

# The Spiritual Spa

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

[www.thespiritualspa.ca](http://www.thespiritualspa.ca)

FEBRUARY 2014

VOL. 2 ISSUE 2

## **February – The Month of Love**

February is a chilly month for us in Southern Ontario, it is the time of year when we feel we've had enough of winter and we may even feel a little blah. We're ready for Spring, and we start fantasizing about warmer weather and puttering in the garden. February is also the month of love – St. Valentine's Day at the mid-month marks a day where we celebrate romantic love, or just love in general. It can be an uncomfortable time for those who are not in relationships, or for those who have lost significant others. It is sometimes jokingly (and painfully) referred to as 'National Singles Awareness Day'. We're surrounded by hearts and cherubs in retail stores, and reminded to buy candy and flowers for those near and dear to us. It can be a bittersweet day for many who are alone, or in unhappy relationships.



Picture Credit: <http://bit.ly/1b01i71>

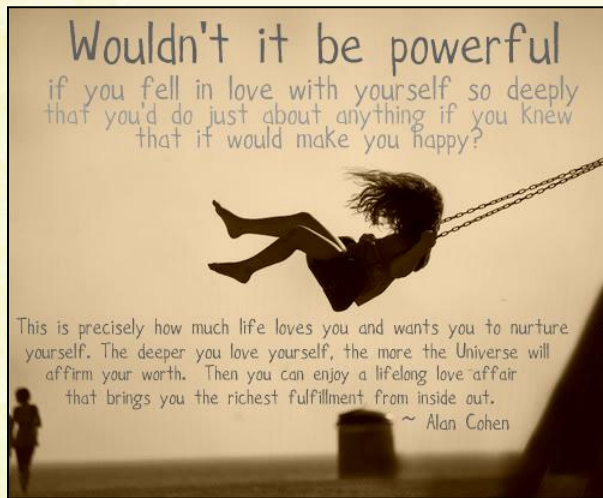
While Valentine's Day is typically presented as a day of expressing love for others, I'm going to suggest that we all take the time to consciously and actively think about and work on expressing love for and towards ourselves. Working from the Heart Chakra, think about how you feel about yourself, and whether you give yourself enough love and appreciation. You are worthy of love, and you're worthy of your own love. How can you expect others to love you, when you don't love yourself? Think about how you treat the people you love – now turn that on yourself. If you were to take yourself on a date, what would say? What would you do? How would you treat yourself? How often do you buy yourself flowers? How often do you take a moment in the mirror and say – hey, you look great today! How often do you look into your own eyes in the mirror and say I love you? How often do you treat yourself to a spa day or even something as simple as a cooking special dinner for yourself, or even go to or rent a movie? What do you do for yourself to show appreciation, respect and love of Self?

During this month, I encourage you to focus on how you treat yourself and work on loving yourself – truly and deeply. You are worthy. You are divine. You are lovable. You are a good person. You deserve love, and importantly you deserve your own love.

Sending you Love & Light. <3 *Tracy*

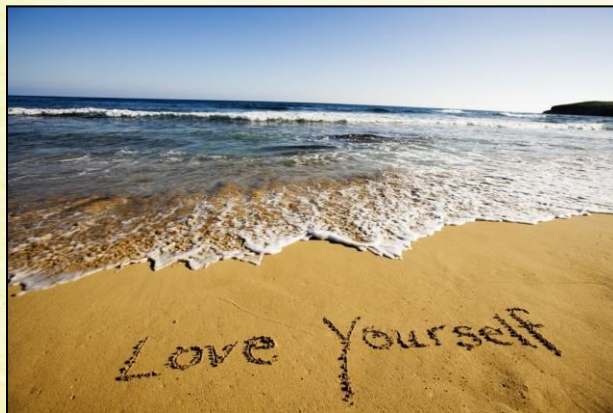


## Love Yourself...

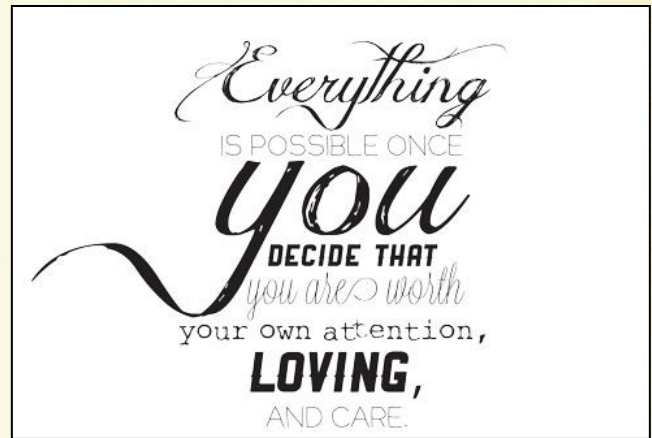


Picture credit: <http://bit.ly/1lz7Dea>

Stop hating yourself for everything you aren't.  
Start loving yourself for everything you are.



Picture credit: <http://bit.ly/1iqh410>



Picture credit: <http://bit.ly/1k99mol>

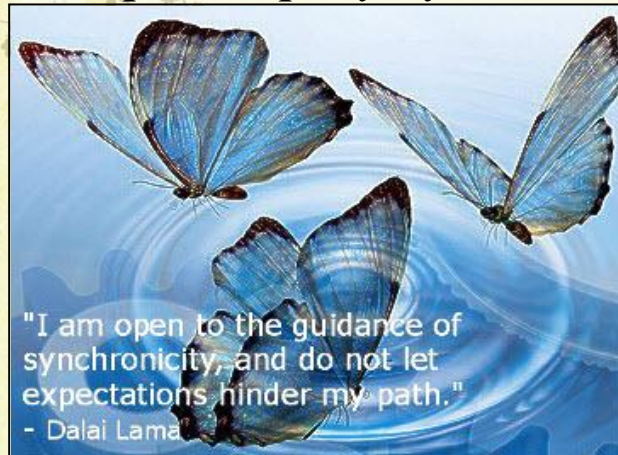
*To love oneself is the  
beginning of a  
lifelong romance...  
– Oscar Wilde*



Picture credit: <http://bit.ly/1c15m1z>



## *I Saw the Sign, and It Opened up My Eyes...*



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

Being busy is a state that people are constantly in; it is how our society is structured. Our minds are full of things; we're constantly thinking and focused on the hundred or so tasks we need to do and take care of. One of the hardest things to learn is to how to still the mind, and certainly one of the biggest barriers for people when they try and meditate. When we're in this busy mental state, it's easy to go on 'automatic pilot'. We miss what's really going on around us, and we overlook the signs and synchronicities that are out there, and often right in front of our noses.

Synchronicities and signs, or tid-bits of information are clues from the unseen world around us. Carl Jung discusses it with respect to the collective unconscious, and The Celestine Prophecies also talk about it. Call it what you will, the Divine, the Universe, our Higher Self, Our Spirit Guides etc, often provide us hints to help us solve our problems, or help with what direction to go in when we're trying to make a decision about something, or even just to offer us strength during difficult and trying times.

When I was thinking about articles to write for this newsletter and the blog, I was toying with some ideas but couldn't really decide.

Then, the Ace of Base song – "The Sign" kept popping up – on two different radio stations at different times of the day, at the thrift shop, and then at the grocery store. I thought to myself, it's not a new song, why does it keep showing up? And so, I decided to ~~write~~ write a piece about synchronicities and signs. It was a good reminder to me how the unseen world speaks to us, but how easy it can be to miss these signs – even when we feel we're in tune, the exterior world can still fill our minds and clog our cosmic flow.

Does the same number or sequence of numbers keep popping up everywhere you look? Does a particular song keep popping up in various locations? Does a certain animal keep revealing itself in different places? Do some topics keep coming up in conversations with different people at different times? Does a person's name keep showing up? Have you ever experienced a strange sequence of events that all seem related? Go beyond notions of coincidence or fluke events; pay attention to patterns of tid-bits that keep surfacing for you. What does it mean to you? Why is the pattern significant?

When we take the time to observe the world around us, we can really start to 'see' things differently and experience the world around us in a very different way. In hearing this song (and I don't even like the song really) in all these different venues, I was reminded to stay in tune and listen, to see, to feel and experience what is going on around me. Sometimes when we ask for guidance from our ethereal helpers, help can come to us in various ways, sometimes very overt and 'in your face', and yet other times very subtle – like in synchronicities, signs and patterns. To borrow the phrase from the X-Files, 'the truth is out there', we just have to notice it is being presented to us and shared with us. And so, a good reminder that we all need to stop, take a deep breath and really look at the world around us, as it interacts with us continuously.

Namaste. *Tracy*



# Massage News & Science

A summary of interesting discoveries -  
from Jonah Winters. Read the full stories at  
[www.wintersbodyworks.com/news](http://www.wintersbodyworks.com/news)

## *The sense of touch can communicate many emotions*

We have a built-in ability to decode emotions via touch alone. In a recent experiment, volunteers attempted to communicate emotions to a blindfolded stranger solely through touch. Participants were able to communicate eight distinct emotions — anger, fear, disgust, love, gratitude, sympathy, happiness, and sadness — without the subject even seeing or hearing them.

Other studies have found that seemingly insignificant touches yield bigger tips for waitresses, that people shop and buy more if they're touched by a store greeter, and that strangers are more likely to help someone if a touch accompanies the request. It's a brief reminder that we are, at our core, social animals. Lots of times in these studies people don't even remember being touched. They just feel there's a connection, they feel that they like that person more.

— see "The Power of Touch" in *Psychology Today* (March 15, 2013)

## *If you have an old injury that nothing fixes, it could be in your fascia*

Fascia is a major player in every movement you make and every injury you've ever had, but until a few years ago nobody paid it any attention. And now they're making up for lost time. Fascia wraps around each of your internal parts, keeping them separate and allowing them to slide easily with your movements. It's strong, slippery and wet. It creates a sheath around each muscle and connects your organs to your ribs to your muscles and all your bones to each other. It structures your insides in a feat of engineering to create a mobile, flexible and resilient body unit. While anatomy books list 600 separate muscles, it is more accurate to say that there is one muscle poured into six hundred pockets of the fascia. But fascia isn't just plastic wrap. It can contract and feel and affect the way you move. It's our richest sense organ, and it responds to stress without your conscious command. If you have a nagging injury or just don't feel right lately, see a myofascial therapist. There are different philosophies and methods, ranging from the aggressive to the gentle. Some methods are similar to massage, while others concentrate on long assisted stretches.

And some methods just teach you how to move more freely, like the Alexander Technique long embraced by dancers and gymnasts.

— see "Understanding Your Fascia: Fascia may be the missing piece for your lingering injury" in *Running Times* (June 10, 2011)

## *Statistics and studies show the benefits and growth of the massage industry*

Research suggests that massage therapy can alleviate cancer-related pain, boost the immune system, lower blood pressure and stress levels, reduce headache frequency and ease alcohol withdrawal symptoms, among many other things. Just one session of massage can decrease levels of stress hormones and increase the number of immunity cells.

It's also a growing profession. *Businessweek* ranked massage therapy one of its top 10 careers and *U.S. News and World Report* named it one of the 50 best careers. The public's increased awareness of massage therapy's health benefits comes partially from the West's recent fascination with wellness, or the holistic approach to physical, mental and social well-being that today involves alternative medicines such as massage therapy and acupuncture. "I would say within the last decade, we've seen a trend more toward alternative medicine, which is preventative health care rather than the traditional model of sick care where you go to the doctor only when sick," said an instructor at the National University of Health Sciences. "One of the reasons why complementary modalities are becoming so popular is people are just tired of being sent home with a pill."

- see "Massage therapy leaps in popularity as a treatment and a career" in *Get Healthy* (February 28, 2011).





## ○ 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.

**Friday, February 21st**

**11am – 6pm**

**60 min Massage \$80**

**Half Price at \$40.**

*Send us an email to reserve your time.*

Can't make it that day?

Purchase a Special Valentine's Day  
Gift Certificate for yourself or as a

Treat for someone else  
and schedule another day!

**60 min Massage \$50 – Save \$30!**

Special runs Feb 6<sup>th</sup> – Feb 14<sup>th</sup>

Contact us via email to arrange purchase.  
healing@thespiritualspa.ca



*Jonah Winters  
Registered Massage Therapist &  
Certified Spa Therapist*





## 'Soul Realignments' to your Truth with Eva Lukas

Are you still stuck in the energy of lack of self love and low confidence? Living on the hamster wheel of drama and trauma? Every day is groundhog day of repeated patterns of why does this always happen to me? Feeling stuck and broke despite having tried all ways to create abundance in your life? The Law of Attraction works for everyone but ME! I keep attracting the same kind of people to me.

Are you ready to:

- Open your heart and receive profound inner truth and create your full potential?
- To align with the LOA (law of attraction)?
- Experience inner connection and joy that this Universe wants you to have?

Each month will be a unique collection of awareness, a guided meditation or a healing technique that will create an inner/outer shift(s) for the individuals attending.

You will have experiences in:

- Become more aware and how to use it in your everyday life
- How to use your Intuition to your full potential
- How to call in your angles, archangels, spirit guides, source and more
- You will grow personally and spiritually
- Letting go of Fears
- Co-Creating with the Universal Laws
- Creating relationships within our group and many more surprises



Eva Lukas  
eva@evalukacs.ca  
www.evalukacs.ca

My goal is to help you gain spiritual experiences, and attain a deeper understanding of these experiences. Learn how to apply simple and practical techniques that bring expansive spiritual meditation into your daily soul experience.

Join Eva Lukacs at The Spiritual Spa to experience monthly 'Soul Realignments' to your truth. Uncover the various energetic blocks and interferences that are affecting you mentally, emotionally, and physically, so that you can create clarity of life purpose.

Our First Gathering is:

**Thurs, February 27<sup>th</sup>**

**7pm-9pm**

**\$10 Donation**

For this Introductory Gathering

*Seating is limited.*

*Please email us to reserve your spot.*



## Life Path & Purpose Intuitive Readings



with Christine Whelan

Lightworker, Intuitive Consultant,  
Spirit Advocate & Counsellor

Take a look at what you put on  
your path for 2014!



**The Spiritual Spa**

185 James St. St. Catharines, ON

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Facebook.com/spiritualspaniagara

Twitter @spiritual\_spa

Christine believes we all create our paths before we are born to each lifetime in partnership with a higher presence. She believes in the highest gift of freewill.

*It is a part of my life contract to help you  
visualize your life contract.*

- Your life is meant to have direction
- Your life is meant to have purpose.
- We are all meant to be doing something great right now.

And that includes you!

*1 hour of undivided attention, positive energy  
& a new, wonderful perspective into your life!*

**Tues, Feb 25<sup>th</sup> 1-9pm \$60**

Times: 1pm; 215pm; 330pm; 445pm; 630pm; 745pm.

Don't miss this opportunity,

Contact us to reserve your spot!

More info is on Christine's website:

<http://bit.ly/1d3lhU>

## NEW MOON MEDITATION



With **Jituska Triesz**

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



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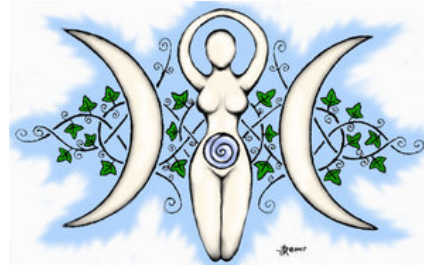
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Join us for a **New Moon** Meditation to set our  
intentions for the next Moon cycle & then learn  
about what your **Moon Sign** is!



Where are you really coming from?

What does your Natal **Moon Sign** mean?

How is it different from your Sun Sign?

How can your **Moon Sign** help you navigate  
through the days of your life?



**Sat, Mar 1<sup>st</sup> 12-3pm \$40**

We also have some special bonuses lined up for you!

Space is limited, Email us to reserve your spot.



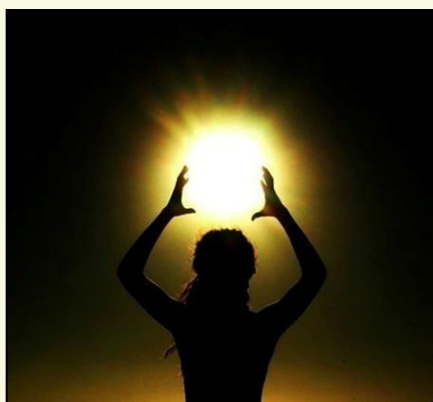
## *A Gathering of Knowledge Sharing...*



*Join Tracy for a gathering of knowledge sharing on Friday evenings on various topics of interest to those on their Spiritual Quest...*

The purpose of these gatherings is to explore various topics of interest to the Spiritual Community, and to share our knowledge so that we may live more balanced lives.

These knowledge gatherings will be held every other Friday - twice a month - and run from **7pm-9pm**. The cost is **\$20** per session. Registration is required, as these gatherings will be small interactive groups with 6-8 participants.



Picture Credit: <http://bit.ly/N37i4c>

### **Fri, Feb 21st Navigating Empathic Abilities**

This is a session for those individuals who feel they are sensitive to the emotions of others - Empaths. We will discuss what it means to be an empath and how this ability can affect you in both negative and positive ways. We'll address sensitivities to other people's emotions and how this differs from sympathy, in addition to how places and objects can also hold emotions. We'll also talk about how to determine your own emotions from other people's emotions, with some insight into creating emotional boundaries.

### **Fri, Mar 7th Healing with Crystals**

In this session we will discuss how we can use Healing Crystals in our daily Spiritual Journey. Of particular interest and focus will be Crystals that protect against and repel negativity and unwanted Energies that may surround us. We'll talk about which Crystals to use and how to use them, and also discuss how to create elixirs and Crystal Grids for personal use.

### **Fri Mar 21st Grounding & Protection**

In this session we will talk about various methods and approaches to staying grounded and protected. We will discuss how to keep ourselves energetically grounded, and how to create energetic boundaries for protection from unwanted energy, emotions and negativity around us. We will also address energetic protection for your home, personal belongings, and also how to extend this to our family, friends and loved ones.

### **Fri, Apr 4th Connecting Energetically with the World around Us**

In this session we will discuss the Energetic World around us and within us. We will talk about the premise of Energy & Vibration, and how we are energetically connected with people & animals, and the natural & human-made world. The goal of this session is to become aware - to see, feel, listen and sense - and to talk about how we can positively interact with the spaces & places we exist within.





### 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.

**Sat, Feb 22<sup>nd</sup> 10am-3pm**

Email Tracy to reserve your spot.

## 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.

**\*Personal Scheduling Available for this Level.**

### Usui Reiki Master Level with Tracy Kennedy

Tracy will be offering a Master Level Usui Reiki Certification course in the Spring. 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

Visit [Angel's Landing](#)



Join the [Spiritual Niagara](#) Community!



Check out [Frantastic Health](#)



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



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

## *The Spiritual Spa*

185 James Street St. Catharines, L2R 5C4

By Appointment Only

289-990-3324

[www.thespiritualspa.ca](http://www.thespiritualspa.ca)

[healing@thespiritualspa.ca](mailto:healing@thespiritualspa.ca)

[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.