



June Newsletter

Connecting you with yourself

Edition 5 volume 5

www.spiritualniagara.ca

info@spiritualniagara.ca

Happy 5th Year Anniversary!

I am so happy to be celebrating our 5th Year Anniversary and so truly grateful for all the support from the Spiritual Niagara members and from all of Niagara's Good Spirits.

To commemorate this wonderful occasion we have some new articles for you. Our Angels Among Us, which awards local Earth Angels with the recognition they deserve and a history lesson entitled Ancient Spirituality.

Also this month:

Christine asks us to look at our own motivations.

Jewelee advises on some major changes.

Caleb examines what difficulties can teach us.

Jituska celebrates summer solstice. Yeah Summer!

Remember to send in your nominations for the Earth Angel Award or nominate yourself! Send your story to Kathy@spiritualniagara.ca.

We want to hear your stories.

Namaste,

Kathy Upper

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Have You Heard

Here is a really neat website
subject headings are:
**News, Consciousness, Spirituality,
Paradigm Shift, World Truth,
Science and Tech and more**

Check it out

<http://themindunleashed.org/>

LIGHTWORKER'S WAY

Column 44

Motivation: Catch the Wave

By Christine Whelan

"Of course motivation is not permanent. But then, neither is bathing; but it is something you should do on a regular basis."

~Zig Ziglar, Raising Positive Kids in a Negative World

Oh yes! Feel that warmth my energetic friends. Embrace the brilliant green. Oh yes, we so need this.

Opportunity is all around us. Our beautifully wonderful spirit guides are regularly providing us with moments – or waves – of clarity; moments of “connecting the dots” as I seem to be saying often lately; points of breakthrough, when we get a chance to ride the wave of vision and possibility. Opportunity is guaranteed; capturing it, optional.

One night a wave came in as an email from my daughter, Morgan, “Mom, Jack’s playing tonight (Her fiancé is in a band.) and I’m home by myself. Wanna come over?” I jumped at it, not in a way of desperation, grasping at a rare opportunity to see my oldest. We work in the same space two days a week. But as a result of an intuitive tug. I felt thrilled, not for any reason my logical brain could deduce, but just because. I didn’t question it. I simply recognized it. The idea of going to hang out with my daughter exhilarated me. I captured it. I trusted it.

And off I went.

Half way through the evening when I was talking about some of the work I’ve been doing, I looked up at her. She had the most beautifully warm smile on her face. She was looking back at me.

“What?” I smiled back.

“You are so in your element.”

At that moment I realized we had become equals, paralleling in life. I knew eventually we would get there as she’s only 16 years younger than I.

“You have got to read this book I’m reading now. You are using the same words as the book. You need to read it.” And off she went to her bedroom to get this book without waiting for my response.

She came back with a white softcover, a bit bigger than a novel in width and length, and 294 pages. Nothing unusual. But to me, before it got in my hands, I sensed it had a certain buzz to it.

And then it got into my hands.

“*Cracking The Millionaire Code*”?? I laughed out loud. Morgan knows more than most how I feel about money. I gave her a questioning look. “Really”?

“Read the rest of the title.”

“*Your Key to Enlightened Wealth*”

Hmmm.

Another tug. Even though the left side of my brain, the logical, adult part, shook its head, crossed its arms, and pessimistically mumbled, “I don’t know”, the spirited, creative, risk-taking, kick-a**, intuitive child in my right brain screamed, “Yes! Yes! Yes!” with no clear reason I could see.

Yet.

Morgan began explaining a little of the book, that she was about half way through, and that she felt she needed to let me borrow it now. Right now. Not when she’s done. Now.

Hmmm.

Catching the new wave

The time I prefer to read is first thing in the morning, with my first coffee. It jump-starts my brain for the day.

It took 2 pages.

Images began to flow through my mind’s eye like a slideshow. Ideas old and new introduced and re-introduced themselves. I could feel my energy level rising like mercury in an old thermometer. And then I knew what I had to do. I’d discovered what I had put on my path to accomplish next.

I am still reading this magical book. Again, as many times before, I am reminded that there is power behind the written word. I feel both motivated and focused. As I've been hearing frequently from a wise and strong woman lately, "The mud is clearing."



Paying attention is #1

These instigators of inspiration come in many levels of intensity and in many different masks. If we are not paying attention, we can miss them. And we often do. This is one of the many reasons it's so important to work as often as possible on staying "in the now"; to notice what is going on around us, and then notice our emotional and physical reactions. While worrying about tomorrow and fretting about yesterday, our real life is happening.

Blessings in Disguise

Sometimes motivational occasions aren't going to feel good. Sometimes they don't feel good at all. They can cause stress. They can trigger fears. And sometimes they are life-altering.

I stopped writing my notes for a couple of days as life swooped in and began carrying me away a wee bit faster. Yesterday was a biggie. I found a huge piece of the puzzle in the story I am researching and writing about. And on the flipside, I found out there's a really good chance my dad, who has been steadily declining in health, specifically in the ability to walk (so I've been staying with him) has ALS.

Ok, well first, something like that tends to knock you on your butt. Yep, there now. But I also feel, over to the side, and to my right, an energy of motivation. My stuff has got to get done. *Do it now!*

I have written and said this so many times, "Life is 10% what happens to us and 90% what we do with it." As long as it is applicably powerful, I will continue to use it. Waves of opportunity and motivation come at us every day. This is only 10% of the game. The rest – the 90% - I believe, is handed over to our free will.

So, what are you going to do with your next wave?



Suggestion: Tapping into the Magic of Mother Earth

We are still in recovery energetically from the long, dark, cold winter. Using this time of year to motivate you has benefits at several levels. Lightworkers require the magic of Mother Earth.

What are you working on? What is calling you? Can you do it outside?

What brings you more contentment, water or trees? So, beach or conservation area?

How about making a peaceful space in a park your office for a day?

Opportunities to capture a motivational wave happen often, quickly and usually require some form of risk-taking, a requirement to take yourself out of your comfort zone.

Go for it – catch the wave my adventurous friends. All waves that come your way are designed especially for you!

Love and Sunlight,

~Christine

Cracking the Millionaire Code: Your Key to Enlightened Wealth

by Mark Victor Hansen
(author of *The One Minute Millionaire*)
and Robert G. Allen
(author of the *Chicken Soup* series)

Mindz 'n Transit website:
<http://christinewhelan.weebly.com/>

[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,

At the age of 51, I have undergone a bankruptcy, moved to an apt. out of town (never done that before) and feel completely without compass. I have a good job, begun two years ago and I am trying so hard to be positive about life.

So, the question is: will things be alright for my future? will I ever be able to retire? live in a nice house again (my dream). Have somewhere for my children to come and visit?

Sad doesn't even begin to describe how I feel right now. Everything in my life seems to have led to this point. And there was nothing I could do to stop it.

Thank you

Cathi, Aries

Cathi:

I'm sorry to hear you are having a tough time right now. Some of your questions are looking for a forever answer and unfortunately I can't see forever. We will look over the next couple of years and see if things will turn around a bit. I am feeling like that not only is the loss of what you had getting to you, but the change as well. I feel like you need things to remain status quo and when they are not it rattles you a bit so this is a bit of a double whammy for you. You really struggle with change. I'm not going to lie to you I do see you continuing to struggle for a while but I am also seeing a slow climb back up the ladder.

I also have change for the better and family so yes I see you living in a place where your family will be able to visit again. Remember it may take a while, however I do have financial recovery cards so it will be a lot better than it is. Just remember everything happens for a reason and to keep breathing.

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](#).

Here Comes the Sun

By Jituska

The month of June is a wonderful time as we see everything growing and beginning to bloom. Many celebrate the Summer Solstice on June 21st, the longest day when the Sun has reached the peak of it's strength in the seasonal calendar.



You may want to start your day by greeting the Sun and give it thanks for all it's warmth and light. Bless yourself while basking in it's glory. In the evening you may want to light a bonfire again in it's honor. This is a great time to get together with friends and celebrate with a feast! Be sociable while the Sun is still in Gemini ruled by Mercury, the messenger of the Gods.

We currently have Mercury retrograde so it is also a good time to contact people you haven't seen in awhile. Many people also celebrate Midsummer's day on June 24th when the Sun will have entered Cancer ruled by the Moon. This is more of a private



affair. Traditionally one would go out at Midday in nature and focus upon it. Tune into it. Many references can be found regarding rites and rituals devoted to nature's spirits at this truly magical time.

This is also a good time to decorate the house particularly with flowers and birch twigs for good vibrations. Bring nature indoors :) We are all affected by the movement of the seasons. These moments are a reminder for us to reflect on how we are infinitely connected. We are cogs in the big cosmic wheel.

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](#).

What Is This Here To Teach Me?

By Caleb Booker

When hard times come, we're often told to focus on gratitude and positive thoughts. Unfortunately, we're not often told how to do that. As a result people tend to avoid thinking about things that bother them entirely, or try to chase those problems away and beat them down with a variety of spiritual practices. They suppress the negative in favour of the positive. Essentially: they enter denial.

Oddly, this doesn't make their problems go away. Why not? If you're filling your vision with wonderful things, shouldn't more wonderful things come?

That is usually the case, but if something is bothering you, then it's too late: that thing exists. It will continue to exist and continue to affect you whether you pay it any mind or not. In fact, if something is truly aggravating, denial only puts it in charge of all of the subconscious resources that govern your life. Denial empowers your problems.

The key is to not deny your hard times, but transcend them.

Transcendence comes from acceptance. One must accept, whole-heartedly, the difficulty one is enduring. That's the first step.

The easiest and most effective way I've found to do this is to ask: "what is this here to teach me?" I don't always expect an answer, although sometimes I get lucky and the answer is self-evident.

The key, though, is in the asking. By doing this you send love to the issue by acknowledging it for the gift it is. You are being taught something you couldn't learn any other way, and you're going to stay in this class until you've learned your lesson.

Knowing what that lesson is, specifically, doesn't really matter. Trust that some day in retrospect you'll understand the positive changes that occurred inside of you as a result. For now though, just accept that this is something necessary to help you grow. Be grateful for the pain as one might be grateful for a surgical procedure or a splint being set for a broken bone. You don't have to enjoy it, mind you, but do

ensure that you acknowledge that you are being healed and strengthened by it.

You'll find you stop pushing your problem away now. Rather, you simply wait for it to pass, knowing that it won't leave until the lesson has been integrated into your being.

At this point something interesting starts happening: by reflex, you allow healing that you were interfering with before. This hard time has wanted to pass for a long time, but it needed to do its work first. Now that you're allowing it to improve you, the healing process is naturally accelerated and things can start moving again.

We can call this moment "transcendence". From this place you'll find it easy to put the suffering in context, without feeling like a victim or a helpless sufferer. These things are happening. They are making you better in a way you really aren't supposed to understand yet. That's okay.

Now, while I'm waiting, what else is there to do today?

And here we are; we've arrived. It is safe to search for positive and loving things to occupy yourself with while the hard time works itself out. The attention you would give your difficulty now can rest on the level of waiting at a bus stop. Keep your eyes open for the bus (the final solution, the problem passing, the moment of healing), but meanwhile trust that it is definitely coming eventually. The problem will pass, it is inevitable.

While you wait, occupy yourself with something good. This is your moment of transcendence; you fully acknowledge and accept the things that you don't like, understand that it is temporary, a part of your learning process, and a tiny part of existence, and then spend your time exploring things that you do like. Soon, the things you do like will be the only things your life is filled with any more, and you can look back with gratitude for the lessons you were gifted with over time.



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](#).

Angels Among Us

By Kathy Upper

Our first Earth Angel Award goes to Lesley Robertson! Lesley shared with me the story of a remarkable young man who she was compelled to assist and provided the opportunity for his dream to come true!

The following is Lesley's story.

During March Break, Austyn and his father Jordy were invited to speak to over 100 students in the Educational Assistants – Special Needs Support program @ Niagara College Welland by request of Professor Lori Moran.

Austyn presented himself in a confident manner and made quite the impression on the students. Austyn stated with great confidence that he didn't feel as though there was anything wrong with him. In fact, he felt it was a "great honour" to have Asperger's, as he felt it was ability, not a disability!

This statement brought tears to Lesley's eyes, as she too, felt honoured to have been blessed with a child with special needs; she has learned so much about herself through having to learn about her own son.

During his presentation, he shared two videos demonstrating his drumming abilities and also revealed to us that his favourite band was Motley Crue, his idol being that of Tommy Lee. Austyn also revealed that he would love to be a legendary rock star when he grew up.

Immediately, following the presentation, Lesley could not stop wondering if making Austyn's dream of meeting his idol Tommy Lee possible. It would be an awesome way to show Austyn appreciation for being comfortable enough to come and share his valuable information with people who will be on the front lines in assisting other children with Autism.

In joint cooperation with Professor Lori Moran, Austyn's parents Fran & Jordy Moar and a handful of fellow classmates who shared their feelings on the effect of Austyn's words. Along with a letter from Fran Moar and a heartfelt email from Lesley to Motley Crue's Management, Tenth Street Entertainment, Austyn's dream quickly became a reality.

On June 28th, Austyn Moar came face to face with his idol Tommy Lee. Lesley had the privilege of being there in person and oh what a feeling to have been able to make this happen for this amazing young man with much ability!



AUSTYN AND TOMMY LEE

For further information on Asperger's Syndrome or any other form of Autism, please contact Tamara Coleman-Lawrie, Niagara Chapter Manager for the Niagara Chapter for Autism Ontario @ 905.628.2776 by email chaptermgr.niagara@autismontario.com

Brick By Brick Therapy and Wellness, camille@brickbybrick.ca Web: www.brickbybrick.ca

Please feel free to view Austyn's two videos on www.youtube.com at the following links:

<http://splashurl.com/kwmu7jq>

<http://splashurl.com/mlzo47s>

Thanks to Lesley for sharing her story and for the generosity that she displayed for Austyn. As a result Lesley has been given her choice of a reading, workshop or treatment on behalf of Spiritual Niagara and she is awarded the Earth Angel of the Month.

Congratulations Lesley! Aka Lady Violet.

Ancient Spirituality – Part 1

By Eirikr U.

When it comes to looking at ancient religions there are three important terms; shamanism, animism and totemism. Nearly all ancient religions contain one of these three aspects or any combination of the three. My specialty as a spiritual scholar rests in the Pre-Christian spiritual beliefs of ancient and medieval Europeans, though I am knowledgeable of spiritual traditions around the world. Over the next few articles I am going to be looking at these terms and how they were applied, starting this month with shamanism.

Shamanism

Shamanism is a religious practice involving divination through a religious figure, such as; a seer, oracle, runemaster, druid or priest. For most early European religions as well as many other religions around the world, the shaman plays an integral role in the religious body as well as the cultural ideals of the people practicing those religions.

One of the best examples of shamanism is seen in ancient Celtic religions, where druids and archdruids use divination techniques to access the natural world and build a relationship with it, allowing them the ability to peer into the future and properly assess the present. This relationship with nature would go on to be a defining characteristic of the Celtic people, right up until the modern age. At their height the Celtic people occupied the majority of Western Europe prior to the invasion of the Latin Romans.

For the majority of shamanist religions sacrifice plays a big role in the divination process, while some religions, such as the Celtic and Norse religions, have used human sacrifice in the past, most revolve around the sacrifice of food stuffs, riches and alcoholic beverages. Practitioners of shamanistic religions believe that through the use of sacrifice they are

admitting submission to their deities and the avatars of such deities (shamans.) Sacrifice also plays the role of gift giving, and often allows a direct connection to their deities through such an interaction, which is seen as a more personal means of prayer.

In many cultures the shaman and ruler were one in the same. The religions of Mesoamerica (e.g. Aztec, Maya, Olmec, Toltec) practice the belief that their rulers are avatars of their deities and far more than simply powerful human beings. While these religions also have priests, the leader maintains the role of religious head, and all spiritual workers go through them in a spiritual sense.



In other religions there will be a religious head and a militaristic head although they are occasionally one in the same. The Tengri religion, also known as Tengriism, often had rulers split into these two designations, though in the cases of truly great leaders, such as Genghis Khan, the two roles were fused to create the greater role of “Khagan.”

Although, in a few cases the role of shaman and the role of leader were completely separate from one another, where shamans would only have the influence over the people not the politics, though rulers might often seek their advice. This became most commonly seen in the early Middle Ages, where the cultural aspects of societies were still heavily influenced by Roman law, even if they didn't practice Christianity. Though this was also the case for the Hellenic religions (i.e. Greek and Latin,) whose shamans played a fairly insignificant role, and where politics and religion had little connection in the later eras.

The primary role of the shaman is communication with the spiritual realm, be it ancestors, deities or spirits. Each form of shaman differs from one another. Some shamans are more nature oriented, such as druids, while others are connected to the spiritual realm directly, such as seers. Certain shamans play the role of community leader such as priests, though a shamanist priest varies greatly from priests seen in more modern religions. Oracles are a type of shaman whose sole purpose is handing out advice for the future through spiritual connection. Divination and the reading of omens is a key role for the shaman and the defining characteristic of Shamanism in general.

Though my specialty lies in the past, there are still many shamans in the modern day, often playing the role of

spiritual adviser outside of a direct religious context. Many of these modern shamans can be accessed through the Spiritual Niagara website. Know that my expertise lies solely in the past, and that my description of shamans lies in those time periods. While I am sure the modern shaman shares many of the same ideas, many of the concepts of shamanism in this article are no longer accepted, especially human sacrifice!

I hope you enjoyed this article as much as I enjoyed writing it! Next month I will be discussing the idea of animism, an important spiritual concept for countless ancient religions.



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 with Earth Angel in the subject line.

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

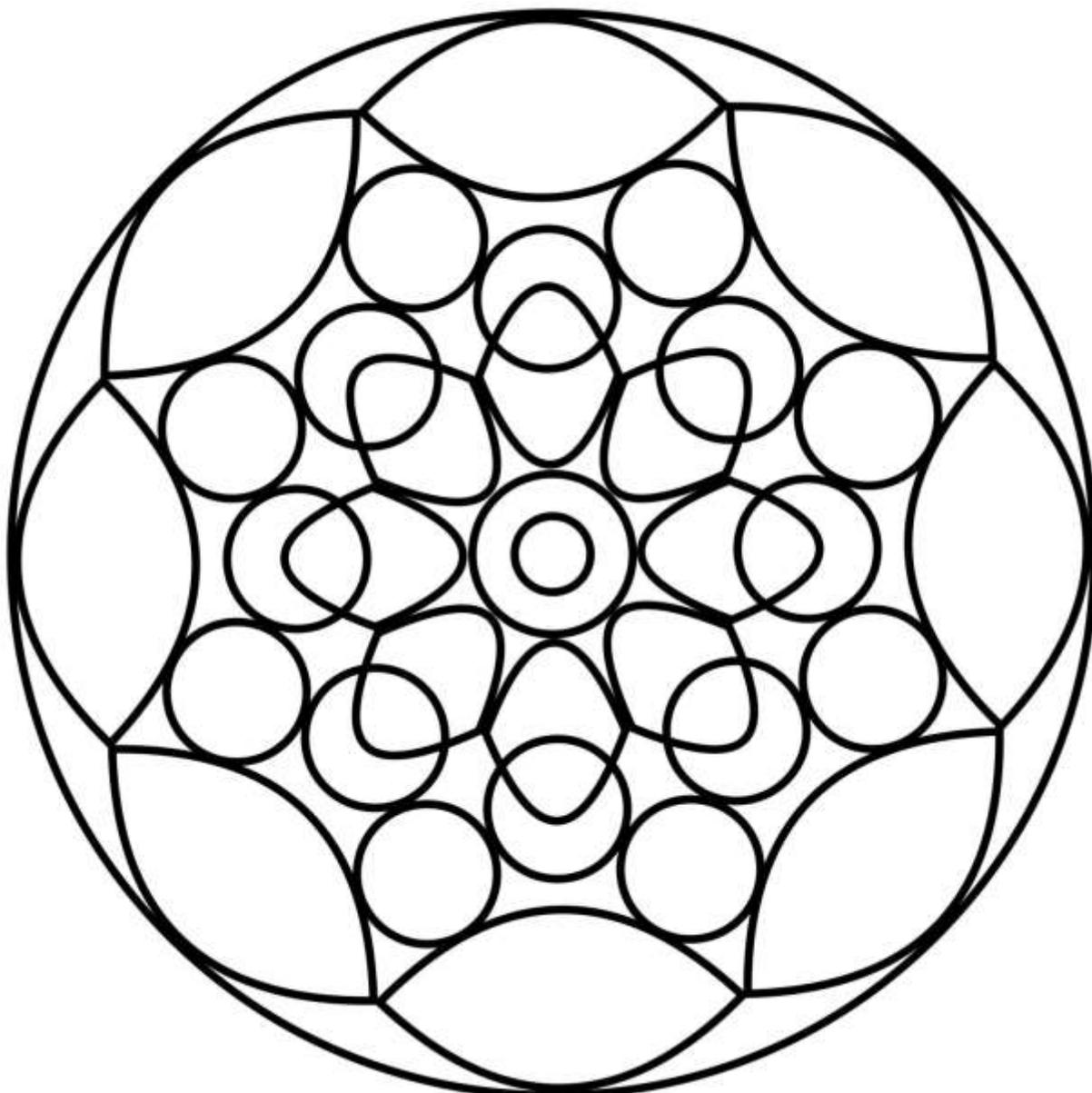
Mandala Colouring

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

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Click on the cards for more info



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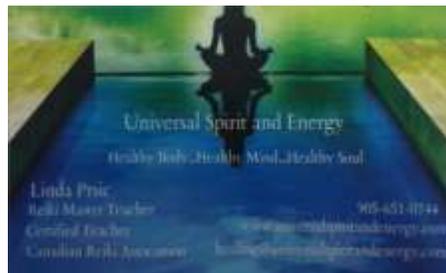
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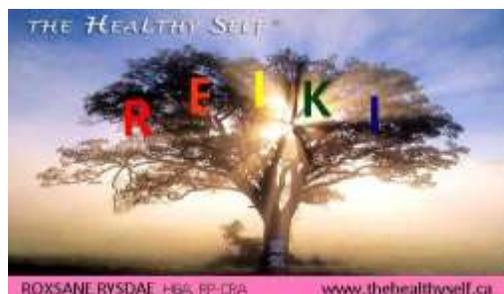
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Lady Violet

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
the.intuitive.lady.violet@gmail.com

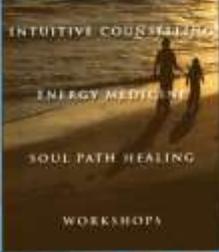
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