

The Spiritual Spa

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

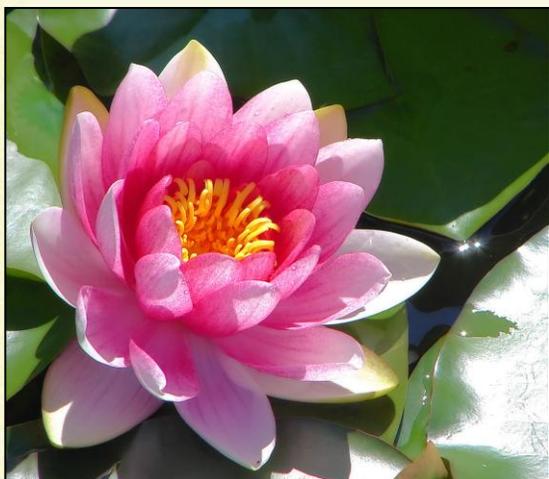
www.thespiritualspa.ca

JULY 2014

VOL. 2 ISSUE 7

Happy July! The heat of the summer has begun, and we begin basking in the light of the glorious Sunshine! Summer is my favourite time of year; I'm thrilled it's here.

We had a beautiful Summer Solstice in Port Dalhousie – what great energy! And, we're finally out of Mercury's Retrograde (yay!). Most of us are recharging with some much needed vacation time – or even just some rest and relaxation in our backyards.



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

We are now entering the seventh month of the year – 2014 is half over. Wow. We're halfway through the year; the seeds we have planted and nourished are blooming beautifully. The flowers are stunning, the herb garden is bursting, and the trees are dancing in the wind.

I find myself revisiting the things I had wanted and planned to do this year – it's time to

check in – where are you at with your goals and aspirations? How about personal growth? Are you still nourishing yourself and your needs? What things are on your to-do list that you still want to do? What's holding you back?



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

Time can slip by us quickly, especially when we're busy. I hope that you remember that your needs are important too, and to take the time for self care. Revisit all of your aspirations for this year and see where you're at, what needs to be done, and what needs to be revised to suit you. Connect with like-minded people for a Spiritual pep-talk and get back on track if you feel you've stepped off the path for a bit. You're worth it! Namaste.

In Love & Light <3 *Tracy*

July Flowers

"Deep summer is when
laziness finds respectability."
~ Sam Keen ~



Picture credit: <http://bit.ly/1jVC9ZS>

"Our fear of death is like our fear that summer
will be short, but when we have had our swing
of pleasure, our fill of fruit, and our swelter of
heat, we say we have had our day."

~ Ralph Waldo Emerson ~



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

See the wind dance with the Trees;
Hear the Birds sing with your heartbeat;
Feel the warmth of the Sun
Shine brightly on your Soul;
Sense the Love that engulfs you...
~Tracy Kennedy~

The Lessons of Trees

Dean Phillips

A river's stream is flowing on, forever in my mind,
The fruits of the tree of wisdom, whose flavours are
all kinds.

Inside these fruits of knowledge
Are treasures naught foretold.
And the skin is but a shadow
Of the glory they will hold.
But how to find the fruits of gold
Is only known to those of old.
Today in whispers bought and sold
Or in caverns deep by explorers bold.
And now these trees are but a few,
Of oak, of maple, and of yew.
They bare no fruits for us to reap,
Their secrets weeping willows keep.
But for those few who watch the wind,
As the tree limbs crash and the leaves do spin,
May come some wisdom, small but true,
That the trees may share with me and you.
We do not seek out moon and stars,
We do not seek out lands afar.
We plant our roots, and there we stand,
And live and breathe on emerald lands.
We bask in both the earth and sun,
We do no harm to anyone.
We have a sense of style we do,
Our colours change with passing moods.
We do not fear the rain and snow,
We know these things will come and go.
All life must end, this we well know,
For beginning the end, means beginnings can grow.
So what do we learn from the bearers of fruit,
Of our lives and the things we have built to suit,
That with roots in the earth and the sun overhead,
Mother Nature will do as mother nature intends;
To nourish, to grow, to live well at ease,
And to always be mindful of the lessons from trees.

What is ~ A Spiritual Warrior? ~

*Selected excerpts from Tracy Kennedy's
forthcoming book*

The term Spiritual Warrior is something that has been surfacing for me for a couple of years now, and the underlying meaning of it has been popping up throughout most of my life. But, what is a Spiritual Warrior? There are numerous ways one can define this term, and there are considerable sources and literature that discuss its meaning. Some of these resonated with me, while others were not exactly what I was thinking and feeling. Over time, I have developed my own understanding of what a Spiritual Warrior is, and what the Path looks like for me. I'd like to share some thoughts on what a Spiritual Warrior means to me.

The Context

Morpheus in film *The Matrix* famously states: "Welcome to the Desert of the Real". The constructed world as we know it is an illusion, a farce, an empty hologram of what is real and true. We have been led astray, filled with promise and hope that materialism will fulfill our inner needs. As many of us have discovered, it has not. We have been socialized from birth to believe that our dreams should encompass expensive cars, large homes, extensive designer wardrobes – that these markers of material success are what will fill us with joy and purpose. We go to work, feed our families, engage in our hobbies, and sleep in our comfy beds. Rinse and repeat. Many people are satisfied and content with their lives and lifestyle, and that is good (yay! no judgement here). For others however, they have had the dream job, the beautiful home and the nice car, and yet they feel a bit lost and empty, their insides cry out and they wonder – *is this all there is? There must be something more. Why do I feel empty and wanting?* There is a disconnect to the bigger picture, and there is a disconnect between

each and every one of us (All are Related!), we feel the burn of individualism and materialism. Western ideologies have taken the Spiritual elements out of our lives – religious teachings often leave us alienated from The Divine/Source/Creator/God, encouraging us to live in fear and not in our Truth, and not in harmony with Mother Earth and the Spirit world.

We're the middle children of history, man. No purpose or place. We have no Great War. No Great Depression. Our great war is a spiritual war. Our great depression is our lives. We've all been raised on television to believe that one day we'd all be millionaires, and movie gods, and rock stars, but we won't. And we're slowly learning that fact. And we're very, very pissed off. (Fight Club)

Indeed, our great war is a Spiritual war, and some of us feel that we must help, to advocate and defend the realm of Love and Light. Spiritual Warriors feel compelled, almost driven, to 'serve' humanity in some way. They tend to want to help those who have wandered, those who have felt lost, alone and useless. How they do so is totally dependent on the individual – from volunteering in a Soup Kitchen, to marching in a civil protest, to speaking out against racism, homophobia and sexism, to providing Holistic and Spiritual Services to their community. A Spiritual Warrior paves the way for a different way of feeling and existing in today's world. Spiritual Warriors all have a role to play – whether small or large, each action is important and serves the greater good. Change the Paradigm notes: *In general, a "Spiritual warrior" is someone who embraces a journey of self discovery in order to benefit others as well as enlighten him or herself.*

Defining a Spiritual Warrior

The word 'Warrior' itself can be misleading and misunderstood. The etymology of the word warrior is rooted in: *Middle English: from Old Northern French werreior, variant of Old French guerreior, from guerreier 'make war,' from guerre 'war' (Etymology Dictionary).*

To be clear, a warrior in the connotation of a Spiritual Warrior is not about violence, nor is it akin to being a soldier, but rather declaring war on modern day hypocrisies and falsehoods that lead us from our Truth and the Creator. A Spiritual Warrior takes action (and sometimes seemingly aggressively or insistently) on things – the shadow world, and on people, places or ideologies - that take people away from their Truth, their life path and purpose, and their connection to Source.

Wikipedia offers a description of a Spiritual Warrior, rooted in Buddhism:

The term spiritual warrior is used in Buddhism for one who combats the universal enemy: self-ignorance (avidya), the ultimate source of suffering according to Buddhist philosophy. Different from other paths, which focus on individual salvation, the spiritual warrior's only complete and right practice is that which compassionately helps other beings with wisdom. This is the Bodhisattva ideal (the "Buddha-in-waiting"), the spiritual warrior who resolves to attain buddhahood in order to liberate others.

This understanding is useful in that it articulates how Spiritual Warriors help others with self knowledge and inner wisdom in order to free others. But what is the root of self-ignorance? In my mind, self-ignorance is not understanding the importance and significance of one's soul and purpose. Each one of us is a beautiful spark of the divine source, and we each have an important role to play in raising the consciousness of humanity and raising the vibration of the planet. Self-ignorance is not comprehending one's Life Path and Purpose. I see the Spiritual Warrior as someone who helps people see, feel, and understand their inner beauty and Truth, and shows them (by example and by teaching) that they have purpose, that they are beautiful, that they are connected to something bigger 'out there' – and that they are not alone.

Characteristics of a Spiritual Warrior

A Spiritual Warrior has an edge, a kick-ass side to their personality.

They are fair, just and very kind, but if you cross their path or do harm to another, you will see a side of them that reveals a no-nonsense fierce personality. Some are quite outspoken and extroverted, while others may be more quiet and introverted. They are also deeply spiritual and feel connected to every living thing on the planet, and have a connection with the universe and cosmos. The Spiritual Warrior has two key aspects of his/her personality - a deeply spiritual side and a fierce warrior side. In the life cycle of discovery for a Spiritual Warrior, they will often discover and develop these aspects of their identity separately. While these two features appear to be on opposite ends of the spectrum, they do in fact overlap and complement each other in many ways.

The first aspect is the Warrior side. There may be a section of her/his life where the Spiritual Warrior will groom and cultivate the warrior aspects of their personality - perhaps within occupations, such as choosing military service or policing, or they may be social activists in some shape or another. They might engage in hobbies that include martial arts or have a stringent fitness routine. A key trigger for Spiritual Warriors are things that are unjust and unfair. As such, many Spiritual Warriors have been involved in activism and advocacy for various social causes. They have always felt the drive to challenge and eradicate various social injustices that occur around us in the world today - from environmentalists, feminists, gay rights activists, and more. The actions of the warrior side can manifest in numerous different ways - from challenging bullies on the playground, to writing letters to editors or corporations, to marching in civil protests. The Spiritual Warrior feels the need to protect and fight for the underdogs in society, or those who cannot fight for themselves or have a voice that is legitimated. By fighting I do not necessarily mean physical combat (although some do engage in this practice by enlisting in military services and going off to war), but the combat of the Spiritual Warrior

often entails verbally and intellectually challenging people and situations that do not serve the higher good and collective consciousness of people, animals, plants and minerals on the planet. There is a drive to 'protect and serve'.

The second aspect of her/his identity that the Spiritual Warrior learns to cultivate is the Spiritual side. Spiritual Warriors will have an innate curiosity about spiritual things; they might read about different religions and cultures or perhaps practice meditation and yoga. Spiritual Warriors may have regularly attended church at some point in their lives, and they may have questioned and challenged the religious practices of the church they attended, finding contradictions in the scriptures, or feeling as though their spiritual fire is not fueled by organized religion. Many leave the church in frustration and with distaste for organized religion in any capacity. These Spiritual Warriors may have a harder time overcoming negative experiences within their religion, and may have a difficult time untangling religion (exterior) from spirituality (interior). While some Spiritual Warriors have always felt a connection to a divine source, others go through a time of discovering spirituality and what that means to them. At some point a door opens, and the Spiritual Warrior sees the crack of Light shining through; they are curious and go on to explore the meaning of that Light and what role it plays in their lives. The spiritual journey often begins with a feeling of disconnection, a feeling of longing, but not knowing what that yearning or need is.

One of the challenges for Spiritual Warriors is to learn how to bridge these two aspects of their personality. Some may go through a time that favours either the warrior side or the spiritual side, but realizing that they still feel somewhat incomplete. As such, there is a need to be true to both the warrior within you and the spiritual side of you. Many feel that this cannot be achieved, that they must exist separately from each other, and many live their lives in this way, wondering why there is a disconnect within themselves.

Part of the problem lies in expectations - both of what it means to be a warrior and what it means to be spiritual. There is a notion that Spiritual people cannot have an edge to them, and that warriors cannot have a metaphysical side to them, and as such both aspects are kept separate. Much of this stems from popular culture - visuals of sacred gurus from India or priests in white robes that are depicted as legitimate Spiritual Teachers; visuals of warriors who are physically strong and muscular, well trained in the art of warfare and military tactics. Both extreme depictions are so heroic in nature that an average person would not only feel unworthy of these terms, but that they are absolutely unattainable for the average person.

We also face existing stereotypes: spiritual people are pot-smoking hippies going through a mid-life crisis, who are engaging in air-fairy metaphysical fluff, whereas warriors are perceived as blood thirsty, harsh and somewhat unfeeling. Spiritual Warriors must learn to appreciate and embrace both aspects within them because both are a part of their identity, and their life-path and purpose. It can be done, and there is a reason why you have developed or are developing these aspects of yourself.

To win the war against fear requires awareness, courage, discipline, and commitment to transform the emotional body. Gary van Warmerdam also offers some interesting insight into what he feels are some of the characteristics and traits of a Spiritual Warrior:

Awareness: Self awareness is the clarity to know who and what you are, and not get caught up in self important images of ourselves.

Courage: The Spiritual warrior has the courage to question and challenge his or her own beliefs. By challenging our own beliefs we can dissolve the lies that cause our suffering. To challenge our own beliefs requires courage because it means the end of our illusion of safety.

Discipline: The Spiritual Warrior is disciplined to continue on with their path when faced with challenges from their mind [and from society]. A warrior must exercise their own will at the

command of their heart, not an outside authority figure.

Love: The Spiritual warrior must have the commitment to love him/her self. The warrior then extends that love to humanity.

The Call to Serve

Accepting and balancing the warrior and spiritual aspects of one's identity will allow the Spiritual Warrior to grow and flourish - both internally and externally. Understanding that this seemingly unusual bridging of personality types is meant to arm you in your life path and purpose. Typically a Spiritual Warrior will face a moment in their lives where they feel disconnected, and will wonder why they feel it. Spiritual Warriors may feel they have a calling, but are unsure what it is, what that means, or how to go about it. The call to service - broadly - is strong for Spiritual Warriors. Many have already been in 'service' positions; occupations that help people, animals or the environment in some capacity - they may be paramedics or firefighters, veterinarians, social workers, personal support workers, ecologists, or they may be volunteers for the red cross, help at food drives, and so forth. Spiritual Warriors have always felt the need to help in some way, to contribute and be productive - to have their lives mean something in the greater spectrum of things. Because of this, you will often see Spiritual Warriors try many different jobs and occupations, continually searching for something that will fill that need to serve and to give their lives meaning and purpose. While some of these occupations and volunteer positions are somewhat satisfying for a time, the drive, the itch, the desire for something intangible continues. Ultimately, there is a realization of the need to be in spiritual service to humanity and all living things.

There are numerous Spiritual Warriors out there expressing themselves and 'serving' in various ways. Warrior Spirit - a like-minded individual, also on a Spiritual Warrior Quest writes this:

What unites all these different kinds of warriors, despite their differing loyalties and methods, is their dedication to a cause. More than anything else, the name Warrior (as opposed to bandit, pirate, fighter, brawler, soldier, etc) evokes images of a person fighting for something or someone. The Warrior, more than ~~other~~ members of the community, places his body, mind, and soul, often his very life, at the service of some cause he believes in.

What does it mean to Serve? What actions do Spiritual Warriors take? What actions can they take? How we choose to Serve will depend on the personality of each Spiritual Warrior and where they are at in their life path, Be it large or small, each action and each movement will play an important role in the lives of people, animals, and plants - all living things - on this planet (and the cosmos).

Perhaps the Spiritual Warrior says hello and smiles to everyone they meet throughout the day; perhaps they are kind and compassionate to their customers and clients at their workplace; perhaps they offer holistic services to their community; perhaps they offer to teach and mentor those who are questioning; perhaps they create and maintain a community garden for all to enjoy; perhaps they donate their time at an Animal shelter or foster kittens; perhaps they offer nurturing motherly love to people (friend and stranger alike) around them who feel lost and alone - the possibilities are endless - all unique and all important. After all, the objective is to live in love and light, to offer love and light to all living things (seen and unseen), to help others find love and light and their path and purpose, and to support one another in any way that we can. I have been very blessed to have met many Spiritual Warriors in the last year; all unique individuals who are threaded together and connected by Love and Light and the drive to Serve.

Perhaps some of this has resonated with you and you feel drawn to these words and the characteristics of a Spiritual Warrior. Are you a Spiritual Warrior? If you're questioning it, then

you probably are, even if not all of these words apply to you. Know that there are others that will stand by your side in your advocacy and in your Service. Noting that one is or is not a Spiritual Warrior is meant to build community, not impose hierarchies of power over one another (we are all worthy, valuable and of the Light – no one is better than another). My intent here is to share my Spiritual evolution and growth in order to help and empower others.

Perhaps after reading this you have discovered that you are in a place where you are feeling a bit disconnected and out of sorts and that you need to reach out to someone who can help, be it a Spiritual Warrior or even just a like-minded friend to talk to. First, know that you are not alone and that your feelings are acknowledged and understood. Reach out to someone around you for help (or even just a coffee or tea), or for support, or for some answers – you'll know a Spiritual Warrior when you see (and sense) them (they might even show up at your door, as they have an uncanny skill in knowing when and where they are needed). They will be there for you. Importantly, understand that you deserve to be happy and feel joy, and that feeling disconnected and empty is no way to spend your years in this body on this planet.

And so fellow Spiritual Warriors of the Light, I thank you for listening and reading this excerpt. I will leave you with an interesting poem that I found. Namaste & *Faugh A Ballagh!* (An Irish battle cry meaning "Clear the Way!").

Tracy

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Spirit Warrior

References

<http://bit.ly/1pJV6qy>
<http://bit.ly/1qmRcSe>
<http://bit.ly/1o9vyOb>
<http://bit.ly/Ve07Kb>

By: Ryan Androsoff

I am a Spiritual Warrior.
Love is my only sword,
Faith my only shield.
Truth my only map,
Wisdom my only commander.
I stand for all that is good,
I protect the light.
I reject all that is evil,
I conquer the darkness.
My wars are not fought on the battlefield.
Wherever there is ignorance, hatred,
suffering or fear I wage war.
Wars not fought with bombs and bullets.
Wars where blood is not spilt or lives destroyed.
Wars fought only with truth and light.
Wars where evil is conquered and darkness
destroyed.
I fight for no country or army.
No leader, money or power.
I fight for the spirit of creation.
I fight to clear the way so it's love and goodness,
may once again embrace all creation.
I do all this selflessly and with humility.
I cleanse my body, temple of the creative force.
I live in harmony with all things.
I resist temptation and embrace enlightenment.
I vigilantly toil to gain knowledge and wisdom.
And above all I stand firm as a beacon in the
night,
for all mankind to follow.
I am a Spiritual Warrior



Picture Credit: <http://bit.ly/1gF6z6r>

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

Energy Healing Your Pets
Fri, July 11th 7-9pm \$20

In this seminar we will talk about how to help Pets using Energy Healing. You will learn:

- The premise of Energy and the flow of Energy
- How to channel Energy to your Pet
- Animal Chakras
- Hand positions for healing
- Healing Pets with help from Angels

This is an introductory seminar and not a certification course. There is no attunement in this seminar.

**Indigos, Crystal & Rainbow Children, &
StarSeeds**

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

What are Indigos & Indigo Scouts, Crystal & Rainbow children, and StarSeeds? In this seminar we will examine these different soul groups, some of which stem from different Galactic Races. Some argue that these soul groups are incarnating on Earth in order to incite changes in people's consciousness, and that each of these soul groups have an important role to play in human evolution.

Angel Gathering & Drop-In
Thurs, July 17th 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. A Special Angel Guest will drop by to share his/her experiences with Angels & the Angelic Realm. Stay Tuned for more details.



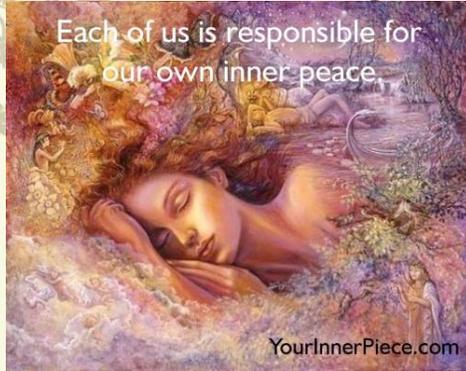
Healing Share/Exchange
Thurs, July 24th 7-9pm

Whether your modality is Reiki, Shambhala Healing, Therapeutic Touch, Quantum Healing, or Energy Healing Broadly – You are welcome to attend this Healing Share and Exchange. No experience necessary, all you need to bring is Love & Light. Please Join Us! Tea, Engaging Conversation, and Recharging Energy will be served. A \$5 donation is appreciated.

Level 1 Usui Reiki Certification Class
Wed, July 30th 11am-4pm

~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?
Part Two: Understanding the Movement & Flow of Energy
Part Three: Learning How to do Reiki
Part Four: Moving Forward
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.

What is Clearing?



Clearing is an active and internal healing process that includes investigating one's attitudes, memories and beliefs. Healing your inner self, your past and current problems, your negative repetitive patterns and emotional issues will lead to full emotional recovery with staying power.

Healing does not always mean that the physical body recovers from illness. Healing can also mean that you have released long held fears and negative thoughts towards yourself or others.

Increasing and continual exhaustion that takes the edge off mental and emotional clarity is an energy symptom that indicates something is wrong in the body. Most people do not consider it a symptom because it's not actually painful. Depression, guilt or anger are other symptoms that all is not well within you. Prolonged negative feelings often precede the development of a physical illness. It takes a concerted effort to shift your mind to allow yourself to heal. Seeing and admitting the truth about ourselves, about our role in creating our own problems and about how we relate to others is vital to you healing your present situation.

Surrendering and going on a journey into the barricades of your subconscious, healing and clearing them out, will create space for new understanding, incredible growth, new potential and an improved authentic you!

Stacey Haluka

www.yourinnerpiece.com

Make a commitment to invest in yourself, to engage in this journey towards a happier and more fulfilling life and you will never look back. You are worth it! Contact Stacey to schedule your free initial exploratory 30 minute session.

Are you looking for the answers to your problems in life? What if I told you that the answers you seek are within yourself?

- You will experience profound emotional healing that has staying power.
- You will be able to move forward with your life with a new sense of direction.
- You will be able to let go of anything that may be holding you back from achieving what it is you are seeking.

Your wellbeing is of paramount importance, don't take it for granted. Without it, nothing else really matters.

As a Clearing Practitioner it is my honour to create a sacred space for you to ensure everything that takes place in a session is authentic communication, without any judgement, in a safe and confidential environment. I am here to assist you in discovering your inner piece so that you will be able to move forward in life with confidence, love, peace and joy. ~Stacey

Contact Stacey today for your free 30 minute 'on your way to inner peace' Clearing Session!
Stacey@YourInnerPiece.com
www.YourInnerPiece.com

*Guiding you through the process of working on your inner piece.
Helping you achieve inner peace.*

Massage Therapy with Jonah Winters



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



The Spiritual Spa

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Massage Therapy – Monthly Promotion
Join Jonah Winters!

Friday, July 18th

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



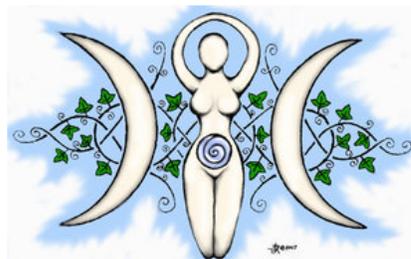
With **Jituska Triesz**

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 Leo



Sat, July 26th

12-1pm \$10



Space is limited, Email us to reserve your spot.



Youth Drop-In



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



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Are you between the ages of 15-25?

And are you interested in:

- All things metaphysical?
- Alternative healing methods?
- Crystals and Gemstones?
- Matters of the Spiritual world?
- Do you have trouble finding people to connect with & talk to about these topics?

Then come drop by for an informal gathering of like-minded youth.

Tues, July 22nd 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.

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

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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.