

The Spiritual Spa

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

www.thespiritualspa.ca

MAY 2014

VOL. 2 ISSUE 5

May – Grounding & Growth

Happy May! The month of May is named after the Greek Goddess Maia – the Goddess of Fertility. May is the month for Taurus, an earth sign with Emerald as the birthstone. May is about thinking green, nurturing the seeds we have planted (or about to plant), and watching the beautiful world around us bloom and grow. Our theme for this month is grounding and growth. Take a look around you and see the wondrous greenery that is staring back at you – all sorts of different shades of beautiful green. Breath-taking!



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

My Spiritual Helpers often send me messages through song, and I've had the same song stuck in my head these past few days. It seems quite fitting as I sit here and write the May newsletter – "It's good to touch the green, green grass of home" – a Tom Jones song of yesteryear. Indeed. It's finally the season where

we can not only see the grass, but we can now go and feel the grass beneath our feet. As the weather warms up – take the time and go outside, take your shoes off and just feel the Earth underneath you. Take a moment to connect your energies to Mother Earth – release anything that does not serve you – emotionally, mentally, physically and spiritually - release through the bottoms of your feet and into the Earth. Then, pull the healing energies of Mother Earth up through the bottom of your feet, feel that energy nest peacefully (yet powerfully) in your Heart. Grounding is vital, especially with all the electromagnetic energy we're constantly exposed to, and of course the negativity of others. Touch the green, green grass – and connect to your home – Mother Earth.



Picture Credit: <http://bit.ly/1n1GS1X>

In Love & Light <3 *Tracy*

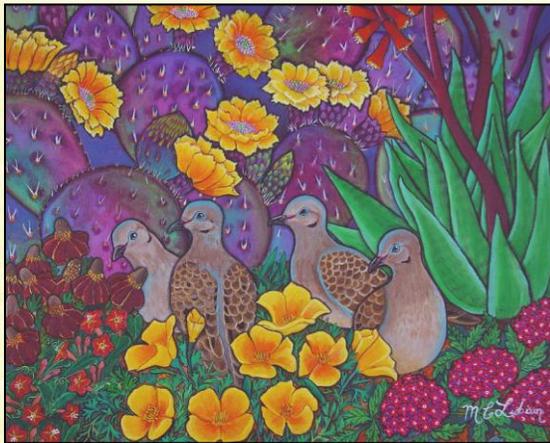
May Flowers

The world's favorite season
is the spring.
All things seem possible in May.
~ Edwin Way Teale



Picture credit: <http://bit.ly/1ks3Zxy>

Be like a flower and
turn your face to the sun.
~ Kahlil Gibran



Picture credit: <http://bit.ly/PTsni4>



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

Keep your face always toward the sunshine
- and shadows will fall behind you.
~ Walt Whitman



Picture credit: <http://bit.ly/Sdrses>

A flower cannot blossom without sunshine,
and man cannot live without love.
~ Max Müller

~Allowing Yourself to Bloom~

The world is coming alive all around us. It's a bit late this year, and we are certainly ready for the beauty that the May flowers have to offer us. Growth is all around us; the grass is greener, the trees have buds, the Forsythias are blooming, and flowers pushing up through the ground to greet us. It's here. Mother Earth is beginning her bloom.



Picture Credit: <http://bit.ly/1fSK9sN>

Last month we cleaned out our Spiritual, Emotional, Mental and Physical closets to make room for new vibrant Energies. We can take lesson from Mother Earth at this time, and think about what we want to nurture and cultivate in our lives. What do we truly want to manifest in our lives at this time? What will you grow? Take some time to think about the kind of world you want to create around you. How will your inner garden grow? What kinds of things will you say, do, and feel to help nurture and develop the world of love and beauty you want to live in? Imagine it. Grow it. Live it. You know you can do it.

One of the most noticeable issues that surfaces in my classes, workshops and seminars is how busy people are, and how challenging it can be to take the time for Spiritual Self-Care.

Many of us know what we need to keep ourselves balanced on all four aspects. However, we get overwhelmed by the demands the outside world has on us, and then we feel we don't have the time we need to do our Spiritual work. In truth, we do have the time – we just don't make ourselves a priority. We don't prioritize our daily Spiritual Self-Care the same way we prioritize grocery shopping, bill paying, (paid) work, cleaning, child care and so forth. We don't allow ourselves to fully bloom. Why aren't you taking (at least) ten minutes for your daily meditation? What's stopping you from going in your backyard for five minutes to ground yourself? Why is it difficult for you to snatch two minutes for yourself and converse with your Spirit Helpers and Angels? Why are you holding yourself back?



Picture Credit: <http://bit.ly/1n6q07U>

I want to tell you – and assure you - that you are worth the time, and that your Spiritual needs are a priority – just as much as the other hundred things you do in a day. You have value. You are deserving. This May, I encourage you to *Allow Yourself to Bloom* – convince yourself that you can take time for yourself, even if it's within the cracks and crevices of a busy day. Give yourself permission for self care. Nurture your inner needs, and cultivate your Spiritual garden. YOU are worth it.

Happy Spiritual Gardening!

Namaste! *Tracy*



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, May 24th 12:30-5:30pm

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

Wednesday, May 7th 4-9pm

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.

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, May 23rd

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>

Listen to Your Feet

Part 2: Your Feet are the Eyes to your Soul



with Laura Canal

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



The Spiritual Spa

185 James St.
St. Catharines, ON
289-990-3324

healing@thespiritualspa.ca
www.thespiritualspa.ca

Facebook.com/spiritualspaniagara
Twitter @spiritual_spa

Your Feet are the Eyes to your Soul

This class is the second part of Listen to your Feet, which will open up, the Awareness of connecting your feet to all parts, glands and organs. We will review the Reflexes on the bottom of your feet and discuss the Chakra's or Energy Centers. You will learn the glands, which are an integral part of our communication system, and the chakra centers in our body. The knowledge that you will gain from this class will help you understand how life force energy can flow freely through your body.

We will:

- Review of the reflexes on the your feet
- Discuss the two communication systems in your body & how they work in the Chakra Center on your Feet, the life force energy that flow naturally in the body.
- Discuss blockages that can occur & how we can begin unblocking them.
- Discuss aches and pains on your feet and connect them with internal part of your body.
- Share Enlightening ideas & techniques that can assist you to eliminate the pain caused from migraines, digestive problems, back pain, menstrual pain or menopause.
- Finishing off with a Relaxing Foot Soak!



Thurs, May 22nd

7-9pm

\$20



Contact us to reserve your spot. Seats are limited!

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

An Evening with Angels – Part 2

In this seminar we will focus on actively reaching out to the Angels that surround us.

- *Review of the Archangels & their meanings
- *Reaching out & connecting with Angels in various different ways
- *Working with Angel Card Decks – Oracle & Tarot
- *Interpreting personal Angel Card messages

Mon, May 5th 7-9pm \$20

An Evening with Angels – Part 3

We will talk about reaching out and connecting to Angels with more depth, focusing on Angel Oracle and Tarot decks.

- *Working with Multiple Angel Card Decks – Oracle & Tarot
- *Different kinds of Layouts for Angel Readings
- *Interpreting & connecting Angel Cards
- *Making meaning of messages
- *Giving Angel Card readings to others

Mon, May 12th 7-9pm \$20

**Please bring your Angel Cards to this Seminar.*

**An Evening with Angels –
Am I an Earth Angel?**

This seminar is for those who have always felt a little 'different' from others and wondered why. We will talk about different kinds of Earth Angels & their role or purpose on the planet:

- *Incarnated Angels
- *Incarnated Elementals
- *Starpeople
- *Walk-Ins
- *Reincarnated Sorceresses & Wizards

Fri, May 9th 7-9pm \$20



**An Evening with Angels –
Angel Gathering & Drop-In**

This seminar will be an Angel Gathering & Drop-In, intended 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 guest is planned to attend and she will share her Angel Stories – more details coming soon!

Fri, May 23rd 7-9pm \$10

**An Evening with Angels –
Animal Angels, Spirits & Guides**

We will talk about our connection to the Animal world & how they work with us to help us on our Spiritual Path.

- *Sacred Animals & their roles
- *Animals as Angels, Guides & Spirit Helpers
- *Discover what Animal is with you
- *Find out what Animals to call on in times of need
- *Connecting with Animals

Fri, May 30th 7-9pm \$20

***More events to come – stay tuned!**

Seating is limited.

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

The 'Unstuck You' Workshop

If you don't have a way to work through your stuff,
you will stay stuck in the cycle you have been living.



YourInnerPiece.com

In this 4 part powerful workshop series we will discuss the issues or situations that may be keeping you stuck in the cycle that you have been living. We will be working through each topic so you can get clear on why you are stuck, and what you can do to move forward in your life. As you heal your past and change your life, the world around you responds to change with you. You will become free, clear, empowered, happier and stronger!

Gratitude - how important it is to express DAILY gratitude and what the benefits are

Communicating Authentically - speaking your truth will set you free

Love Yourself - self-confidence is easy and loving yourself is a MUST

The Envisioning Method Meditation - I will guide you through a 6 step meditation that will change your life

FEAR - how our fears keep us in a constant self-battle

Letting Go of Your Past - releasing past emotions and events that no longer serve you

Raising Your Vibration - learn some simple things that you can do to begin getting everything that you have ever wanted

Karma - what it really means and how to change it to re-write your future

Taking Back Your Power - discover how you are holding yourself back from life

Sessions will be held on each Tuesday in May: 6, 12, 19 & 26, from 6:30 - 8:30.

Location: The Spiritual Spa - 185 James St., St. Catharines

The cost for all 4 workshops is only \$80.00. To reserve your spot, contact Tracy Kennedy today at The Spiritual Spa, 289-990-3324, or healing@thespiritualspa.ca, seating is limited.

Please arrive early as we will be starting right on time and bring a note pad and pen.

We will be covering a lot of ground, you won't want to miss out on taking notes.



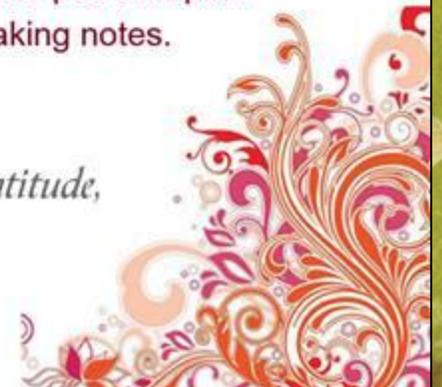
Your Inner Piece

Stacey Haluka

www.YourInnerPiece.com

Stacey@YourInnerPiece.com

*In Love and Gratitude,
Stacey*



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
www.thespiritualspa.ca
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.