

# The Spiritual Spa

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

www.thespiritualspa.ca

JUNE 2014

VOL. 2 ISSUE 6

Happy June! We're into the six month of the year – halfway through 2014. Where does the time go? June begins with the sun sign in Gemini and ends in Cancer. June is a beautiful month! With the Summer Solstice arriving on June 21<sup>st</sup>, we're into long days of sunshine this month; much needed after a long winter and the pseudo-spring months. Bring on the Sunshine!



Picture Credit: <http://bit.ly/1k81Zx6>

Where does the time go, indeed! The Spiritual Spa celebrated its one year anniversary at 185 James Street in St. Catharines. It's been a year since the first open in house in May 2013, and I've had so many amazing people come through the front door. It's been a great year! Many new friendships were created and have bloomed over the last year, I am so grateful!

I just wanted to take a moment and thank all of you for your support. Not only the amazing clients that have come for Energy Healing and the workshops, seminars, and classes in the past



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

year, but also the Holistic Practitioners and Spiritual Teachers that have shared their knowledge with the community at these gatherings. Here's a list of some of those people:

- Jituska Triesz – Herbalism & Moon Meditations*
- Debbie Boehlen – Indian Head Massage*
- Caleb Booker – Psychic Tarot Readings*
- Reyna (Charu) Puri – Chakra Readings*
- Christine Whelan – Lightworker Workshops*
- Eva Lukacs – Akashic Records Seminars*
- Frantastic Davis – Spirit Guide Workshops*
- Gloria Messenger – Angel Messenger Seminar*
- Jonah Winters – Massage Therapy*
- Laura Canal – Reflexology*
- Stacey Haluka – The Unstuck You Workshop*
- Val Posthumus – Self-Empowerment Workshops*
- Laura Wickabrod – Vibroacoustic Healing*
- Silvana Cronier – Angel Card Reader*

Many thanks to all of you for making this year so amazing. You are all so talented with much to offer the Niagara Community. And, thank you again to my clients; I am honoured to be a part of your Spiritual journey. Namaste.

In Love & Light <3 *Tracy*

## June Flowers

June Day Haiku  
Sun shining so bright  
Birds singing a summer song  
A splendid June day  
~Matthew Horstkotter~



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

Butterfly spreads its wings  
on flower bloom  
on summer meadow  
in the month of June.  
~Peter Dome~



Picture credit: <http://bit.ly/1oO5tFY>



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

It's beautiful the Summer month of June  
When all of God's own wildflowers are in bloom  
And sun shines brightly most part of the day  
And butterflies o'er lush green meadows play.  
Light hearted skylark songster of the wing  
High o'er the quiet and lonely moorland sing  
Above her nest cloaked by the tangled heath  
Her charming song so exquisitely sweet.  
So mellow the gentle breath of june day breeze  
The birds rejoicing on the leafy trees  
And dappled trout in pool bed of the stream  
Bask in the sun their spotted skins a gleam."  
~Francis Duggan~



Picture credit: <http://bit.ly/1oO5Xf6>

Wisteria woke me this morning,  
And there was all June in the garden;  
I felt them, early, warning  
Lest I miss any part of the day.  
Straight I walked to the trellis vine.  
Wisteria touched a lifted nostril:  
Feelings of beauty diffused, to entwine  
My spirit with June's own aura.  
~Ann McGough ~

## ~ The Path of the Spiritual Warrior~

*Selected excerpt from Tracy Kennedy's  
forthcoming book*

When I was fourteen I announced to my mother that I wanted to join the army. I felt that going to war and off to battle injustice was a brave and noble thing to do, and I wanted to fight for people's freedom. My mother looked at me intently and asked – "How will you manage taking orders from others, especially those you don't respect?" She had a point. As a youth (and most of my young adult life), I had a problem with authority, especially those who demanded unconditional respect from me without any proof of concept. In my world at that time, respect was something that people earned and was not automatically awarded because of social status, age, or rank. Not surprisingly, this often got me into a lot of trouble – from rebelliousness in elementary and secondary school to balking at instructions from incompetent supervisors in the workplace. I challenged the status quo anywhere I could, and I spent a lot of time as a social activist and advocate for various social injustices. I volunteered in many different organizations – mostly women's groups that helped victims of domestic abuse.

In my late twenties I still felt the urge to partake in a military organization. The army was out; I felt I was too old to start. I considered policing, thinking that this would be an optimal place to merge my drive to kick-bad-guy-butt and to help the underdogs wherever I could. I could help the public – to serve and protect. In 1997, I was sworn in as an Auxiliary Constable with the Niagara Regional Auxiliary Police Service. I stayed with the Police service for sixteen years, working my way up in rank to Acting Staff Sergeant by the time I retired in 2013. While I enjoyed many aspects of policing, I did not pursue a full time policing career for various reasons, and I still didn't feel it was where I was supposed to be. I felt that there was something

more that I should be doing, but had no idea what it was.

After going through a life-shift a few years ago, I explored my Spiritual side – an aspect of me that always held the backstage; the metaphysical world that most people only considered a special interest or hobby. I focused on a different side of me, allowing my spiritual side to grow and flourish, and I felt considerable relief and happiness that this side of me was finally allowed to come out. In some sense, it was a homecoming. But, I still had that fighter in me, the advocate, the activist, the defender of those who can't always do battle on their own – but for who? For what? I found myself in the middle of two sides of me, two important features of my personality that were seemingly oppositional. How can you be kick-ass and be spiritual? For a time the two existed separately, I continued my social activism in one part of my life, and I continued with my spiritual world in another part of my life. I felt a bit divided and I was unclear on what to do about these split feelings.

Then, things started to come together. In my time of searching and feeling split, the universe decided to remind me of "Indigos" and their role and significance in our world. I first read an article about Indigos in the early 1990s when the term emerged in the mainstream new age world, and it really resonated with me – I felt I was an Indigo. I had never really identified fully with the characteristics of a Lightworker. Although I believed that it was a useful umbrella term for those of us who feel compelled to bring Light to the world, there were some people that had different characteristics and motivations. In a short time span, everything Indigo came flying at me – articles, books, videos, people – you name it, it landed in my lap. I figured the universe was trying to tell me something, so I took it all in. In one article, I took a questionnaire that really detailed the characteristics of an Indigo – especially the warrior or fighter aspects of their personality, and then the light went on. I realized that as an early

Indigo (born in the late 1960s) – I am an Indigo Scout, as they called it – and part of our spiritual mission and calling is to work with and help younger Indigos, and to pave the way for Crystal and Rainbow children. Much of the literature noted how challenging the journey of an Indigo Scout can be, especially negotiating the spiritual side and the warrior side of their personalities. For me, it was an instant – Aha! moment and it all made sense. I was supposed to embrace both sides of me and it is part of my Life Path to be a Spiritual Warrior. It all made so much sense. I felt relieved, and importantly, I felt whole and complete, with a clear purpose. To *Serve and Protect* took on a whole new meaning.

Since that time, I have had many individuals come to me who were in a similar situation as I was – wondering how to balance the warrior and spiritual sides of themselves. Many people believed that they had to choose one path or one aspect of their identity over the other, but when they did so, they did not feel complete, and still out of sorts. Part of my Life Path mission is to show people that they don't have to choose, but they can bridge the two sides of themselves and emerge as a Spiritual Warrior - one who helps others in various different ways, depending on her/his own unique skill sets. You are strong. You are edgy. You are of the Light. You are a Spiritual Being. You are unique.

We are all unique Beings of Light and, we need to release pre-conceived notions and stereotypes that we ~~have~~ about what we think a Spiritual person looks like and acts like. The Dali Lama may not swear (but Jesus did have a bad temper) or drink a scotch after dinner, but if you do – don't beat yourself up and try to live up to unrealistic expectations of how you should behave and act. If you are living in love and your intention is of the Light – what is wrong with that? And so Indigos, I encourage you to embrace aspects of your warrior side and characteristics of your spiritual side and emerge as a unique Spiritual Warrior – kick butt and advocate for Love and Light! We need you.



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

Every day I learn more and more about what being a Spiritual Warrior means – to me and to others, and what my Life Path entails. It is both exciting and empowering. And, the Universe seems to graciously remind me of my purpose; I recently researched the meaning of my first and middle name for an Angel seminar with Gloria Messenger. Perhaps it shouldn't surprise me, but it did: my first name means Bold, Brave, Fierce, and Warlike. My middle name means Healer. Ok universe, I get it now, thanks. Be open, be aware and see the clues around you. Be You.

*Faugh A Ballagh!*

(An Irish battle cry meaning "Clear the Way!").

*Tracy*



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

## Massage Therapy with Jonah Winters



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



### *The Spiritual Spa*

185 James St.

St. Catharines, ON

289-990-3324

healing@thespiritualspa.ca

www.thespiritualspa.ca

Facebook.com/spiritualspaniagara

Twitter @spiritual\_spa

Massage Therapy -  
Join Jonah Winters!

**Friday, June 20th**

**9:30; 11:00; 12:30; 2:00; 3:30**

**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.



### *The Spiritual Spa*

185 James St. St. Catharines, ON

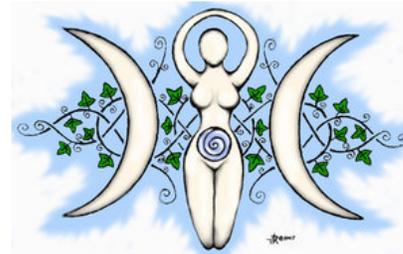
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Facebook.com/spiritualspaniagara

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

**We'll set our intentions for**

**the next Moon cycle –**

**New Moon in Cancer**

**Fri, June 27<sup>th</sup> 7-8pm \$10**

*Space is limited, Email us to reserve your spot.*



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

**Raise Your Vibrational Frequency &  
Connect with the Angelic Realm**

*Fri, June 6<sup>th</sup> 7-9pm \$20*

In this seminar we will talk about raising our Vibration – or our Energetic Frequency - and how to keep it elevated. Learn how to work with your Vibrational Frequency so that you will not only live in a space of Love & Light, but you will also be able to connect to your Higher Self, the Angels & Archangels with more clarity. When we feel stress, worry or anxiety, our Vibrational Frequency has lowered, and we can't 'hear' or connect to the Angelic Realm as clearly as we need to.

**Animal Angels, Spirits & Guides**

*Wed, June 11<sup>th</sup> 7-9pm \$20*

We will talk about our connection to the Animal world & how they work with us to help us on our Spiritual Path. Topics include: Sacred Animals & their roles – Native Spirituality; Animals as Angels, Guides & Spirit Helpers; Discover what Animal is with you – and within you; Find out what Animals to call on in times of need; Connecting with Animals

**Manifesting Abundance with Angels**

*Fri, June 13<sup>th</sup> 7-9pm \$20*

What does Abundance really mean to you? Is it more money? More time? More creativity? Is it support in carrying out your Life Purpose? In this seminar we will discuss what Abundance really means – from Life Purpose, to support, to monetary security, and more. We will talk about how to manifest our desires and needs with help from the Angels & Archangels. We will address some potential barriers that may exist for you, how to overcome them, and how to live a life that isn't hampered by lack.



**Connecting with Nature's Angels**

*Fri, June 20<sup>th</sup> 7-9pm \$20*

In this seminar we will discuss our connection with Nature – Plants, Flowers, Trees, Rocks, Crystals, Water, Earth and more. We will talk about how we can (with their consent) tap into Nature Energies for consulting, grounding, protection and healing. We'll cover aspects of Native Spirituality and other historical cultures for additional insights, in addition to the Angelic beings that protect Nature's Energies.

**Angel Gathering & Drop-In**

*Thurs, June 26<sup>th</sup> 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. Special Angel Guest Terry Mawhin will drop by to share her experiences with Angels & the Angelic Realm.

*Seating is limited.*

*Please email me to reserve your spot.  
healing@thespiritualspa.ca*



### **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.

**Saturday, June 7th 10am-3pm**

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.

## *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

**Date TBA – Contact me if you're interested.**

Course fee is \$200 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.

# 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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By Appointment Only

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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.