

The Spiritual Spa

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

SEPTEMBER 2014

VOL. 2 ISSUE 9

Happy September! I'm not sure how it happened, but September is here - where did the summer months go? The kids and teachers are back to school, but we're hesitant to let go of the summer days of warmth and nights of bright skies.



Picture Credit: <http://bit.ly/1qcs5kw>

After months of planning, it's hard to believe it's that time - *The Spiritual Spa* is moving this month, and we're very excited. We get the keys to the new location September 1st, and then we'll be spending some time painting and creating a space that we hope you will find peaceful, calm, and engaging and enlightening. We're having a Spa Warming Party on Wed, Sept 10th from 3pm-8pm - and we hope you can join us! See our flyer for more details about that day.

Our new location will continue to offer holistic services - intuitive energy healing, reflexology, and massage therapy - and we will continue to offer Reiki classes, New Moon Meditations, Angel Drop-Ins, and numerous

seminars and workshops. We do have some new events planned for you as well, and we're looking forward to all of the exciting things happening at our new space. We will still have the retail items available - much like we did at the James Street spot, but we will be expanding our selection of spiritual retail items each month. We'll start off modestly and grow :) (so keep checking back!).

At the St. Catharines location we were not store front and by appointment only. However, at the new location we will be offering days after the Spa Warming Party on the 10th where we will be open for you. We will be available for private appointments Monday, Tuesday and Wednesday, and The Spiritual Spa will "open" Thursday, Friday, and Saturday 11am-5pm.



Picture Credit: <http://bit.ly/1AOB98o>

Classes, seminars, and events will be posted on our Facebook page as usual. We hope you can join us on Sept 10th for the Spa-warming party. See you soon, and again - many thanks for your support.

In Love & Light <3 *Tracy*

Spiritual Poetry

by Tracy Kennedy

<http://alightwithinblog.wordpress.com/>



Picture credit: <http://bit.ly/1sqAL6r>

Love & Light

Love and light, love and light,
please help me with my plight.

Light and love, light and love,
please send me strength from above.

Love and light, love and light,
your guidance pierces the ebony night,

Light and love, light and love,
your beauty expressed as a graceful white dove.

Light ~
providing insight.

Love ~
the root thereof.

Living within this space of illumination & ardour
Situates me with impenetrable armour.

Embrace the Song

I revere the stunning beauty of the day,
And how the song birds have their say.

I hear how the world around me sings,
I celebrate the joy Light brings.

I embrace the warmth of nature's green,
And feel the wisdom of the world unseen.

When I turn inward I always see,
All that I was meant to be.

If the cries of angst my heart doth whelp,
I turn to the Angels of the light for help.

Spirit guardians of the Light,
They hear my call and take my fright.

I call to my Spirit helpers for aid,
And my faith in the Light will never fade.

I trust the universe and all it can offer,
Asking for help seems never a bother.

Overcoming the ego – my biggest foe,
And thus healing myself of all my woe.

My inner warrior will never falter,
Peace will caress me like flowing water.

Oh great Spirit I offer you my fear,
Your beauty and brightness I endear.

I ask my heart what she desires,
She speaks: reward thyself and feed the fires.

The dawn of a new day does bring,
Another opportunity to loudly sing.

I sing the song of Love and Light,
This path of grace I shall not fight.

Love and Light, Love and Light,
Your healing wisdom always shines bright.

*Announcing our
NEW LOCATION
For September 2014*

The Spiritual Spa

4394 Queen St, Niagara Falls ON
(Corner of Queen St & Ontario Ave,
next to Coffee Culture)
Phone/Text: 905-358-HEAL
Email: healing@thespiritualspa.ca
Web: www.thspiritualspa.ca
Facebook: [spiritualspaniagara](#)
Twitter: [@spiritual_spa](#)



*Enter our draws that day for
some exciting prizes:
Energy Healing, Massage
Therapy, Reflexology,
Spiritual Consultations and
more!*

Metered Parking on Queen St until 5pm; Free two-hour parking on side streets.

Join Us for a Spa-Warming Party at Our New Location!



Stop by to say hello and check out the new place.
We have some complimentary services you can try out while
you're here!

*Jonah Winters, RMT – 10 min chair massage
Laura Canal, Reflexologist – 15 min Reflexology session
Cheryl Munro – 10 min Spiritual Messages of Love
(and probably a couple of surprises too!)*

Find out more about what we offer:

*Energy Healing, Reflexology, Massage Therapy,
Intuitive Healing & Readings, Workshops, Classes,
Seminars & more! Spiritual Retail items available.*

**Spa Warming Party!
*The Spiritual Spa***
4394 Queen St, Niagara Falls
Wednesday, September 10th
3pm-8pm

Drop in, sit a while, have a cuppa
or just come along. It's free
and there's no pressure to buy.

Reflexology with Laura Canal



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

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Reflexology is a focused pressure technique, usually directed at the feet or hands. Certain areas & reflex points correspond to different body organs & systems. When the reflexes are stimulated, the body's natural electrical energy works along the nervous system to clear any blockages in the corresponding zones.

Benefits of Reflexology

- Relaxation with the removal of stress
- Enhances circulation
- Assists the body to normalize the metabolism naturally
- Compliments all other healing modalities

*60 min Reflexology Session \$50

*90 Min Reflexology & Reiki Treatment \$75



Massage Therapy with Jonah Winters



Registered Massage Therapist
&
Certified Spa Therapist

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Therapeutic Massage with a gentle touch...

Massage therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain.

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.

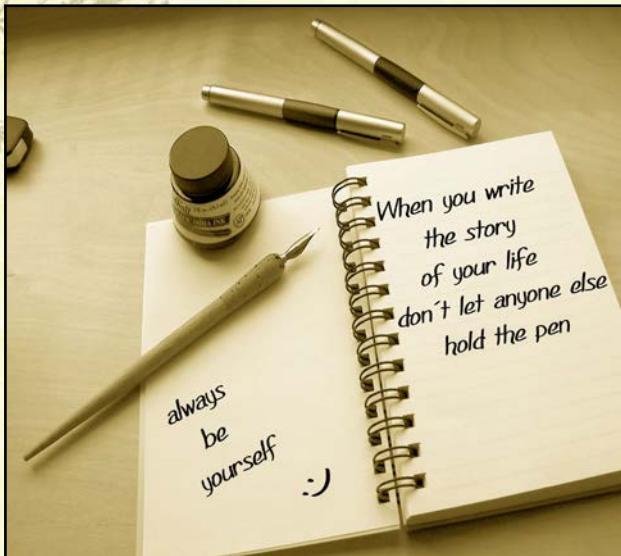
His therapeutic work is structural massage, also called "deep tissue" or "myofascial release." It uses less oil and slower strokes to reach deeper layers of tissue. It can help prevent and heal injury and improve posture by stretching muscles and fascia.

Massage

- 30 min \$45
- 60 min \$80
- 90 min \$110



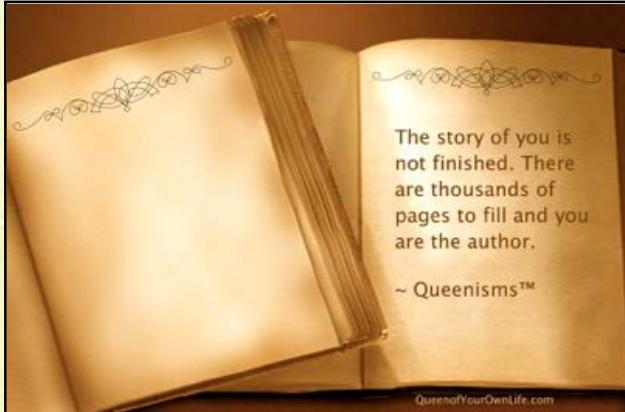
Also available:
Hot Stone Massage
• 75 min \$110



Picture Credit: <http://bit.ly/1zMG9U1>



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



Picture Credit: <http://bit.ly/1ql8m27>

Every second brings
a fresh beginning,
Every hour holds
a new promise,
Every night our dreams
can bring hope and
Every day is what you
choose to make it.

QUOTEDIARY.ME

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

THIS IS YOUR LIFE.
DO WHAT YOU LOVE,
AND DO IT OFTEN.
IF YOU DON'T LIKE SOMETHING, CHANGE IT.
IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.
WHEN YOU EAT, APPRECIATE
LIFE IS SIMPLE. EVERY LAST BITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,
AND SHARE YOUR INSPIRING DREAM WITH THEM.
TRAVEL OFTEN; GETTING LOST WILL
HELP YOU FIND YOURSELF.
SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.
LIFE IS ABOUT THE PEOPLE YOU MEET, AND
THE THINGS YOU CREATE WITH THEM
SO GO OUT AND START CREATING.
**LIFE IS LIVE YOUR DREAM,
AND WEAR SHORT. YOUR PASSION.**

More great quotes on SayingImages.com

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

Join me you'll gather

Join Tracy Kennedy for the Evening Seminar Series

Healing with Crystals Series - Using Crystals for Protection

Fri, Sept 12th 7-9pm \$25

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.

Archangel Metatron & Sacred Geometry

Fri, Sept 19th 7-9pm \$20

In this seminar we will talk about the role of Archangel Metatron and Sacred Geometry - sacred universal patterns used in the design of everything in our reality, most often seen in sacred architecture and sacred art. We will pay particular attention to Mandalas and the Flower of Life.

Angel Gathering & Drop-In

Fri, Sept 26th 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.

Other Upcoming Events

The Spiritual Spa will be at...

Beyond the Crystal Ball

DoubleTree Fallsview Resort & Spa by Hilton

Fri, Sept 5th, 2014 7-10pm

Fundraiser event for Eat So They Can . Doors open at 6:30pm giving our guests time to choose which intuitives and healers they would like to sign up with for their sessions, as well as check out our silent auction before a short presentation from a local psychic medium starting at 7:00pm. Tickets at <http://bit.ly/119sx3N>

Niagara Yoga Expo

Sat, Sept 13th, 2014 11am – 6pm

Montebello Park, St. Catharines, On

The Niagara Yoga Expo is your chance to try multiple styles of yoga by some of the best instructors and studios across Niagara! Come see how vast and varied yoga can be and enroll in the classes that suit you. Admission is Free!



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

Spiritual Drop-In for Young Adults



Facilitated by:
Madelyn Siuciak
Level 2 Reiki Practitioner

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Are you between the ages of 15-25?

Interested in all things Metaphysical & Spiritual?

Join Us!

- What do you want to know about? Is there something you want to chat with others about? We offer a safe space for conversation about the Spiritual world.
- Different discussion topics each month – Oracle Cards, Dowsing Rods, Crystals, Angels, Energy Healing and more (bring your spiritual tools!).
- Come drop by for an informal gathering of like-minded people.

Wed, Sept 17th 7-9pm.

Tea & Engaging conversation will be served.

There is no charge for this event.

Healing Exchange



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Join Us!

Whether your modality is Reiki, Shambhala Healing, Therapeutic Touch, Quantum Healing, or Energy Healing Broadly – You are welcome to attend this Healing Exchange. No experience necessary, all you need to bring is Love & Light. Please Join Us!

Mon, Sept 29th 7-9pm.

Tea, Engaging Conversation, and Recharging Energy will be served.

A \$5 donation is appreciated.



NEW MOON MEDITATION



With Jituska Triesz

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

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4394 Queen St. Niagara Falls, ON

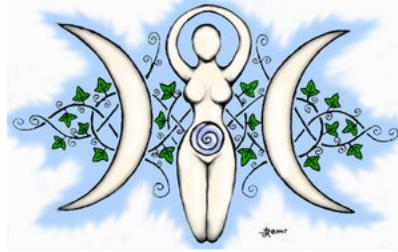
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Join us for a **New Moon** **Meditation!**

We'll set our intentions for the next Moon cycle –
New Moon in Libra.

We'll also discuss the **12 Astrological Houses**
& their role in your personal **Astrology Chart***.

Wed, Sept 24th

7-9pm \$20

*Bring your own astrology chart, or ask us to create one for you –
Send us your Day/Time/Place of Birth.
Email us to reserve your spot.



Massage Therapy with Jonah Winters



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

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Massage Therapy – Monthly Promotion

Join Jonah Winters!

Friday, Sept 26th

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>



The Spiritual Spa - Notes



The only journey is the journey within.

Rainer Maria Rilke

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[Facebook](#) & [Twitter](#)

Healing yourself is connected with healing others.

Yoko Ono

- ❖ 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 Queen Street (metered until 5pm).
- ❖ 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.

Join the [Spiritual Niagara Community!](#)

