

## November Challenge

The year's end is almost here. If you truly want to make some changes in your life and to become the person you were meant to be then consider getting out there and connecting with others that want to help.

Check out the various workshops on the calendar and connect to those that can help you initiate change. Go ahead try a meditation group or a wellness treatment; take that first step for yourself. You will also find some great books and movies on the resources page of the Spiritual Niagara website.

Sorry I am late this month been doing a little healing of my own and as soon as the physical healing is done I plan to get out there and attend the various events and workshops. Try some out yourself and let me know what you think. Challenge yourself to make some changes. I can be contacted at

[Kathy@spiritualniagara.ca](mailto:Kathy@spiritualniagara.ca)

Namaste,

Kathy Upper  
[Spiritual Niagara](http://www.spiritualniagara.ca)



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### CRYSTAL CONNECTIONS with Carolina



#### **Stone of the Month, Agate**

*A soothing calming stone, which provides grounding, emotional and physical balance, while assisting with centering. Agate helps to build self-confidence, overcome negativity and bitterness of the heart while examining the self to improve the yin-yang energy. Agate also promotes marriage fidelity. Agate is very good for strengthening the sight, diminishing thirst, and stabilizing the Aura.*

**QUOTE OF THE MONTH:** *Meditate, live purely, quiet the mind, do your work with mastery. Like the moon, come out from behind the clouds! Shine. - Buddha*

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## LIGHTWORKER'S WAY

### *The End Of The World? Or The End Of The World, As We Know It? – Part 1*

By Christine Whelan

Well, my enlightening friends, December 21, 2012 is almost upon us. Do you believe in all the dooms day theories that, with Dec. 21, comes some form of the end of the world? How much stress is it causing you? How much thought have you put towards the possibility?

It certainly does seem to be drawing towards something momentous, doesn't it?

What if I offered a different perspective? What if I suggested that, just possibly, the world may be a collective victim of its own self-fulfilling prophecy? Just bare with me for a sec. and put Nostradamus, Revelations and the rest of the prophets aside. Do you believe in the Law of Attraction? If you do,

then consider this. Because of the internet, the multitude of books published on the subject and the media in general, a large part of the world – or *critical mass* – have been focused on the “will it or won't it?” of the earth's destiny come 2012, and more specifically December 2012. We've been thinking of it, talking about it, stressing over it, reporting it, writing about it, imagining it ..... Whether we've been focused on the belief or disbelief of something to happen, we've been focusing on something to happen on this particular date, or at least this year. The Law of Attraction states that what we think about, we bring about,

whether it be positive or negative – belief or disbelief.

In my humble opinion, I don't think there's been enough focus on “the ultimate end” exactly, but there has been an intense concentration on there being a huge change at this time. Good or

perceived bad, for whatever reason, to whatever extent, I believe most of us have put at least some energy into the contemplation of change.

To me, Mother Theresa said it right when she spoke about war. She suggested that, instead of directing our attention to “no war”, we must direct our attention to “peace”. Thinking “no war” sends more energy to war and feeds the idea and activity.

Give peace a chance. Just thought I'd mention.

So, onward to this month's topic. Last month's column was about the local library where I've often found myself drawn to these days as a change in workspace. I also wrote about “the magic among the books”. Ya know, I was originally writing about something else but found myself shifting gears to what seemed like a much lighter topic? At the time, I was aware of the power of the written word but I was not aware of the totality of what I was writing about; that I was foreshadowing for the following month (this month), and leading to the month after that. Many times, I have found that



when I'm being led down a path of new enlightenment and discovery, I'm not made aware of it as it is happening, for it is the confidence and belief in my guides and my own intuition that is the true tool which leads me to my breakthroughs. A leap of faith required. A journey continued.

This month, just as I was beginning my brainstorming moments of, "what shall I write about for this column?" bits and pieces of images and thoughts twirled about my creative mind, metaphorically throwing their hands up in their usual "Pick me! Pick me!" fashion. Points were jotted; ideas recorded. At the same time, I was finishing up reading a book by one of my favourite authors, Dan Brown; one of his newer creations, *The Lost Symbol*. It was given to me by a psychic/medium friend in, what I believe now to be, a subconscious offering of a precious gift of message. Let me tell you, spirit can communicate through some pretty fascinating and creative ways. All we need to do is open our eyes (all three) and our minds and receive what is being given. This book was just what I needed at just the right time!

We are, I believe, in the end of days – the end of days as we know it, as we are in the middle of great change – a shift of consciousness – and the knowledge and insight has always been there in front of us – always.



In the beginning was the Word.....

*To be continued....*

PART 2 – December, 2012

*The Second Coming is the coming of man – the moment when mankind finally builds the temple of his mind.*

*We are creators and yet we naively play the role of the created.*

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

Hi Jewelee,

Lately I've found that I've been coming up against some strong barriers in my spiritual development. Is there something I should be doing differently, or am I just rushing things?

Caleb, Scorpio

Caleb,

It's good to hear that you are trying to develop your spiritual side. I am going to look at your gifts and see what areas are your strongest and also why you may be experiencing road blocks. Usually I prefer doing a psychic reading to a palm reading as a psychic reading can give specific answers that your hands just can't however, with spiritual questions and questions about psychic gifts I prefer to look at someone's hands as they can give you so much information. I'm going to try and pick up on your energy and see if we can answer your question.

The first thing I have to say is that you have a very strong spiritual side. You actually have a healing, giving, nurturing kind of energy which coincides with somebody that is a natural healer. Look at your everyday life based on the energy I feel like you are more concerned about others and making others happy over yourself. I see you searching for some clarity I think it is about trying to figure out your gifts and where you fit in in the grand scheme of things. Based on what I am feeling you probably have mediumship abilities. You have a strong intuition for sure so use it to your advantage. One of the roadblocks I'm seeing is friends or family. It feels like you are afraid to open up and talk about this side of you. You have a bit of a secretive nature and it is hard for you to open up and share. You may want to consider joining a group of some sort where you can practice in a safe environment. I see you going off on a journey not sure if this is the physical realm or the spiritual realm but it feels like a quest for answers this will be the starting point for the clarity to unblock what is stopping your progress. I am not seeing you rushing things but I am seeing this need for knowledge. Remember start with what interests you most and go from there. Not all things will resonate with you that's ok take what does and build on it. Make sure you don't let it consume you. I get you as someone that is focused hardworking and dedicated. When you put your mind to something you get it done. This is not always possible when dealing with the spiritual side. Take your time and enjoy your journey and the answers will be revealed as they are meant to be just trust in that.

Jewelee

[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.

# What if ?

With Tracey Miller Ruggiero

What if your only job was to learn/remember who you a really are, and that everything you have ever done or experienced was just an expression of your soul/spirit trying to make its presence known.

What if every morning you requested from Yourself and All that Is, that you will allow the day to unfold in such a way that you remember more of who you are. You can do this easily or with some difficulty...your spirit does not judge. All that is needed is an awareness of and responsibility for your actions/reactions.

Remember...no judgement.....this can be a lot of fun.

I decided while having these thoughts that I really just came to have a ton of fun. I laugh at myself for all the ways I have made my life difficult ... I am very talented...lol...

My fun, may be different then yours. I love the work I do, the people I get to meet, the farm, gardens etc. I don't have to `pay` some unseen price to live this life (which was a false belief I had...many times without even realizing it). I don't have to go into debt, or be sad for other reasons...spirit does not ask us to give one thing up to get another. We can have all we desire.

One last thought. While walking the dog this afternoon...and musing. I realized that there has been so much info about getting out of our heads and into our hearts. That we need to feel more. Did you realize there are also levels of feeling? I can ask my body to feel something about a situation and then ask my spirit to feel the same thing...different feelings depending on the issue. If you wish, play with this yourself. You FEEL a different truth or layers of truth when you do this.

Thanks for listening and many blessings to you all.

Espavo, Tracey Miller Ruggiero

[Tracey Miller Ruggiero](#) is the owner of New Realm Healing (Angel`s Landing) Ordained Lightworker Metaphysician, B.S. in Metaphysics, Practitioner and Instructor in Inverse Wave Therapy and Medulla/Pineal Activation, Energy Practitioner and Life Shift Coach. Labyrinth and Infrared Sauna

The vision for Angel`s Landing is to create an all-inclusive space for other practitioners and instructors to showcase their gifts and talents.

Visit us on [New Realm Healing \(Angel`s Landing\) FB page.](#)

# Mandala Colouring

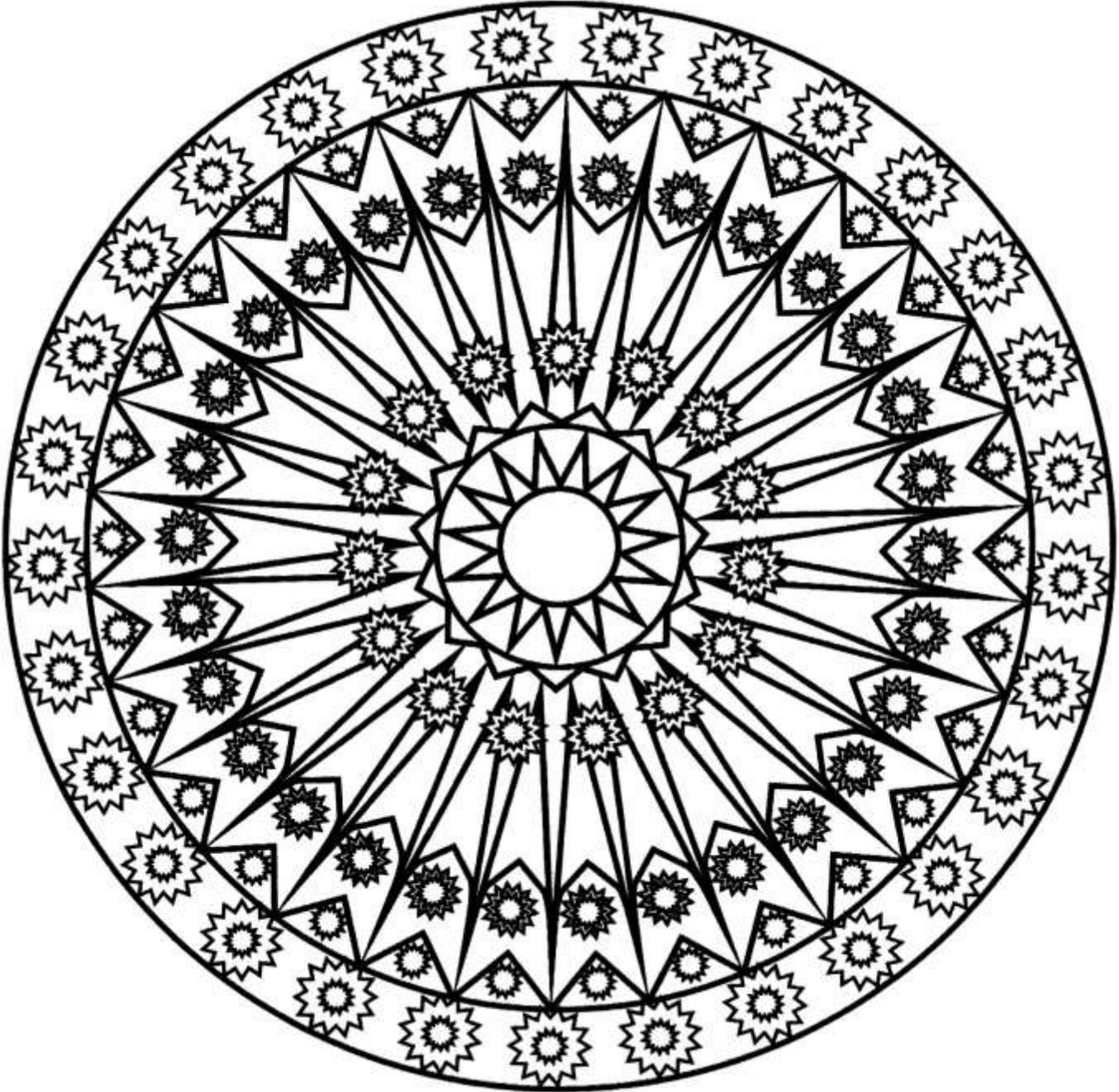
with Nancy Broerse

## 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."



Wisdom is being true to our inner self – thus bringing harmony and peace into our lives. – Unknown

Mandala provided by Nancy Broerse from her Mandala Colouring Book – Book Five Wisdom © Copyright Nancy Broerse 2009

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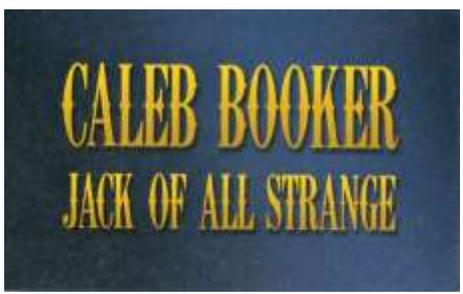
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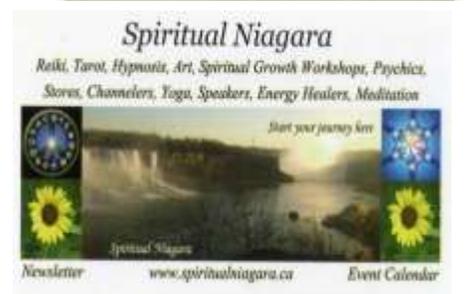
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