



July Newsletter

Connecting you with yourself

www.spiritualniagara.ca

info@spiritualniagara.ca

July 2014

So grateful for the wonderful July weather we have been having so far here in Niagara. It's time to celebrate summer!

We are taking part in an event on **August 16th** at the Holistic Lifestyles Pavilion on Park Street in Niagara Falls. You are welcome to join us as a vendor or as a participant. Come out and meet with Spiritual Niagara members.

This event is being organized in partnership with Random Acts of Kindness Niagara and BPW (Business Professional Woman of Niagara).

To register as a vendor please contact jituska@spiritualniagara.ca

Articles this month:

- Christine tells us time to get out and celebrate gatherings.
- Jewelee advises on spiritual balance.
- Weenjoy the Sun with Jituska. Yeah Summer!
- I interview Christine and we find out what she is up to.
- We have the Angels Among Us Award.
- Tracey Ross, Angel's Landing, shares a salad recipe.
- Ancient Spirituality Part 2 regarding animism.
- Caleb examines the spiritual egotist.
- There is a new Mandala from Nancy for you to colour, your way.

We are in need of nominations for Earth Angels I know that there are lots out there. Tell us about your's and she or he will receive one reading treatment or workshop for free from a Spiritual Niagara member.

Email me with your nomination: Kathy@spiritualniagara.ca

Namaste,

Kathy Upper
Spiritual Niagara
Join our Facebook group
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Have You Heard

I found this recipe site that
I had to share.
It tells you how to use purslane
Something very nutritious and
in great abundance in my yard!

Check it out

<http://chocolateandzucchini.com/>

LIGHTWORKER'S WAY

Column 45

It's Time to Party!

By Christine Whelan

"You can't do it alone. You need a team. Fortunately, there are people who were destined to be on your team. They'll help you fulfill your destiny, and you'll help them fulfill theirs. They bring the missing pieces of the puzzle. Your picture is not complete without them."

~from "Cracking the Millionaire Code: Your Key to Enlightened Wealth"

And the year moves on. And so we are in summer, July. Hot and humid. I remember many in the depth of our past winter saying, "We'd better not complain about the heat when (and if, sigh) it ever gets here."

Just sayin'.

In the winter we hibernate. It's a time to get to those unfinished tasks indoors that we never get to during the other half of the year, the half when the outdoors calls us. The other half, summer, calls on us to open those doors and windows and set out every possible piece of patio and lawn décor we've accumulated. It's a time of extending our living space to the porches and yards. We do this, because it's time to connect again. To Mother Nature, and to other humans being.

It's time to party.

And this year is the year to party. In the last little while I've been feeling a draw; I've been hearing about a draw; I've been watching this draw in action. This year is the year of gathering.

People all around us have been experiencing hardships, challenges to the belief system, heartbreaks of all sorts, traumas. And then these same people have been experiencing a sense of shift. Yes, that shift. It's being experienced as a lightning bolt, meant to change a person's reality in one power-packed second, even while standing in the grocery store line. It's being experienced as a mist, slowly creeping in, sliding everything old over to make room for its gradual takeover.

I have found that, as a personal consultant, I have said two lines more often than anything else over the last 20 plus years, "You're not alone." and "No, you're not going crazy."

But I'm only one person. This can only offer limited comfort. And would you choose to believe me? How would it feel to hear stories that reflect the experiences you've had recently? Imagine having group conversation with people who now have similar beliefs as you now have. Imagine a room full of people telling you "you're not alone" and "you're not going crazy" with their story- sharing.



It's a gathering of like-minds. People are awakening and gathering; gathering and awakening. Either way will work.

My second awakening (spiritual, the first was psychological), as some of you know, hit me like a ton of bricks after a house fire that wiped out almost everything my then-young children owned in 1996, just 3 days before my 30th birthday. For the next year following, I began to read everything that suddenly caught my attention. I craved answers. I read repeatedly in different context, how in the near future, people would be gathering; being brought together by a new way of thinking about themselves and their world. And they would gather in eager attempt to have their many questions answered. Each one would come to this gathering with their own piece of the puzzle. Collectively, they would put their pieces together and find that the puzzle is a story. And then this group would quickly become powerful. Validation is mighty.

That time is now.

I am feeling it, hearing about it, watching it, others are being drawn to it, several are facilitating it, some are providing space for it.

Do you feel it? Feel the draw? You may be at a point in your journey where you no longer relate to the people around you.

And worse, no one can relate to you. They may be telling you that you are imagining things, or laughing at you, rolling their eyes, saying that you are being over-reactive and over-sensitive. Or maybe you're even being told you are unstable, paranoid or a little nuts?

Everyone is at their own, personal stage in this journey, even if it's a stage of denial. But it may be a time of reaching out and finding that magnificent gift of validation. If so, somewhere down the road it will be time to be contacted by others desperately searching for that validation – from you.

So gather, my friends! Listen and be heard! Find out you are not alone, and this shift of awareness does not mean you are going crazy. Remember this, when someone yells at you, “What is wrong with you?” or “What is the matter with you?” it simply means “Why are you not behaving in a way I need you to anymore?”



‘Nough said.

To some this may seem like a huge task. Where to start? To some there are blocks in the way of reaching out. What if I get turned down? Sometimes the feeling of being disconnected

has been there for so long that it's like a deep rut that's hard to get out of.

You know that old saying about that long journey.... it begins with one step.

Do any of these first steps work for you?

~ Go through your personal list of contacts. Make a short list on a piece of paper of the people you came across in your contacts that catch your attention differently than the others; that invoked an emotion, whatever it may have been.

~ Notice the last person who was entering your thoughts lately; something in your current world reminded you of this person. Contact them in a way that feels comfortable to you.

~ Stop turning down invitations. Start grabbing hold of whatever opportunities come your way, as long as they don't give you that knot in your stomach.

~ Go through facebook and other social media to check out the community events coming up and notice which ones catch your attention or invoke an emotion.

However you do it, reach out this summer, my friends. Your cocoon is gone. You are a beautiful butterfly. Fly to your soul group and be loved.

~Christine

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,

I lost about 180 pounds 6 years ago, after surgery 3 years ago I regained 100 pounds in 2 and a half months. Nothing has changed, my body seems to hang on to it. Will my body ever get back to the way it was weight wise?

Joanne, Leo

Joanne:

I am sorry to hear that you are having such a struggle with loosing the weight. I am seeing lifestyle changes so you may have to take a good look at your life as a whole not just your weight. I have a friend who is a personal trainer and she said something to me once and I hope its ok if I share it with you. She said something along the lines that her belief, from being a personal trainer, is that anyone that has more than 20lbs to loose is spiritually out of balance.

It struck home with me and made sense and I never really thought much about it but soon as I read about you and your struggle with loosing weight and saw that it is more of a spiritual concern then just a diet concern her comment popped into my head. You may want to do some soul coaching or in-depth examination about your life and where you are right now not just in regards to weight loss but in regards to your life as a whole and I think if you do that then you may have an idea as to where to start with the weight loss.

I am not saying diet and exercise won't do it but I am looking at the underlying issues and I am seeing spiritual cards not just poor diet choices. I am sensing that you need to look at things from a spiritual perspective and find a balance and once you do that I think you will be able to loose the weight and keep it off. When I am reading I am feeling like you are constantly struggling because something is out of balance and I hate to say it but you may not get control of the weight until you figure out what it is. Sorry I wish here was some magic answer however I am hearing that personal balance is the solution.

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](#).

Get your Shine on

By Jituska

Well the heat is on! Time to fire up our passions as the Summer goes into full sway. The new Moon will be going into fiery Leo this month. This is a great time to get creative and get in touch with our inner child. Take some time to enjoy the Sun and have some fun :)

We all have our trials and tribulations yet we must remember the resiliency we had as children. As adults we have many mundane daily tasks that need our attention but we can choose to take them on with an attitude of gratefulness and joy. Make sure you take as much time as you can outdoors. Fixing up and beautifying your home. Add some vibrant colors into your world. Spend more time with children and really get into their zone. Paint, play, teach, create. You may get some amazing new ideas once you allow yourself to let go of all the seriousness that we can so easily get caught up with in this world.

We all have our own ways that we can enjoy this season, for me it is in my garden. Each year is a new adventure as I get a chance to explore the plant kingdom and get creative in the process. Each year something new springs up out of the blue which makes it all the more interesting. It is good to be aware of what is growing around you as it is usually an indication of what you need yourself. I cannot tell you how many times I have seen this happen. Someone will be suffering with an ailment and lo and behold the very thing they need is growing right in front of them.



Someone I knew had heart problems...and he had Hawthorn growing all over his property! I told him to make a tincture out of it. Another time a friend of mine was complaining of Psoriasis. When I came over, there was Burdock growing on the side of their porch. I noticed it right away and I asked them for a shovel, dug it up and then proceeded to tell them how to

make a concoction of it. They wanted to get rid of it! Meanwhile it was just what they needed.

I could tell you many stories like that that have happened. Plants are our little messengers. Next time you are sitting in your garden or on your front porch take notice. Do some research on what is there. You may be astounded by what you find out. They might even tell you what you need before YOU even are aware of what is wrong with you. The universe is always speaking to us, we just need to be aware and open to it.



Take note of the Sunshine and rainbows too. Most of us take the Sunlight for granted and media has taught most modern day inhabitants of this Earth to actually fear it. Next time you are out and the Sun is shining remember that it is giving us light and life, not only to us but all beings on this planet. That light is a spectrum of rays that feed us. If you are familiar with Chakras feel the Sun feeding your light centres. If you do not understand the Chakras, next time you look at a rainbow (even as you water your garden with the hose) focus on the spectrum of light and inhale each one into your body. Imagine each colour flowing into your whole being like a tube from your eye and extending to all other parts of your body. This is truly the main function of our eyes...to absorb light into the body. If one thinks about it...how does a camera work? It is an exact replica of how the eye works...and it is all about absorbing light.

I will also suggest that you need not be afraid of the Sun. There are many ways to protect yourself without harsh chemicals that actually block your skin from breathing and removing toxins naturally from your body. Olive oil is great especially if you add some Calendula flowers to it and always keep some Aloe kicking around :) That's all I use and I am quite fair by nature and spend my days outdoors all the time. I can't even remember the last time I got a sunburn nor my children (we have never used sunscreen...and this is going on over 30 yrs!). A friend of mine is creating an all-natural sunscreen from another natural source that I didn't know of before (I will save that surprise for when she comes out with it next month).

As I said, this is a great time to be creating new things! I will be spending my summer creating new workshops to share with others and embarking on some new projects also. New Herbalism how-to's, Herbal walks, Lunar planting and whatever else comes to mind. So don't just sit there...get outside, spend some time creating and absorb those rays!

Love and LIGHT

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](#).



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!

An Interview with Christine

By Kathy Upper

I had the opportunity to speak with Christine and get the latest on what is happening in her world. Right now she can be found at the Music and Performance Niagara Inc. (formerly the Music Depot) at the corner of Thorold Rd and Niagara in Welland. She is staying open to options and working on her project Time to Go.

She had been gliding along waiting for things to happen and then the news that her father was diagnosed with ALS changed everything. She completed the book she was working on in order to be able to assist him.

Rather than having a space where people come to her see is looking at going back to offering readings in people's homes and doing workshops at various venues. She feels that this is the time to be out in the community.

She had been working on writing a book and there will be 4 books in total. The first book is 30 months of the Lightworker's Way Column from the Spiritual Niagara Newsletter. This month marks the 4th year anniversary of the column. The other book that she is working on is her life story with a crazy twist.

Always working on new projects, Christine has developed a workshop called the [Romance and Mystery of the Psychic Vampire](#) workshop. In this, she is teaching that it is not necessary to have your needs met by taking energy from other people and how to stop others from taking your energy. Participants have really connected with the lessons from this session and have been known to carry the manual from the workshop in their car.

This summer she is offering a program for children called "Imagine, A Child's Experience", which is now in its 7th year of running. It is being offered at Angel's Landing in Wainfleet on Tuesday afternoons. You can contact Christine if you are interested in registering your children ages 4 to 14 years old. Children are welcome to attend any Tuesday but must register



with Christine first. Children must be 7 years old to be left without a parent. More info can be [found here](#). The program started July 8 and ends August 26th.

Christine is also still offering tarot readings at her current location in Welland or she is able to come to you for a reading or a reading party. Christine is also offering ongoing gatherings for people who have received training in Tarot and want to practice that skill together.

Her [Intuitive Tune-Ups](#) help people better connect with their intuitive abilities. She is finding that once people understand how others have tapped into this source they realize that they can do it to.

Christine has a few new treasures in the development stage entitled "Awakening the Soul", also "Power of the Written Word" and "Sweet Vibrations" they sound great. I look forward to finding out more about these.

Right now, as Christine put it, is a time for celebration and gatherings, it's summer! Consider joining her at one of her upcoming workshops

She is pretty easy to get a hold of through email at Christine@spiritualniagara.ca and through the contact details on [her profile page](#).

Thanks Christine with helping raise the vibration in Niagara!

Angels Among Us

By Tracey Ross

I would like to nominate Kathy Upper as the first Earth Angel (I found out after, there was already a first..congrats and blessings Lesley) to be honoured at Spiritual Niagara.

Although Kevin and I have only been in the Niagara area for just over 2 years, Kathy was one of the very first people to contact us...two years ago. She did not even know us, did not yet know the scope of the dream for Angels Landing and yet she extended a hand. A hand that held no expectation, no motive other than to help. She has never waived. Not with us or anyone else. She has endured her own issues and yet she continues to support so many of us with unconditional love and support.

We feel very blessed for the work she does on our behalf, and truly hope that others feel the same respect, appreciation and admiration. Without people like Kathy, who selflessly promote, support and encourage others this area would certainly not be the same.

To me, that is the truest definition of an Earth Angel.

We love and appreciate you Kathy Upper.

Tracey and Kevin,
Angels Landing



Thanks so much for this nomination Tracey and Kevin. It was a wonderful surprise to receive this. I so enjoy connecting the spiritual services of Niagara and believe me I gain as much from these associations as each of you do.
Love to you, Kathy

A Simple Salad from Tracey Ross



This simple salad is not only easy to make, but a great staple to have ready in the fridge. In this case I used lentils (I often use chickpeas)

- One can on lentils
- One whole cucumber cut to bite size
- A pint of cherry cut in half.
- Drizzle with olive oil.
- Add sea salt and pepper to taste.

The magic is then in as much fresh dill and fresh lime basil as you wish. Fresh herbs make all the difference to any meal. Enjoy.

P.S. I play when creating dishes so they are never the same. Have fun creating.

Please note Fresh Organic Veggies and Herbs are available at Angel's Landing
Farmacy Stand hours are: Saturdays 9am -2pm & Tues thru Fri 10-6
Where: 10949 Hwy 3 W, Port Colborne, Ontario L3K 5V4

Ancient Spirituality – Part 2

By Eirikr U.

Last month in the Ancient Spirituality article we discussed the ideas behind shamanism. This month we will be discussing animism, a vital component of so many ancient religions. Next month, we will be talking about the final component of our exploration of ancient religion in totemism.

Animism

Unlike what the name implies the practice of animism does not refer to the worship of animals. Instead animism is the spiritual belief that all elements of the natural world contain a soul, with their own desires, goals and ideas. This includes; animals, plants, rocks, winds, bodies of water, the sun, the stars, the moon and any and all components of the natural world. The idea of animism is in direct competition with the teachings of the three primary Judeo-Christian religions (i.e. Christianity, Judaism and Islam,) which teach the idea that the soul resides wholly in the human being, and that it is the soul which separates mankind from the natural world.

For many Pre-Christian religions animism is their defining characteristic, and nearly all of them practice animism in one form or another. In the Roman Imperial and medieval ages, the Catholic Church used the practice of animism to create the distinction between what they viewed as civilized and what they saw as barbarian, with the idea that the belief of objects such as rocks having a soul was telling of a primitive mindset. In a surprising turn of events however, as the Christian Church grew and developed, many animist sects began to arise, especially those revolving around the idea that

animals, usually pets, also accompanied humans in the heavenly realm.

While there are very few ancient religions that don't practice some degree of animism, it is when animism is the defining feature of that religion that it becomes known as a true animist religion. The religions known as the most animist, as opposed to shamanist or totemic are the Norse religion and Hellenism.

The Norse religion, known often as Norse Polytheism, Norse Mythology or the modern term Asatru, revolves around the idea that deities inhabit every element of the natural world, that the entirety of the world is a living entity and that there are multiple worlds or dimensions, making the natural world much greater than what can be seen by humanity. Many of the species of legendary beings discussed in Norse religion



play the role of Earth spirits, such as dverger or dwarves, alfar or elves, and jotunn or giants. These spirits have intelligence much like humans, displaying that the natural world has a clear and conscious mind. Many gods represent different aspects of the natural world, while others may represent aspects of the human condition, putting the natural world and the lives of humans on the same level of importance, and not viewing them as two separate ideas and identities. Many animals are represented as spiritual forces and have their own otherworldly forms; ravens represent wisdom, wolves represent community, bears represent power, squirrels represent the passing of information and eagles represent the majesty of the natural world. How the Norse religion makes no

distinction between the natural world and the world of man makes it a true animist religion, whereas most others may believe in the might and ability of nature, but see it as an entity separate from the human condition.

Hellenism, or the religious beliefs of the ancient Greeks and Romans, is another religion that rests heavily on the ideas of animism. There are a countless number of Hellenic gods, most localized to specific regions. Every stream, mountain and forest throughout Greece is considered a god in practitioners of Hellenism. Due to its abundance of gods and the cultural ideas of the Greek civilization, the Hellenic religion relies on a form of deity hierarchy, which is one of its defining characteristics. A stream may be its own god, but it rests under the realm of Oceanus the titan of water, who in turn resides under Poseidon the god of all waters, who is subservient to Zeus the ruler of all deities and true master of the entirety of the universe. Unlike the Norse religion mythical beings in Hellenism are considered deities as well; a stream is a deity, but that deity may be a water nymph, a great serpent, or any number of creatures. Not all smaller deities are tied to the land; many of them are there to represent the changing of the times. A farmland suffering drought would be being visited by a mischievous deity who could be harassing the deity associated with that farmland. Hellenism is a particularly interesting religion because of the time frame in which it developed along with the very lax

religious importance that was being given to it in the later stages of the Classical Greek eras.

Out of the three components of ancient religions that we are discussing over the course of these articles, it is the idea of animism that is seen most often. All ancient religious beliefs and even a number of modern beliefs practice at least some form of animism, by admitting that humanity and the spiritual realm are not the only important aspects of their spiritual beliefs. A religion is only considered to be a true practitioner of animism however, if it believes that the entirety of the natural world has a soul and consciousness and that the natural world is on equal footing with humanity through the belief that humanity and nature are one in the same.

Next month we will be discussing the idea and importance of totemic rituals, a practice most notably used by Native American cultures. We will be talking about how shamans and totems are separate, and how totemic beliefs don't naturally imply the belief of animism.

Spiritual Egotist

By Caleb Booker

I had an interesting conversation with a Kung Fu master last week. In his school they work very hard to keep a lid on people's egos. This has two purposes: to make sure everyone is open to learning, and to cut down on the number of meat-heads that just want to bash some skulls.

When he found out that I give psychic readings he started to ask a lot of questions that had to do with why I do what I do. I told him plainly: I just want to give people the tools they need to move things forward in a positive direction.

He probed further: what did I hope for in the future? Did I hope for success?

I told him what I tell everyone: I would love to spend all day every day doing this work, but I've learned the hard way that I'm not to pursue it to excess. I get too caught up in the results, and end up tripping myself up. If it's supposed to happen, it will happen. I'm just trying to stay out of the way of what fate has in store.

For some reason this made him happy, but he had one more question: was I any good?

I told him that I have no idea, because I really don't. Sure people leave happy, but my experience of a reading doesn't allow me to keep tabs on accuracy.

When I'm doing a reading I allow whatever comes through, whether it impresses the person I'm with or not, whether it scratches their itch for the fantastic or not. All I care about is giving them what they need. While I'm certain, from the follow-ups that I've had, that the readings have done a lot of good and some very special things often come through... that doesn't mean I'm any good. That just means they were ready.

In essence: the more I learn, the more I realize I know absolutely nothing. I hope to learn more about that.

At last it seemed that I had satisfied the hidden agenda behind his questions. He revealed that he had dealt with a number of spiritualists with sophisticated and elaborate understandings

of how energy works. Invariably they were terrible students.

Often they would come to class and listen to the lesson only to correct his language, interject theories that distracted from the point of the exercise, and try to hammer ancient Kung Fu understanding of energy into a mental framework of theirs. These "spiritual" people were completely oblivious to the disruption they were causing other students and often completely ignorant of the true point that was supposed to be made in each lesson.

Worse, they were often just incapable of execution. They weren't trying to do Kung Fu. They were trying to integrate Kung Fu into something else, because ultimately they all had one common belief: they knew better.

Have you ever met a spiritualist that smugly told you how far you had to go? How one day you'd realize something they themselves realized some time ago? Do they give long-winded speeches about how free of Ego they've become, all the while beginning every sentence with "I"?

The essence of humility is to know that this life is a tiny spec in your overall existence. To be proud or ashamed of anything you do is to be proud or ashamed of what a single hair on your arm does.

Likewise, remember that there is no "progress" in this life as it is conventionally understood. Enlightenment is not measured on a scale, and evolution is not about improvement. It's just about exploring something fully, and then when finished, exploring something else. Nobody can ever be at a higher level than anyone else.

Thus, that which you've "learned" is ultimately meaningless... especially if it prevents you from learning something else completely incompatible with your existing genius.

Make these things true, accept all things on their own for what they are, and you'll find yourself becoming a better and better student to the lessons this life is teaching you.



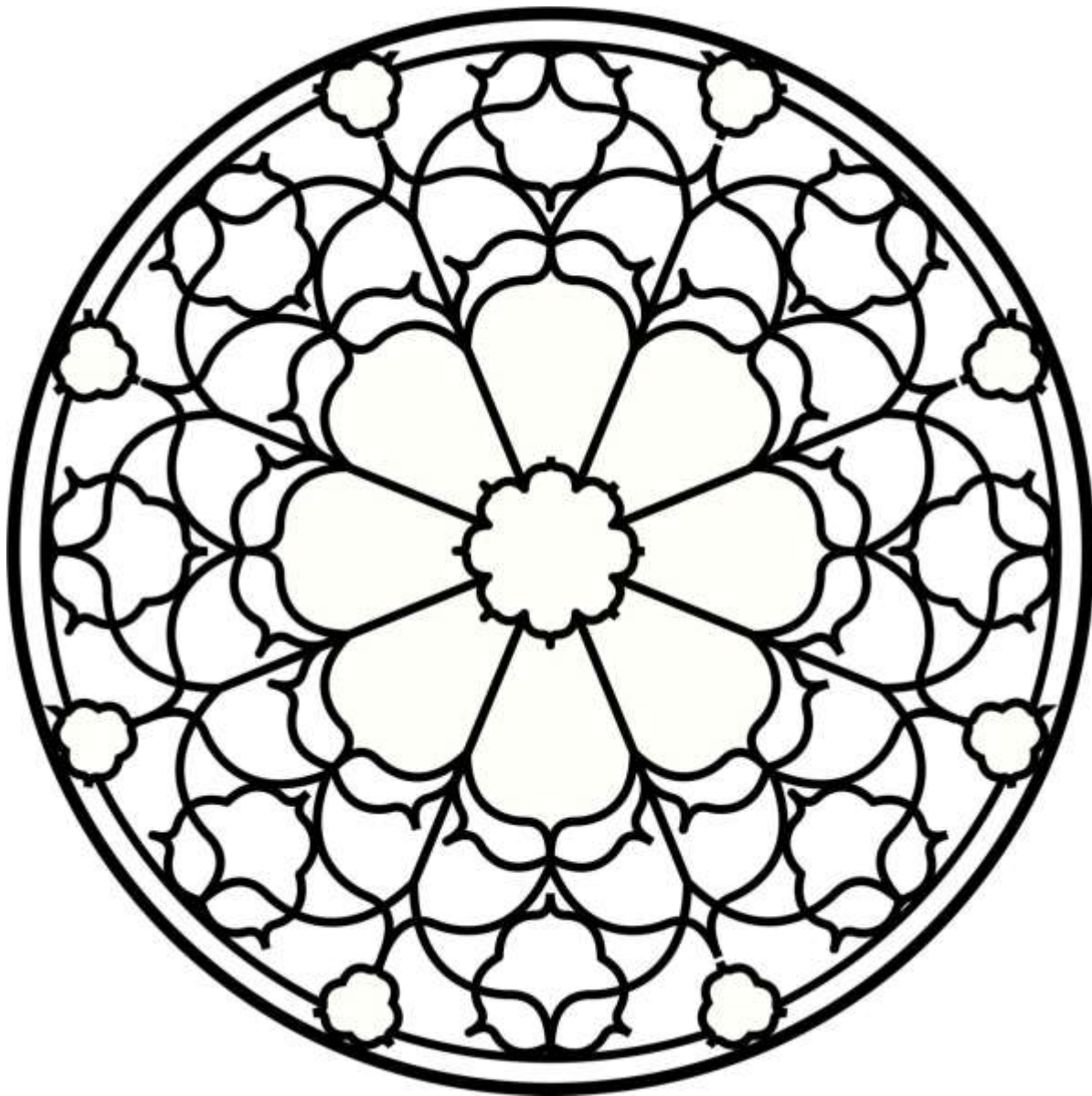
Mandala Colouring

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."



Too many people overvalue what they are not and undervalue what they are.
Malcolm S. Forbes

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

Click on the cards for more info



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