

The Ladle Newsletter

September, 2020



Every month has its own vibration – a feeling that is unique to its own transitional span of time. No matter which hemisphere you are in, September is a changing of the seasons, and represents a new cycle in our lives.

September “septum” is the month chosen on refocusing our energies. Because of its association with the mighty planet Saturn, the September symbolic meaning has been revered across cultures and time for its connection with magic. Although its interpretation as lucky can certainly be true, the spiritual nature speaks to our scholastic side and encourages us to strengthen our minds and focus in order to “solve the mysteries” of life.

This cycle doesn’t come out of nowhere: it is about confronting the energetic journey that we have built up all year, with all its knowledge, learning experiences, gifts and obstacles, and either deepening these aspects or wrapping things up so we can prepare for the new year ahead.

Spotlight Events:

Special Appearances:

*September 12th **GALLERY IS BACK!** – Limited seating. Reservations strongly recommended.

*Welcome Tarot Reader Hennie Rose to our community!
September 12th from 12 to 4. Appointments are recommended.
Come see what the cards say for you!

*September 26th – *Harvest Fest* Vendors, Readers, Aura Photography, Crystal Light Bed, Food. This is an annual celebration. We will have indoor and outdoor vendors. It is a family friendly venue.

* Check calendar for more details.

Sales in the store...

Driftwood pieces 20% off

Universal Wisdom

Working Chaos

By Jan

It's no secret the levels of frustration and anxiety surrounding the globe these days is growing significantly. What many are experiencing is chaotic energy resulting from both vibrational shifts in the planet and within ourselves. Spirit is calling louder than ever for us to go within and discover who and what we truly are; urging us to live an authentic life in honor of the Divine light we all carry - a light of unconditional love seeking to engulf the world to help heal, to teach, to protect and to grow.

As we grow closer to Spirit we begin to realize there is so much more going on in the Universe than we ever imagined. There is so much more we can learn than we ever thought possible. With all the chaos in the world due to disease, racism, greed, jealousy and all the other negative producing energies, it's difficult to know where to turn or what to do in order to survive.

As Lightworkers, we understand energy shifts and can still fall prey to the chaos albeit temporarily. Lightworker is defined as someone pulled to help others and humanity as a whole. Many helping others are Lightworkers and don't realize it. We're in a time of becoming hypervigilant working with shifting energies while learning to be gentle with ourselves and with those coming to us for help and understanding. Lightworkers are being called to the forefront to help others navigate chaotic energies while learning to recognize and accept the Divine within.

You are not imagining things, energies are becoming increasingly chaotic. We have our work cut out for us but we will prevail together as we support and teach each other. Most importantly is to Love each other. This is how we strengthen our connections with Spirit and each other. We will soon become attuned to a higher vibrational level where our guides, angels and ancestors reside. We are never alone, Spirit is always here for us just as we are here for each other. You are Loved....you are LOVE.

Healing Modality for September

By Laura (Editor-in-Chief)

Authenticity. The quote which is my new go-to mantra is: “It’s okay to live the life no one else understands.” My research credits author, Jenna Woginrich for this wise and insightful tidbit. Come in to Stone Soup and just observe. The world is represented by each person entering the store. I’m not speaking about genetics here.

At some point, we all come to the realization that our journey is unique. The crossroads at which point brings you to this epiphany is not accidental. You may feel that way. I guarantee you that it is not; at least not in my journey.

We are not cookie-cutter beings. The continuum of evolution throughout the time-space grid is meant to be a fluid journey of discovery. Once we shed the constraints of programming by family and or social dynamics, we are released into the possibilities of true self. Cool, right?

Just existing within the safety net of false identity is not thriving. Looking like, sounding like, acting like are symptoms of self-deprecating attitudes. There’s absolutely nothing wrong in your Divine embodiment. Be who you are – always. Live your truth – always and if you arrive a little late, you’ll not be alone. It happened to me at 60!

Rocks and Pebbles

By Laura (Editor-in-Chief)

Well, it’s September. We are up and excited to re-connect with you. Since March, we have seen our readership grow to exceed twelve hundred PLUS Email addresses. Hoping to reach all of you!

My usual opening paragraph has been dedicated to a current month. Since it is not possible to revisit what would have been on my mind, this is what my heart is telling me:

Universal wisdom flows. The interruption of recent days does not matter. It does not limit our path or force a new direction which is less comfortable. The debris along the path, which clutters our intentions, is temporary and it is realized only when we lose focus. Mother Earth’s vibrations still resonate and will connect you whether your roots are immersed in the soil and sand or they are bathed in her waters. The rain should be danced in and embraced. The wind should be celebrated for it carries healing messages. Nature is more visible and should we begin to reign it in again, we must stop ourselves and allow coexistence and inclusion.

I have begun a journey into nature. It is not a reconnection. It is a deliberate beginning and I find tremendous joy when in the presence of a majestic creature. Having just completed my Reiki Master status, my energy is tempered with gratitude and grace. I listen. I understand.

We all have opportunity to redefine who we are and where we belong. You belong to the universe and as a part of it, I belong to you.

Let me know how you are. – Laura

The Mad Hatter presents: Stone Whispering



In this column I will be presenting a short synopsis of the stone of the month. I will also present a one hour workshop each month with more detailed information for the same stone.

Building on the foundation laid in the first couple months, we add the next layer – Amethyst.



Keywords: Protection, purification, Divine connection, release of addictions

Chakra: Crown & Third Eye

Element: Wind

Physical: Overcoming addictions, tinnitus, nerve disorders, aids oxygenation of the blood

Emotional: Helps clear negative or addictive emotional patterns

Spiritual: Facilitates conscious connection with Spirit Guides, Angels and Source Amethyst is a type of quartz containing manganese and varying amounts of iron and aluminum which creates a beautiful color range of violet to deep purple. It has a trigonal crystal lattice structure with a hardness of 7. Amethyst can be found in several countries including Brazil, Mexico, Africa, the USA and Europe.

Amethyst is a stone of spiritual protection and purification. It can be an aid to curbing overindulgence and giving up bad habits. It stimulates the crown chakra and is an aid to meditation, helping to still thoughts and move into higher states of consciousness. Amethyst is a powerful and protective stone. It guards against psychic attack, transmuting the energy and protecting the wearer. Amethyst is a natural tranquilizer, relieving stress and strain. Amethyst enhances psychic abilities. It has strong healing and cleansing powers. Amethyst can be found in a few different varieties when it combines with other minerals. In addition to its own properties, these varieties of Amethyst possess additional qualities of the other minerals.

On Being a Spiritual Warrior - By Cassie

How do we learn to be a Spiritual Warrior?

Like most of us who begin training in any field, we go through different phases of learning.

The first phase is called unconscious incompetence – we don't know what we don't know. This can be exciting or frightening or some of both. As we continue further into our training as a spiritual warrior we learn new tools and methods for accessing our intuition and 'reading' energy. We begin to practice these methods.

We now move into the second phase of learning: conscious incompetence – we begin to know how much we don't know. We make mistakes, falter and struggle. This can throw us off our journey if we let it. If we maintain our enthusiasm and energy we gradually become proficient in the skills we are learning and gain confidence.

We have entered the third phase of learning: conscious competence – we know what we know. We are secure in our understanding and our experience grows. We've got this figured out. This is a tricky time because our thoughts can get blown out of proportion and we can become ego-based (self-centered) in our knowledge. If we continue to move forward in our learning we grow in our compassion towards ourselves and others. We realize we don't have to be right or know it all.

We begin to shift into our fourth phase of learning: unconscious competence – we don't know what we know. We are no longer conscious of all that we know. We act and speak from wisdom. We make sure our energy is supportive and kind. Gratitude is inherent. Compassion abounds. Love is all there is...

Sending love and compassion, healing and blessings to you all...May you know peace

The Measuring Cup

Stone Soup, ISC is truly a community center which offers classes taught by qualified teachers in the various modalities of Light and Love.

Here you will find short course descriptions to guide you in selecting topics of interest to you.

Sept 12 – Wire Wrapping workshop with Raw to Wrapped! Learn to wire wrap your stones and crystals. Craig supplies wire, tools and instruction. You can bring a stone or crystal, purchase one from Craig or purchase from Stone Soup. At the end of the workshop you will have wrapped a personal masterpiece for yourself!
\$30.00 per person - Limited Seating. Reserve your spot today!

Sept 19 – Andy's Crystals & More is Back!
Andy is back with his collection of stones, crystals, antique bottles, etc.
One day only event! Free admission.

Sept 26 – Harvest Festival 2020!



Featured Vendor

As our little store supports more than 140 local vendors, it's high time to feature our retail therapy! In this column, we will highlight a little about the business owner and the product(s) they sell through Stone Soup, ISC.

Hello Vendors!

I hope your relationship with Stone Soup, I S C has been profitable this year. We have a truly unique collection of retail therapy in the store and it's because of you! As a thank you for your continued relationship with us, we are extending you the opportunity to be featured in our newsletter, The Ladle. To become a featured vendor is free with a three month sponsored ad space. Both paper copies and digital versions are reaching more than 1200 subscribers!

You may choose any of our available ad sizes:

Business card size \$25.00/month
Quarter page size \$40.00/month
Half-page size \$75.00/month
Full page size \$100.00/month

Write a short retail biography, submit with a photo of yourself and your product and email to:

Tootiekester@gmail.com

Payments must be submitted separately to Jan at the store. Checks and credit cards accepted. You will be notified which future issue will highlight your business.

As we have limited space (per issue), requests will be granted on a first come-first serve basis.

What the locals are saying...

 “Great selection of products, friendly service with all the staff and overall great positive, high vibrational place to visit/shop” – Anna Lee B. January 9, 2020

 “Back in June, a family member took me to Stone Soup while I was in a deep dark place. It was there I found my light. Today I went back because my youngest son just had to go. I was meant to be there today. I blessed beyond words. To feel the love just pour through me. I wish I had gotten your name, but thank you for the gifts. It’s not an easy time in my life, I find myself falling more than standing and you felt and saw that, to feel the warm, loving energy pour from you with the hug and gift...no words or actions will ever repay you. I will be back and will keep going back. Stone Soup and staff are amazing beyond words. My deepest appreciation and love to you.”
- Cindy M. July 18, 2020

Google

★★★★★ August 15, 2020
“Very cool place to visit” – S.J.

★★★★★ July, 2020
“Absolutely love and adore this shop! The feeling just walking in the front door is indescribable. Highly recommend.” – C. H.

Would you like this newsletter in your inbox monthly? Please send your Email address to www.intuitivespiritualcenter.com. Join the nearly 1,300 subscribers!

Comments, suggestions or permission to submit a featured guest column may be sent to the Editor in Chief at: Tootiekester@gmail.com