

The Spiritual Spa

The best way to understand energy healing is to experience it...
www.thespiritualspa.ca

APRIL 2014

VOL. 2 ISSUE 4

April – Cleansing & Growth

Happy April! April is here, and we have already experienced both snow and rain this month. We have had some lovely warm days that offer us promise of warmer days filled with sunshine. It is a welcome relief after some chilly days in March.



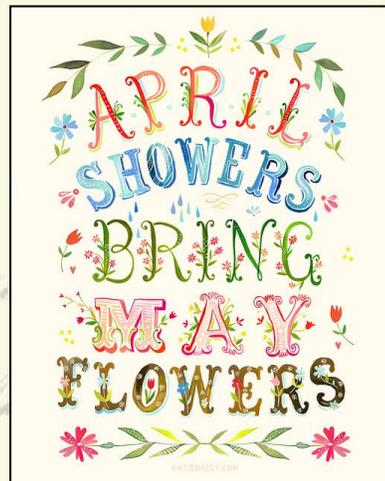
Picture Credit: <http://bit.ly/1mUcWSl>

Everyone is familiar with the phrase – ‘April Showers Bring May Flowers’. It is a month typically filled with rain. Rain is a blessing – it cleanses the dirt and grime left behind from the winter months, and it also nourishes the Earth and nurtures the new growth in the Natural world.

Last month we thought about what seeds we wanted to plant for the coming months – things we wanted to manifest for ourselves in our lives. This month we nurture the growth that is happening before us and celebrate the blooming of our ideas. We can see Mother Earth

blossoming before us, offering us promise of beauty and manifestation.

April showers nourish but also cleanse the world around us, making room for the new growth. As you see the raindrops gently falling in front of you (although, it might be more like a Monsoon on some days), take the opportunity to think about what is working for you right now and what is not working for you. Whatever is NOT working for you – it is time for it go. It is time to cleanse ourselves of emotional baggage, people who do not support us, and situations that do not serve our higher purpose in this life. Use the cleansing rains of April to purge and cultivate a life that is about You and your spiritual path.



Picture Credit: <http://bit.ly/11FDVB6>

In Love, Light & Gently Falling Rain <3 Tracy

April Showers

And Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth's dark
breast
rose from the dreams of its wintry rest.

~Percy Bysshe Shelley,
"The Sensitive Plant"



Picture credit: <http://bit.ly/1oGLKuX>

April hath put a spirit of youth in
everything.

~William Shakespeare



Picture credit: <http://bit.ly/1jnLD1M>



Picture credit: <http://bit.ly/1mUcXs5>

April is a promise that May is bound to keep.
~Hal Borland



Picture credit: <http://bit.ly/1kCE9Yf>

No matter how long the winter,
spring is sure to follow.

~Proverb

"Is the spring coming?" he said.

"What is it like?"...

"It is the sun shining on the rain and the rain
falling on the sunshine..."

— Frances Hodgson Burnett,

The Secret Garden

~Spring Cleaning~

It's finally April – the long winter is over and we are ready for warmer days. The days are already longer, allowing us to spend more time outside taking walks and sky-gazing. We're starting to think about Barbeques, gardening, vacations and days at the beach. April puts a smile on our face and offers us hope. This is the time of year where we feel the urge to clean – we're inspired by the rain that washes away the residues of things trapped under the many months of snow.



Picture Credit: <http://bit.ly/1eIQjAV>

You're probably already getting that 'spring cleaning' itch. In your homes – clearing out eaves troughs, raking the lawn, cleaning out closets, renovating, painting rooms and whatnot. We think about renewal – freshening up things that are stale or that have worn down a bit.

While we tend to do this easily for the physical world – our homes, yards, vehicles and whatnot, we don't always think of this kind of cleansing and renewal on an emotional and spiritual level. This is a perfect time of year to take stock of what is going on inside of us – a life review of sorts. As mentioned, this is a good time of year to clean out our emotional and spiritual closets – purging things, people and situations that do not work to love and support us. This month, I encourage you to do a major clean out. Start with your home – ridding yourself of clothing, household items and knick knacks that you're not using or that you've outgrown.

There are numerous places in the Niagara Region where you can drop these things off – Goodwill, Value Village, Women's Shelters – whatever organization you may support. We tend to hold onto physical items very tightly. Some offer memories of special times, other physical items may work to prove to ~~us~~ our successes in the material world. In truth, we really don't need these items. In truth, they are constructed falsehoods that feed the ego and make us feel like we've accomplished something in Life. Let them go.

In addition to clearing out material items, I encourage you to cleanse things on the "inside" that aren't working for you. Consider your relationships with others – who supports you? Who ridicules you? Who are the people that offer you unconditional love, even when you might not do the same for yourself? What situations make you feel loved and supported? What circumstances sit right within you, and which ones don't? What worldview and perspectives are stagnating you? Which ones are blocking or impeding your flow and life path? Purge whatever and whoever is not resonating with you. Send them or the situation love and light, and move on.

Some of these suggestions might be challenging. But remember, we can't fill a cup that is already full; pour off some excess and make room for new. Be confident that what is coming to you now is supportive of your path and rooted in love and light. Accept no less. Happy Cleaning! <3



Picture Credit: <http://bit.ly/1jnLTxP>



LEVEL I USUI REIKI

~Learn to Connect with Energy~

You will learn about how energy works and flows, and how to treat yourself and others.

Part One: What is Usui Reiki?

-The history of Usui Reiki, Lineage, Reiki Principles & Beliefs, Uses & Benefits.

Part Two: Understanding the Movement & Flow of Energy

-Energy systems, Meridians, Chakras, Auras.

Part Three: Learning How to do Reiki

-How to treat Self, Others, Animals, Objects & Areas, Ethics, Responsibility, Protection, Grounding, Intuition.

Part Four: Moving Forward

-Spiritual Growth & Emotional Clearing, Continuing your Inner Work, Energy Exercises.

Monday, April 14th 4pm-9pm

Course fee is \$150 and includes refreshments, light snacks, Course Reading Package & Manual, Certificate upon completion, and Continued post-class guidance, help and mentoring. There is a two hour follow up class and one hour of home study for this course.

Learn Usui Reiki With Reiki Master Tracy Kennedy, PhD



LEVEL II USUI REIKI

~Learn to Call Energy~

You will learn how to use the Reiki symbols to 'power up' your Reiki energies and you will also be able to send Reiki across a distance to people, animals or situations.

Part One: Introduction: Calling the Energy

A closer look at Auras, Meridians, and Chakras

Part Two: The Reiki Symbols

Powering-up the Energy, Absentee & Distance Treatments, Emotional & Mental clearing

Part Three: Enhancing Reiki Healing

-Energy exercises, Reiki uses, Intuitive & Empathic interpretation, Creating a client session that works best for you

Part Four: Tools for Practitioners

-Confidentiality, Ethics & Responsibility, Keeping Client Records

Part Five: Moving Forward

- Continuing your Inner Work, Case Studies, Journaling

Saturday, April 26th 10am – 3pm

Course fee is \$200 and includes refreshments, light snacks, Course Reading Package & Manual, Certificate upon completion, and Continued post-class guidance, help and mentoring. There is a two hour follow up class and one hour of home study for this course.

Massage Therapy with Jonah Winters



Registered Massage Therapist,
Certified Spa Therapist &
Certified Hot-Stone Therapist.



The Spiritual Spa

185 James St.
St. Catharines, ON
289-990-3324

healing@thespiritualspa.ca
www.thespiritualspa.ca
Facebook.com/spiritualspaniagara
Twitter @spiritual_spa

Massage Therapy -

Join Jonah Winters!

Friday, April 25th

9:30; 11:00; 12:30; 2:00; 3:30

60 min Massage Therapy

Reg \$80 - Half Price \$40

or

60 min Hot Stone Massage

Reg \$100 - Half Price \$50



Contact us to reserve your spot!

More about Jonah and his work can be found at his website:
<http://wintersbodyworks.com>

Listen to Your Feet

Part 1 - Let your Feet Lead the Way



with Laura Canal

Certified Reflexologist,
Reiki Practitioner &
Owner of Miles of Smiles
Alternative Solutions



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Let your Feet Lead the Way...

This class is an Introductory Class for individuals that want to learn about the connection between your feet and body, and the importance of it for good health. This will be an overview of the different parts of your foot and how they connect to your body.

- Are you on your feet all of the time? Do you feel twinges, aches, pains or throbbing in your feet?
- What are your body problems or maladies? What is your body expressing to you? What are your feet telling you?
- We will discuss the connection between your feet and all parts of your body. You will learn about the chakra centers on your feet and how the energies around us affect the chakras, which in turn affect the body.
- I will teach you techniques to assist you to eliminate aches, pains and body discomfort, ex. headaches, migraines, digestive problems, back pain, menstrual pain or menopause etc.
- Instructions to maintain good foot health; Grounding exercises and a Self-Care, [Relaxation Foot Soak!](#)



Thurs, April 24th

7-9pm

\$20



Contact us to reserve your spot. Seats are limited!

**Join Tracy Kennedy for the
'An Evening with Angels' Series**

An Evening with Angels – Part 1

Angels keep popping up in my life. What does it all mean? In this seminar we will be talking about the ever increasing presence of Angels & our ability to sense and notice them.

- *The background of Angels - culturally & historically
- *An overview of the Archangels & their meanings
- *How they are connecting with you – ways that you've noticed & other ways you may not have
- *Why they are connecting with you – how to make meaning of the connections

Fri, April 11th 7-9pm \$20

**This seminar is full. Additional date of Wed, April 23rd 7-9pm has been added.
Contact me if you are interested.*

An Evening with Angels – Part 2

In this seminar we will focus on actively reaching out to the Angels that surround us.

- *Review of the Archangels & their meanings
- *Reaching out & connecting with Angels in various different ways
- *Working with Angel Card Decks – Oracle & Tarot
- *Interpreting personal Angel Card messages

Fri, April 25th 7-9pm \$20



An Evening with Angels – Part 3

We will talk about reaching out and connecting to Angels with more depth, focusing on Angel Oracle and Tarot decks.

- *Working with Multiple Angel Card Decks – Oracle & Tarot
- *Different kinds of Layouts for Angel Readings
- *Interpreting & connecting Angel Cards
- *Making meaning of messages
- *Giving Angel Card readings to others

Fri, May 2nd 7-9pm \$20

**Please bring your Angel Cards to this Seminar.*

Please Join Me for any seminars in this series that resonates with you.

Seating is limited.

Please email me to reserve your spot.
healing@thespiritualspa.ca

NEW MOON MEDITATION



With **Jituska Triesz**

Herbalist, Teacher, Meditation
Facilitator, Astrologer, Artist, and
Founder of the Niagara Holistic
Lifestyles Pavilion.



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185 James St. St. Catharines, ON

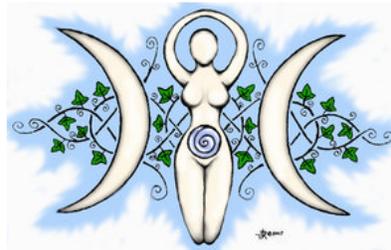
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Join us for a **New Moon**
Meditation!

We'll set our intentions for
the next Moon cycle –
**New Moon in Taurus & Solar
Eclipse...**

Tues, April 29th 7-8pm \$10



Space is limited, Email us to reserve your spot.



Your Inner Piece

All love, compassion and forgiveness comes from self care.

Stacey Haluka – Clearing Practitioner

Clearing, simply put, helps you come to your own realizations and insights in regards to solving your current problems, issues or concerns in your life. This process is about helping you work on Your Inner Piece to overcome the difficulties you are facing. Some of the areas that Clearing helps with are Depression, Anger, Self-esteem, Fear and anxiety, Resentment, Lack of motivation and purpose, Emptiness, and Relationship issues with yourself and others. Clearing sessions are between 60 – 90 minutes in length and are held one-on-one, in a completely confidential manner.

What you can expect from a Clearing session:

- You will be able to identify the current areas of concern in your life and understand the origin of the issues.
- Gain a renewed understanding of the “why this is happening”, “where it began” and “what or who has contributed to the problem(s)”.
- Dissolve your inner conflict, allowing space for inner peace.
- Become clear on how to resolve your issue(s) and what actions to take moving forward.
- Break through the barriers that are holding you back from achieving your goals.
- Dissolve negative reoccurring patterns in your life.
- Improve your relationship with self and others.
- Free yourself of guilt.
- Assistance in making decisions, the one that is right for you.
- Gain a new perspective on your current beliefs, freeing yourself of negativity.

Contact Stacey today for your **free 30 minute** 'On your way to Inner Peace' Clearing session! In this powerful session you will leave with:

- *A new awareness of what may be causing the current problems in your life.
- *A renewed sense of energy to accomplish your goal(s) and move forward in your life.
- *A new understanding of where your current problems may have stemmed from.
- *A discovery of what may be stopping you from achieving what you really want.

Stacey Haluka

Stacey@YourInnerPiece.com

<http://www.yourinnerpiece.com>



The Spiritual Spa - Notes

Visit [Angel's Landing](#)



Join the [Spiritual Niagara](#) Community!



Check out [Frantastic Health](#)



Have a look at [Mindz 'N Transit](#)



Stop by [Haven Global](#)



The only journey is the journey within.
Rainer Maria Rilke

The Spiritual Spa

185 James Street St. Catharines, L2R 5C4

By Appointment Only

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[Facebook](#) & [Twitter](#)

*Healing yourself is connected
with healing others. Yoko Ono*

- ❖ We have a bus stop right in front of our door (#6 Lake St. Bus).
- ❖ We offer College & University students a special Reiki healing rate in support of the Mental Health Initiative at Brock University - 30 min Reiki \$20.
- ❖ We offer a special rate for Seniors – 30 min Reiki Session \$20.
- ❖ Parking is available on James Street (metered) or on the surrounding side streets (free).
- ❖ Looking for space for your healing work? Let us know! Daily, Weekly or Monthly available. Have an idea for a workshop but no space to hold it? Let us know! We host some very interesting people who like to share their knowledge.