

The Ladle Newsletter

October, 2020



We are in the middle of autumn. For some it is the time of unveiling. This marks the time to honor the worlds of the seen and unseen – our everyday world, and the worlds of imagination, mystery, and spirit.

For others, the harvest has ended and hope that the crops will prove to be abundant has many basing their entire financial year on this month, which further accents its importance.

October is the perfect month for manifestation of your wants and desires. If you actively pursue your dreams and enjoy the journey with all its obstacles, rewards will be found. The three laws of spiritual manifestation are good intentions, do no harm and unbiased passion.

Spotlight Events:

Special guest appearances... Emerald Waves Chiropractic Fridays 11am-1pm
WinterFest! – mark your calendar for December 19, 2020 10am until 4pm

Check our FB for more details @www.facebook.com/intuitivespiritualcenter.

Universal Wisdom

by Jan

Autumn

Thinking about autumn can bring about some pleasant thoughts. And while it is common to think about cozy scarves and delicious pies, the symbolic meanings of autumn are more profound than you think. Ancient cultures, science, and astrology have associated many aspects of this beautiful season to human life. These symbolic associations are powerful reminders that Mother Nature has an incredible influence on our lives. This is the best time for self-reflection, awareness, and mindfulness.

Autumn this year promises to be especially exciting. With so many things changing around us this year, we can expect to find a lot of past habits and/or traumas to release. As Mother Earth provides our winter sustenance in preparation for her annual nap we can also harvest the benefits of releasing the patterns that no longer serve so that after *our* rest we can fully embrace the new growth we have worked so hard to attain.

Energetically life as we know it has changed forever. This Blessing of frequency will continue to aid us in our spiritual growth toward ascension. But for now, Mother Earth reminds us that its time to slow down, take stock in all we've accomplished in order better walk the path we choose to walk. The beauty of Autumn grants us a chance to harmonize with the Earth and tap into the balance within us.

Healing Modality for October

Sound - in particular its resonating qualities, allows for healing energies to flow. Drums, crystal singing bowls, bells, gongs, and shakers are some of the important tools used to honor the varied rituals of connecting with Spirit.

Our lives are not void of sound, but for the majority of our day, we may consider it all to be “white noise.” The infusion and confusion it brings does nothing to heighten our awareness of the Divine. We must quiet our minds and call upon our Higher Self and meditate. The beauty of ritual is unique and personal. The tools we use give us the gift of preparation. We must not “dive in” to any thoughtful relationship with Spirit. We must, instead, honor the commitment to speak through and to our Higher Selves.

Too often, in our meditative practices, we set a timer. Sometimes, we feel that fifteen minutes should prepare us for all the challenges, chaos, and unplanned diversions of the day. We strike the bowl, ring the bell, vibrate the shaker and expect instant connection. This is not effective and certainly wasted effort.

We must exist with Spirit – simultaneously. Ascending to the higher vibrational dimensions requires us honor the moment of intent. Any given moment can be constantly interrupted by just living. The awareness of external movement or internal thoughts can be distracting – even to the most dedicated among us.

If the incorporation of sound helps to bring you within - where you commune with your Higher Self, then allow the gesture to take as long as it takes.

Be grateful for the time of connection with Divine Wisdom. Set your intention on the beautiful energy that is carried on Sacred sound.

Rocks and Pebbles – by Laura (Editor)

Hedging your bets...we're guilty as a species. I'm guilty as an awakening Light Worker and I'm not happy about it. I've done it, gone overboard and now have splintered my orderly life into a metaphorical rider-less derby. All the horses are scattered on the track and the favorite is standing still.

Too many readings in a day will do that. It is information overload; the consequences being that my mind cannot remember who said what about which one. Didn't think this through...apparently.

NOW, I know after listening to my Tribe elders, that Spirit intends messages to come through one channel. Sure you are welcome to change channels, but you need to wait and follow the T V guide. There's no such thing as a reading-a-thon.

The last time I tried to cram Spirit in my left hemisphere brain was last year on a trip to Cassadaga, Florida. The town is a Spiritist camp – a metaphysical smorgasbord. I over ate. I came back with nothing resolved. I had taken notes – it is what I do (author mentality). When I got home, I couldn't decipher them. There was a list of months and likely occurrences. Another page was filled with names – just names. A scrap of paper had a timeline – who's timeline? I didn't even get hotel reward points as I stayed at a local bed and breakfast.

I'm telling you this because it's a cautionary tale. When you need guidance, schedule a single unit of time. Our readers price sessions for both thirty minutes and a full hour. You can even schedule another reading SOMETIME IN THE FUTURE if you still need clarity. Life doesn't stall and allow you to resolve your issues before presenting you with another opportunity to learn a lesson (either from previous incarnations or this time).

What I am learning is that tuning into higher dimensional vibrations means being able to steady your self on a strong foundation and then build upon that foundation.

Readings are gifted to those among us who understand the duality of being spiritual and living as a human being. We must honor the messages coming through them by using the information as a guide – not a decree. Free will is a component and we must discern the light from the dark. This last statement is personal for it is the lesson I must learn.

Learning to live in Love and Light from those who are here to guide us is the journey. Some of us are being fast tracked to help humanity. We are in a spiritual metamorphosis.

Stay open to the possibilities and come to see us. We're here.

The 12 Laws of Karma

by Laura, Editor -in-Chief

We will be dedicating this column to Karma. Each month we will highlight a single law. What a wonderful way to spend the next twelve months!

As I am also learning - this introductory piece, as Cassie put it, is an exercise in “Mind Yoga.”

We begin with: **The Great Law**

To receive happiness, peace, love, and friendship, one must BE happy, peaceful, loving, and a true friend.

I truly believe that we are compassionate beings at the moment of conception.

As we navigate our human-ness, ego can interrupt the flow of Divine energy. Sometimes it arrives through indoctrination (as in childhood) other times we allow free will to send us off the straight and narrow.

Throughout my day, I pause and deliberately seek joy and peace. I strive to be a reflecting pool of Love and Light. What good can I accomplish if I muddy the water? My reflection should provide a safe haven to anyone who seeks the Truth.

Compassion must be offered without the burden of reciprocity. This living world is deserving of kindness. You don't realize the enormous life-sustaining gift a smile can be to someone whose journey is cast in shadows.

Happiness, for me, is synonymous with gratefulness. I embrace both the good and bad experiences. Spiritual growth is the lantern on my path.

Friendship, when extended with integrity, is a gift to yourself. We are not meant to live a solitary existence. Connecting to and with another living energy is what will sustain us as we experience this journey as human beings.

Love is. It exists and transcends. There is no limiting definition. I love generously and deliberately...and I love you.

Featured Vendor



What the locals are saying

On **Google** review:



“The Ladies here are so helpful and will get you what you need for your spiritual healing. I got a few things and look to go back and buy more from this place. It was recommended by a friend. I will recommend it to all my friends as well.”- Lisa B. September, 2020



“Very cool 😎 place to visit 😊” - SJ. September, 2020

On **FB**....

“Go see my friend Jan at Stone Soup in Fort Walton Beach for the coolest rocks and crystals ever. (Sometimes there are even things to purchase there that are from outer space) - Justin G. - September 3, 2019

Alignable

★ Highly recommended

“This beautiful and high vibrating piece of our community is amazing and has so much to offer.”

Sonya Dukett – Niavana Studio

★ Highly recommended

“Amazing staff, super high vibrations, education in so many areas of spirituality, and exciting products.”

Jessica Villareal – Roots Shoppe

★ Highly recommended

“Stone Soup is such an incredible space! The energy and the healers there are one of a kind and I can’t wait to go back!”

Amy Meyer – The Soul Shine Collective

★ Highly recommended

“A wonderful space full of vibrant energy and great people, not to mention all the wonderful products. Jan and her staff are amazing people who care about their customers, have awesome products in the store, and many special events.”

Judy Dandridge – Pathdrummer

★ Highly recommended

“Great little store, chock full of interesting art and more.”

Helen Harris – HH Arts

The Spice Cabinet

In this column, we will inform you of special classes, either those beginning during the featured month or offered as a single class. Here you will find all the information, including date and times. Please see our website for a link in the “Classes” page to sign up!

Calling All Angels!

Here is the workshop you've been waiting for. A 3-day event to empower all of who and what you are.

October 9th 5:30 -8:30

October 10th 1-4 p

October 11th 2-5pm

Come prepared to have you life changed forever.

Reservation with \$50.00 deposit required.

\$150.00 for workshop

Great news!

Guided meditations are back on

Sundays at 12:30

A different guide each week!

Book Review

By Laura, Editor-in-Chief

Did you know we have a reading room? Are you aware that we sell books in the store? Local authors have been stocking our bookshelves for years.

Come in and browse through our variety of topics. If you want a quiet space to read, check with Jan to see if our library is available. Most of the collection of books in our library can be borrowed and returned or paid forward to someone you know can benefit from them.

Personally, I recommend:

The Four Agreements by Don Miguel Ruiz

Ask Your Guides by Sonia Choquette

The Thirteen Original Clan Mothers by Jamie Sams



We are collecting the following items as part of our seasonal outreach effort. This will be our second year in extending a helping hand to those, in our community, who are in need. We have neighbors who are affected by the recent strings of hurricanes and we all know someone who is struggling with Covid 19.

The outreach drive will end with WinterFest! 2020

- *Jackets (new or gently used condition)
- *Blankets
- *Small kitchen appliances (in good working order and sanitized)
- *Newborn and infant supplies
- *Gift cards and funds to help with utility expenses.



Second Helpings

Welcome Home by Amy

Walking into Stone Soup for the very first time can be, for some, quite overwhelming. One may find themselves in a state of sensory overload. The smell of sage or incense burning, the myriad assortment of beautiful crystals, statues and other spiritual tools, the sound of laughter or singing coming from the corner table accompanied by half of the store is what welcomes the new patron into the space. There may be some confusion as to who actually works in the quaint little shop because so many are barefoot and wearing a Stone Soup T-shirt. If feeling uncertain, the bewilderment might cause a desire to retreat within, perhaps even resulting in a sense of vulnerability.

However, something about the profound vibration of the place causes a desire to reach down into the core and strengthen the determination to stay a little longer. People are drawn into the store for their individual reasons. Perhaps a referral from a friend or the literal energetic veering into the parking lot while driving down Beal Parkway will bring a person into the store. The initial trepidation isn't enough to keep them from experiencing this new world.

After browsing around a bit, curiosity leads to the courage to engage and ask questions. The wealth of knowledge shared by this wonderful tribe is impressive. Each query is usually answered by multiple community members offering their own unique perspectives. The asker is left with a host of possibilities, always with the encouragement to follow one's heart as the utmost guide in choosing a reading, healing session, meditation, or a book that may help them along their journey.

Then, a strange thing happens. The initial sense of retreating and confusion transmutes into an outward flowing gratitude for the patience, wisdom, acceptance, and unconditional love that can only be described as...overwhelming. Before long, and for reasons unimaginable, a realization floods the soul as anxiety is transformed into peace. The personal empowerment felt is punctuated by the two most emphatic words that are spoken to every new face that passes through the door, "Welcome Home."

Getting to Know our Community



This month, I had a chat with Amy.

Laura: What is your history with Stone Soup?

Amy: I have been visiting Stone Soup for more than 5 years. I use crystals and sage quite a bit in my healing business and have always loved the fact that I could shop locally. After being a customer for a couple of years, coming in only when I needed something, I allowed myself to open up and began to get to know some of the wonderful people there. For a while, I thought I needed a specific reason to visit, but I began to realize that knowledge, sometimes advice, and a sense of community was what I was craving. Stone Soup offers those things freely and abundantly. Before I knew it, I was spending most of my free time there learning, bonding, and soaking up the vibes. When an opportunity arose to be more of an active member of the group, I couldn't pass it up.

Laura: Tell me your philosophy.

Amy: My philosophy is simple, live and let live. I believe that every person is inherently good. When we feel safe, nurtured, and important we perform at our best. I believe we teach each other how to honor ourselves, that's partly why self-love and self-care are paramount. We are all creators of our collective and individual lives. Roadblocks are inevitable but with support from each other, transcendence is not only possible, it's inescapable.

Laura: Now, a little biography, please.

Amy: First, I am a mother to the most amazing 24-year-old man I know. I have been curious about religion, spirituality (I do not feel they are the same thing), and the paranormal for as long as I can remember. I own an energy healing and massage therapy business and established locally seven years ago. I have been licensed for nearly 20 and have practiced in three states. Helping people to discover their innate healing abilities is my passion. I have witnessed many miracles through my work which keeps me amazed and consistently curious.

I have studied anatomy, psychology, and neurology, dabbled in quantum physics, researched several energy practices - all to satisfy my own curiosity. Of the hundreds of books I've read, classes and workshops I've attended, the most important thing I have learned is to trust myself. Within the heart lies all of the answers and all of the guidance I need.

Laura: What ingredient would you add to the Stone Soup recipe and why?

Amy: It may sound banal but I wouldn't change a thing about it. In a relatively recent newsletter, someone said they would add more spoons. I really liked that answer.

Laura: Contact Information?

Amy: I can be reached at Stone Soup on Saturdays or my email address is AmyMonroe79@gmail.com

Do you have our 12 Month Calendar?

All proceeds from the sales of this calendar will be distributed to those in need through the various local charities we support. Available now!



If you would like a copy of this newsletter in your inbox, please send your email to us @ intuitivespiritualcenter@gmail.com Be patient...we are signing up with Mail Chimp!

Harvest Fest – 2020

Thank you to all our vendors, both old and new!



Comments, questions about “The Ladle” may be submitted to the editor: www.tootiekester@gmail.com

We are now offering sponsored ads! For reserved space and subscription rates, email at the above link.