

## December Celebrates & Transforms

Here we are at the end of 2012. We are about to experience December 21<sup>st</sup>, the end of the [13<sup>th</sup> Baktun](#) in the Mayan calendar and beginning of the 14<sup>th</sup> Baktun. This new age offers the opportunity for transformation and change.

Our articles this month discuss December 21 and the upcoming changes. During these changes remember to breathe deeply, relax your body and listen to the silence; choose to feel good about you, choose to be generous and practice random acts of kindness and choose to engage in your life more mindfully.

May this new age and New Year bring to you many opportunities to explore life and fulfill your dreams.

Merry Christmas and Happy New Year from Spiritual Niagara!



Namaste,

Kathy Upper  
[Spiritual Niagara](#)



### A New Energy

There is a new energy available to us...if we choose. To access this incredible energy, you must love yourself; know that you are an incredible spiritual being who can create anything and everything. YOU deserve to live your life's dreams. LOVE and true knowledge of Self is the access key to this. Are you ready? Can you love yourself? It will truly allow you to create everything and help others through example to create their dreams.


~ [Tracey Miller Ruggiero](#)

New Realm Healing  
Angel's Landing - Healing and Empowerment Centre

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### CRYSTAL CONNECTIONS with Carolina



**STONE OF THE MONTH:**


**Larimar**

*This gentle stone mined only in the Dominican Republic, brings waves of peace and tranquility, like the ocean it was named after, this soft blue gemstone provides calmness and confidence and relieves depression.*

*May the Spirit of Christmas fill your heart with love & light, and promote Peace of Earth!*

Carolina

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## LIGHTWORKER'S WAY

### *The End Of The World? Or The End Of The World, As We Know It? – Part 2*

By Christine Whelan

Ok, so here we go. I'm sitting here in my casual work space, Elton John on the stereo (I know, seemingly not the usual spiritual, inspirational sounds for the soul, but it works for me. There's an orchestra. That helps.) And it's 12-12-12.

I haven't been paying much attention to the physical details of what's been going on out there. Yes, I know there was an alignment over pyramids in Giza December 3. Did I follow the debates and controversy that followed? No. But I do know that I woke up that day with all my chakras just buzzing! Do I have an attitude about the differences in opinions regarding when this type of alignment last occurred and when it will occur again? Not really; but it did resonate to the core when I heard the term, "starting a countdown to December 21".

I can't even begin to share my internal and external experiences of personal nature during these days but let me just impart this, the encounters have been far and vast, hitting all areas of my life and hidden villains in my psyche with emotional extremes. This is all part of my shift. I've been waiting for this since 1997! Knowledge holds so much power right now. If I didn't have an idea of what was happening, I'd be really wondering, "what the....??" and probably heading for the doctor, or a shrink.

There is something I really believe in the possibility of. It's something that seems to have been repeatedly re-enforced over the years of my life. It's that we all chose, for several reasons, our own parents, not always for positive reasons but nevertheless for reasons we are to explore, examine and come to some understanding with and most importantly to incorporate in some way into our own lives and purpose. Here is one reason I chose my Dad. Frequently in my childhood, Dad reacted to

both my childhood physical illness and injury, as well as declarations of intuitive and spiritual existence, that it was "all in my head" and that I had an "over-active imagination".

Growing up, this created a wealth of opportunity for disaster, neglect and loneliness. However in hindsight – and hindsight truly is 20/20, I believe – Dad's erroneous guidance was both necessary for my path and a blessing.

It's all in my head.



As the years past with new information and insight crossing my path, I started to put it all together – to connect the dots. A message, like a song melody, has been subtly rising to the surface, peeking its head above the crowd of all behaviour and slowly increasing in volume and strength. Everything we encounter and experience, every individual's reality, does in fact begin "all in our heads".

As I mentioned last month, I was in the middle of deciding what the column's topic was going to be about when I was given a book to read, *The Lost Symbol* by Dan Brown. Even though it is a fictional story, I knew the message behind the plot was exactly what I had to write about, both last month and especially flowing into this month's column. Now is the time the world is to

uncover a colossal truth. This truth has been hiding in plain sight, right in front of us, for so many moons, with so few people knowing and understanding it.

The truth is that the Bible was not meant to be taken literally, but to be viewed as a story in “parables” and when you start to understand the cryptic parables in the Bible, you realize it’s a study of the human mind. The Bible, like many ancient texts, is a detailed exposition of the most sophisticated machine ever created, the human mind. And to follow, great and famous minds over the years have been telling us this.

Jesus taught that “the kingdom of God is within you,” and even promised us, “the works I do, you can do....and greater.”

William Blake, English painter, printmaker and a seminal figure in the history of both the poetry and visual arts of the [Romantic Age](#), hinted that we should read between the lines. He included lines in his compositions such as, “Both read the Bible day and night, But thou read'st black where I read white.”

The Buddha said, “You are God yourself.”

Corinthians 3:16 – “You are the temple of God”

I have to share with you a quote from *The Lost Symbol* that gave me tingles. “All around the world, we are gazing skyward, waiting for God...never realizing that God is waiting for us.”

He is waiting for us to remember that it was our minds that were created in the image of God, not our physical bodies as we have believed while taking the Bible so literally.

According to Matthew 6:22, “When your eye is single, your body fills with light”.

Our thoughts create our reality. We have always had this power. And furthermore, multiple minds working in unison magnify a thought’s effect.... exponentially.

This is the inherent power of prayer groups, healing circles, singing in unison and worshipping en masse.

Now, you don’t have to take my word for it. Do your own research and you will discover. You have power that surpasses anything you have probably imagined simply because you have a mind!

*So, does December 21, 2012 mark the end of our world? Or does it mark the peak time that ends our world as we know it? We have been living our lives as the created. Now marks the shift of learning to live life as creators!*

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



Happy shifting, my friends! Knowledge is power. Learn everything you can about this and do the work that is laid out in front of you. Let it surface. Embrace it. Connect with others. Share your encounters. You are not alone. We are all one.

Love and light, my most capable friends – light of a most new and wondrous kind!!

~ Christine

Mindz 'n Transit December Newsletter – First edition!  
<http://christinewhelan.weebly.com/newsletter.html>

Awakening the Soul  
<http://christinewhelan.weebly.com/awakening-the-soul.html>

Signs and Symptoms of Moving to a Higher Vibration  
<http://christinewhelan.weebly.com/moving-to-a-higher-vibration.html>



## Ask Jewelee Column

Dear Jewelee,

What are my job prospects in 2013?

Thanks,

Holly, Sagittarius

Holly,

I have read your question about employment opportunities for 2013 and am seeing positive results. You will have to do the work and put yourself out there but if you do that I'm seeing either employment or a shift in your current job. I also have school or training so you may have to update skills or take some sort of program but that's ok because I get that you like to learn.

You are more of a hands-on learner than a book learner and you have natural leadership skills and people gravitate to you if you are looking for work keep this in mind. You are also very honest. You would be great at selling especially real estate good working with people especially in motivating them and you have very strong beliefs and a huge spiritual side. Trust your gut when it comes to making decisions as it will never lead you wrong. The one thing I am seeing that is a bit negative is that you question your own abilities so you will often look towards someone or something like a certificate etc to validate you. Don't be afraid to just start the job and learn as you go. The only way I can explain it is you have natural leadership skills yet if you got a management job you would not feel qualified without taking a management course. Trust in your gut and your natural abilities and you will be fine. With you it is not so much about money as it is doing something you like. You have to feel like you are making a difference or are helping others.

I hope this answers your question

Peace,

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.

# All We Need is Love

By Jituska

We are almost there...December 21st 2012. While there are a few that understand what this means, there are still many that are perplexed. Just as the Sun and moon and stars move in space, we are affected by their stellar dance. We cannot deny the fact that we are intricately connected.

Obvious is the fact that without the Sun (it's energy and light) we would all perish, but there are also other forces at play here. We are electro-magnetic beings as is the Sun(electric) and the Moon(magnetic). Quite simply we are part of a continuous cycle by which there are invisible forces creating the movement orchestrating the uni-verse.

The one great song that we are all vibrating and resonating to, whether we are aware of it or not. There is a shift in consciousness as we move into a new age. The 60's were a perfect reflection of this as Uranus and Pluto conjunct (merged) and caused a revolution. Many old ways were broken down. This theme will continue as they form a square.

Earlier this year Venus made her transit and here entered the Goddess into our consciousness. It is the feminine coming back to balance the masculine. Much of what is going on most definitely is tied to the stars. For, 'as above, so below'. The main thing we must understand is that no 'thing' is just linear. It is all happening in cycles and as we move through these cycles we are evolving. Linear is masculine energy as cyclical is feminine in principle. The key is to realize our minds have been thinking in separateness. It has been through a polarized left and right brain lens which we have been summing up our analogies and projecting our perceptions. It is not 'the end'. It is the beginning of a new cycle, just like back in the 60's we changed. Just as the song stated, "We are the dawning of the Age of Aquarius".



We are not quite there yet, not for another couple thousand years, but we are but a blip away in universal time. We are feeling the effects as our consciousness is shifting into more Aquarian themed awareness.

Simply look at the incredible advancements we are having with regards to communications (air ruled) and aeronautics, time space travel etc.. The portals are opening. Our higher consciousness is awakening. We must go into our hearts and become a unified field. This is 'our soul's purpose' in the world right now. To connect the not only the left and right brain, masculine and feminine but also our mind to our heart. In order to do so we must be open for this reception to occur.

We are not separate. Duality is an illusion for we are all created from the 'one thought'. We are light-bodies coming from the one great spark. All is created from love and we all carry this divine spark within our hearts. It is the time to re-member, re-unite. There is no fear for there is no end and where there is love there is no fear. Align your heartbeat to that of the earth and merge with the light from the heavens, become the living Holy Trinity. May you 'Walk In Peace'.

Many Moons Blessing's )O(

Jituska

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 on Facebook at either [Niagara Holistic Lifestyles Pavilion](#) or [Pagan Association Niagara](#).



# Mandala Colouring

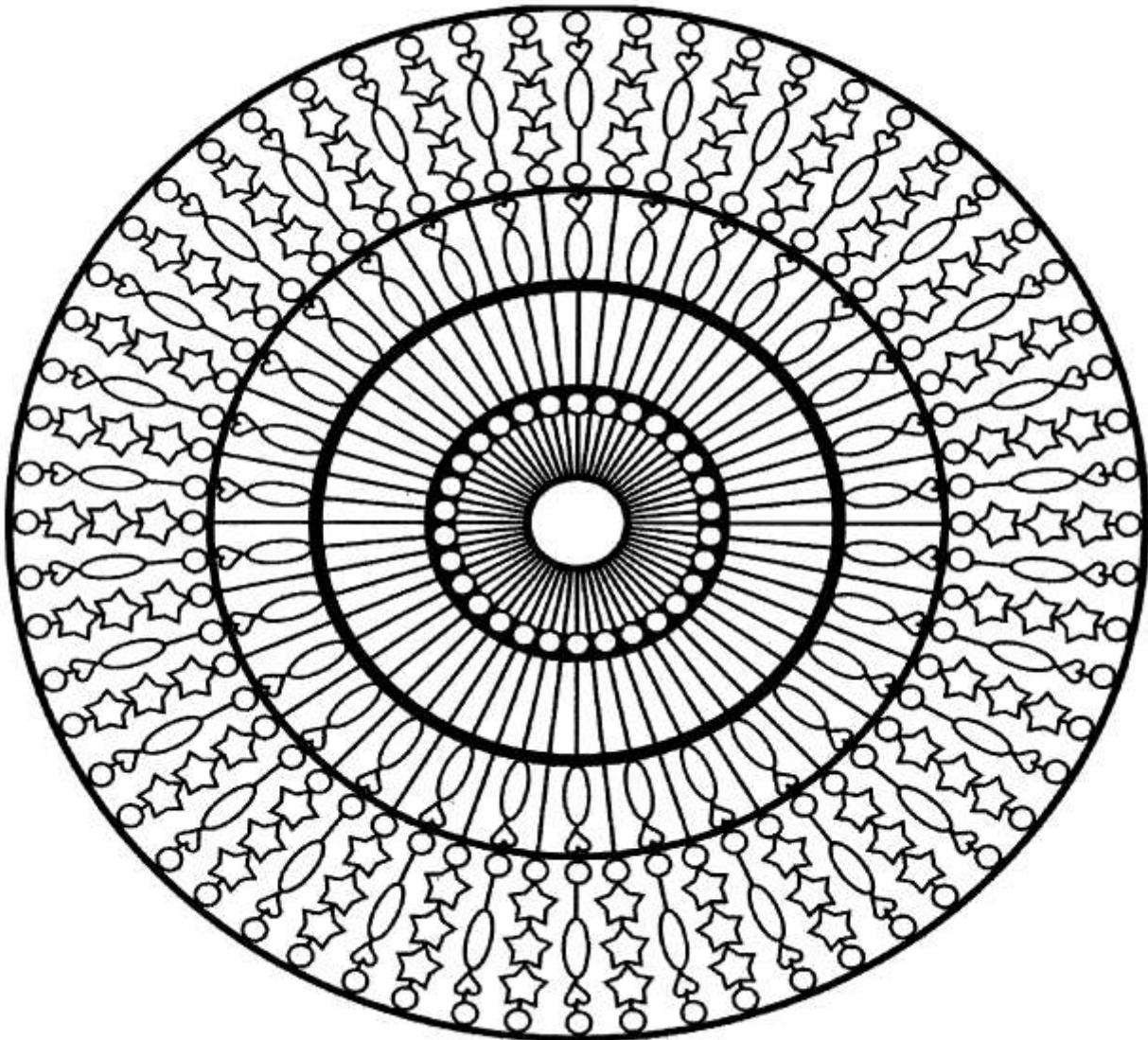
with Nancy Broerse

## 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

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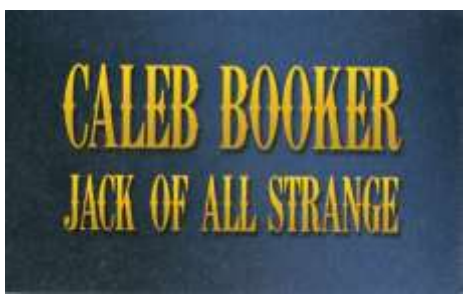
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