



*Some Summer fun! Tracy & Laurie, and Nancy!*

# *The Spiritual Spa*

*Experience Energy!*

*Mitakuye Oyasin*

*(All Are Related)*



# The Spiritual Spa

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

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*Hello September!  
The summer just flew by!*

Another busy month with awesome people and events! We really enjoyed the summer events at the Stevensville Psychic, Metaphysical Wellness Expo, and the Day in the Park - Empowerment of Women - in NOTL. We met a lot of great people, and we always enjoy chatting with all the vendors.



*The Spiritual Spa at the Day in the Park Event at  
Polonia Park, NOTL*

Christine Whelan gave Intuitive Life Path & Purpose Readings this month, providing insight into the options & opportunities around you. We'll have another day of readings in September if you missed our August event. Christine also held a Lightworker 101 Workshop, which offered an info session, meet & greet, and open forum style gathering of like-minds.

Our RMT Jonah Winters offered his services at half-price on our monthly 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!

Debbie Boehlin joined us for some Indian Head Massage this month. 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. What a relaxing experience!

We also hosted an Energy & Chakra Party at The Spiritual Spa, with six lovely women who work at Brock University. We really enjoyed sharing our knowledge of energy healing, demonstrating various tools to use, and of course doing the healings. More information about Chakra Parties can be found in this newsletter.

The summer was great, thanks to those who shared the moments with us! Can't wait to see what the Fall season brings.



## Good Vibrations...

### Vibrational Tools for Energy Healers

In last month's newsletter we posted an article about the benefits of using the Ohm Tuning Fork. The 136.10Hz is one of Tracy's favourites to use, as it is multi-purpose and great for overall balancing. We've been selling the Ohm Fork at shows and in the spa. I was thrilled to stumble upon these three ladies - one of whom had just purchased a Tuning Fork - practicing their Reiki Healing with the 136.10Hz Ohm Tuning Fork.



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

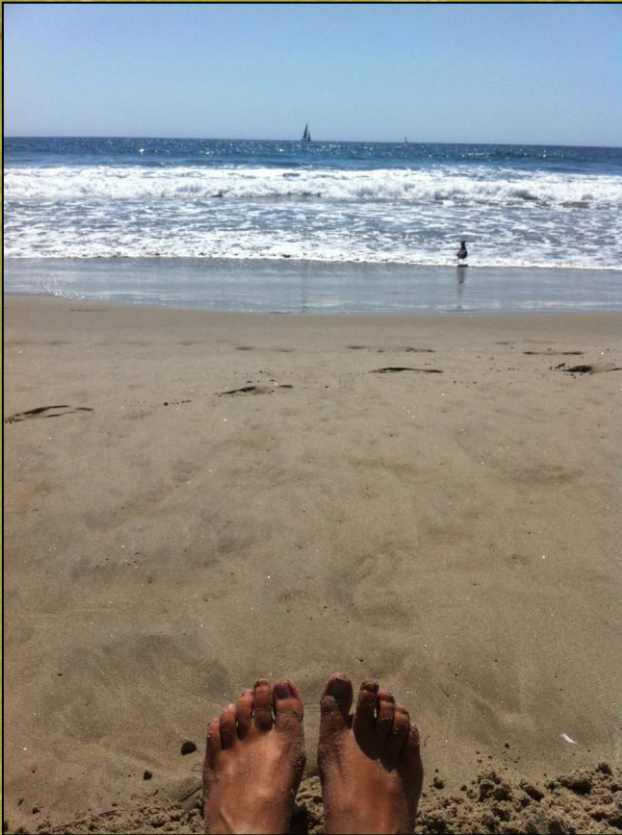


*A Reiki Master trying out the Ohm Tuning Fork at a Day in the Park, with some help from her Reiki Master friends. All three women could feel the energy moving with the Ohm Frequency, and the raising of the vibration in the area.*



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





*Santa Monica Beach, California  
Beachside Meditation*

*The beach is one of my favourite places to escape to so that I can relax my mind, body, spirit and emotions. Although we often take it for granted (and forget how much water we humans contain), water is an incredibly natural healer. Ritualistic showering and bathing has a long history of cleansing on all levels, and we also use water to cleanse our crystals. Here is one way I use the beach for healing myself:*

*\*Tune into the sound of the waves coming in and going out; get lost in the sound of the birds and waves. Breathe with the sounds.*

*\*Imagine yourself floating on the water, gently floating on the surface and out to the blue expanse. Connect to the feel of the water and sun, breathe it.*

*\*Feel how the tide – driven by the moon – draws back the waves; feel all of your anxieties, worry, stress, sadness, anger, resentment, etc being pulled out with the tide, dissolving peacefully into the water. Then, feel how the returning tide brings you waves of love, happiness, peace, calmness, and joy. Repeat as long as you need to, knowing that the water accepts your fears and will offer you love in return. When you are done, thank the beach, the sky, the water and the birds for the beauty and peace.*

*Namaste...*

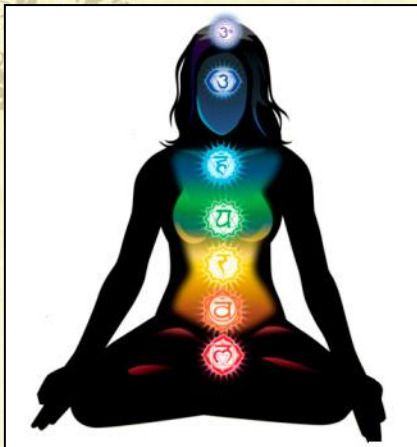
## Traveling Light

I have various times throughout the year where I'm asked to travel for my other employment. But, the older I get, the more I appreciate being home, and short road trips have replaced most of my North American travel. There was a time when I traveled quite frequently, and I would come home pretty pooped and usually with a cold. I used to just write this off to lack of sleep, overwork, and germs on the airplane. However, traveling now – as an Energy Healer – I have realized that there are other things going on as well. As such, there are certain things that I do before I travel, when I travel, and while I come home, in order to avoid the post-travel cold-flu-ick. An energy hangover.

When I say I travel light, I don't mean what I pack. I mean that I Travel with and In Light. What does this mean? Because I am an empathic intuitive who is very sensitive to energies around me, I used to soak up all the energy that crossed my path – for better or worse. Imagine the energy overload (and some of you can) at busy airports, cities, and hotels – and everything in between: the grumpy cab driver, the agitated businessman beside you on the plane, the joyous screaming children in the hotel pool... Is it any wonder we are so exhausted after we travel?

These days, with knowledge in hand, I set up some energy boundaries around myself when I travel, imagining the 'busy' energy of others bouncing off of my protective bubble. I check-in with my energetic-self to see how the emotions are holding out (yours or someone else's?). I always take time to meditate when I am traveling, even if just short amounts; regrouping and recentering helps you maintain your higher vibration. I prepare short mantras to use when I feel I'm getting testy or anxious, and recite it throughout the day/trip. I connect with nature and animals when I travel, taking time to notice the same yet different natural world around me. When I come home, I take a hot bath in Epsom Salts or Pink Himalayan Salts, and Smudge myself (and my luggage) using White Sage to clear negativity. It's amazing how your trip changes when you Travel Light – I meet incredibly friendly and helpful people, and sometimes even get a free cab ride! Above all, I don't feel drained when I get home. Happy Traveling! TK





### Energy & Chakra Party Book one today!

A Chakra party is an opportunity for you and your friends or family to try out and experience Reiki first hand, learn a little about how energy works, and learn some tips so you can boost your energy when you need. Chakra Parties typically run 6:30-8:30pm, but we can customize times to accommodate your schedules. Party size is limited to 4-5 guests, plus the host/hostess (5-6 in total). Invite five friends to share a relaxing and rejuvenating Energy Healing experience.

\$40 per person. With five guests, hostess/host gets her/his session free.

Each guest receives:

- \*A 20 minute Energy Healing & Chakra Balance with a short consultation
- \*An overview and introduction of how energy systems & chakras work:

- What is Reiki?
- What is Energy?
- Feeling & Sensing Energy
- Energy Sensing Exercises
- Using Tuning Forks
- Using Dowsing Rods
- What are Chakras?
- Using Crystals
- How to use a Pendulum

### Testimonials:

*Thank you so much for a great evening of learning & sharing! I think that you both offered great insights into various spiritual and healing practices and I am definitely a better person for the experience. I would definitely recommend a party for anyone who is curious about chakras and Reiki. It was an excellent introduction.*

*Thank you for such an open atmosphere to learn something completely new and ask any questions. You had great energy, were patient and provide a well-rounded introductory experience (without being 'pushers' in terms of sales ☺). You have me on the hook and curious to learn more – I'll be back!*

*A great experience – Kelly & Tracy were very informative and approachable. The right mix of talking/instructions and trying out the various energy tools. I will definitely recommend this to friends. Thank you!*

*Really liked the honesty after the Reiki session. Helped me connect to the whole thing. Great work ladies!*

*The experience I had during the chakra party was refreshing and balancing. Both of the ladies were knowledgeable and able to answer all of our questions. I would recommend those who have never exposed themselves to crystals, auras and Reiki to try it. Remember to keep an open mind, as you never know where your journey will lead you. Namaste.*

*Thank you, Kelly & Tracy! I loved learning about the chakra system and especially enjoyed the Reiki treatment...What I found particularly interesting is learning about your personal journeys that led you to your current practice – that personal connection is what separates your teaching from others that I might stumble upon online. Keep up the great work and let your light shine, Ladies! Niagara needs more people like you.*

Thank YOU - from Tracy & Kelly!





## **September Events...**

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

### **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 **Fri, Sept 13<sup>th</sup> 1-7pm** 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, book early for this experience.

### **Teach the Teachers - Enhance Your Spiritual Connection Workshop with Frantastic Davis**

This three hour workshop for Energy Healers of all modalities will enhance communication with your client's spirit guides. Energy Workers will bring their tools that they use to do their energy work, so that they can practice communicating with other worker's spirit guides. Be prepared to exchange with fellow Energy Workers during this workshop. **Wed, Sept 18<sup>th</sup> 6-9pm** \$40.

### **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. **Thurs, Sept 19th 1-9pm**, \$45 for a one hour session. Email us to reserve your spot.

*"Peace is a journey of a thousand miles and it must be taken one step at a time." Lyndon B. Johnson.*

### **Healing Exchange – Open to all Healers**

All types of healers (defined & undefined) are welcome to join us for this Healing Exchange/Share on **Mon, Sept 23rd 7-9pm**. Tea, engaging conversation, and recharging energy will be served and shared. This is a free event; email us to reserve your spot.

### **Automatic Writing with Christine Whelan**

Learn to tap into the hidden realms of the mind, and how to connect with your spirit guides via Automatic Writing in this three hour interactive workshop. Let Christine teach you how to ground, connect and relay messages that are waiting for you in your subconscious-mailbox. **Thurs, Sept 26<sup>th</sup> 6:30-9:30pm** \$50. Registration is required.

### **Introduction to Sacred Smudging with Tracy Kennedy**

Sacred Smudging is an ancient practice that uses various herbs, plants and resins for spiritual reasons. Learn about the history of smudging, how smudging works, which herbs to use and for what reasons, how to smudge yourself, people, objects, and areas, and more. Join Tracy in this interactive seminar that will provide you with knowledge and tools to keep the spaces around you clear from negativity. **Mon, Sept 30<sup>th</sup> 6:30-8:30pm** \$45 includes pamphlet and Sacred Smudging starter set.

### **Break Free of Your Limiting Beliefs with Valerie Posthumus**

Now is the time to take charge of your life and your circumstances. Let Valerie show you how to let go of limiting beliefs that keep you from becoming the most authentic, happy and fulfilled YOU that you can be. **Tues, Sept 10<sup>th</sup> or Tues, Sept 24<sup>th</sup> 6:30-9pm** \$20.

**Check our Calendar for more events!**

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

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





*Congrats to Mary, Scherri & Laura who completed their Level 1 Usui Reiki Certification!*

### **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.

**Wed, Sept 18<sup>th</sup> 12-5pm**

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 will be one hour of home-study, and an additional two hour follow-up meeting three weeks following this class.*

## *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

**Thurs, Sept 12<sup>th</sup> 3-8pm**

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 will be one hour of home-study, and an additional two hour follow-up meeting.*

*"On my completion of Level 1 Usui Reiki, I want to "Thank" my teacher Tracy Kennedy. You are a Wonderful Healer and Teacher of Usui Reiki! From the moment we connected I knew that you would be able to lead me in the right direction. Since our first class 3 weeks ago I have undergone a "Huge Shift", evolving at a quick rate, I have eliminated the negative energy from entering my aura, now I illuminate and emanate positive energy healing with love. Introducing me to Reiki has changed my life!!" – Laura C.*



# *The Spiritual Spa - Notes*



- ❖ 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

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*Holistic Healing and more...*



*Healing yourself is connected  
with healing others.*

Yoko Ono