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Time to Raise Your Vibration!

If you notice I have changed the tag line for Spiritual Niagara from Connecting you with yourself to Raising the Vibration in Niagara. I believe that the two of them are synonymous that by raising your own vibration you are connecting with your higher self.

I am becoming more and more aware of the power of vibrations and energy in the body. If you are able to keep your vibration elevated, for example, feeling love firstly for yourself and then sending it out to others, you are able to do amazing things. I think the difficult part can be loving yourself first, at least for me it is.

Articles this month:

- Christine helps us to bring out our Bohemian selves.
- Jewelee offers tips on connecting to your intuition.
- Jituska tells us about the coming changes.
- Tracey Ross, Angel's Landing, shares a salad recipe.
- Ancient Spirituality Part 3 regarding totism
- Caleb examines the spiritual egotist.
- And is a new Mandala from Nancy for you to colour, your way.

More and more people are feeling the importance of community and the need to gather. Remember to [check out the calendar](#) for the various upcoming workshops and gatherings with our members.

Namaste,

Kathy Upper
 Spiritual Niagara
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Have You Heard

Found a great blog
 Energy Therapy:
 The Joy of Living Consciously

Check it out

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

LIGHTWORKER'S WAY

Column 46

Be a Bit Bohemian

By Christine Whelan

To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable. ~ Helen Keller

I woke with the word "Bohemian" whispering in my mind the other day.

Bohemian: (n) gypsy; wanderer; a person, usually a musician, artist or writer, who lives a free-spirited, unconventional life and believes in truth, freedom and love.

Hmm, very lightworker with a twist of hippy.

And I totally get Bohemian.

Whenever I get the opportunity to answer the questions "What was your favourite childhood activity?" or "What is your favourite thing to do?" I have always answered, "camping". It's always been there. It's that old adage, *it's in my blood*. I've always been excited about purses, bags and suitcases. I've always gotten excited about packing for vacation. Bohemian lifestyle to me is like taking camping a few steps further. It's living *off the grid*.

There's less of a need for money. I like that. In a Bohemian lifestyle, there is a real sense of community, and its members take care of each other. No one is rich and no one is poor because everyone has a skill or item that another needs or wants that can be used in exchange for something. My dad taught me the value of bartering. To me, the concept of bartering is just lapped up by the soul. The soul loves the removal of the control of money, and what money causes – inequality of existence.

A TIME TO PURGE

When I began purging, I purged both internally and externally. After I became horribly sick for weeks with something I intuitively knew was not from an origin the medical profession could tackle, I began to then purge my material things. Losing almost everything to a fire in 1996 taught me to not become too attached to material belonging, in fact I started to feel they didn't even belong to me, they just visited in my company with a specific purpose for me. So when a purging of most of the things I had accumulated since 1996 (replenishing after the fire) was necessary in 2011 so I could move

to a smaller house, it was fairly easy to let things go.



What I decided to keep told me a lot about me.

A year later, I did a second purge, which was necessary to move in with my dad once health issues began to take him over. At this point, Dad started saying I was in a "gypsy stage".

This is where I'm at now, enough "stuff" to fill a bedroom, the trunk of my car and an office.

I told my mom in, I think, 1999, "If you see that I have only enough belongings to fill a car, and I start looking for a place to live amongst the trees, hold on to your seat."

TO BE A BIT BOHEMIAN

It's all about giving yourself permission to get down and dirty with creativity. Create art. Express yourself in some artistic way. Write a story or poem, compose a song, paint a picture, learn a musical instrument, get involved in a theatre performance. You don't have to be good. You just have to experience it. Inspire yourself by listening to music, reading poetry or a novel, watch a movie. But here's the extended kicker, what you do, watch and listen to must be what you choose. Not what everyone else is doing, watching or listening to. Being a bit bohemian means choosing what feels right for you; being influenced from the inside and not the outside of you.

IN THE MOMENT AND COMING FROM WITHIN

If you could take a day and go with the flow, to just live moment by moment, what do you think that day would look like? How do

you think you would feel as a result of living for the moment? Let me just leave that with you to ponder.

A Bohemian mind uses a filter for everything they come in contact with. No more blindly believing what is being said, just because of who is saying it and where the words are coming from. This type of mind challenges all information -- from parents, authority and the media -- thinking about it independently, critically, breaking it down, checking in with the intuitive reaction. And then, and only then, does this type of mind either accept it or resist it.

I was raised United with my mom, but my dad was Catholic. My close friend at the age of 8 was a Jehovah Witness and a close friend when I was 12 years old was from the Baha'i faith. So by the time I was 13 years old, I understood that there are different ways to look at religion; different ways to view God. I also value the phrase, "It takes a village to raise a child." These experiences create critical thinking, to become a shepherd and not a sheep.

HOW TO LOOK

We're talking comfort, colour and self-expression. A Bohemian spirit dresses by mood.

One of the easiest and best ways to have a Bohemian experience is to dress uniquely and creatively. This is something that has always been there for me.



Growing up, my parents found many ways to condition me and control how I thought, felt, behaved, reacted to and coped with life. However, I was blessed with the fact that, for some reason, my parents had no comment about the way I chose to dress and do my hair. In fact, for some odd reason and out of the norm of Tony and Sandra, they encouraged a creative image out of me. Mom bought and made clothing items that didn't fit the current trends and were often a little advanced for my age. For instance, I was wearing leather pants in grade 9. Dad encouraged by example. He was always a different sort of dude. And the way he dressed reflected this.

For me, I rarely purchase clothes at a regular retail store. Something about spending disgusting amounts of money I don't

have on clothes that I will see on someone else by the time the week is out just doesn't appeal to me. I have a love for Goodwill and Value Village. I call it treasure hunting.

If we can include a couple beliefs into our hearts, experiencing a Bohemian moment will come easily when needed: a little adversity is good for the soul and home truly is where the heart is.

So, come on, be a bit Bohemian. I challenge you!

Challenge #1

- Visit your local 2nd-hand shop and go treasure hunting
- The goal this hunting trip? To find that little bit of Bohemian
- Remember a Bohemian mind wouldn't spend a whole lot of money, even for a Value Village find
- Make it creative and make it colourful!
- And then I challenge you to wear it with pride

Challenge #2

- Reach out and connect with other like-minds; find an event, workshop or group that would attract free thinking people or if you know a few, make a point of contacting them and inviting them to your own gathering; no agenda, just gathering in group energy

Be a bit Bohemian today my creative friends, and notice how your spirit giggles!

Love and Light,

~Christine

Links:

I am so happy to let you know that the first 30 months of this now 4 year old column have been gathered together and is now an ebook that is available on Amazon.com!

[Lightworker's Way: A Spiritual Niagara Column](http://lightworkerswaycolumn.weebly.com/)

[30 Months Gathering](http://lightworkerswaycolumn.weebly.com/)

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[Mindz 'n Transit website](http://christinewhelan.weebly.com/)

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[Christine Whelan](http://christinewhelan.weebly.com/) 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

Since we had no question for this month Kathy asked me to share with you some of my tips to help develop your intuition. These are tips that I share when I teach classes and workshops and no matter where you are on your journey hopefully some of them will help you.

Tip #1. Trust your gut. It will never lead you wrong. By this I mean if you get a bad feeling about the car you are going to buy, taking the highway vs the back roads etc trust your gut that's your intuition talking. Maybe the car is a lemon or the highway is down to 1 lane. It's usually too late after you ignore those gut feelings to go back and change things.

Tip #2. Start out with something simple such as a pendulum, a set of witches runes, even 3 crystals will work. Keep it simple. Once you feel confident with the beginners tools and have learned to tap into the energy and control it then I would consider moving onto a deck of tarot cards, tea leaf readings, mediumship etc. remember you can't run until you can walk take the time to understand and develop it slowly.

Tip #3. Whenever you are doing psychic work you are opening up yourself for almost anything that wants to come thru. Make sure you learn how to ground and protect yourself. One of the most common things I hear when people are trying to work on developing their psychic abilities is feeling nauseous, headaches, panic attacks, shortness of breath etc. these can all be symptoms of not being grounded and protected.

Tip #4. Whenever I open that intuitive channel once I'm done I always close and balance my chakras. You don't want to keep them open or you will overwhelm yourself and end up feeling off balance. Remember when you open up the channel to develop your intuition you are taking on other energy and if you don't close it back down the energy will get to you. If you are not sure how to do this a simple chakra balancing meditation would work.

Tip #5. Take a class. It's often hard to learn something on your own especially psychic development. In a classroom someone can guide

you give group exercises so that you can gain the confidence that you are on track. It doesn't have to be an expensive class just someplace where you feel comfortable about sharing your experiences and getting feedback about what you are seeing and experiencing.

Tip #6. Be patient. Rome wasn't built in a day. It takes years and years of practice. I've been doing this a long time and I'm still developing my skills. Remember this is a journey to be experienced and enjoyed not a race to the finish line. Trust it will unfold the right way at the right time.

Tip #7. Figure out what you are good at and stick to that. Most psychics are stronger in one specific area some it's pendulum work others hear names some like me channel. Some just read cards some sense things. We can't all be experts in everything. Figure out where your strongest abilities lie and focus on developing that muscles. The others will eventually grow stronger as well.

Tip #8. Practice practice practice. I can't say it enough the only way you can develop it is to keep practicing. The more you practice the more confidence you will gain and the more your gifts will develop. When the phone rings try and guess who it will be before looking. This takes us back to step one. Trust your gut go with the first person that pops into your head don't analyze or think just trust your gut. Bet you will surprise yourself.

Tip #9. Set the stage. Drink a cup of psychic tea, light a candle and some incense, use a crystal such as amethyst, these are all things that will help you to get in the zone to allow your psychic abilities to open up.

These are just a few of the tips I share when I am teaching classes and workshops and no matter where you are on your journey hopefully some of them will help you. If you are interested in classes or want some general information crystal tips, tarot tips etc feel free to go to my website askjewelee.com and sign up for my monthly newsletter.

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](#).

CHCHANGES

By Jituska



This year we have all been going through deep changes. Pluto has been retrograde along with Mars for the greater portion and we have been in a Cardinal cross for the most part of the year also. Do not forget we started the year off also with that serious tone of the Capricorn New Moon and Lilith still squaring Saturn.

It was a year of facing those dark places we would much rather avoid going to. The cross in the cardinal signs made us look at where we needed to change and take responsibility.

Thankfully we are going to start feeling the weight of these energies lifting as we start September off with the Moon in Sagittarius. Mars will also be moving direct in Sagittarius on Sept 13th. There will also be a Trine in the Fire signs giving us a new sense of optimism and some fresh new energy. Be open and receptive to some unexpected opportunities available this month!

I see September as a month of great healing potential. Virgo's influence as well as Pisces Full Moon conjunct Chiron (the wounded healer) bringing the past up to the surface once more reminding us to heal those emotional wounds once and for all.

Pluto will be moving Direct at the same time as the New Moon moves into Libra at the Equinox. This will bring some powerful transformational energy. Talk about breaking out of your shell! Be careful not to spew out too much of your truth all at once (Mars in Sagittarius and Mercury moving into Scorpio at the end of September), think before you speak!

We have been internalizing much over this past year and now we will want to get it all out. Best to just ask yourself, "What have I learned from all this?". You are not the only one going through deep revelations. Remember, we are all going through deep transformation within ourselves and how we perceive the world around us.

This point in time will be a preparation before our final exam when the Moon has it's Eclipse in October, so please remember to be kind Venus will enter Libra on the 29th so relationships will still be on the forefront. September will be a month of many ups and downs. As long as we are aware that this is a part of the process and seek the initiative to attain balance, everything will fall into place as the universe intends it for our highest good.

Blessed Be~
Jituska



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](#).

Accept All Possibilities

By Caleb Booker

"What you resist, persists." - C.G. Jung

Truer words have never been spoken, and must never be forgotten if you intend to manifest something in this world.

When I was a boy I loved my bike, and would ride it every chance I got. One day when I was very young and as yet inexperienced, I was riding on the sidewalk when I noticed that my front tire was close to the curb.

"Uh oh," I thought, "if I move slightly to the right I'll slip off the sidewalk. I'd better not do that."

You can imagine what happened next...

"Uh oh," I soon thought to myself, "I'm getting even closer to the curb. I'd better not get any closer!"

My right arm started tensing up, and strangely I got closer and closer to the edge. I started to panic but, my eyes locked to the ground, I couldn't seem to force the wheel away from the street. Suddenly POW, I went right off the curb, and then I made sure to follow it up by a quick panic attack that knocked me off the bike entirely.

From those bruises and scrapes I learned a valuable lesson: you should always look where you want to go, not where you *don't* want to go.

Still, that day I couldn't help myself. My young mind was wracked with fear of failure, until failure was all I could even consider.

How could I have conquered my fear? By accepting the source of my fear so that I might let it go.

I was so focused on resisting the thought of moving towards the curb that this was the only option I could reasonably consider. If only I had accepted this possibility, rather than resisting it, I would have been free to consider much more pleasant options.

Here's a more recent example:

The very first "Psychic Q&A Night" is coming up this Thursday. I'm very excited about it, but I would be lying if I said that the thought of failure hadn't occurred to me. In fact, for a short while I found that my fears were guiding my action (and inaction) entirely.

In my mind I could see the empty seats, the awkward stares of expectation as I became overwhelmed with nervousness, and the disappointment in my wife's eyes at my failure to put together something that was satisfying for everyone involved. I stopped sending out invitations. I stopped assembling the general plans for

the event. I stopped even exploring the messages that my guides were sending me on what they wanted from the entire endeavour.

In these moments every positive move I considered was all too frightening to attempt because what if, after all of that effort, I still failed?

I did my best to resist my fears of course, and even tried to bury them (the most common resistance method we all use), but my fears persisted. There was only one thing I could do: accept the possibility that it would all go to wrong.



I started going through my mental check-list of fears, accepting each one of them in turn:

- It's possible that the room will be mostly empty, and if that happens, that's OK.
- It's possible that I'll have no idea what to say, and if that happens, that's OK.
- It's possible that I'll quite suddenly find myself unable to do anything approaching psychic work, and if that happens, that's OK.
- It's possible that I could disappoint my loved ones, and if that happens, that's OK.

Now that I had accepted these possibilities, and imagined life going on regardless, I found that it was quite easy to explore more positive choices. My invitations were sent out quickly, notices went up everywhere I wanted, I wrote a fair amount of material in preparation, my wife worked with me directly in the planning making it a bonding experience, and I welcomed some marvelous insights from my guides as to how they'd like the session conducted.

In essence, success is quite assured.

Remember though: if I hadn't accepted the possibility of failure, I would not have had a prayer. Reality includes all possibilities, and must be accepted in all its glory if you wish to partner with the Universe in its unfolding.

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](#).

Ancient Spirituality – Part 3

By Eirikr U.

This month's article on ancient spirituality surrounds the idea of totemism, a key component of most Native American religious beliefs.

Totemism

Totemism is an ancient spiritual belief that surrounds the worship of totems. Totems are inanimate objects that are attributed to a deity, natural phenomena, or spirit animal. The most discussed form of totemic belief comes in the form of totem poles, a spiritual obelisk often shaped into animals, and used in many North American spiritual beliefs. Though this is the most well-known form of totemic belief, it is far from the only version of totems. In fact there are many nations of Native Americans that don't use totem poles to practice their spirituality at all.

From the Renaissance onward large portions of the religious western world have denounced the use of totems in spiritual practices, condemning them as a form of iconography. Iconography is a primarily Christian and Muslim term which relates to the use of icons, such as the crucifix, and how they bolster or damage the moral fiber of religious practice. Many Judeo-Christian sects banned the use of icons, particularly Muslims, though such bans have been taken far more casually in the modern day. Due to these bans a considerable amount of friction was created between practitioners of these Judeo-Christian beliefs and those that use totems as a means to practice their spirituality. Some of the more infamous cases of this friction revolve around the Maya and the Spanish friars during the early-mid colonial age, particularly the case of the Franciscan inquisition of the Yucatan peninsula led by Friar Diego de Landa, an event infamous for its brutality. Though icons and totems are not the same thing, the bans on iconography gave a significant enough excuse for the mass destruction of totems. In the modern day this ban has reverberated into a collector's market for authentic Native American totems and artwork, which has helped repair the economy of Native American communities, particularly in the realm of artisanal products.

In many cases totemism has replaced the need for shamanist practices, though in other cases the two have combined to bolster each other. Both totems and shamans play the role of avatar of deities though, so often in the cases where both are seen the shaman will

be "demoted" and instead play the role of a listener who translates the messages given through the totems. The practice of totemism also isn't mutually exclusive to animism, in fact the two are so often seen separate from one another that historic anthropologists will often use the terms "Totemic" or "Animist" to categorize the religious beliefs of Native Americans, which otherwise go unnamed due to the vast number of different spiritual practices.



Though Native Americans are the most well-known practitioners of totemism, they are not the only ones to use totems as spiritual devices. Belief systems all over the world use totems as a means to communicate with deities. Even in the early days of Christianity while it was still a cult of Judaism, practitioners would pray through the use of a statue of Jesus Christ, as priests of the faith were few and far between. In many pre-Christian polytheistic European religions totems were used as a means of personal and family prayer, many using totems as a means to tie a deity to a specific location, or even object. Compared to North American and Asian religious beliefs, totems amongst Europeans were rare however, as the majority used the practice of shamanism instead. The Germanic/Norse religion had an interesting relationship with totems, which were used as a means to create a more autonomous connection between the practitioner and their deities, even though shamans were widely used none the less. Though shamans were seen as the ultimate connection to the gods, totems allowed an intrapersonal relationship with their deities, and in rare cases totems even surpassed the role of the shaman, though those totems were of public use and deeply sanctified. It is actually through the use of totems among pre-Christian cultures that led to the discussions on the evils of iconography, even after those religious beliefs had long since died out. Many scholars have attributed the use of the cross in Christian practices

as a byproduct of the age of religious conversion for polytheists; where the cross would have been used to have pre-Christian cultures better understand their relationship with God by relating it to the use of totems. Perhaps the world's most famous use of a totem comes in the form of the Ka'ba, the religious structure to which all Muslims direct their prayer, which was once the religious center of the polytheist Bedouin culture, which resided in modern day Arabia. It should be noted however that Islam is far from a totemic religion and calling it so could easily cause significant offense to its practitioners.

Though there are many and more facets of ancient spirituality to discuss; totemism, shamanism and animism are the three most fundamental points of

understanding when looking at ancient spirituality. In truth I have simplified these concepts down to their bare bones, but these articles will provide a good starting point for anyone that wants to look more into the ancient spiritual beliefs of the world's cultures. I am happy to see the resurgence of many of these long lost ideas into what could almost be seen as main stream society, many examples of which can be seen right here in Spiritual Niagara.

Thank you for listening, and have a wonderful time exploring your spirituality.



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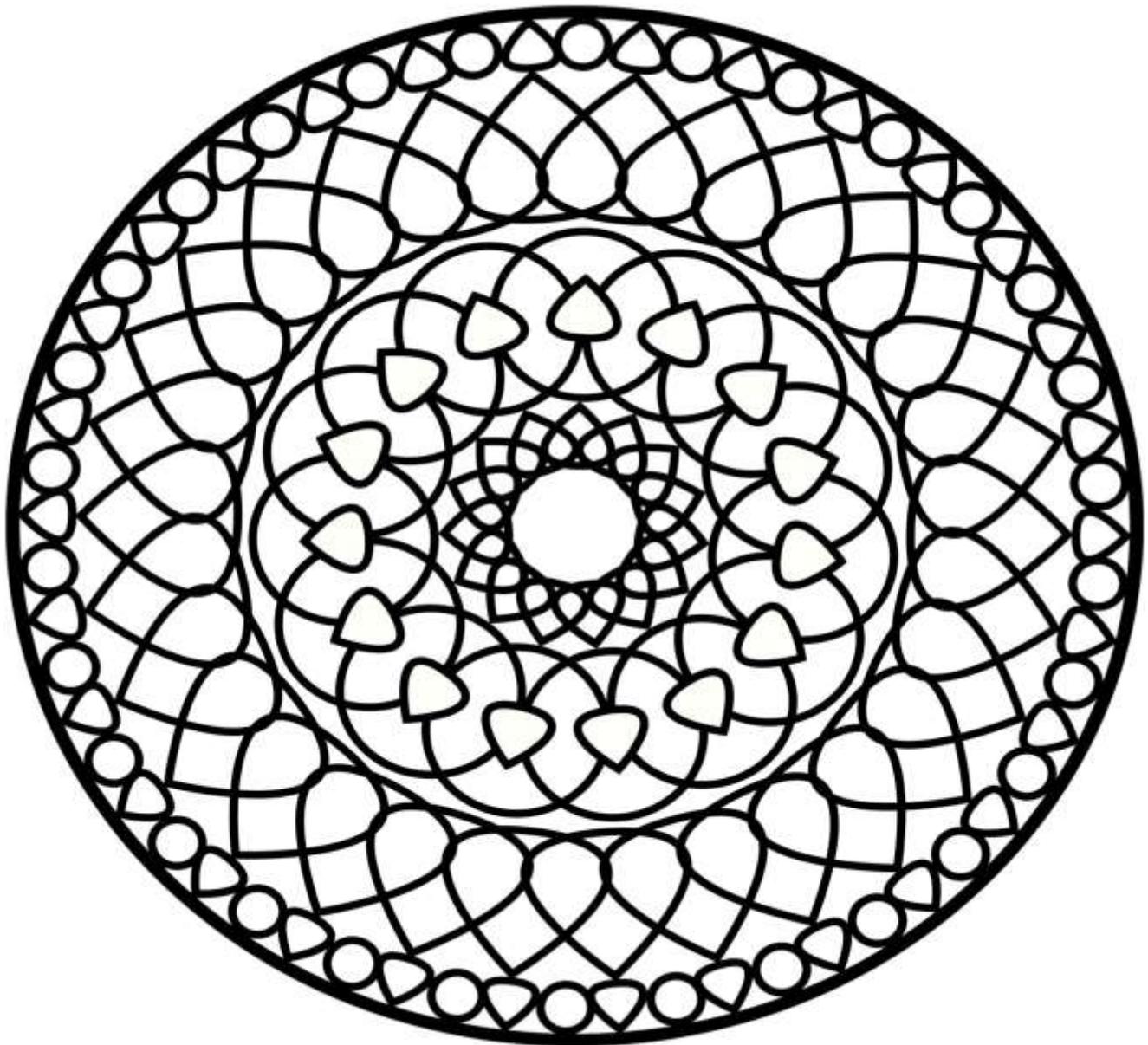
Mandala Colouring

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."



I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently.

Ernest Hemingway

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

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Lady Violet

Along with my guides, I offer people
guidance on anything they are
questioning. My guides assist me in
asking the necessary questions and
helping to see all available options, so
that the individual can choose the one
that feels right for them.

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