

The Spiritual Spa

Massage therapy, Reiki, Reflexology, and more



Reiki, Vibroacoustics with Tracy



Reiki, Candleing with Kelly



Massage therapy with Jonah



Reflexology with Laura



Life Path readings with Christine



Sonocytology with Laurie

185 James St., at Lake and Welland, downtown St. Catharines
www.thespiritualspa.ca 289-990-3324

The Spiritual Spa

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

JULY 2013

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Happy July! The Spiritual Spa had a busy June!

We started off the month joining the Niagara Holistic Lifestyles Pavilion in Niagara Falls, a lovely location and event that works to bring all holistic elements of the Niagara area together. Thanks Jituska Triesz for putting the event together every week. We met some awesome people.

Christine Whelan from Mindz 'N Transit joined us on Tuesdays with some interesting and insightful events, such as intuition workshops, luncheon drop-ins, and one-on-one personal sessions.

Caleb Booker also joined us as a guest Psychic for a day of readings. Caleb will be joining us for another special event psychic reading afternoon. See our upcoming events for details.

We had the opportunity to meet Frantastic Davis, Spiritual Consultant and author of "Creating the World You Want – The Seven Grandfather Teachings 28-Day Reflection Journal". Tracy has been doing daily journal entries and will be providing a review of the journal once she's completed the 28 days. So far, Tracy is really enjoying the journal's inspiration. We have a couple of journals for purchase at The Spiritual Spa, let us know if you're interested.



This month the team at The Spiritual Spa met for a little chatting and tea. We talked about the healing work that we all do and offer people in the community. It was really great to share our excitement, and hear that others also feel the same away about the holistic healing practices they do. We really love our work!

Part of our tea and chatter included some brainstorming and word exercises (it's the teacher in Tracy). The photo above is a compilation of sixty words that describe our holistic work, and how we feel when we do our holistic healing. We've used *Tagxedo* to create this image of our words – word art in the shape of a hand. Namaste & Happy healing...

Who looks outside, dreams;
Who looks inside, awakens.
Carl Jung

Reflexology

Laura Canal

What is Reflexology?

"Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. Reflexologists believe that these areas and reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the organs and person's general health."

Benefits of Reflexology

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

How Does Reflexology Work?

When the reflexes are stimulated, the body's natural electrical energy works along the nervous system to clear any blockages in the corresponding zones. Manipulating specific reflexes removes stress, activating a parasympathetic (nervous system) response in the body to enable the blockages to be released by a physiological change in the body. With stress removed and circulation enhanced, the body is allowed to return to a state of homeostasis. Homeostasis is the "automatic" process that the body incorporates to bring it back to the "normal" state.

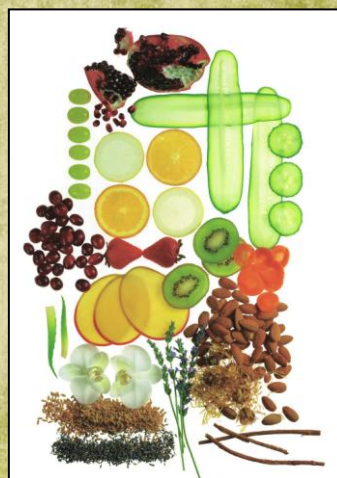
A Reflexology Session

Reflexology sessions are for people of all ages, from the newborn to the elderly, for a general tune-up or for a chronically ill body. The vast majority of people usually realize the benefits of reducing stress, which in turn minimizes physical symptoms. Reflexology in conjunction with other forms of therapies complements ongoing medical treatments.



Working with a network marketing company ten years ago lead Laura Canal to her first introduction to Reflexology; beginning with a scant map of the foot she learned of Reflexology, and was hooked. Laura has taught workshops on foot care and the benefits of relaxation foot massages. She always believed that you can improve your health through the foot. Laura is also Consultant with Arbonne, products that are all natural and based on botanical principles.

Book your appointment with Laura today!





Selenite: has a direct effect on the emotional body, and activates the aspect of our nature connected to our true spiritual feeling and path. It cleanses the aura, Clears and energize all the glands of the body; Clears all blockages in the energy field; Cuts cords of dysfunctional energy from the etheric body; Ideal for purification and energetic cleansing, which makes it a perfect tool for healers; Directs high frequency energy into the body, stimulating spiritual, physical and emotional healing; Opens the inner self to the spiritual world. <http://bit.ly/125nHEJ>



Black Kyanite: creates pathways where none existed before. Like a universal bridge, it is an extraordinary crystal of connection, opening the mind centers, enhancing telepathic and psychic abilities, bridging gaps in all communication efforts, and providing a link for transmitting or receiving healing energy. It immediately aligns the chakras and subtle bodies, bringing tranquility and a calming effect to the whole being. It is an exceptional stone for transitioning into deep meditative states. <http://bit.ly/17IBEkV>



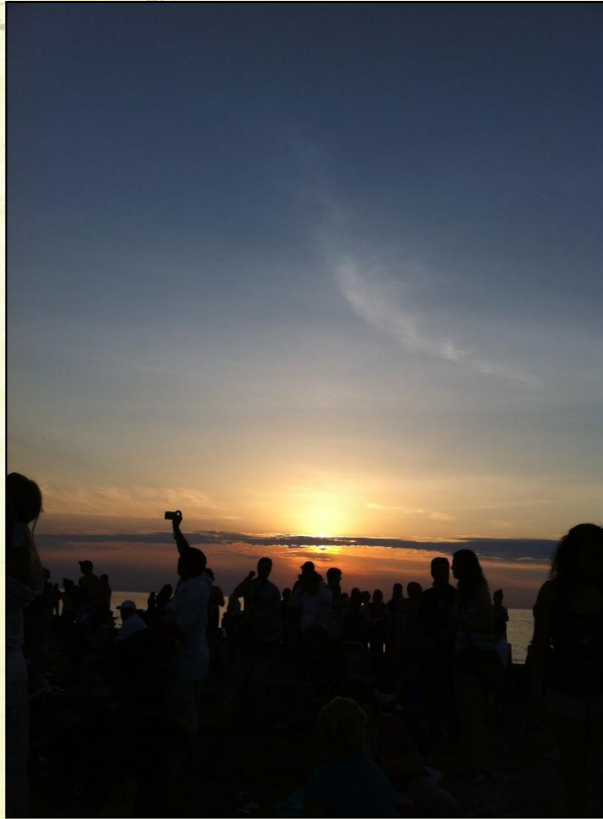
Crystal Healing

By now I am sure we are all familiar with the saying “everything is energy”. Everything in the known universe is made up of tiny particles vibrating together at different frequencies to appear as solid matter. Everything has a vibrational frequency - an energy signature. So it is not surprising then that humans are very drawn to things in nature – flowers and trees, rivers and lakes, and all the beauty out there with inspiring energy. I’d guess that many people have at least one natural object in their home; an interesting piece of driftwood, an oddly shaped river rock with character, shells collected at the beach, little trinkets of nature’s splendour that we sometimes feel compelled to put in our pockets. Rocks, gemstones, crystals are not only beautiful and interesting, but they all have unique energy signatures that we can use to help and heal ourselves. What are your favourite gemstones? What stones are you drawn to when you feel out of sorts? What crystals help your mood or ability to sleep? Kelly and Tracy are both certified in crystal healing, and use Healing Crystals in their energy healing sessions. Here are a few of their favourites:



Amethyst: Spiritual awareness, psychic abilities, inner peace and healing, meditation, balance, relieves stress, sleep aid, powerful protection against negativity, dispels fear, anxiety, rage, strengthens immune system. <http://bit.ly/4G7hOd>

Citrine: is a solar plexus chakra stone used metaphysically to increase, magnify and clarify personal power and energy. Because citrine can clear negative energy and influences from the aura, it is useful for meditation, psychic awareness, and spiritual development. <http://bit.ly/19EnXV1>



*Summer Solstice Sunset at Lakeside Park –
Port Dalhousie, June 21st, 2013.*



We also had the opportunity to share the summer solstice festivities with friends in Port Dalhousie. It was a lovely evening of celebration!



*~Linear thinking is only one small aspect
of our lived reality~ Tracy*

Nature



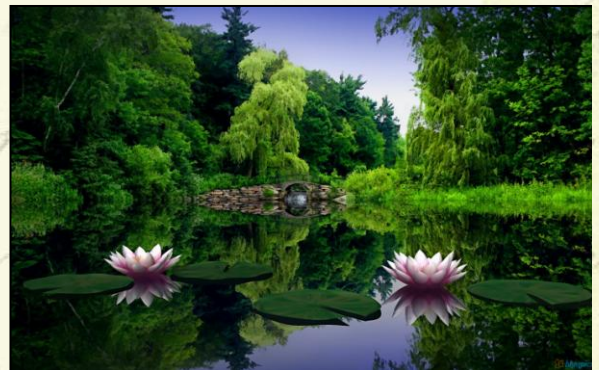
Rivers flowing,
Flowers growing,
Nature a wonderful sight,
Trees swaying,
Birds playing,
Nature a radiant light.

Animals on land,
Water and sand,
Nature in all shapes and sizes,
Scales and claws,
Fur and paws,
Nature with all its surprises.

Clear blue skies,
Early sunrise,
Nature in the light of day,
Colourful sunset,
Be the best yet,
Nature showing us the way.

Blown away,
Beautiful display,
Nature at it's very best,
Always changing,
Life rearranging.
Nature never will rest...

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July Events...

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

Recall Your Spiritual Connection

An Interactive Workshop with Frantastic Davis, Spiritual Consultant Believe - Your Spirit Guides are communicating with you. You need to understand how. Experience - How to Reconnect with Your Spirit through Your Spirit Guides.

What to Expect:

- Spiritual Connection
- Communicate with your Spirit Guides
- Spiritual Insight
- Create your protection
- Traditional & Ancestral Teachings

Monday, July 8th from 6-9pm.

\$40 registration includes light refreshments. Space is limited, reserve your spot.

Guest Psychic – Caleb Booker

Caleb Booker from *The Psychic Village* will be joining us for another evening of psychic readings on Monday, July 15th with five available time slots: 4:00, 5:15, 6:30, 7:45, and 9:00pm. Readings are \$45 and are one hour in length. Book early, this event fills quickly.

Healing Exchange – Open to all Healers

All types of healers (defined & undefined) are welcome to join us for this Healing Exchange on Thursday, July 18th from 7-9pm. Tea, engaging conversation, and recharging energy will be served. This is a free event; email us to reserve your spot.

"A journey of a thousand miles begins with one step..."

Lao Tzu

Herbalism Workshop with Jituska Triesz

Jituska will be sharing some of her wisdom about Herbalism and Niagara Herbs. Learn about Herbal must-haves, how to use Herbs daily, and how to recognize edible and medicinal treasures on your daily walks and hikes. Monday, July 22nd from 7-9pm. \$40 includes light refreshments, literature about local Herbs, and small samples. Space is limited, reserve your spot.

Massage Therapy Day – Jonah Winters, RMT

Jonah Winters will be promoting his Relaxation and Therapeutic Massage services by offering 45 minute massage therapy sessions Friday, July 19th for only \$25. Jonah combines these two styles to help alleviate chronic conditions or speed healing injuries, while providing a soothing and restful treatment. If you're looking for a new RMT, here's your chance! Limited appointments available between 10-5pm, book early for this experience.

Gemstone Jewelry Sale

Join us for a special one day sale on our Gemstone Jewelry - rings, necklaces, bracelets, earrings, pendulums and more! We'll have special promos of 50% off. Stop by and have a look! Wednesday, July 24th from 11am-6pm.

Usui Reiki Level 1 Certification

Whether you're interested in knowing more about the world of energy and want a tool for self-healing, or whether you're considering a future in healing others. Learn about energy, the history and guiding principles of Reiki, the Chakras, self-treatment hand positions, and more. Monday, July 29th from 9am-2pm. \$150 includes refreshments, light snacks (working lunch), Manual, Certificate upon completion, and continued post-class guidance, help and mentoring.

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.

July 2013

The Spiritual Spa - Notes

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 have a bus stop right in front of our door (#6 Lake St. Bus). We also 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.

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*The only journey is
the journey within.*

Rainer Maria Rilke



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