

# The Spiritual Spa

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

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

MARCH 2014

VOL. 2 ISSUE 3

## ***March – Spring Forward!***

It's been a long winter! As I write this newsletter at the beginning of March, the snow continues to fall gently, reminding us that Mother Nature is not done with Winter quite yet. There is some sense of relief that March has arrived – a signifier of Spring with the Vernal Equinox on March 20<sup>th</sup> and the time change on March 9<sup>th</sup> where we spring forward one hour. Granted, we are prone to getting snow in April but for the most part we feel like we're on our way to warmer and sunnier weather. It's time to awaken from the Winter slumber and 'Spring Forward'.



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

The winter slumber, those feelings of hibernation are now changing, and we are emerging from the icy catnap of the cold months of winter. Spring denotes a time of new beginnings, a rebirth of sorts. I'm starting to think about gardens and planting flowers and vegetables, and immersing myself in Mother

Earth. It's the time of year where we plant the seeds – for our gardens, but also for ourselves – our inner Self. We reemerge from the darkness of winter and stand in the face of sunshine and hope. It's a time to evaluate the winter hibernation where we went within to explore and understand what makes us happy and what does not, what works for us and what does not.

What seeds are you planting within you in this month? What new thoughts? What new ideas? What kind of way of life do you wish to plant, nourish and grow for the coming months? During this month, I encourage you to focus on what you want to manifest in your life. Is it a new job? Is to be more positive and raise your vibration? Is to meet more like-minded people? Is it to find your purpose? Is it to explore your path? Think about what you want in your life and take the time to plant the seeds.



Picture Credit: <http://bit.ly/1fGPOq1>

In Love & Light. <3 *Tracy*



# Spring Forward!

## A Salute To Spring... Spring Time The Best Time

Spring in my step

Spring in the air

Spring!

Spring!

Lingering everywhere.

Spring fever to follow,

But I don't care,

Spring, for new journeys,

I'll meet you there!

Where?

By the garden gate,

You silly thing,

It's an invitation to frolic

So let's begin to sing.

It's Spring!

*Dorothy Alves Holmes*



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



Picture credit: <http://bit.ly/1fHwF1f>

*March is an in between month,  
When wintry winds are high.  
But milder days remind us all,  
Spring's coming by and by.*



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

Spring breeze -  
the pine on the ridge  
whispers it  
*Kobayashi Issa*

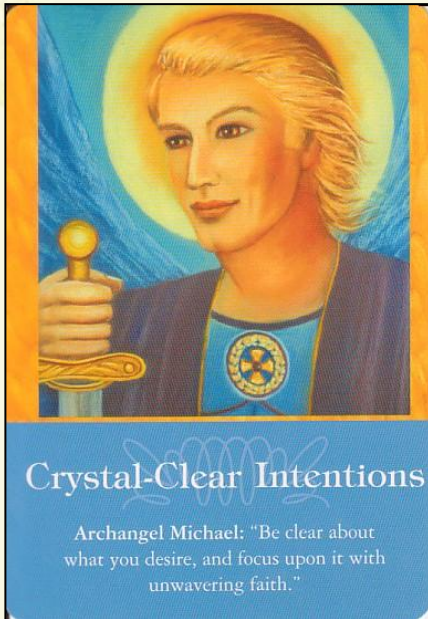


Picture credit: <http://bit.ly/1kxYr8x>



## Spring Forward – With Courage & Intent...

The past year has been all about Angels for me. I was never really one to pay attention to 'Angels' until I did some research on what they are all about and where their stories stem from. Much to my surprise, I discovered that Angels can be found cross-culturally and historically. Stories of Angel helpers and protectors are found throughout time and across different cultures - throughout Christianity, Judaism, Islam, Sikhism, and more. Sometimes they have different names and sometimes they have the same names, but they typically have the same significance, meaning and story.

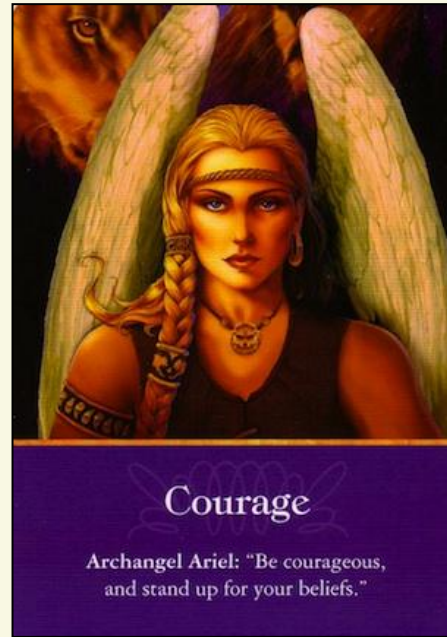


Picture Credit: <http://bit.ly/1gaiu51>

My Angel Oracle Cards are one of my favourite decks to gain insight into where I'm at, or for messages from the Spirit World. I use them daily to connect to the energetic world and they always offer useful bits of information and help when I need it. As I am also planting the seeds and working on manifesting the world I want around me, two cards from the Angel Oracle Deck keep surfacing for me and I thought I would share them here. They are timely with our theme and with a specific message:

Spring Forward – with Courage and Crystal-Clear Intentions.

The first card is from Michael and notes "Crystal Clear Intentions – Be clear about what you desire, and focus upon it with unwavering faith." Be bold enough to admit what you truly desire, and have faith that it will come to you. Set some time aside and write out exactly what you want and need. Don't worry how it will come about, the 'higher powers' will take care of that.



Picture Credit: <http://bit.ly/1e1mPIb>

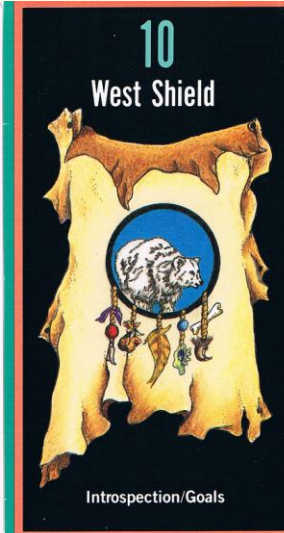
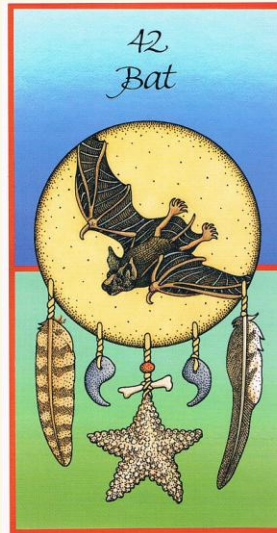
The second card is from Ariel and notes "Courage – Be courageous and stand up for your beliefs". This card encourages you to do what you need to do, even if others do not agree or understand your needs. Ariel gives you the strength to stand up for your beliefs and allows you to act as a role model to others who are searching and seeking their own life path and purpose.

This March I encourage you to join me – Spring Forward with Clear Intent and have Courage to take the steps forward to manifest positivity – what you want to nurture and grow in your life.

Namaste! *Tracy*



## From The Desk Of...FrantasticHealth.com



### **SPRING IS AROUND THE CORNER**

With spring upon us I feel excited that new growth and the replenishing of all that is good will once again fill our environments. I have been taught that the thunder beings awaken everything when spring comes. We are given many signs from nature: The days are getting warmer and longer. The animals are more active and visible. These signs help to remind us of the connection we have.

### **FRANTASTIC'S SPRING INSIGHT**

Using the two decks of cards that help me to provide readings, I have picked one from each to describe and give some insight for the new season. These cards are the Bat Animal Totem card which represents rebirth, and the West Shield Sacred Path card which represents introspection/goals.

### **BAT ANIMAL TOTEM**

The rebirth that the Bat Totem represents indicates that the time has come for spiritual helpers to empower and embrace their blessed gifts. Their gifts enable them to assist others with awakening their own spirituality. This rebirth is about not just giving others insight from their guides but awakening the ability in others to communicate with their own guides. This will allow spiritual helpers to empower individuals with the ability to find the answers for themselves that they need to live life to the fullest.

### **WEST SHIELD SACRED PATH**

Strong spiritual introspection is an essential need in reaching our goals and our potential. Keeping sight of our goals and our potential is our life purpose when driven by a passion to achieve both. In order to feel fulfilled in our lives our goals must be both spiritually and physically balanced and aligned. Many are seeking purpose externally when all the answers to life's lessons lie in one's spirituality. When we have reached a peaceful existence within ourselves, the sky truly is the limit, especially in terms of humanity. Humanity will fulfill our oldest prophesy worldwide, Peace On Earth.

### **STEPPING IT UP**

We are in the midst of our worldwide spiritual reawakening. With some many people seeking spiritual guidance nowadays it is time for spiritual helpers/workers to step up their game and focus more on teaching, empowering, enabling individuals rather than piecemeal insights and interpretations.



## ***Hot Stone: The most pleasant & effective massage tool***

*By Jonah Winters*

If you've had a treatment from me, you, you know there are two very different approaches. "Relaxation massage" soothes and calms the mind and body. "Myofascial massage" stretches tight muscles and relieves pain. While both styles can be combined in one massage — and I usually use a mix of the two — people usually prefer one or the other. Adding the tool of hot stones increases the pleasure of a relaxation treatment, and increases the effectiveness of a therapeutic one.

The stones are not actually hot; kept at a safe 130°F it's more like "really-warm-stone massage." They come in many shapes and sizes, conforming to any of the body's natural curves and muscles shapes. Clients love them, and my family members say it's their favourite kind of massage. Here's how they work.

Google "hot stone massage" and you'll see people lying peacefully on a bed of flowers with stones artfully arranged across their body. This feels great for a few minutes, but those small rocks cool quickly and there's not much real physical therapy taking place. The best benefit comes from using larger stones that retain their heat, using a bit of extra oil to give them a pleasant glide, and drawing them along tight muscles. Like soaking in a hot tub, or like applying Bengay or Tiger Balm heat rub, with warmth muscles loosen, breathing slows, and the mind comes to ease. The heat combined with the glide causes the mind to just "let go" of its held tension. It turns a relaxation massage into a very-very-relaxed one!

But the real magic comes when the stones are combined with therapeutic work, like deep-tissue or myofascial. The collagen fibers which form most of our body's structure, from the smallest cellular matrix to the longest tendon, respond quickly to heat by getting longer and more flexible. The dense stone can then be used as a tool to soften hard knots, loosen tight parts, relieve joint arthritis, and improve range-of-motion.

This also means the stones can treat injuries or chronic tightness which regular manual therapy can't: stiffness in the body is only released after it's "warmed-up," which regular massage does with repetitive strokes, gradually working deeper one layer at a time, until the sore levels are reached. Warming-up the tissues this way can take a while, particularly for someone with chronic pain, old childhood injuries, or physical trauma like whiplash. But add some heat, especially if it feels pleasurable like the slippery smooth stones do, and the warm-up goes much quicker. Combine that with a dense rounded tool and some pressure, and you have all the ingredients for fast relief.

I'm lucky to have a fairly rare set of stones called Andesite (see Wikipedia), hand-picked by massage students along the Pacific coast. They are unusually heavy, perfectly smooth, and full of microscopic crystals embedded in lustrous black.

Andesite is a form of basalt. Named after the Andes, this stone is found around the Pacific Ring of Fire where the volcanoes meet the coast. Most minerals we encounter when we dig in the garden, like granite, were formed through gradual cooling which results in coarse-grained lightweight material. But basalts occur when hot dense magma breaks through the surface of the earth and quickly chills, like when a volcano upwells near an ocean. This results in a rock with very fine grains, a delightfully smooth surface, and infused with thousands of tiny crystals. Interestingly, andesite is also found in meteorites and is a major component of the Martian crust, so these stones are truly "from the heavens"!

Because andesite often appears only where magma meets water, i.e., under the ocean, it is rare to find it on land. After tumbling along the ocean floor for eons, slowly becoming smooth as silk, these rocks came to the shore — where they were collected by sharp-eyed students of Ocean Stone Therapy on their trips to the beaches of Vancouver Island. Most hot-stone sets tend to be regular basalt, granite, or marble, all of which are less dense and lighter in colour. The weight of the stones make a big difference in how long they retain their warmth. Andesite is so dense that it has a magical property: it reheats itself! After the surface of the stone has cooled, energy continues to radiate from the core which re-heats the outside.

<http://wintersbodyworks.com/stones/>



## ○ Massage Therapy Promos ○

### *Hot Stone: A Most Pleasant and Effective Massage Style*

We're pleased to announce a new service to complement our massage therapy offerings.

### **Try a Hot-Stone treatment!**

**Wed, March 19th**  
**9:30; 11am; 12:30; 2pm**  
**60 min Hot Stone Massage**  
**Half Price at \$50.**



**Fri, Mar 28<sup>th</sup>**  
**11am; 12:30; 2pm; 3:30; 5pm**  
**60 min Massage Therapy**  
**Half Price at \$40.**

*Send us an email to reserve your time.*  
[healing@thespiritualspa.ca](mailto:healing@thespiritualspa.ca)



*Jonah Winters*  
*Registered Massage Therapist,*  
*Certified Spa Therapist &*  
*Certified Hot-Stone 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

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.



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

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.

*This month:*

**Wed, March 26<sup>th</sup>**  
**7pm-9pm \$20**

### **A Journey into Your Akashic Record: Be the Light!**

Expand Your Awareness in the Vibration Scale

A beautiful guided meditation in Your Akashic Record:

- Meet and Receive a Gift from your Guide(s)
- Receive Guidance for a loved one
- Receive Your Guide(s) Name

Let's discuss:

- How you can more love.
- How you can add more love into your life.

*Seating is limited.*

*Please email us to reserve your spot.*



## Introduction to Tarot



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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- This 3-hour presentation is guided in partnership by myself, my guides, by you and your guides.*
- We will take a look at one approach to reading, but I will encourage you to personally build your own approach.
  - This is an opportunity for you to consider your philosophies behind your readings -- and about your life.
  - It's an opportunity to use your intuition to decide the basic essentials of your readings.
  - We will look at one set of meanings to each card, then you will build on these meanings based on your intuitive messages, and then you will create your own spread!

**Tues, March 11<sup>th</sup>**

**6:30-9:30pm**

**\$40**

*\*Each participant needs to bring their own set of tarot cards.*



## AKASHIC RECORD READING OR EFT HEALING



with

**Eva Lukacs**

Akashic Record Practitioner  
Life Potential Coach, EFT Practitioner,  
NLP Practitioner.



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*The record of your soul's experiences & journeys...*

**ALLOW EVA TO CONNECT WITH YOUR  
AKASHIC RECORD...**

**Have an Akashic Record Reading to discover:**

- Your Soul's Divine purpose for this lifetime.
- What's blocking you from creating the fulfillment you deserve.
- How to move beyond perceived limitation and start manifesting what you truly want.

**Or Join Eva for an EFT Healing Session:**

**EFT** is a form of psychological acupressure, based on the energy meridians used in traditional acupuncture. Remove Negative Emotions, Reduce Food Cravings, Reduce or Eliminate Pain, and Implement Positive Goals.

**45 min Akashic Record Reading or  
EFT Healing Session only \$60**

**Fri, Mar 14<sup>th</sup> 12-8pm.**

*Booking on the hour. Please Email us to register & let us know which type of session you're signing up for.*



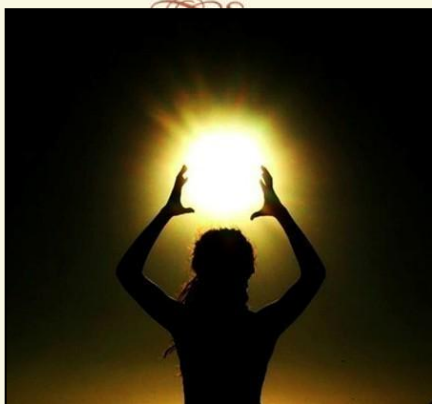
## *A Gathering of Knowledge Sharing...*



*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.

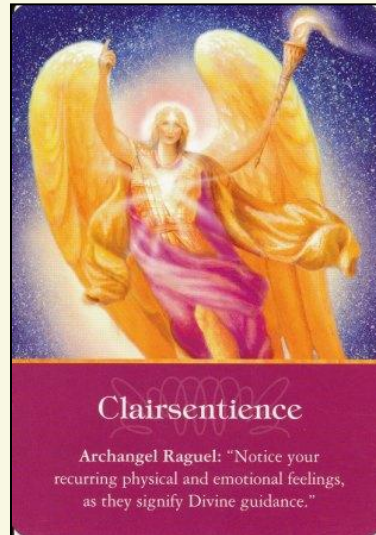
These knowledge gatherings will be held every other Friday - twice a month - and run from **7pm-9pm**. The cost is **\$20** per session. Registration is required, as these gatherings will be small interactive groups.



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

### **Fri, Mar 21st Developing Empathic Abilities**

This session is intended for those who know or have come to realize that they are Empaths and are now interested in learning how to develop their Empathic Abilities gift further and with more depth. This is a follow up session to "Navigating Empathic Abilities", but anyone with some knowledge of Empathic Abilities and Clairsentience (Clear Feeling) are welcome to attend. Discussion, Meditation and Interactive Empathic Exercises are part of this session.



### **Fri, Mar 28th 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.





### Listen to Your Feet

#### Part 1 - Let your Feet Lead the Way



with Laura Canal

Certified Reflexologist,  
Reiki Practitioner &  
Owner of Miles of Smiles  
Alternative Solutions



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### Let your Feet Lead the Way...

*This class is an Introductory Class for individuals that want to learn about the connection between your feet and body, and the importance of it for good health. This will be an overview of the different parts of your foot and how they connect to your body.*

- Are you on your feet all of the time? Do you feel twinges, aches, pains or throbbing in your feet?
- What are your body problems or maladies? What is your body expressing to you? What are your feet telling you?
- We will discuss the connection between your feet and all parts of your body. You will learn about the chakra centers on your feet and how the energies around us affect the chakras, which in turn affect the body.
- I will teach you techniques to assist you to eliminate aches, pains and body discomfort, ex. headaches, migraines, digestive problems, back pain, menstrual pain or menopause etc.
- Instructions to maintain good foot health; Grounding exercises and a Self-Care, [Relaxation Foot Soak!](#)



Thurs, March 27<sup>th</sup>

7-9pm

**\$20**



Contact us to reserve your spot. Seats are limited!

## All About YOU Day in Niagara Falls

Join us March 29<sup>th</sup> 10am-5pm

5925 Summer St, Niagara Falls.

\$10 healing sessions

Register at [allaboutyoudays.com](http://allaboutyoudays.com)

See you there!



## NEW MOON MEDITATION



With **Jituska Triesz**

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



**The Spiritual Spa**

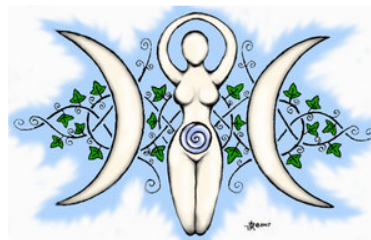
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Join us for a

**New Moon Meditation!**

**We'll set our intentions for  
the next Moon cycle...**

**Monday, March 31<sup>st</sup>**

**7-8pm \$10**



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



## Your Inner Piece

All love, compassion and forgiveness comes from self care.

**Stacey Haluka – Clearing Practitioner**

**Clearing**, simply put, helps you come to your own realizations and insights in regards to solving your current problems, issues or concerns in your life. This process is about helping you work on Your Inner Piece to overcome the difficulties you are facing. Some of the areas that Clearing helps with are Depression, Anger, Self-esteem, Fear and anxiety, Resentment, Lack of motivation and purpose, Emptiness, and Relationship issues with yourself and others. Clearing sessions are between 60 – 90 minutes in length and are held one-on-one, in a completely confidential manner.

What you can expect from a Clearing session:

- You will be able to identify the current areas of concern in your life and understand the origin of the issues.
- Gain a renewed understanding of the “why this is happening”, “where it began” and “what or who has contributed to the problem(s)”.
- Dissolve your inner conflict, allowing space for inner peace.
- Become clear on how to resolve your issue(s) and what actions to take moving forward.
- Break through the barriers that are holding you back from achieving your goals.
- Dissolve negative reoccurring patterns in your life.
- Improve your relationship with self and others.
- Free yourself of guilt.
- Assistance in making decisions, the one that is right for you.
- Gain a new perspective on your current beliefs, freeing yourself of negativity.

Contact Stacey today for your **free 30 minute** 'On your way to Inner Peace' Clearing session! In this powerful session you will leave with:

- \*A new awareness of what may be causing the current problems in your life.
- \*A renewed sense of energy to accomplish your goal(s) and move forward in your life.
- \*A new understanding of where your current problems may have stemmed from.
- \*A discovery of what may be stopping you from achieving what you really want.

**Stacey Haluka**

Stacey@YourInnerPiece.com

<http://www.yourinnerpiece.com>





# 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

185 James Street St. Catharines, L2R 5C4

By Appointment Only

289-990-3324

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[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.