

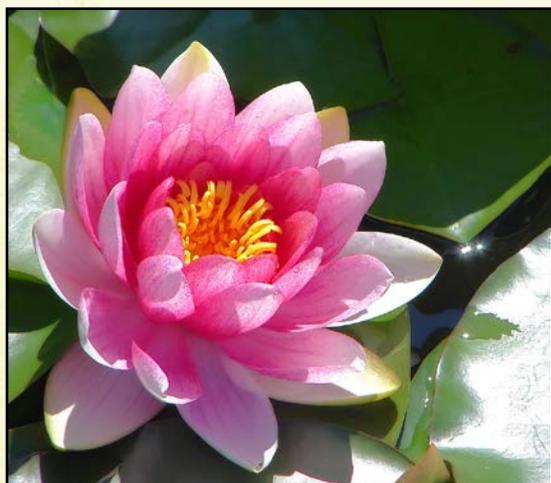
The Spiritual Spa

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

AUGUST 2014

VOL. 2 ISSUE 8

Happy August! The weeks are flying by and we are into the month of August already! I hope that everyone is enjoying the sunshine, and that you're taking some time to be outdoors and connect with nature.



Picture Credit: <http://bit.ly/TEmGal>

A couple of weeks ago I announced some very exciting news for The Spiritual Spa - we're expanding! As of September 1st, we'll be in our new location: **4394 Queen Street, Niagara Falls** - right beside Coffee Culture, on the corner of Queen St & Ontario St. I'll be making some more announcements shortly about when we'll be open to the public, the hours, and when we're holding the open house. We have some really exciting events, workshops, seminars (and more!) planned for The Spiritual Spa's new location, some awesome people with great energy will be working with us. I am so very

thrilled at this opportunity to continue to Spiritually serve the Niagara Community. Our last event at 185 James Street in St. Catharines will be Jituska's New Moon Meditation on Mon, Aug 25th - a great way to close out this location. The rest of the week will be closed while we transition to the new location. I really appreciate what 185 James St has provided, but we've outgrown the space and it's time to move forward and continue to grow - how wonderful!

A heartfelt thanks to all of you for supporting me and The Spiritual Spa since May of 2013. This wouldn't be possible without you. Thank you, thank you, thank you. I can't wait to see what the universe has in store for us at the new location, and I am eager to share my knowledge and services with you.



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

In Love & Light <3 *Tracy*

Spiritual Poetry

by Tracy Kennedy

<http://alightwithinblog.wordpress.com/>



Picture credit: <http://bit.ly/1q3G614>

Introspection

Empty the mind,

Allow yourself to unwind.

Sense the stillness in front of you,
The colours swirling in a heavenly hue.

If a thought comes to be,
Gently acknowledge it and set it free.

Open yourself to the brightness within,
The light of your soul will never dim.

Ground yourself in our great Mother Earth,
Her energy will comfort you like a warm hearth.

Unite with your divine higher self,
Its power contains boundless wealth.

Allow yourself to connect with your guide,
The truth of the universe they will never hide.

Feel the protection of the Divine Source,
Doing so will release all remorse.

Bathe in the golden light of the Divine Creator,
The love you will feel will never be greater.

Messages from Clouds

Spectacular clouds in the blue sky,
The depth of your beauty I cannot deny.

Each time I look up to see,
The symbolism that comes to be.

The shapes and forms you create,
Range from simple to complex and ornate.

Always when I'm in need of support,
Your expressive images never fail to report.

Angels, animals, objects and symbols,
Your wispy fluff artistically assembles.

The story you share with illustrations created,
Leaves me somewhat gasping and feeling elated.

You twirl with the wind in elegance and grace,
Billowing in the heavens leaving exquisite patterns
of lace.

You merge with the sun to reveal an explosive hue,
Such breath-taking expression, I whisper: thank
you.

I yearn to climb the mountains of glorious cloud,
But with human feet this will not be allowed.

Not in physical form I can touch,
But rather the spirit will, and as such -

I must await the time,
When I will reach these clouds of mine.

Until that day I continue to absorb, learn and view,
Cloud wisdom and insight never leads me askew.



How May I Serve? ~

Many people continue to 'awaken'; they are starting to feel that they have a calling or a purpose - a mission if you will, on this earth plane. The drive or pull to do something in life that has depth and meaning continues to gnaw and poke within, and people are often feeling - what now? What is it about that feeling within us that we want/need to contribute to society or the universe, that we want our lives to have meaning and significance - that we want to make a difference in some way? I believe that everyone who feels this calling or drive has a special and unique purpose or role in this lifetime, and it just takes a bit of digging and soul searching to find out what it is. Doreen Virtue offers this insight, and I think it offers a good perspective while you're doing some internal exploration:

"Every individual has a life purpose. This is the mission that you agreed upon prior to your incarnation. There are two parts to your life purpose: a personal one and a global one. Your personal purpose involves a particular characteristic that you're trying to develop in life, such as patience or compassion. Your Global Purpose involves discovering, developing and, and using your natural talents and interests to help other people and the planet.

Some people have a purpose that affects just a few, while others are spiritually contracted to help thousands of people. Just like an orchestra, every player is equally important. Deep down, you probably know that you're here to make the world a better place. If you feel that you're not doing so, your inner self begins to nudge you. This nudging can look like anxiety or a sense of urgency. If you ignore the inner nudging, you may begin to feel empty or depressed. If you believe others are blocking your urgings, you may blame them or feel angry and ripped off. If you feel unqualified to help the world, you may collapse into low self-esteem.

The global mission is the overarching, or umbrella like Purpose that you're engaged in. Your personal mission is the specific form that your life purpose is to take." (Doreen Virtue - The Care & Feeding of Indigo Children).

I like the aspect she notes about different capacities of help and service - some of us will help a few - perhaps those around us, while others will reach larger groups. Don't underestimate the power and significance of helping and being of service to those around you, a couple or a few dozen people (in some ways this might alleviate the pressure of having to save the world all at once, no?). Think of your service, your help, your contribution - whatever that might be - as offering a ripple effect. Love, Joy and Peace are contagious - share it, spread it and rejoice within it, you'll be surprised at what a difference it makes in the world around you and within you.

Not everyone has this strong drive, many are content with their role on the earth plane - and that's fine, as that is what they've chosen to experience in this lifetime. For others, the drive to serve is like a constant hunger pang in the pit of the stomach. What do I do? What am I *supposed* to do? The call to service can be confusing. What exactly does that mean - 'call to service'? What does it mean when we say that we want to help humanity or the world around us in some capacity? One question that really works well for me is: How may I best serve? Although I am pretty clear on my path and purpose, I pose this question to the universe often - and it answers. One example is the new location of The Spiritual Spa; a wonderful opportunity to expand and offer Niagara more services and healing that came to me just at the right time. When you ask this question, you might be surprised at the amazing opportunities that come to you.

When you ask this question - how may I best serve? - you await the answers and opportunities. It will come in both subtle ways and 'in your face' messages. Be prepared to listen and receive the answer! I will often ask this question

when I am in a meditative state when I am planning my monthly seminars and workshops. The seminar topics I offer are always Divinely guided, and in my mind are timely topics that people are interested in or need to hear about at this time in their lives. Most recently when I asked "How may I serve?", I channeled an interesting answer, and I was asked to share it in a written format with you. And so, here it is...

"When you ask - How May I Serve - asking about your role, or your life path and purpose, the answer will come to you - be patient and be aware. But note that *Service* encompasses different aspects that you should be aware of.

Self Serve

One of the most important ways (and perhaps one of the most challenging ways) to serve, is to serve Self. You must always start with Self, and care and nurture Self. Self is an aspect of the Divine source - a spark of the Great Light. Each living being on this earth plane is a part of Source and as such, you must love and respect Self. Self Serve means making your spiritual, emotional, mental and physical health a top priority. This means getting adequate rest each day, eating a healthy diet, getting enough physical exercise (such as walking, Tai Chi, Yoga), Meditating daily, spending time in nature, and so forth. Do things that will raise your vibration, and engage in practices that allow you to be true to You and Your Authentic Self. Being positive and in a high vibrational space is a service to humanity. When you are healthy and in a space of Love and Light, you are contributing to the global awareness and consciousness, and importantly - helping to raise the vibration of the planet. It is done so one person at a time, and as more people do so, more Love and Light is felt around you. As more Love and Light is felt, more is spread to and shared with others. Like ripples of water, the behaviour of one affects the whole.

(Note from Tracy - after writing the channeled entry I was given an image of the pre-flight preparation that flight attendants provide: they note to put the oxygen mask on yourself first before you put the mask on your child or person beside you if they're unable to. Our first instinct is to help others first ~~before~~ ourselves, but we have to help ourselves first and make sure that our needs are met so that we can successfully help those around us.)

Full Serve

Part of Self Serve is respecting your needs and truth. Importantly, when you respect your Self and place your Self in the top of your priority list, you are in a space to allow others to love you and help you - to serve you. Full Serve is about serving one another, it is balanced and reciprocal - it is an exchange. When you are in this space, you help each other out, you love each other, you support each other in various different ways. You must be open to receiving it, open to healing, and open to Love and Light from the universe - and from others. You must know that you are worthy of living your Truth and of value, and as such - deserving of this Love and Light. Love is not linear, it is circular and ever flowing. Allow others to serve You. Allow the flow of service amongst humans, animals, plants - all living things to circulate freely and expansively.

Service

What is important to know is that you may 'serve' humanity, global consciousness, or the world broadly on a daily basis without being caught up in the semantics of your larger role and individual purpose. Sharing and existing within Love, Light and Peace is our overarching purpose on the earth plane, and that starts with You. Service to others, to all beings with life force energy starts with and ends with Love. Service to others IS Love. Love IS service to humanity, global consciousness and the universe. Love can be shared and expressed with small feats (smiling at cashier, saying hello to someone you don't

know, helping a stranger and so forth), or larger tasks and efforts (volunteering at community kitchen, crocheting clothes for impoverished children, planting a community garden, holding space for group gatherings, and so forth). Every day practices of exuding and conveying Love, Light and Peace can happen anywhere and everywhere. Service can be incorporated into every little thing that you think and do in a day.

You ask - How may I serve today? Embody Love. Express Love. Be Love. Do everything - both outward and inward - with the intention of Love. Never underestimate the power of a loving peaceful thought or intention. Existing in this space will help All that Is, and ultimately (if you are still questioning), you will find your niche - your individual role, life path and purpose - in this embodied space of Love and Light. You will become aware of the way the skills and talents of and within your personality can express Love in order to be of Service to All."

(end session)

I found this session to be quite enlightening to me, and it made a lot of sense. One of my weaker areas is to serve Self first. I tend to extend to others, but am less willing to do the same for my Self (I also struggle with letting people help me). A good lesson, and I am reminded of the namaste meaning, as the Light shines in all of us (ourselves included):

"I honor the place in you where Spirit lives
I honor the place in you which is
of Love, of Truth, of Light, of Peace,
when you are in that place in you,
and I am in that place in me,
then we are One."

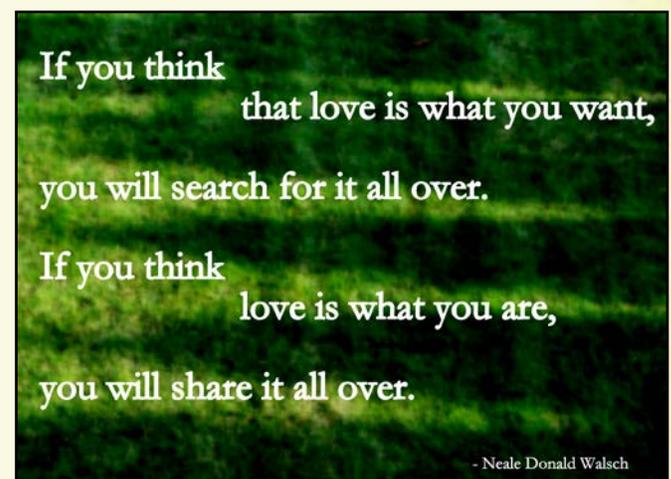
And, as The Echo (Channeled by Cliff Preston in 1982) states:

"Love is the only answer,
regardless of the question".

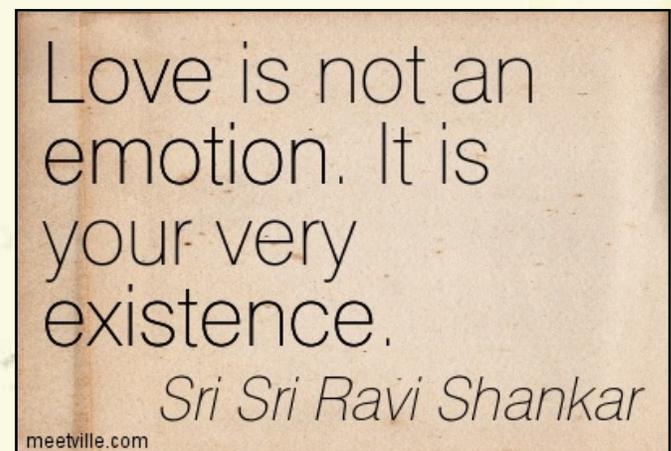
In Love & Light <3 *Tracy*



Picture Credit: <http://bit.ly/1uey24h>



Picture Credit: <http://bit.ly/1A5f1BM>



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

***Join Tracy Kennedy for the
Evening with Angels
Seminar Series***

Working with Ascended Masters

Fri, Aug 15th 7-9pm \$20

What role do Ascended Masters play in helping & healing humanity?

From a non-denominational standpoint we will discuss:

- Various Ascended Masters Cross-culturally
- The Great White Brotherhood of Light
- Their role in helping & healing humanity
- How to call upon & work with Ascended Masters

Angel Gathering & Drop-In

Friday, Aug 22nd 7-9pm \$10

This seminar will be an Angel Gathering & Drop-In, intended as an open discussion for anyone with an interest in Angels. We will discuss & practice our Angel Card Readings, offering some tips, and talk about our ongoing Angel Adventures. Rev Louise Michaud will drop by to share her experiences with Angels & the Angelic Realm.



Other Upcoming Events

Community Meet & Greet

Sat, August 16th 11-4pm

Meet up with Local Talent, Vendors, Artisans & Community groups such as Spiritual Niagara, BPW, Random Acts of Kindness & More! Meet the Niagara Community! Held at:

The Niagara Holistic Lifestyles Pavilion
Located on Park Street, Downtown
Niagara Falls (Between Chrysler Ave &
St Clair Ave, North of Queen St)

Tracy's Special Offer for the event: A 15
minute Intuitive Healing Session for \$10

5th Annual GHOSTS Conference

Wellness & Psychic Expo

Sat, Aug 23rd & Sun, Aug 24th

Black Creek Community Centre

2959 Baker Rd Stevensville, ON

www.ghostsconference.com

Tracy will be offering Intuitive Readings
& Healing Sessions & at this event.

***Stay Tuned for news about our Opening
Date and our Open House Event!***



Picture Credit: <http://bit.ly/V9GeDT>

Youth Drop-In



Facilitated by:
Madelyn Siuciak & Brandon Dallman
Level 2 Reiki Practitioners



The Spiritual Spa

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www.thespiritualspa.ca
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Twitter @spiritual_spa

Are you between the ages of 15-25?

Interested in things Metaphysical & Spiritual?

Join Us!

- We offer a safe space for conversation
- We'll be doing some **Spiritual Cork-Boarding!** (Dream Boards/Vision Boards)
A handy tool to help manifest and focus your mental, emotional, physical and spiritual goals.
- Come drop by for an informal gathering of like-minded youth

Thurs, Aug 14th 7-9pm.

Tea & Engaging conversation will be served.

There is no charge for this event.

Please email us to reserve your spot – seating is limited.

We have a bus stop right in front of our door (#6 Lake St. Bus)



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

Massage Therapy with Jonah Winters



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



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Massage Therapy – Monthly Promotion
Join Jonah Winters!

Friday, August 15th

10:00; 11:30; 1:00; 2:30; 4:00

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>

NEW MOON MEDITATION



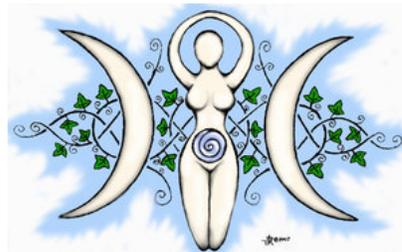
With Jituska Triesz

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



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

**We'll set our intentions for
the next Moon cycle –**

New Moon in Virgo

Mon, Aug 25th

7-8pm \$10

Space is limited, Email us to reserve your spot.



The Spiritual Spa - Notes



The only journey is the journey within.
Rainer Maria Rilke

The Spiritual Spa
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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.

Join the [Spiritual Niagara](#) Community!

