

# April Newsletter

Spiritual  
Niagara

Connecting you with yourself

Edition 5 volume 4

[www.spiritualniagara.ca](http://www.spiritualniagara.ca)

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## April

Yes, temperatures above zero. I'll take it! I know we are all itching to get out there. Don't forget to check out [our calendar](#) to see what upcoming events might interest you.

We would like to announce a new feature to our Newsletter starting next month called **Angels Among Us**. This will be based on the stories that you submit. Every month an Earth Angel Award will be provided to one of these angels. This **award includes their choice of a reading, treatment or workshop with a Spiritual Niagara member or a Spiritual Niagara profile page on us**, for FREE! So please send in your submissions to [Kathy@spiritualniagara.ca](mailto:Kathy@spiritualniagara.ca) with Earth Angel in the subject line.

Angel's Landing is currently doing a kickstarter fundraiser to restore the barn on their property to be able to offer more classes. Please [give what you can to help out Angel's Landing](#).

This month I visited with Caleb Booker to find out more about him his readings and a little history.

Jituska tells us about the Moon Eclipses happening in 2014.

Caleb asks us to open up to all possibilities.

Jewelee answers your questions.

Please send in your nominations for the Earth Angel Award or nominate yourself! We want to hear your stories.

Namaste,

Kathy Upper  
[Spiritual Niagara](#)  
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Like our [Facebook page](#)

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### Have You Heard

**There is a Netflix for Spirituality called Gaiam TV.**

A monthly subscription is \$11 and it contains lots of movies, documentaries and interviews. Like Netflix it is viewed through the internet,

**Check it out**

<http://www.gaiamtv.com/>



## LIGHTWORKER'S WAY

### Column 43

# Get out of thy way!

By Christine Whelan

*"If you want happiness and success in your life, you have to accept the fact that you are the reason behind all your problems."*

~Anurag Prakash Ray

Ya know what?

I think this spiritual journey we are on – this shift – needs to come with a warning sign "Beware of You". Seriously. I was told once by a higher and wiser source, "Madame, if I might say, you get in your own way." You see, I love what I do, but I just keep piling what I do, on. So, if you are like me, by stating beware of you, I mean beware of overload, beware of expectations, beware of burn out, amping out, getting stuck.

But I love what I do. ...

Sometimes even when we come up with the grandest of ideas, sometimes we just put too much on our plates. Sometimes we need to back up and take notice. Take notice of the expectations we have put on ourselves.

I usually go from about 6:00am to 9:00pm. At a glance you could say that is my work day, and huff "holy crap Christine, get a grip"! But peak in a little closer and you will see that the actual work is spread out, that my day has a balance of many different types of activity to balance my needs. It's when, in a chain of days and sometimes weeks, of these 15 hour-days, there is too much of one or two types of needs met and not enough of other needs met.

A big warning sign booted me in the face last month when I finished my interview with a wonderfully inspiring art studio owner, intending to transform her verbal expression of her passion into a Lightworker's Way column for March. The wall came crashing down – writer's block – with a resistance so strong it screamed in my head and created what felt like intense anxiety with even the thought of returning to my notes, or seeing the open file on my laptop. I contacted Kathy Upper with despair and announced I would have to cancel my column for the month; the first time in over 3 and a half years! She suggested I pull an old article, preferably on laughter and comedy, which I did and we rolled with that.

I felt both instant relief and a whisper of failure.

No wait... let's alter that...whispers of change. Ego calls it failure.

### **Self-care: Awareness without judgment**

These days, many of us are feeling a sense of urgency humming away in the background. As I was doing the dishes back in the house I lived in that was repeatedly reported as extremely active, I would regularly hear whispering behind me, "Is she *getting it* yet?"

Are you *getting it* yet?

Are your guides giving you the feeling it's urgent for you to *get it*? Very possible. You might feel these expectations that you've put on yourself coming from an unseen location, validating your own thoughts and feelings.



We have free will and we are gaining awareness. These two factors in our lightworker lives can sometimes feel quite contradictory. It seems like forever that I've been saying "Life is 10% what happens to us and 90% what we do with it." We can use our free will to take that 10% of what comes flying at us in these days and decide on our own, how we are going to handle it all.

### **Handle it lightly**

I remember learning early and quite naturally to have fun even when I had to do something I didn't want to do. I remember being about 8 years old and my mom told me I had to sweep my linoleum bedroom floor with a dust mop. Boring, and it in the way of my personal fun. But wait, let's try this. And I straddled the mop handle and pretended to be a witch on her broom while sweeping the floor (go figure). Ok, now this was fun. And I got the job done.

When I do bookkeeping, I make a game out of balancing everything out. I even approach communicating with, healing and crossing spirit like a game or movie plot. A friend and I once giggled and called ourselves mystical Nancy Drew's. It may go against that incessant chatter in your head that says to smarten up and stop fooling around. Now, as a grown person with your own mind, ask yourself, why is that??

### **Living in Balance**

Boundaries and balance, my friends....boundaries and balance are where it's at.

Boundaries, simply put, are things that we will either allow or not allow in our lives. They are the rules we put in place to help us say "no" when we need to, to keep us balanced, healthy and generally happy.

And I can't share this clear enough – everyone has the right to set their own boundaries!

Have you checked where you've placed your boundaries lately? Did you decide them? Or did is someone continuing to decide them for you?

Feeling a sense of balance comes when we are working at getting our needs met; not just any set of needs but 1-3 in different areas of our lives.

### **Exercise in Balance:**

Here are 12 categories of life. See if you can come up with 1-3 personal needs for each. In just doing that, you might start to feel a difference within you; a shifting of sorts.

Then, make a plan and give yourself permission to prioritize you.

*Tying Up Loose Ends*

*Re-visiting Childhood*

*Down Time*

*Expression of Emotion*

*Physical Release*

*Mental Stimulation*

*The Interpersonal Experience (social)*

*Tradition and Adversity*

*Something Old / Something New*

*Setting Goals*

*Connecting to the Earth (in nature)*

*Expressing Creativity*

A final suggestion is to keep a journal of your adventure in balance; record your journey, what you do and your experience in doing it. It can be so much fun! Take your time. Do it at your own pace. Keep your journal with you and create a checklist. Reward yourself for your accomplishments. Take yourself outside your comfort zone!! Come on, I dare ya!

After all, it is spring! Shake it up a little!

So, this was the first thing I've written since the wall of writer's block came crashing down. Thank you for being a part of it. I did it.



It's Sunday, sunny and supposed to be 10 degrees today. I'm gonna go play outside. I'm gonna go find a park and welcome spring. We've missed her so very much. I've got many things screaming at me still but I know I can't attend to that scream until I attend to others inside me that are being less insistent, less noisy and less rude. They are however, just as important.

Spring awakening is upon us. We are starting to see it everywhere outside. This year, let's remember that the potential for a spring awakening coming from within is right in front of us. Let's approach this spring with balance.

When thinking of your needs for each category, try coming up with as many as you can that are related to the warming of the temps and the blooming of the beauty outside.

Stretch your arms out, my winter- trampled friends, take a deep, cleansing breath and embrace the newness of April's miracles with balance – a balance of energies, a balance of needs met.

Take care of you!

~Christine

Mindz 'n Transit Workshops and Groups – Spring 2014  
Schedule <http://christinewhelan.weebly.com/workshops.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.



## Ask Jewelee

Jewelee,

I've been off work since June, do you see me returning or is there something else destined for me?

Thanks,  
Coco, Aries

Coco

I wish I knew what type of work you were doing because I do see you going back to work however I'm not sure it will be to the same place. For some reason I don't see you wanting to go back there but I also feel you are going a little stir crazy. You have a strong energy with a take charge personality. You are more of a leader then a follower. I feel like you will be successful when you go back so if it's the old job you will be fine and if it's something new then I see you liking it and doing well with it.

Again it's hard without knowing what you were doing because I am seeing learning which means it could be upgrading if it's the old job or training for something new. It is not learning as in going back to school for a degree. I feel like if you go back it will be a choice you make and if you decide to do something else that will be a choice you make as well. I'm not sure how to explain it but if you are off due to layoff or stress or maternity for example when you decide you want to do something you will make the decision to either go back or move on and neither is a bad choice. I just get you feeling stir crazy meaning you may not want to actually go back but to figure it out for when the time is right.

So if it's a layoff and you are expecting to go back in April but by Feb you are bored I could see you doing something else but if you decide to wait it out you can go back to your old job. It's your choice if you go back or not. I hope this answers your question for you I guess the main thing I'm seeing is you not just staying home unless you decide to work from home.

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....

### Caleb Booker

#### By Kathy Upper

I recently visited with Caleb to discover more about him. He has been offering readings for the past couple of years but his training into the art of readings started when he created his own set of runes in 2005. He used this medium to develop his skills for reading for others. Today he offers in home readings using tarot and playing cards. Lately he has found that messages come to him before he even puts down a card.

The messages he receives come as images and other times as words. Caleb feels that the form the messages take is dependent on how the person will best receive and identify with it.

His goal when offering a reading is to provide clarity to a situation, to help others become unstuck so that they can move forward. The reading provides answers as to what their next move might be or where to go to find the answer.

Those experiencing his readings have told him that it was unlike any they had done previously. They confirm to him that he is on track with his messages and that that they can walk away satisfied and confident in making their next move.



The other service Caleb offers is house cleaning, no not that kind, but the clearing of negative energies. This is helpful to people who have recently moved into a new space or are having difficulties in where they are living or



working. He recently offered this to someone who was having great difficulties sleeping and since his clearing they have been able to sleep much better.

Caleb is also responsible for the maintenance of the Spiritual Niagara event calendar and is a regular writer in our monthly Newsletter. You can reach him at [caleb@spiritualniagara.ca](mailto:caleb@spiritualniagara.ca) to add your event to the calendar or to request one of his services.

For more information you can also [view Caleb profile page here](#).

Caleb Booker  
Psychic Tarot Readings  
[thepsychicvillage.blogspot.com](http://thepsychicvillage.blogspot.com)  
289-241-5470

## Total Eclipse of the Heart (Libra Full Moon) By Jituska

Last May I wrote an article about the Eclipses called the Dark side of the Moon. In that article I wrote, 'it is only when we are brave enough to look at the shadow that the truth appears'. An eclipse is basically when the Sun's light is blocked by the Earth's shadow as the Moon is passing through it. Eclipses happen regularly but this month will begin with a series of what is known as a Tetrad whereby we will have four eclipses in a row over the duration of this year. The dates will be April 15th in Libra, April 28 in Taurus, October 8th in Aries, and October 23 in Scorpio.

I have been asked many questions this month with relation to this Moon as it is referred to as a Blood Moon. Some have deemed it an Omen (all throughout history eclipses have been deemed an ominous sign) as emotional currents run high and energies are polarized during such times. As an astrologer I tend to see patterns and common threads such as I do with this Blood Moon also. The ties that bind this particular lunation do not appear as ominous but more of that of the Divine feminine. This Lunar Eclipse is in 25 degrees of Libra ruled by Venus. As observed from the Earth for every 8 times the Sun dances around us, Venus circles the Sun 13 times to create Sacred geometrical patterns in the sky including the Pentagram and Flower of Life (PHI). It is also conjoining the Asteroid Vesta, the Priestess and Ceres, the Earth mother in the exact same degree. We also have the Cardinal Cross occurring in 13 degrees from all four points. The number 13 is affiliated with the divine feminine (hence our 13 Moon cycle) and the Goddess Freya. Friday (en francais, Vendredi) is named after Freya and is yet again ruled by Venus. In Numerology the number 13 represents the letter 'M'. M represents the beginning for Mother, matter, Moon, menses, mare/maria/mer (water, also represents the feminine element) mammary, memory (can you see the correlation as the Moon rules the water/fertility/mother/memories/past/emotions...13 Moons etc.)?



It is interesting to note how the number 13 turned out to be so feared and revered as Patriarchy grew over time. Mars is also retrograde in Libra. All this sends the message that this is not about bloodshed but in shedding the blood so that we may give birth to a new future. All lunations have an effect on the Earth as well as within ourselves. It is an incredible magnetic force and the Eclipses remind us we must go within and be silent. It is in this darkness we find the truth and inevitably the answers. It reminds me of an old quote, "only the shadow knows.."

Astrologically full Moon's illuminate situations and bring things to the surface (including our emotional states). During an Eclipse things we haven't dealt with from the past or have chosen not to deal with will need to be looked at. Nature does not like to stagnate! We must remove the blockages, purge and cleanse. We all know deep down where we need things to change but as humans we sometimes stay in situations far longer than we should and thus we are not as happy in certain aspects of our lives.

As an Astrologer I can help you align to these specific aspects by looking at the degree of a particular lunation and where it is in your chart. This one occurred in Libra 25 degrees. We would therefore look at what house this is in and any other aspects affecting it. I would also look at where you have the 13 degrees with relation to the Cardinal Cross since it is a major aspect occurring at relatively the same time. I like to think of Eclipses as a, 'Portal Alignment'. It is the Cosmos guiding us where and when we need to transform. It is a great reminder from the U'N'I Verse, if something isn't serving your higher path, it's time to press the re-set button ;)

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](#).

## All Things Are Possible

### By Caleb Booker

Looking for an all-in-one enlightenment tool? Consider this phrase: "all things are possible." Attack this with your whole heart and your intuitive powers will skyrocket.

It's a difficult thing to truly accept. If you think it's easy, or that you even understand the phrase completely, you haven't given this notion the attention it deserves. You don't have to trust me on this, I'm about to prove it to you.

Before I continue though, I'd like to say that the following is both complex and, when truly contemplated, a bit disturbing. Please feel free to email me later if you'd like help working through some of what follows.

Now, give it another few moments:

All things are possible.

Let me walk you through just a few of the various philosophical exercises on this spiritual all-in-one workout machine.

#### *Manifestation*

Firstly, and probably obviously, there's the application to the "law of attraction".

All things are possible. Yes, quite literally anything could happen in the next moment.

But... what is a moment? It's possible that the multiple universe theories are all simultaneously true. This means that every possible combination of atom, molecule, energy, and thermodynamic state all exist. All possibilities are true and happening in some reality right now.

This means there are infinite universes identical to this, but seemingly at a time one nanosecond before or after this one. Maybe time is purely an illusion, and that every moment of history is eternally in existence. Maybe what we think of as time is just our perception of moving from one universe to the next.

So time itself may be an illusion, and we change nothing



but what dimensional reality we care to pay attention to.

Now, keep this thought crystallized in your mind, and chose which dimension to exist in. Voilà, you have performed "manifestation".

That was a good warm-up. Now let's get to the main workout.

#### *Spiritual Guidance*

All things are possible. This means that if you believe in anything, question it. If you think you've "learned" something, consider that it's just as likely it's all utter nonsense. Appreciate the completely valid notion that the opposite of your most dearly held values may be true. Appreciate that something in between the two polarities may be true, what you perceive as "polarities" may be pathetically distant from the actual extremes, or that there are infinite possibilities in infinite universes where hybrids of these thoughts are all simultaneously true.

Destroy your life's accumulated "knowledge". Only when you accept this can you truly receive the teachings being offered to you from higher beings. If you truly embrace this it is quite a rush of epiphanies. You now need no guru but yourself.

Good, keep it up! Let's finish strong now:

#### *Accurate Psychic Readings*

All things are possible. You might be a single being, inviolate and perfect in your current form. Or, you may simply be the by-product of trillions upon trillions of molecular interactions. Both are equally possible. This "ego" thing people refer to may be a burden, a perfect creation, or simply the outer membrane of a much more complex being that is incapable of observing the infinite interactions happening below the surface that result in

its outer behaviour.

There may be trillions of intelligences influencing and creating what you so tritely call "your thoughts".

If all things are possible, then insist and demand of yourself to avoid declaring anything as "true" about yourself or the notion of what makes up an "individual". Open yourself to all possibilities of hives of perception and emotion forming and breaking apart spontaneously, and that perhaps that which we call a "person" is merely a temporary, fleeting thing.

Consider that everything that is "you" may simply be a bubble in a boiling pot.

Then, with this held as true for the moment, give a psychic reading without any consideration for the validity of the things you say. If done from this mindset, prepare to be shocked at the accuracy.

*This was only the very outer edge of what can be learned by the notion that "all things are possible."*

Much of the above, if taken seriously, is terrifying. I urge you to embrace it anyway. Consider the terror, and then once you've revelled in the horror of it, consider the more comforting truth as well. Once done, adopt a simple stance that you can never know either way.

If you ask a question, know that the answer is always: "all things are possible."

If you make any statement, make sure the phrase "all things are possible" rings in your mind as rebuttal.

All things are possible, including the most beautiful and marvellous ideas well beyond human comprehension. If you've got the guts, then this is a good key to that which lies well beyond this universe and the next, and the next few thousand universes beyond that.

---

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](#).



**We need to start recognizing the Angels Among Us!**

**Do you agree too much time and energy is spent on bad news?**

**Help Us change that and identify the good news stories.**

**Tell us about the Angel that you know**

**What has this Angel done to help and improve our world?**

**Email your story to [Kathy@spiritualniagara.ca](mailto:Kathy@spiritualniagara.ca) with Earth Angel in the subject line.**

**Your Angel will be given the choice of a treatment, reading or workshop for Free!**

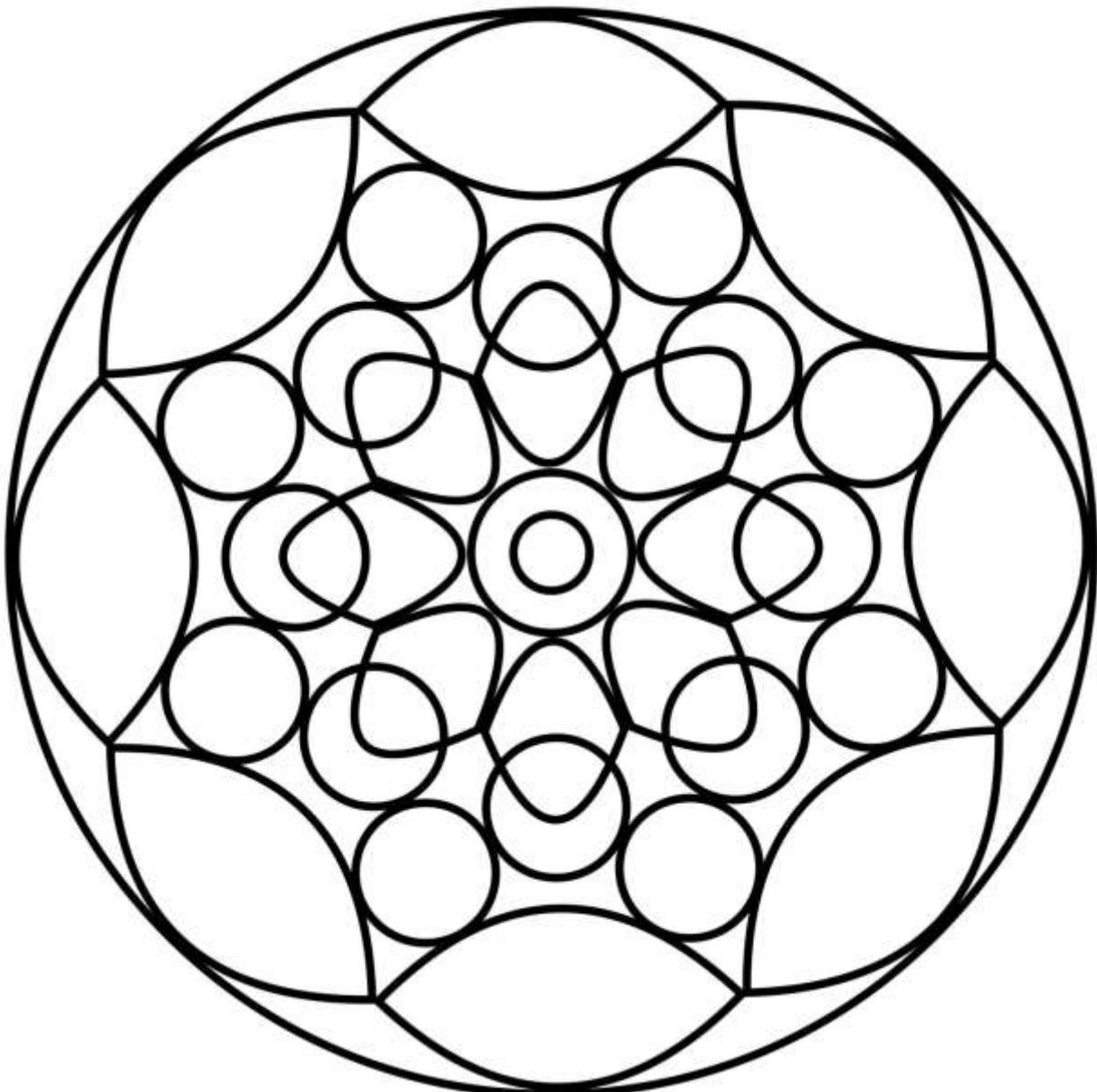
# Mandala Colouring

## 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."



Everything is based on mind, is led by mind, is fashioned by mind. If you speak and act with a polluted mind, suffering will follow you, as the wheels of the oxcart follow the footsteps of the ox. Everything is based on mind, is led by mind, is fashioned by mind. If you speak and act with a pure mind, happiness will follow you, as a shadow clings to a form.

Buddha

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

Click on the cards for more info



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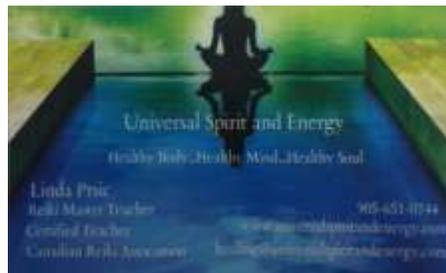
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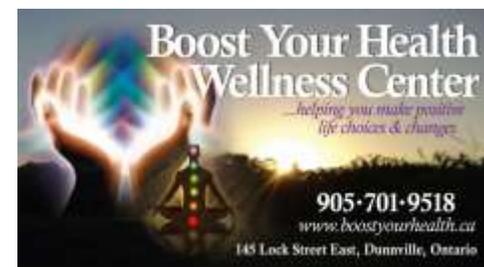
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**Lady Violet**

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.

Please contact Lady Violet at  
905-346-1945 or email her at  
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