

The Spiritual Spa

The best way to understand energy healing is to experience it...

www.thespiritualspa.ca

DECEMBER 2013

VOL. 1 ISSUE 9

Welcome December!!

December is such an interesting month – and a very spiritual one. Whether you are Jewish and celebrating Hanukkah, Buddhist and celebrating Bodhi Day, Christian and celebrating Christmas, Zoroastrian and celebrating Zarathushtra, Pagan and celebrating the Winter Solstice, African and celebrating Kwanzaa, or perhaps just celebrating your existence on this glorious planet – the month is filled with spiritual significance.



December brings the closing of another year. As we approach the new year of 2014, we take time to reflect on everything the year has brought to us. For many, it was a year of endings and new beginnings, a time to purge the things that we've clung to for far too long and move forward into something unknown and exciting. The energies these past couple of months have been really heightened and we've all felt the wild energetic ride in some form or another.

Are you ready for the New Year? I've never been one for New Year's resolutions – I've always thought that new goals could be created and started at any time. But for others, the end of a year and start of a new means a fresh beginning and a new start. What are your hopes and dreams for 2014?



Whatever you may be celebrating this month, I wish you much joy and happiness, peace and love.

In love & light.

Tracy

Energetically Preparing for the Holiday Season



By Tracy Kennedy, PhD & Reiki Master

December is a time of festivities. It is a month of sentiments – we lament and miss loved ones who have passed, we mediate arguments with negative relatives, we feel joy at seeing loved ones who live far away, and we feel deep love and connection when we share time with those dear to us... December is a month where you're bound to experience many different kinds of emotions – for better or worse. The holidays can be both a beautiful time of celebration of love and kindness and an ugly expression of harbored resentment and anger. The holidays tend to bring out both the best in people and the worst in people. For those who are sensitive, intuitive or empathic, this can mean an emotional overload, leaving you feeling drained, out-of-sorts and scattered - and not very festive. If you are sensitive, intuitive or empathic, you already know what I'm talking about, so I'd like to offer some suggestions about how to navigate the emotional rollercoaster of the holiday season.

Most importantly, you must first figure out how YOU are really feeling – what emotions you are experiencing? Take a few minutes throughout the day to check-in with yourself: how am I feeling? How does that (situation, person, object etc) make me feel? Am I happy? Sad? Annoyed?

If you can, jot down your thoughts about your feelings in a journal. You don't have to write elaborate prose – sometimes just a couple of words on a scrap piece of paper or a sentence in your notebook will help you identify and engage with your emotions.

Allow yourself to experience your own emotions, and then release them. Don't punish yourself for your feelings. If you're missing a loved one who has passed, feel it and release it. If you're ticked-off at Aunt Sue and Uncle Bob because they're being difficult and unreasonable about where to have Christmas dinner, feel it and release it. Experience your emotions, understand where they are coming from, and let go of any grip that a negative emotion might have on you. If you're feeling love and gratitude, feel it and keep it. One of the beautiful things about being human is our capacity to feel and emote. Celebrate it. Choose to Live in Love.

We often don't take the time to check-in with our emotional state, and we really should. Sometimes we feel numb because we've stuffed away our feelings for so long – too busy, don't want to deal with it, or just plain fear of emotions. For some, years of shunning and finger wagging - "oh, you're so emotional" or "wow, are you ever sensitive!" has lead to empaths shutting down and cramming away feelings into that closet in our hearts. We've learned to project a 'Poker Face' when dealing with the outside world. In our society – one that touts logic and rationality as the harbinger of the Digital Age - feeling emotions or being sensitive are perceived as undesirable characteristics and traits. In truth, this is not a balanced existence for humans.

Determining what you're feeling and why you're feeling will help you understand yourself in a much deeper way. Doing so will help you know yourself, but it will also help you to identify emotions that are not your own.

As a sensitive, intuitive or empath, you are likely picking up, sensing, and experiencing the emotions and feelings of people around you. Understanding your own emotional state will help you untangle your feelings from the feelings of others. You might have already found yourself affected by Cousin Dan's foul mood at the Christmas dinner table, or Grandma missing Grandpa during the gift exchange, or even the sheer elation when young Peggy open her first gift of Hanukah. You might have found yourself in a strange funk, unable to figure out why you feel so weird when everything is pretty ok. These sensations are not your own, you're picking up other people's 'stuff'.

If we know that we are a walking receptor to the emotions of others, it is much easier to navigate these feelings, and mediate them in a positive and healthy way. You've come to realize that your Sister's rage and negativity at the world has an effect on you when you see her. Not inviting people for the holidays or choosing not to interact with them is not always an option (although many empathic introverts will certainly remove themselves from people and situations to avoid the emotional turbulence). You've figured out what emotions are yours, experienced them and released any negativity. So, how do you deal with the energetic junk from other people? You need to set some boundaries. By setting energetic boundaries you are setting the intent to not take on, experience, or internalize the emotional state of others.

There are numerous ways to set up your energetic boundaries – a clear affirmation that establishes a border line or a visual of a barrier or shield around you. One of the most common exercises in setting up energetic boundaries is the Egg or Bubble Visualization, where you envision a protective layer that surrounds you and your aura.

Here is one example that works for me. It helps me not only to set up energetic boundaries for unwanted emotions from others, but it helps me repel negativity and unwanted energies that may challenge the Light.



Choose a time when you can meditate and be undisturbed for at least ten minutes. Visualize yourself seated as you are – or perhaps you're sitting somewhere else like a forest, a field, floating on a lily pad, and so forth. Take a few deep breathes and focus on your heart chakra, and feel love. If you're having trouble – think about something or someone that you really love – a friend, relative or pet, or something spiritual (Your Higher Self, Jesus, Buddha, God, Yahweh, Wakan Tanka, The Divine etc) – whatever leads you to feeling and experiencing deep love. Experience this for a few minutes. Feel peace and gratitude in this love.

Take a few more deep breathes and feel this love pouring out from your heart to surround your physical body from head to toe; feel the love moving around you, perhaps like swirls or white light, or even red or pink hearts if you need a better visual. If you feel any unwanted thoughts or negative feelings arising, visualize it being absorbed by the love and light around you. Experience how it feels to be engulfed in this feeling of love for a few minutes. Feel comfort in this love.

Take another breath or two and feel how this love protects you, feel the strength of love and the power of love. Then, envision a bubble or an egg-shaped energetic layer that surrounds your physical body and encompassing the love that surrounds you. Experience the comfort and protection that love offers. Your protective layer guards the love you feel inside you and the love that surrounds you.

A helpful visual is to symbolically assign a picture or icon that represents that negativity and other unwanted emotions (I often use just the letter 'X' or a black dot), then simply visualize this 'black dot' bouncing off your protective shield – never penetrating your protective layer of love. Watch how the black dot tries to approach you, and watch how it just bounces off of you. Feel safe in this protective love.

Take another couple deep breathes and now feel how this love emanates from your body. Visualize yourself exuding love, from your body, from the space around you, from your protective layer – send love outwards from you. Be genuine about sharing this love with the world around you; expand that energetic space around you (your aura) by projecting love unconditionally. Feel peace and gratitude in this love.

Once you've done this exercise a few times, it is easy to pull up the memory and experience of it to connect to the protective feeling of it right away. You can create a short mantra or affirmation for yourself when you are out and about and unable to sit and meditate, which will help you to re-establish energetic boundaries on the fly. This is one I created for myself, and I use it many, many times throughout the day:



*Love & Light Within Me.
Love & Light Surrounds Me.
Love & Light Protects Me.
Love & Light Emanates from Me.*

December is a complex and emotional month filled with the love of family and friends, or with loneliness and isolation, or even anger and negativity.

It's easy to get caught up in the capitalistic rat-race of consumption. For those who are sensitive, intuitive or empathic, you can manage the potential emotional overload in a healthy way so that you are not left feeling drained, out-of-sorts and scattered. To recap:

- Take a moment to check in with how you are feeling; make some notes about your emotions.
- Experience and express any emotions that you are sensing within yourself.
- Open the closet door and address feelings that have been stuffed away.
- Understand that the Emotions of others are not your own – don't internalize them. Don't judge other's emotions, simply send love.
- Set up Energetic Boundaries that repel unwanted emotions of others and negativity in general.
- Meditate as often as you can. Use a Mantra or Affirmation to re-establish these energetic boundaries when you feel you are being bombarded.

I hope that all of you experience a holiday season filled with love and light. Be generous with your love, feel its power, and gain strength from it. Namaste, my friends.

In love & Light,

Tracy



ENERGY HEALING PROMOTION



with

Tracy Kennedy, PhD

Reiki Master &
Metaphysical Consultant



The Spiritual Spa

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- ✕ Are you curious about trying a Reiki Energy Healing Session? *Now's the time to try it!*
- ✕ Are you feeling a bit run-down from the hustle & bustle of preparations? *Refresh for the holidays!*
- ✕ Do you know someone who could use a time-out for self-care to de-stress & relax? *We all do!*
- ✕ Still looking for a stocking stuffer or a last minute gift idea? *Healing Gift Cards are ideal!*

Special Promotion for the 2013 Holiday Season:

Mon, Dec 9th to Fri, Dec 20th

30 min Healing Session: \$20 (reg \$30)

60 min Healing Session: \$40 (reg \$50)

**Purchase for yourself, or as a gift! Send an email to book an appointment or to arrange pick up your gift cards.*

Tracy's Healing Sessions (Empathic Energetics) combine the techniques of Usui Reiki with Smudging Practices, Healing Crystals, Ethereal Healing and Vibroacoustic Healing (Tuning Forks).

GRIEF HEALING

with

Frantastic Davis

Spiritual Consultant

Frantastic Davis is a mother & grandmother from the Six Nations Territory of the Grand River. She is the founder of Two Row Education Services, and author of "Creating the World You Want - The Seven Grandfather Teachings 28-Day Reflection Journal".



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- ❖ Do you feel lost in your grief?
- ❖ Do you often dream of your passed loved ones, or sense them around you?
- ❖ Do you feel that your loved one(s) has a message for you? Do you want to receive a message from your passed loved one?

In this gathering, Fran will help you address & deal with the grief that you are feeling from Traditional Ancestral Teachings. She will share any messages from the spirit world with you so that you can move forward with your grief in a positive & healthy way.

WED, DEC 18TH 6PM-8PM \$40

"My goal is to give every person that attends a message that will help them with the grief they are holding for a loved one that has passed. It is my hope that with the messages that people receive, they will start to find peace and will be able to embrace their lives again." Fran

Send us an Email to reserve your spot.

○ Massage Therapy Promos ○

There are two main types of massage. Relaxation or "Swedish" massage feels good, but is it the best way to heal injuries? Therapeutic or "Structural" massage fixes things, but does it feel good? Jonah is unique in that he's trained in both.

Jonah's spa style is like Esalen, or "deep flow." It emphasizes whole-body integration through breath, long strokes to slow the heart, and gentle stretches. His therapeutic work is structural massage, also called "deep tissue" or "myofascial release." It uses less oil and slower strokes to reach deeper layers of tissue. It can help prevent and heal injury and improve posture by stretching muscles and fascia.

Anyone who's experienced Jonah's Massage Therapy Sessions can attest to how fabulous they feel, and how good he is at his practice.

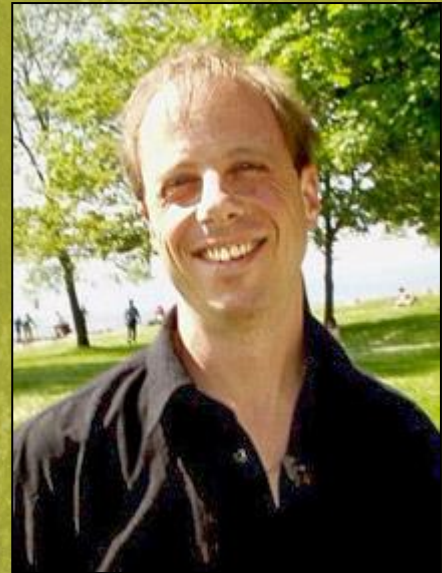
We're having two Massage Therapy Promo Days in January 2014:

**Friday, January 10th
11am – 6pm**

**Friday, January 24th
11am – 6pm**

**60 minute Massage is Half Price
at \$40.**

Book Early to Reserve your spot!



*Jonah Winters
Registered Massage Therapist &
Certified Spa Therapist*



An Introduction to Dowsing



with Margaret Byl



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Dowsing has been used for hundreds of years to find water, metals, gemstones and oil, in addition to spiritual & paranormal uses.

Join Margaret and learn about the practice of Dowsing

Wed, Jan 15th 7-9pm

\$45 includes handouts
& your own set of Dowsing Rods.

**\$25 if you have your own rods.*

Don't miss this unique experience!

Send us an email to Register...



Frantastic Davis

Spiritual Consultant

Frantastic Davis is a mother & grandmother from the Six Nations Territory of the Grand River. She is the founder of Two Row Education Services, and author of "Creating the World You Want – The Seven Grandfather Teachings 28-Day Reflection Journal".



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SEVEN SPIRITUAL DAYS



Learn about these Ancestral Teachings and how to incorporate them into your daily practices to live a more balanced & positive life.

Join Us!

FRI, JAN 17TH 6-9PM.

Stay tuned for more details about Fran's new book & her spiritual teachings.



Frantastic  *Health*

Two Row Education Services

Intuitive Tune Up Workshop



with Christine Whelan

Lightworker, Intuitive Consultant,
Spirit Advocate & Counsellor

Don't miss this opportunity,
Contact us to reserve your spot!



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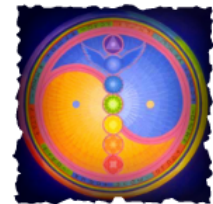
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This Workshop has the potential to:

- sharpen your personal protective tools
- guide you to relax, visualize, and look inward
- assist you in experiencing mental housecleaning
- teach you how to tap into your emotional guidance system
- address barriers to connecting with your intuition such as a self-defeating, conditioned belief system
- raise your energetic vibration level
- help you heighten your connection to the Universe

It can provide tools to help:

- deal with making small and big, life decisions
- you stay on your life path
- choose positive people in your life
- you meet your own needs
- with health and safety issues
- with self-care and balance
- you achieve your goals



Tues, Jan 21st 6:30-9:30pm \$40

Join Us!

MOON GODDESS WORKSHOP



With **Jituska Triesz**

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



The Spiritual Spa

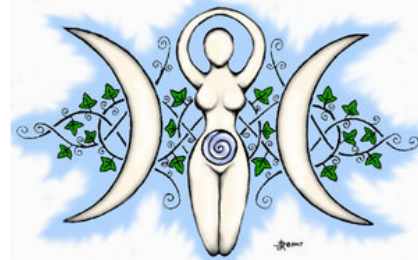
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Achieve a sense of Spiritual connection to the universe that you so strongly desire by actively participating with the Moon's cycles.



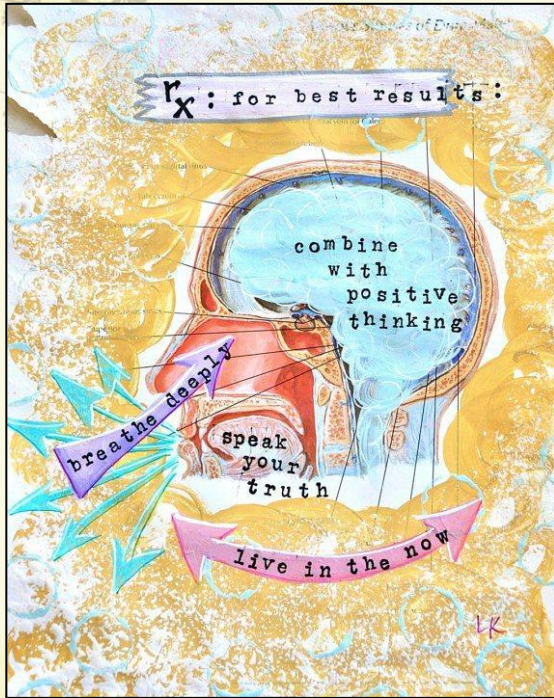
This will be an interactive sacred space where we will touch upon all lunar aspects, including her phases, and movement through the elements and signs.



There will also be a New Moon meditation to set our intentions for the next Moon cycle.

Thurs, Jan 30th 7-9pm \$40

*This is THE path to getting in touch with your Inner Goddess!
Space is limited, Email us to reserve your spot.*

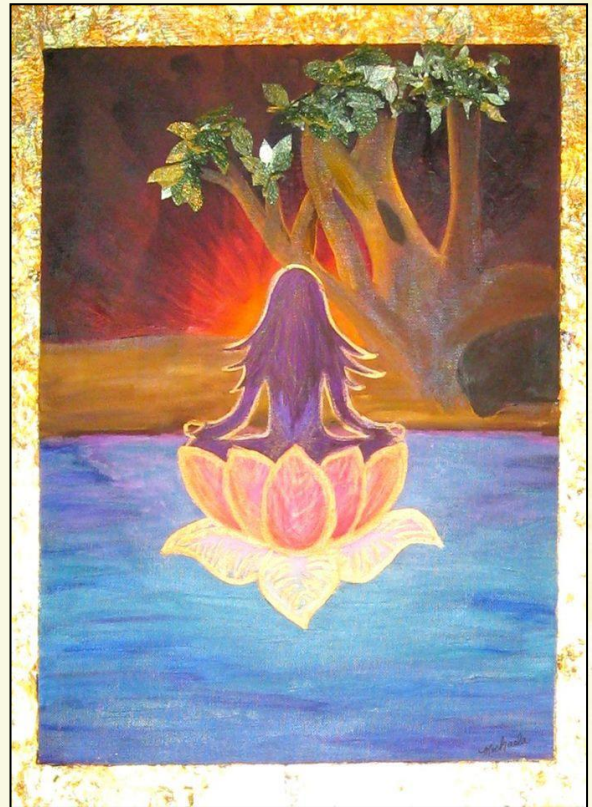


What lies behind us and what lies before us are tiny matters compared to what lies within us.

Henry S. Haskins



Stay Tuned for more Events & Promotions at The Spiritual Spa!



I believe that unarmed truth and unconditional love will have the final word.

Martin Luther King Jr.

Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate:

only love can do that.

Martin Luther King Jr.

Mon, Jan 20th is Martin Luther King Day



Congrats to Laura, Scherri & Mary who completed their Level 2 Usui Reiki Certification!

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.

Course fee is \$150 and includes refreshments, light snacks, Course Reading Package & Manual, Certificate upon completion, and Continued post-class guidance, help and mentoring.

Contact Tracy to reserve your spot for the next Reiki Certification 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

Course fee is \$200 and includes refreshments, light snacks, Course Reading Package & Manual, Certificate upon completion, and Continued post-class guidance, help and mentoring.

Usui Reiki Master Level with Tracy Kennedy

Tracy will be offering a Master Level Usui Reiki Certification course in January. Be attuned to the Master Level symbols, and learn how to pass on your Usui Reiki knowledge to others. Stay tuned for details on date and time; contact Tracy if you're interested.

"On my completion of Level 1 Usui Reiki, I want to "Thank" my teacher Tracy Kennedy. You are a Wonderful Healer and Teacher of Usui Reiki! From the moment we connected I knew that you would be able to lead me in the right direction. Since our first class 3 weeks ago I have undergone a "Huge Shift", evolving at a quick rate, I have eliminated the negative energy from entering my aura, now I illuminate and emanate positive energy healing with love. Introducing me to Reiki has changed my life!!" – Laura C.

The Spiritual Spa - Notes



- ❖ We have a bus stop right in front of our door (#6 Lake St. Bus).
- ❖ We offer Brock & Niagara College students special Reiki healing rates 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.
- ❖ 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.
- ❖ Parking is available on James Street (metered) or on the surrounding side streets (free).



*The only journey
is the journey within.*
Rainer Maria Rilke

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Holistic Healing and more...



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