

October Changes

Autumn is a beautiful time of year. We are blessed in the Niagara region with so many nature areas to explore. I suggest a visit to [Heartland Forest](#) in Niagara Falls. Check out their website for all of the various events. It is a magical place and it's free fun for the family.

We have some great articles for you this month. I had the opportunity to sit down with Jewelee and have some of my questions answered. Don't forget [you can have your question answered](#) with Jewelee in our monthly Newsletter for free. Christine tells us about the magic that is available to us in the library. My new friend, Jituska, tells us about the power of the Moon, something that you may wish to explore further.

Remember to check our calendar for the latest events and if you would like your event added email Caleb with all the details. caleb@spiritualniagara.ca There is no cost for this!

On Facebook you can [like our page](#) and you can [join our group](#) and add to the discussions. I look forward to meeting you there!

It is with tremendous sadness that I announce the departure of my wonderful friend, Cheryl. She has taught me a great amount about life and about myself. I wish her and her family all the best in their next adventures as they head west.

Namaste,

Kathy Upper
[Spiritual Niagara](#)



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CRYSTAL CONNECTIONS with Carolina



Stone of the Month, Black Onyx

Strength-giving, providing support in difficult or confusing circumstances, and mental or physical stress. Centering, guidance, psychometry, past life work, healing trauma, and grief, fears and protection. Beneficial to blood disorders and the feet.

QUOTE OF THE MONTH: *Happiness can be found even in the darkest of times. If one only remembers to turn on the light.*

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LIGHTWORKER'S WAY

Magic Among the Books

By Christine Whelan

Ah, here we are again. Deep in the midst of those yellows, reds and oranges we all know so well. During the summer, I often am guided by intuition to find the perfect space for the day to work, and it's often some place outdoors. Now that the temperature is doing its seasonal dip, I once again return to the haven of the local library. This is the second time my journey has found me in a combination of circumstances, challenges, and tests including the need to regularly spend time among the vast assortment of books. It's an experience in itself!

In my work, I often include the suggestion of stimulating the mind – of turning to the experience of learning something new. Knowledge is power. I also encourage accessing the power of one's imagination. In this regard, the library is a feast! The mother load!



We, as *humans being*, cannot complete much of our own personal shift without learning. Yes, we are designed I believe, to eventually be able to rely on our own vast inner library, drawing all that we need from deep within us, but before this time arrives, there's a crucial need to digest information from credible outside sources. Since in actuality, when we *learn* specific things about ourselves and our world we are only being reminded (and not taught), our intuitive response has the final say. We need to be aware of

our own inner reactions to what we see, hear and read. So really, we are following our inner knowledge if we follow our inner reactions.

But I, as they say, digress. Back to the library.

A walkabout in the library

I find just walking up and down the aisles randomly has a lot of meaning and purpose. Let your intuition guide you to what you need at this moment. You will know. For some reason, a book, a magazine or video will catch your attention. You may or may not know why at the time, but you will. This is all part of the magic. What you need will jump out at you! This is your inner self and your spiritual posse taking care of you.

No choice but doin' the "down time"

This is one of the best places to be if you are having trouble slowing down for some much needed and widely avoided time to be quiet and still. You would actually get into trouble to talking!



Passing time people watching

Yes, people watching at the library. As a lifetime member of the human nature appreciation society (yes, I just made that up), I've always found it both amusement and enlightenment in sitting back and

watching people go about doing their own thing – as if no one was watching (slight grin), or better yet, interacting with others. Being an empathy with boundaries I must admit, I do break a few of my own rules during these moments and peek inside.

The folks who run the show

I used to stereotype (sorry) librarians as being quirky and odd – and have found it humorously offensive when each career assessment test I've taken results in the suggestion that I become a librarian – however, I have to share, in watching these women here in this library periodically in the last couple weeks, I have found a new appreciation for them. Their energies mesh together as one beautiful team, assisting all who ask, smiling every time, sharing their wealth of knowledge, running the library like the proverbial well-oil machine. Individually, they just shine.

I look forward to my time spent at the local library each day. Positive energy, stimulation of the soul and spiritual grounding can be found in the most unexpected spaces. As a lightworker, this time has become essential to my personal and challenging journey.

Love and Light my friends!

Christine

Christine's Website (Mindz 'n Transit)

<http://christinewhelan.weebly.com>

Befriend Christine (Mindz 'n Transit) on Facebook

<https://www.facebook.com/mindz.n.transit>





Ask Jewelee Column

October being the month of spirits Jewelee answered some of my questions regarding spirit connections.

Kathy: Jewelee, I have heard that spirits are attracted by candlelight, is this true?

Jewelee: I have never heard that spirits are attracted to candlelight. What my experience has been is that like attracts like. Therefore you are going to attract your family members or the spirits that can help you. Sometimes you get open channels, like a child who is open and spirit will connect with the channel. The more you use it the more you open it and the easier it is to attract the connection to spirit.

K: What about spirits being able to control electricity?

J: Yes, I have had those types of experiences where spirits have used electrical appliances. Spirits are trying to let you know that they are here and they want to be listened to.

K: I know that many people are curious about what they can do to connect to spirits. Is there any advice that you have for them?

J: I always tell people if they do want to connect that their dreams are the starting point. When you are falling asleep you can ask spirits for a message. For example Ask your father for a message or I am struggling with this issue can you tell me what to do. You do this before you fall asleep and then put a recording device beside your bed when you wake up press record and just talk. It doesn't matter if it doesn't make sense to you just say what you are thinking. Alternately you can keep a pen and paper beside your bed and write down what you are thinking. It could be a colour, a name, or situation. It may not make sense right now it is important to get the message out. You may understand it's significance later or tomorrow. If the message is not clear you can ask again when you go to bed thank them for the message and ask for clarity, to understand the message better.

Something else that many people are not aware of is that the forehead, the third eye, is the area for mediumship. When you have a gifted child that is experiencing too many messages and may be having difficulty sleeping you can put your hand on their forehead to close off those messages. Also if you want to be more receptive you can work on opening your third eye by picturing a lotus flower opening up. You could do this by sitting in a quiet room, burn some incense, and picture a white or a purple lotus flower opening on your forehead. Write down any messages that you might receive. Again remember that the message might not make sense right away but it could in a couple of days. When you are done remember to picture the flower closing up again so that you are not leaving that channel open. It can cause you to have headaches or other problems if you leave it open.

K: Those are some great tips that people can try at home. If you want to meet with Jewelee you can reach her through her website or phone to book an appointment time.

You can send in a question for Jewelee and we will post your answer in the Newsletter.

[Send in your question for Jewelee](#)

Jewelee is the owner of the [Ask Jewelee Store](#) at 4911 Victoria Ave, Niagara Falls, ON. You can submit your questions for [Jewelee through our website](#). Your question can be something personal for yourself or others or you might have questions about being a Psychic. If you would like to meet with Jewelee for a private reading contact her directly through her website or by phone.

Many Moons

By Jituska

We are all aware of the importance of the Sun in our lives as it rises and sets each day. It feeds it's light and love and life force to all inhabitants of Earth. How often do we in modern times acknowledge the presence of the Moon in our lives? We may look up once a month to see the luminescence reflecting off the Sun, yet oblivious to it's connection and role in our lives. Women since the beginning of time observed the connection between the moon and their cycles. The obvious is the physical realm..for as the moon waxes and wanes with the tides so do we.



Our ancestors were the very first timekeepers. Women were the very first mathematicians. The original calendar was a record of the 13 cycles of the moon. We could chart with great confidence our cycles. This is where the triple Goddess symbolism came from, the moons cycles from Virgin, Maiden, to Crone. The New Moon was a time of beginnings, starting projects, planting seeds. As the Moon increased in light so did the woman's ability to create, express and nurture ..the Full Moon was the time when it all came to fruition. Enter the mother the giver and finally the Crone...the dark of the moon. The time of reflection.

In today's society we have lost the importance of this ritual. It is needed to maintain balance and awareness. The

push and pull of light and gravity...we are electromagnetic beings. The more we connect to the Moon's cycles and energy the more 'in tune' we are...mentally e-motionally and physically. The moon guides us on many levels. Long before modern medicine...all doctors and healers (witches) had to have a knowledge of the stars. There were times that were best for surgery..ie...when the moon had more pull thus forth less chance of bleeding etc...different signs and elements correlated to different parts of the body. There was an affinity to nature cycles. A time to plant, a time to sow. If you doubt this, look to any "Farmer's Almanac". This knowledge applies to our daily lives. Monday's are the "Moons' day...Sunday's are the Sun's day...Saturn belong's to Saturn etc. Each month we go from one sign/element to another...and thus forth the moon changes through the signs every 2 1/2 days. Life flows like the water..it must to keep alive and healthy..it one stagnates..one become dis-eased.

We must learn to flow and let go.

Many Moon's Blessings)O(
Jituska--Resident Witch In Charge



Jituska is an educator and advocate of Natural Health and Healing here in the Niagara Region. She is an independent advisor and actively involved in many facets of integrative medicine providing natural health care solutions to the public. She is the founder of the Niagara Holistic Lifestyles Pavilion located on Park St. in Downtown Niagara Falls. Re-Opening May 1st-October 2013. Along with building a Sacred Healing Garden the prime focus is on bringing together the Niagara community by providing a public forum for displaying local talents and products. This will include artisans and speakers on health and wellness. A 'Holistic ' grassroots, homegrown organic market. Her background includes, herbalism, homeopathy and astrology which she integrates into her workshops, teaching astrological gardening to how to's of herbs and their preparations. If you would be interested in joining a workshop or a moon meditation both are held monthly. For more info contact Jituska onFacebook at either [Niagara Holistic Lifestyles Pavilion](#) or [Pagan Association Niagara](#).

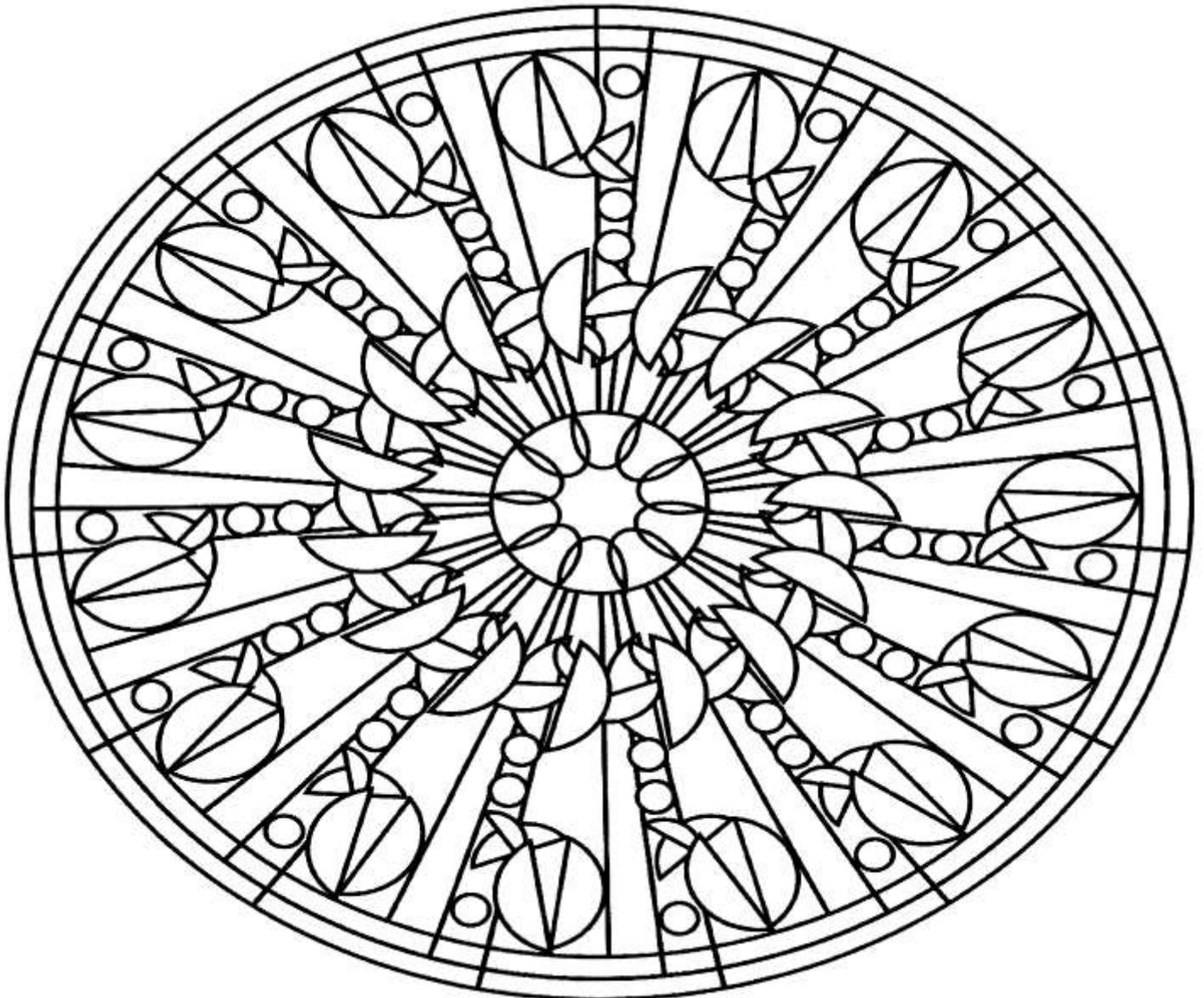
Mandala Colouring

with Nancy Broerse

Explore the Magic of Mandalas

How to Get Started

1. You will need crayons, pencil crayons, chalk, pastels, paint or markers in a variety of colours.
 2. Find a quiet and comfortable place. Play soft meditative music if you can or open the windows and listen to the soothing sounds of nature.
 3. Start colouring. Don't think about your choice of colour too much and don't worry about matching colours. Let your instincts guide you. After you've begun with the first colour, the rest will follow naturally.
 4. Begin from the middle to release hidden energy. Colour in from the outside to the centre to find your own meditative centre. Keep the direction you have begun and colour until you think it is finished.
- "One color on the mandala invites another, like a guest who asks to bring his friend to your party."



Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'press on' has solved and always will solve the problems of the human race.

- Calvin Coolidge

Visit our Spiritual Niagara members ~ Connections that can truly change your life.

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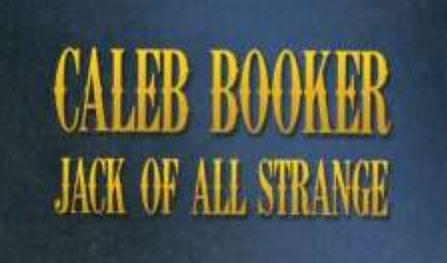
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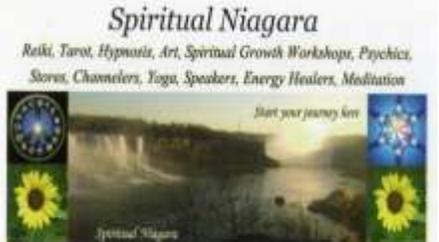
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