personal needs. In simplest terms, like attracts like.



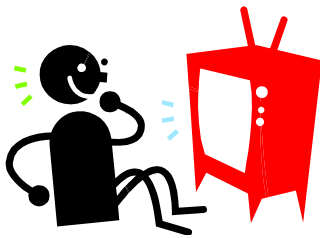
Conversely we need to remember, feeling a negative emotion weakens the positive spirits and feeling a positive emotion weakens a negative spirit.

Thoughts create feelings. So it makes sense that we consistently keep notice of the thoughts that are traveling through our heads. Unfortunately, this also means the emotional activity that is hanging out in our subconscious. This is why I mentioned the need for “mental housecleaning”. According to Charlie Greer of the National Science Foundation, the average person thinks about twelve thousand thoughts per day. A deeper thinker puts forth fifty thousand thoughts daily. So, I guess it would be hard to keep track of *every* thought — and have a life too. I think the best thing to do is to take periodic inventory of your

emotions. If they are positive, ok awesome...carry on. But if they are negative, time to go within and pay attention to what's going on. Try and keep all thoughts non-judgmental, understanding, focused on the big picture (all happens for many reasons for many people), and yet keep personal boundaries intact. It is possible. Really it is. Just needs some mental housecleaning and practice.

However, another thing about thoughts is, if we think about a specific entity, it can be like calling out their name. Again with the magnet affect. This is great when it comes to the magic of calling on a loved one for some insight, guidance and help but what if you know you've got one or more of what you might perceive as negative ones affecting you and your life? It may not be, in fact, negative but if it is creating negative emotions, thoughts and experience for you then, yes, it can feel like a dark one. My point is, the last thing you will want to do is think about it and become afraid or anxious because of it, drawing it closer to you and strengthening it at the same time, of course making it even harder to stop thinking about it. A nasty, vicious circle. Been there.

This is where comedy comes in — the wonderful and powerful distraction.



There have been moments when meditation is the last thing that is going to work, energy work is difficult, and the only thing that is happening is my full attention and a variety of negative emotion emanating out for any and all to use and abuse as they see fit. An example of one of these moments is immediately after a medium has been at the house to provide a reading I like to call a *progress report*. The battle can be all consuming in these moments.

Can you see how watching one of my favorite sitcoms or stand up comics would be my hero coping mechanism during one of these moments? It has to be a favorite of mine to get my full attention and make me laugh, rising my feeling on my emotional scale, slipping it into the positive realm. If the show is funny enough, eventually I stop thinking about what is probably standing just feet away from me glaring at me. Watching comedy on TV as opposed to watching a DVD is more ideal as it produces a sense of an outside energy flow coming into the house, providing a lesser sense of isolation for that moment. I can't really explain this point much further. I just recognize it on an emotional level. Watching TV makes me feel more connected to the rest of the world and gives anything dark and angry less power.

In case you haven't wondered by now, yes writing this post really did rise the vibrational levels of everything around me. My face and hands are tingling. There is a feeling of a combination of positive and perceived negative around me this morning. Normal. How I am dealing with it is with an attitude of acceptance. As a friend and medium recently explained to me, she simply sings out "still loving you" as they approach and all those of the light shine brighter and all those who may be malevolent creep away with their proverbial tails between their legs.

And my day carries on.

Light and Love to you all,
~Christine

Mindz 'n Transit Newsletter – Winter 2014

<http://christinewhelan.weebly.com/newsletter-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

Will we be able to add on to our house and will it be within our means?

Linda, Sagittarius

Linda

I do see you able to do renovations with your house and yes it will be within the price range you are expecting, but it's funny because you have a very creative artistic energy so whatever you do will be unique and inspiring. I feel like there could be some issues with another person about these renovations probably a spouse or partner as I'm seeing a bit of butting heads over ideas or it could be if he is doing the work you may have ideas he just isn't keen on doing. It's not over the financials more the ideas. Not only are you creative but you can shop on a budget so if you want something like a skylight you will be able to find one within your price range.

You can also be a bit tunnel-visioned so if you decide you want to get this done once you start you won't stop till it's completed. You may find that if you have allotted a certain budget that you decide to up it because of the ideas but even if you do I feel like it is still affordable so if you get the skylight he might want the big screen TV you are not crazy about spending the money on but it's not going to set you back too far!

Hope this sheds some light on your situation

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....

Carolyn Shannon

By Kathy Upper

Carolyn Shannon spent 20 years teaching and now after retirement she is still teaching and she always uses fun to do it. Carolyn's first love is her Venting Creatively program. She began using this while she was still teaching and saw the benefits that it brought to her students.

Venting Creatively is a program, designed by Carolyn through her own healing process, that uses art as a method to express trapped or forgotten emotions that hinder our moving forward in life.

Carolyn offers these in her workshop or you can also purchase the book Arts in the Heart Adventures and her book developed for children entitled What Really, Really Bugs Me. Using this technique has allowed Carolyn and now her clients to heal and let go of the negative emotions and to accentuate the positive in your life. Carolyn's clients return to work with her when an issue comes up in their life that they need assistance with or even just on a yearly basis to have Carolyn guide them through this healing method. Once you learn the technique you can do your own Heart work whenever you wish. It is also helpful to look back at your artwork and you will often gain deeper meanings. Carolyn offers her workshops on generally a monthly basis and you can contact her if you are interested in registering.

For the past 2 ½ years Carolyn has also been wearing another of her hats as a Laughter Yoga Coach. You can find her at the Queenston Place Retirement Residence weekly or the Lundy's Manor biweekly where the residents join her for a half hour of laughter yoga. She also has regular sessions for Daval Hospice. Participants always comment on how much of a workout her exercises are but you don't realize this until it is over because it is so much fun.

Sessions are a half hour of staying in the present moment and releasing any negativity that you may be holding. Carolyn also does Laughter Yoga for groups as she did at the recent Pampering Fest. She is able to attend your group meetings and it is a great way to open any type of brainstorming or corporate meeting to get the creative juices flowing.



Speaking of pampering Carolyn's annual event the All About You Day is coming up soon in Niagara Falls on March 29th. This daylong session provides people with the opportunity to treat themselves to various pampering sessions such as reiki, reflexology, Angel messages, mini manicures, chakra balancing and much more. This year's event is being held at the Coronation Seniors Building in Niagara Falls. She also runs another day like this in Kingston.

Carolyn is also responsible for the WOW Gals, Women of Worth. She has my mother in her March article. This was started to recognize local women and celebrate their lives and

contributions.

If you are a small business owner you may wish to join Carolyn's Bee the Buzz Network. This group meets monthly to update each other and learn from each other.

So as you can see Carolyn is one busy lady but she is easy to contact so please take advantage of one of her upcoming events or join in on one of her workshops. Click on her card below Read her Spiritual Niagara profile page to find out more.



" Spring Equinox "

By Jituska

On March 21st we enter into the Spring Equinox which means 'equal day and equal night'. Astrologically we will enter Aries in the turn of the wheel. It is the Ram/lamb. It is a symbol of new birth.

Watch and be aware of the life force around you as the plants burst through the ground. Sow new seeds of life both physically as well as metaphysically for the months ahead. It is a time of new beginnings. This is a great time to get ready to start planning and planting.

Next we will be celebrating Easter in April which was traditionally Eostre derived from the 'East star' aka Ostara the fertility Goddess. Where do you think the word Estrogen derives from?

Easter is always after the first Full moon after the Spring Equinox. This continues to show us the strong connection to the natural cycles of the original Lunar calendar. This is why we have the symbol of the egg and rabbits during this time. They are signs of fertility, re-birth and renewal. Hail mating season! Pro-creation!

Spring is always the reminder that life is a cyclical process....and nature is our biggest teacher.

Many Moons 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](#).

Our Relationship with Physical Things By Caleb Booker

Our house just flooded. It was quite the marvelous catastrophe.

Sometime in the morning, while we were at work, the water return pipe in the bathroom upstairs split and started pumping water onto the floor. It washed down the cold air return, destroying the furnace. The carpets outside of the bathroom were soaked, and water washed down into the floor below.

From there things got interesting. The water moved through the main floor's ceiling, dripping everywhere, eventually creating holes allowing it to pour more freely. The main floor was eventually drenched. Then, the process repeated itself in the basement. By the time the leak was discovered a large section of the ceiling down there had caved in, and several inches of water had accumulated.

Ultimately, due to mold and rot concerns, we were forced to move out the next day. This was almost two weeks ago, and last I checked the place still hadn't dried.

That first night though, after sending our daughter to a friend's house, we decided to spend the night there hoping against hope that everything would be fine. Industrial dehumidifiers on every floor and dozens of huge fans shook the place, and we sincerely hoped that somehow, some way, the water would dry out and we wouldn't be forced from the place that had been our home for the past decade.

Even as we laid there in bed that night, the room thundering like a factory floor, we knew in our hearts that this was the end of our life in this place.

Somehow it was difficult to be upset about it though. Even though this was the end of this house, it was hardly the end of us.

So the next morning, when the place only got more humid and the carpets only seemed to get more soaked, we went about the business of packing the place up as quickly as possible. Since time was against us and we needed to extract the critical stuff first, we packed asking one question above all else: "do we really need this thing?"

The answer was astounding. As we packed up our house, we discovered hundreds of pounds of keepsakes, appliances, books and nick-nacks that we just didn't need. The sheer volume of the objects we owned that weren't actually necessary truly astounded us. When we bought these things they were precious to us. Now, they were being tossed into extra-large black garbage bags, not worth the strain of packing properly, and were being shipped off to the Goodwill or the dumpster.

Let's be clear, though: our home has never really seemed cluttered. It wasn't until we were forced to look in every corner and forgotten drawer that we realized how many things had piled up over the years.

In the end, we got rid of almost half of everything we owned. In the new house you can't tell, it looks reasonably well furnished and we lack for nothing. We just de-cluttered.

What I never could have anticipated is how amazing this feels. It's true what they say: our possessions end up owning us. Getting rid of them truly has made us feel free, and living in this new house feels much more civilized and healthy knowing that there isn't anything hiding in the corners or forgotten in cupboards.

I'm not saying that I'm ready to live a monk's life (we're still looking for the "right" new couch, for instance) but now we only let things in that will serve our lives, and immediately rid ourselves of useless baggage. Our attitudes have really shifted, and we find that when we see something beautiful in the world we're no longer as inclined to want to own it. The thought of owning something we don't need, in fact, has begun to seem strangely self-destructive.

This fresh start feels so good, it's a wonder we didn't do it ages ago. Spring is coming up. Plan some cleaning. You'll be amazed how it affects your mind and soul.



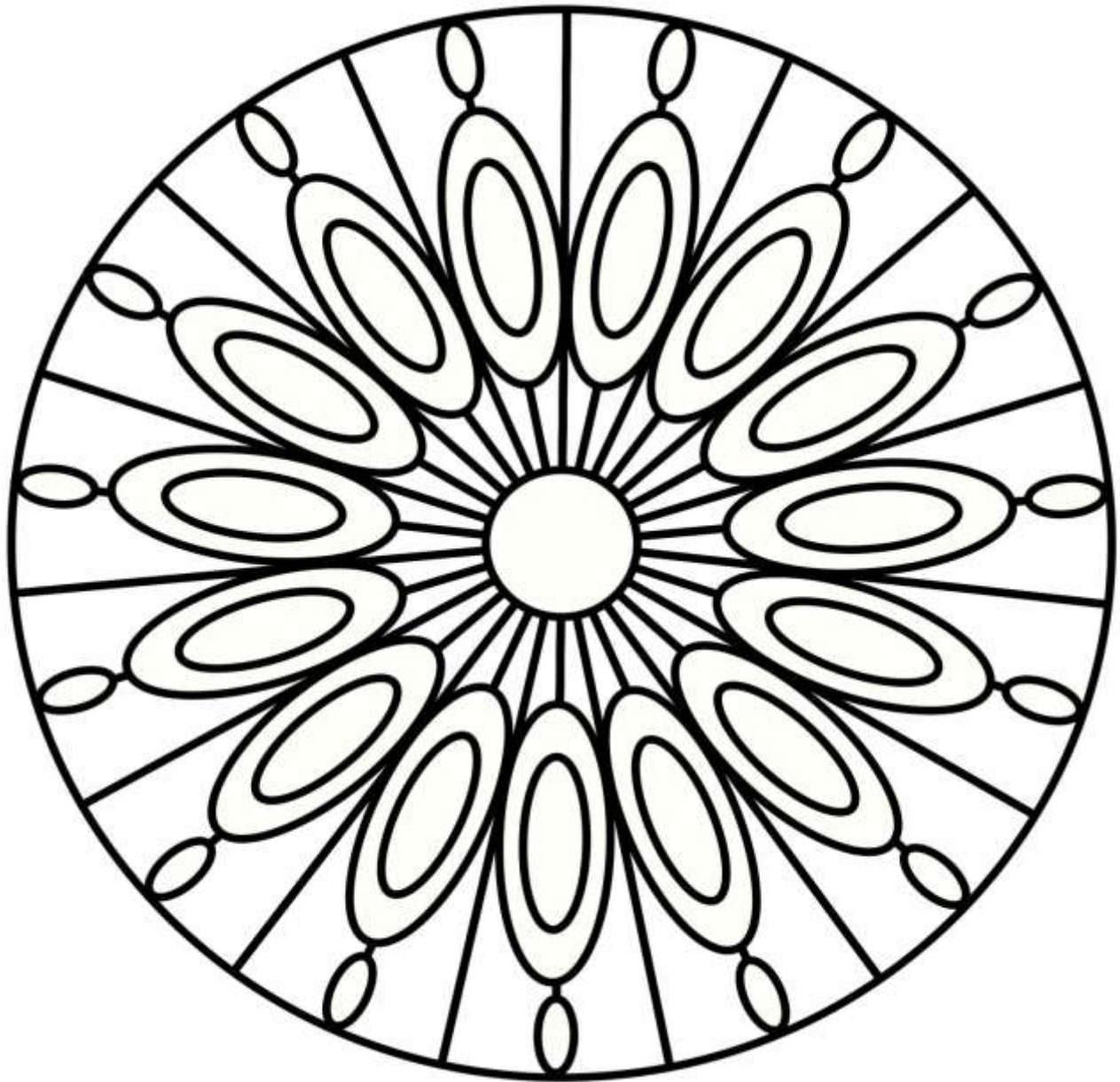
Mandala Colouring

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."



Everyone thinks of changing the world, but no one thinks of changing himself.
Leo Tolstoy

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Lady Violet

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