

The Spiritual Spa

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

www.thespiritualspa.ca

AUGUST 2013

VOL. 1 ISSUE 5

Happy August!

Summer is flying at The Spiritual Spa!

Another busy month with awesome people and events! We really enjoyed the Psychic Fair at the Sanctuary for the Arts in Ridgeway this year. We met a lot of super people and enjoyed chatting with the community and local vendors. We also participated in the Séance with Margaret Byl leading the Spirit interaction. Tables moved and flipped, and Gordon Ellison and Cliff Preston channelled messages from our loved ones. Wow, this was an amazing experience. I highly recommend attending one of these events. The next one is at the Stevensville G.H.O.S.T.S Conference (don't miss it!).

Frantastic Davis, Spiritual Consultant, held a workshop on how to *Recall Your Spiritual Connection*. An interesting interactive workshop based on traditional ancestral teachings that helped us connect, communicate, and create dialogue with the spirit world.

We also had Guest Psychic Caleb Booker from *The Psychic Village* who joined us for another sold-out evening of psychic readings. Caleb will be returning in August for another evening of Psychic Readings.

We held a Healing Exchange that was open to all types of Healers. It was a lovely evening of tea, engaging conversation, and recharging energy. Thanks for coming and sharing your gift with others! We really enjoyed hearing about all the different modalities in the Niagara Region.

Our RMT Jonah Winters held a Massage Therapy Day to share his Relaxation and Therapeutic Massage techniques. Everyone enjoyed the combination of these two styles, which help alleviate chronic conditions and provide a soothing and restful treatment. Jonah will be holding another special event this month!

Jituska Triesz held an Herbalism Workshop, sharing some of her wisdom about Herbalism and Niagara Herbs. A really informative and interesting workshop that opened our eyes to the green treasures right in front of us.



Jituska Triesz shares her Herbal knowledge with the class.

We also held a Usui Reiki Level 1 Certification course this month. Congrats to our new level one Reiki Healers who learned about the world of energy, the history and guiding principles of Reiki, the Chakras, hand positions for self-treatment and healing others, and much more...!

Use the Fork, Luke...

Vibrational Energy Healing

Using Tuning Forks that are tuned to a particular vibration and frequency, Vibroacoustic healing can clear energy blockages, relieve stress and anxiety, and increase feelings of well being - depending on the frequency.

One of the more popular frequencies for Vibration Energy Healing is the Mid-Ohm Tuning Fork (136.10 HZ), or the Earth Year Frequency. Based on the Cosmic Octave - the mathematical rotation of the planets around our Sun - these planetary frequencies work on the cosmic multi-dimensions of our chakras, and the less conspicuous bodies or subtle parts. The rotations are also helpful for pathways and opening gateways of energy. The 136.10 frequency is often noted as the heartbeat of the Earth, and it also used to tune instruments for temple music. It is a powerful vibration.

Tone: 136.10 Hz = C#

Tempo: 63.8 / 127.6 bpm

Color: Blue-green

Chakra: Anahata - Heart Chakra

Effect: Relaxing, soothing, balancing

Tuning Forks can be used within the aura (the space around your physical body), placed on the body (muscle, bone, feet, hands etc), or used on objects, or rooms and places (the possibilities are endless because – everything is energy!). The Ohm Frequency is excellent for enhance breathing, relieve body tension, assist in meditation and pain management, and help facilitate yoga poses. The sound wave created by the Ohm Tuning fork works like kinetic energy to move disharmony and tension from the body while restoring a sense of well-being.

Why Not Try It?

**People with abnormal EEG, Epilepsy etc should consult their Physician prior to using tuning forks.*



Tracy demonstrates The Om Frequency on Donna Smith's Heart Chakra during the Open House. Many people can feel the vibration of the tuning fork this area, even if the fork is several inches away. Anyone who's tried Vibroacoustic healing with tuning forks can attest to how relaxing it feels, and how they can cleanse heavy energies and emotions.





White Sage purifies & cleanses negative energy – drives out bad spirit energy, feelings, or influences.



Cedar wards off sickness & refreshes our thoughts & purpose, brings in good influences.



Sweetgrass brings in positive, pure energy, beauty & sweetness. It is used after Sage or Cedar have driven out negative energies.



Smudging

Many people have asked – what exactly is Smudging and why would you do it? Smudging is an ancient practice that uses various herbs, plants and resins for spiritual reasons. While typically credited to Native American or First Nation Peoples, it is practiced by a variety of religions across the world. For example, in Christian religions frankincense and myrrh symbolize peace and freedom, and some of the earliest records of smudging can be traced back to the Ancient Egyptians. Smudging traditions runs through and connects many cultures and religions; it is a universal practice.

Depending on tradition, each herb or plant has a special role and symbolic meaning. Herbs are harvested very carefully, abiding by the laws of nature – time of day, month, moon cycle and so forth. Herbs are often bundled to make a smudge stick, but there are numerous ways to smudge, whether bundles, resin, or loose leaves in a shell. Smudging involves a ritual that includes fanning (usually with a feather) the sacred smoke over the person's physical body and aura, or object, or area. The premise of smudging is that the smoke carries away the negativity. In a world where everything is energy, sacred smoke cleanses the space within and around us, and offers purified and positive energy. It is excellent for relieving stress & anxiety, increasing peaceful feelings, and more.



Lavender is a sacred planet with healing properties, bringing inner calm & wisdom, & guarding against negativity.



Frantastic Davis at the Psychic Fair in Ridgeway.

Review & Reflections – “Seven Grandfather Teachings 28-Day Reflection Journal”

This reflection journal really captured my attention, and engaged me daily. It allowed me not only learn about the teachings themselves, but apply them to my life and circumstances. By Day 28, I was lamenting that there wasn't a Day 29; I wanted to continue my personal journey with these teachings.

The journal itself is structured for 28 days, and suggests that you dedicate ten or fifteen minutes at the beginning of your day to the entries. Each day is a different teaching, based on the Seven Grandfather Teachings of the Anishnaabe People: Love, Honesty, Wisdom, Truth, Bravery, Respect, and Humility. Every entry includes a motivational quote, the author's personal reflection of the quote, and ample space to record your own thoughts and reflections. I appreciated the personal stories that Frantastic shared with readers, a good reminder that each of us travels a road that is not always paved.

In the introduction, Davis states: “This reflection journal can be effective for the reader in terms of enhancing, empowering, and providing guidance while making positive changes in their life.” (p2). I really enjoyed my experience of this 28 journal, and recommend it to others. As I read the author's quotes and reflections, I revisited experiences of my youth, and reflected upon the current world around me. Some days I wrote furiously in tiny script (always with my favourite purple pen) so that I could fit in as much as the paper would allow me. Other days I would write concisely, with short notes that danced all over the page, and other times I found myself sketching images or doodling creatively around my words. The time I spent each morning also allowed me to start the day in the right headspace, and the teachings seemed to guide how I interacted with the world around me that day.

Journaling is more than simply words on paper; it's about processing your emotions, thoughts, and experiences in whatever way moves you. Journaling teaches you about yourself, and it should inspire inner growth and movement forward. During my 28 Days, I had numerous aha moments, several times where I breathed a sigh of relief as I purged unwanted energy and felt I could move forward more positively.

Near the end of the journal – while I was writing my own thoughts – I had a particular moment that tied everything together for me with these Seven Teachings, and I wrote it in the front of the book: Living your Truth allows you to embody Humility, Bravery, Wisdom, Honesty, Respect, and Love. For me, Truth was at the core, and all of the other teachings branched from it. I doodled a flower with six petals, and wrote Truth in the middle and the other six teachings on each of the petals. I realized that at the time I was writing the 28 Day journal, fully understanding *My Truth* was important for me. I could easily see how these petals could shift and move, with each taking their turn in the middle.

Meegwetch Frantastic for the experience!

Tracy



August Events...

healing@thespiritualspa.ca
Calendar: <http://bit.ly/17sIVlu>

Intuitive Life Path & Purpose Readings with Christine Whelan

Allow Christine to provide you with insight into the options & opportunities around you - even the ones that aren't obvious to you. Are you being true to yourself yet? If you're having trouble answering that question, then this is the intuitive reading for you. **Tues, Aug 13th 1-9pm**, \$45 for a one hour session. Email us to reserve your spot, don't miss this!

Massage Therapy Day with Jonah Winters, RMT

Jonah Winters will be promoting his Relaxation and Therapeutic Massage services by offering 60 minute massage therapy sessions **Friday, Aug 16th** for only \$40 – that's Half Price! Jonah combines these two styles to help alleviate chronic conditions or speed healing injuries, while providing a soothing and ~~restful~~ treatment. Limited appointments available between 1-8pm, book early for this experience.

Psychic Readings with Caleb Booker

Caleb Booker from *The Psychic Village* will be joining us for another evening of one hour psychic readings. Stay tuned for more details!

We'll also be at the Stevensville Psychic, Metaphysical Wellness Expo Aug 10th & 11th, and at the Empowerment of Women - Day in the Park on Aug 24th in NOTL.

"Faith is taking the first step even when you don't see the whole staircase." Martin Luther King, Jr.

Lightworker 101 Workshop with Christine Whelan

Info Session, Meet & Greet, Open Forum: a Gathering of Like-minds, and an opportunity to listen and be heard. For those who recently discovered they chose to be a lightworker in this lifetime, to lightworkers with amazing experience. Share questions, concerns, ideas, stories and support. Participate in an intuitive tune up. Be a part of the development in this on-going source of support for all those in the Niagara Region who are travelling within the waves of this shift, guiding others and working in cooperation to raise the energy vibration of our land. **Tues, Aug 27 6:30-9:30pm** \$25. Registration is required.

Indian Head Massage with Debbie Boehlin

Indian Head Massage, also known as Champissage, is a form of relaxation massage that focuses on the face, head, neck, shoulders, upper back and upper arms which are important energy centers within the body. It is very relaxing and has a balancing effect on the recipient as it helps them to release stress and tension creating a sense of peace and well being and helps relieve eyestrain, tension headaches, migraines, earaches, Tinnitus, jaw ache, sinusitis congestion, insomnia, and disturbed sleep. Debbie will be at here **Mon, Aug 19th**. More details shortly!

Sneak Peek at some of our events in September:

- *Drum Making Workshop with Philip Davis
- *Level 2 Usui Reiki Certification Course
- *Reiki Refresher Seminar
- *Enhance Your Spiritual Connection with Fran Davis
- *Healing Exchange
- *And more!

Check our Calendar for more events!

<http://bit.ly/17sIVlu>

Alternative healing modalities should never replace consultation with, or instruction from your Medical Doctor.

The Spiritual Spa - Notes

- ❖ We still have some gemstone & crystal jewelry items on sale at TSS! Connect with Kelly for details!
- ❖ We have a bus stop right in front of our door (#6 Lake St. Bus).
- ❖ We offer Brock & Niagara College students special Reiki healing rates 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.
- ❖ 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.



*The only journey
is the journey within.*
Rainer Maria Rilke

The Spiritual Spa
185 James Street
St. Catharines, ON L2R 5C4
By Appointment
289-990-3324
www.thespiritualspa.ca
healing@thespiritualspa.ca
Holistic Healing and more...

*Healing yourself is connected
with healing others.*
Yoko Ono