

The Spiritual Spa

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

JANUARY 2014

VOL. 2 ISSUE 1

Welcome to 2014!!

Here we are, another year has passed and a new one has begun. For some of you this may be a great relief; 2013 was a year where many old issues surfaced in order to be processed and cleansed. In 2013 we cleaned out our emotional and spiritual closets, making room and preparing for what's next. At times this was painful and trying, yet as we purged old baggage we felt some sense of relief, and felt hopeful for the days ahead. A fresh start with a new perspective.



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

2013 was a 'cleaning out the closet' type of year, and many of us found others who were going through the same thing. It was a year where many of us came together; we reached out to the spiritual community around us and discovered new 'old' friends – kindred spirits that we have

travelled with before in various capacities: other lifetimes and on different ethereal planes. And while we sorted out some of the baggage that we still clung too (sometimes by choice and sometimes not), we felt some sense of relief that we were not alone in our personal struggles. We joined together in healing circles, workshops and seminars to share our joy, pain and daily challenges of being human. Our communal time together somewhat eased the daily challenges we felt in order to live in the light and lead a balanced spiritual existence in this lifetime.



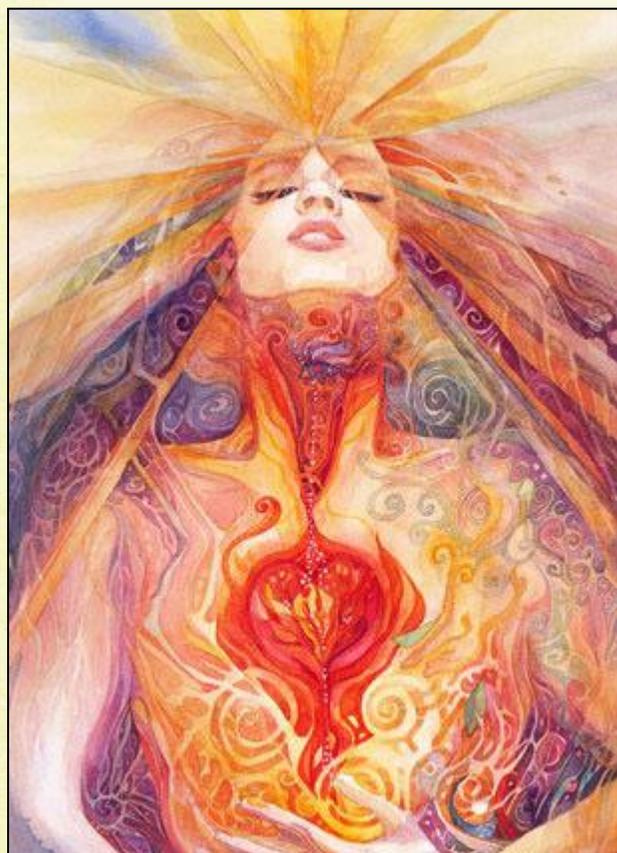
Picture Credit: <http://bit.ly/KTJ4s3>

We've done our internal spring cleaning (for this round anyway), so what next? Most of us have probably made some resolutions or set new goals for the coming year. 2014 is the year to take charge and move forward – both individually and as a spiritual community. I'm really looking forward to continuing this spiritual journey with you. Thank you for being a part of my 2013.

In Love & Light. *Tracy*



Reverend Gail Ingwall
Reiki Master, Meditation Instructor,
Minister



Picture credit: <http://bit.ly/1cOag4r>

A Happy New Year Prayer



I stand at the brink of a brand new year. My imagination is heightened with thoughts of all that I can be. I release any thoughts of lack and limitation as I open my arms to receive.

I know that my Good is here for me, I simply open my heart, my mind, my consciousness and allow all my blessings to spill into my life. I take no thought of what form they will take, or how they will materialize, I simply am clear, calm and in the center of my universe in the present moment.

I am blessed this year with vibrant health and well being, abundant financial good, loving relationships, and many fun and happy times. Every cell in my body is celebrating and opening to receive, receive, receive.

I am so grateful for my life, for everyone in it, for all my good. I stand at the brink, knowing the petals of Mystical Creative Energy are caressing me now. And so it is.

Happy New Year
Rev. Gail

2014 – The Year of the Horse



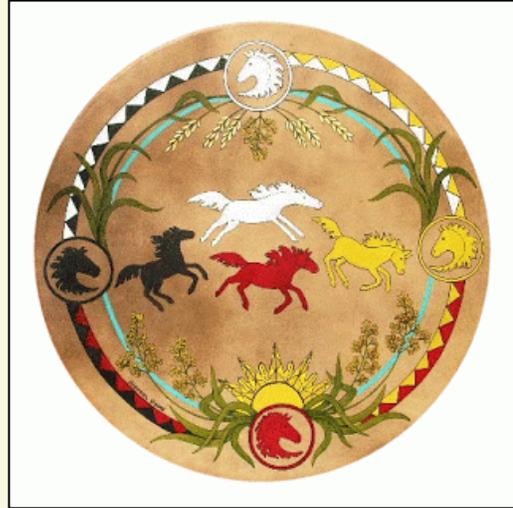
Picture Credit: <http://bit.ly/JQ43LE>

In Chinese Astrology, 2014 marks the year of the Horse – one of Chinese Culture's favourite animals. The Horse, a fire element, denotes good luck, fortune, travel, competition, victory, and power. Horses are social animals connected to the colour red and the emotion of Love. Specifically, 2014 is the year of the Green Wood Horse. Susan Levitt offers this overview of the coming year:

The Wood Horse year is a time of fast victories, unexpected adventure, and surprising romance. It is an excellent year for travel, and the more far away and off the beaten path the better. Energy is high and production is rewarded. Decisive action, not procrastination, brings victory. But you have to act fast in a Horse year. If you are not 100% secure about a decision, then don't do it. Events move so quickly in a Horse year that you don't want to gallop off in the wrong direction. <http://bit.ly/1h8qxmH>

Horses and Humans have a very special relationship. Because Horses are very intuitive and telepathically communicative with Humans, we have developed a very strong and spiritually connected relationship with them. Horses empowered people to travel farther than they ever thought they could and helped with hunting for food.

The arrival of Horses to the 'New World' in the late 1400s changed the course of history in North America. The use of Horses changed the way people hunted, the way people traded, and importantly the way people traveled. Horses also helped establish and maintain power between Indigenous tribes.



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

A Horse stands symbolically at each of the four cardinal points on the great Wheel of Life. Each of the Four Directions offers a sacred gift of Personal Power and a wealth of corresponding Energetic Wisdom. It is up to us to go out and spiritually seek this knowledge and, once found, integrate it into our lives. Journeying to the East brings us introspection, while heading to the North inspires a healthy blend of innocence and passion. In the West we learn to understand the art of introspection and meditation, and in the south we are offered maturity and judgment. All journeys start with a simple step forward leading to development and enrichment. Promoting a sense of complete freedom, the Horse represents travel of all kinds, both inner and outward; Spiritual (East), Emotional (South), Physical (West), and Mental (North). (Scott Alexander King 2007). 2014 is YOUR year of personal power, reflecting growth and movement into the existence you want to manifest.

Living in the Light – Navigating Daily Challenges

Many of us have a good idea about what we want to do with our lives, and how we want to live out each day. We have a sense of what our life path entails and if we're lucky, we're already dabbling in it and doing our thing (perhaps on a part-time scale). We also have a sense of where our thoughts and hearts should be as we begin our days. We know that our thoughts manifest the world around us; we start off our day with a positive affirmation, a grounding meditation, we tuck our crystals in our pockets and purses, and we fill our hearts with Love and Light and go off to do our daily things. For the most part, we're in a good place, we have our tools and we're ready to manifest what we truly want.

And then, we meet some challenges along the way. We might wake up feeling weird, or have a strange funk hit us in the middle of the day. We might face situations or people that are not energetically in the same place as we are. Sometimes we just feel like we're having a 'bad day'. Arguably, there is no such thing, as each experience is meant to teach us something. But – some days it's just darn difficult to stay positive and stay in the Light.

We might wake up and wonder about the job we're in – the job that isn't part of our path and that just doesn't feel right. We do it begrudgingly. We might ask ourselves - why is it so hard to do what I want to do? Everyone asks this, you're not alone. It's likely that the job you're doing isn't part of your path and you feel that – like you should be somewhere else doing something else. It's important to remember that it's a means to an end – it's a tool to help you get to where you're going. It's paying the bills right now.

Importantly, your job (the one that's not part of your life path) doesn't define you. It's not who you really are. Again, it's an instrument, a stepping-stone. And, although it's sometimes unbearable to be there, it's an opportunity to think about – what can I learn from this?

Are there situations or people here that I need to deal with and work through? How can I put my 'good-mojo' to work here? Think about the ways that you can incorporate the 'True-You' into seemingly unbearable or unpleasant situations. The customer who is yelling at you at the counter, the demanding Boss who's constantly on your back, the tedious and monotonous tasks that you do daily – In what ways can you integrate the True-You into the 'blah' or 'meh' aspects of your day? In what ways can you let Love and Light trickle through into the 'yuck' aspects of your job and social relationships? There's a reason why you are where you are right now. Look for ways that you can shine your Light in places you might feel are dark for you right now. Move from passive to active on *Your* terms. Be grateful for these opportunities, no matter how challenging.

It's easy to feel weighed down by the exterior world around us, especially if you're intuitive or empathetic – and despite the energetic boundaries you've set up for protection. We're still human, and the Ego still plays a role in our existence. Sometimes when we take a moment and evaluate our lives and the changes we want to make, we feel a little overwhelmed. The big picture viewpoint is daunting and huge. You might ask yourself – How will I ever get to where I want to be? How can I possibly make all these changes? How will this all play out? Try not to get caught in the trap of the meta-view. Try and take a more micro-view and take it day by day. What can I do today that will help me get closer to my goals? What can I do in this very moment to help me get to where I need and want to be? Part of this is learning to exist in the 'Now'. We want to be sure to enjoy this very moment, this hour, this day and not be so worried and overwhelmed about the month, the year, the decade. Utilize your spiritual-tools: practice gratitude, use your crystals, say your affirmations, go hug a tree, reach out to a friend, or whatever you use and do to help you stay positive and in the Light. You're not alone, and in truth, you're already on your way to where you want to be. Stay strong. Namaste. *Tracy*

An Introduction to Dowsing



with Margaret Byl



The Spiritual Spa

185 James St.
St. Catharines, ON
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healing@thespiritualspa.ca
www.thespiritualspa.ca
Facebook.com/spiritualspaniagara
Twitter @spiritual_spa

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

Dowsing a great way to connect to the energetic world around us, and also an interesting and insightful way to connect with spirit energy and our guides.

Join Margaret & 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...



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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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!

Massage Therapy Promo

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.

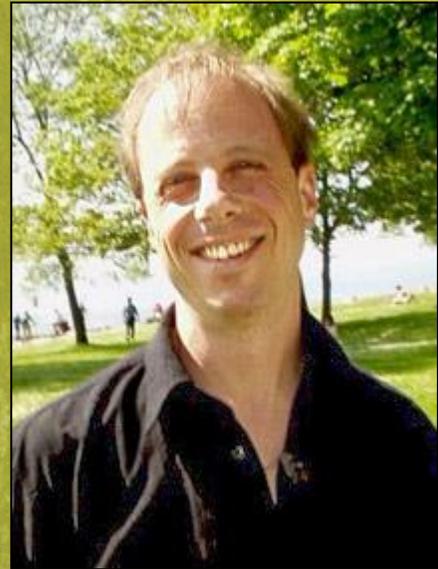
Jonah's spa style is like Esalen, or "deep flow." It emphasizes whole-body integration through breath, long strokes to slow the heart, and gentle stretches. His therapeutic work is structural massage, also called "deep tissue" or "myofascial release." It uses less oil and slower strokes to reach deeper 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, January 24th
11am – 6pm

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

We still have three spots available – send us a message to reserve your time.



Jonah Winters
Registered Massage Therapist &
Certified Spa Therapist



Frantastic Health

Two Row Education Services

SPIRITUAL READINGS & CHANNELING

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 wonder about your spiritual direction?*
- ❖ *Do you wonder about the way your life is? Do you need to make changes but not sure how?*
- ❖ *Do you want to receive a message from your passed loved one?*

FRI, JAN 17TH 1PM-9PM

Spiritual Reading: \$40

Confirms the spiritual door that is open in your life now, looks at where your faith should be, describes your introspection and provides guidance with the wisdom you are seeking (30 minutes).

Overall Reading: \$65

Looks at your past lessons, present experiences, future wisdom, what is working for you and what is working against you (60 minutes).

Channeling Session: \$65

Your passed loved one(s) will confirm who it is coming through to communicate with you. They will provide you with the messages you need to find peace and embrace life again (60 minutes).

Send us an Email to reserve your spot.



*...size garden...
...garden...
...point...*

MOON GODDESS WORKSHOP



With **Jituska Triesz**

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



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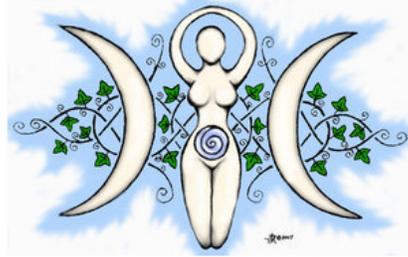
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Achieve a sense of Spiritual connection to the universe that you so strongly desire by actively participating with the Moon's cycles.



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

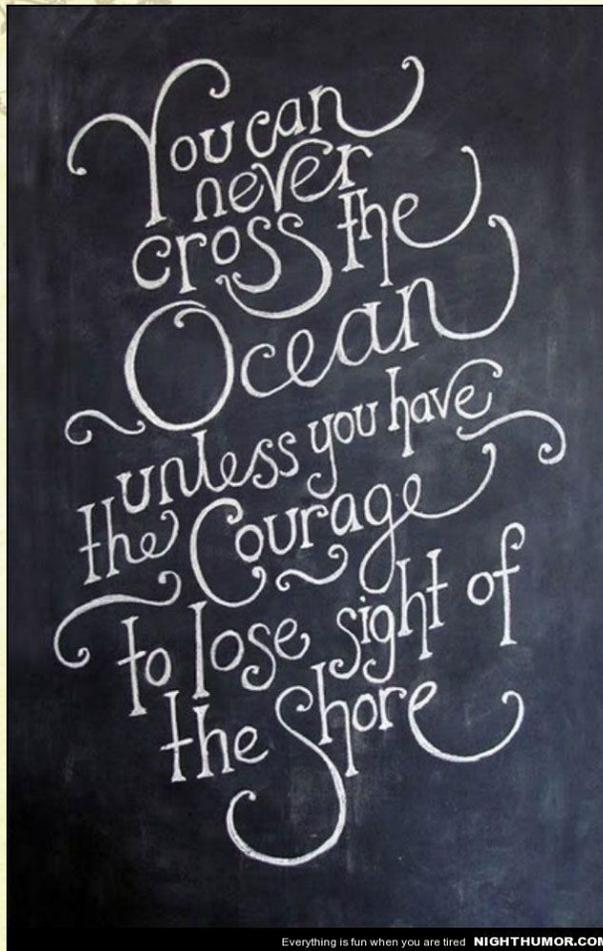
This is THE path to getting in touch with your Inner Goddess!

Space is limited, Email us to reserve your spot.

We started off this year with a New Moon falling right on January 1st in Capricorn. What a great Blessing! We will now have this energy shining its light upon the up and coming Full Moon in Cancer on Monday the 13th. What does this all mean? Typically the Moon in Capricorn represents our career and the Cancer Moon our home life. I will elaborate upon this as I feel this is going to be an especially intense one. The reason being is that Venus is also retrograde. Venus is the archetypical symbol representing the female and the Moon is also the archetypical feminine force. In many cultures the Moon represents our ancestors and our grandmothers. She has much information to help guide us through our cycles. This Moon is asking us to **nurture ourselves** for Cancer is the mother. The time has come (Saturn the ruler of the Capricorn New Moon is the keeper of Time, Cronos) to go deep into ourselves and **re-evaluate what is truly important**. Cancer is personal, it is our intuition. Venus is our values and our relationships (as she is the ruler of Libra, the scales). We need to find balance in our lives. The only way to do this is to find the time to **love ourselves enough to make time for ourselves**. In doing so, everything else will fall into place. This is also one of the lessons of the Moon. We all need time to reflect. As the old Sages always said..."if you want to find peace in this chaotic world then meditate...if you don't have time for that, then meditate some more."

Many Moons Blessings, Jituska

If you are interested in learning more about the Moon's Cycles and how we can integrate them into our daily lives there will be a teaching on the next New Moon in Aquarius on January 30th 7pm-9pm. We will end with a meditation and focus our intent on the next moon cycle.



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



A horse is the projection of peoples' dreams about themselves--strong, powerful, beautiful--and it has the capability of giving us escape from our mundane existence.

- Pam Brown

There is something about the outside of a horse that is good for the inside of a man.

- Winston Churchill

The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit, and fire.

- Sharon Ralls Lemon

My horse's feet are as swift as rolling thunder
He carries me away from all my fears
And when the world threatens to fall asunder
His mane is there to wipe away my tears.

- Bonnie Lewis



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

Coming in February – Stay Tuned!

Christine Whelan – Lightworker 101 Feb 11th
6:30-9:30pm & Reading Day Feb 25th 1-9pm.

Gail Ingwall – Psychic & Mediumship
Development – Wednesday Evenings 7-9pm.

And more!



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 February. 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 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.
- ❖ 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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www.thespiritualspa.ca
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Holistic Healing and more...



*Healing yourself is connected
with healing others.*

Yoko Ono