

The Ladle Newsletter

November, 2020



The month of November represents the spiritual warrior and acts as a mirror reflecting that the battle always lies with the self. It is a time to remain mindful concentrating on correct conduct and right action.

This is a pivotal, transformative window of time. Acknowledge and accept your truth. Strive (from that place deep within) to attune to Enlightenment.

We are anticipating winter and with it, the solstice.

Spotlight Events:

Winter Festival – mark your calendar for Saturday, December 19th.

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

Universal Wisdom by Jan

Change the World

Why do we feel we need a label for who we are, what we do, for what we believe? We live in a society that places everything in a category. A nice neat little package to be filed and forgotten. Life doesn't come in a neat little package. Nor should it be categorized and filed away.

There are personalities, tasks and beliefs that go beyond any label, box or category we currently utilize. As the world's population is awakening to the wonderful "magic" life offers more and more are realizing there is so much more than what we've been taught.

Regardless of your belief, our Creator never placed limits on us; we did that. We thought we could get by all on our own with no help from Spirit. We are realizing how mistaken we were then. We were not meant to suffer at the hands of our brothers and sisters. We have forgotten we are all one. We were meant to help each; to love each other; to live through our hearts. As we work our way back to that beautiful connection with Creator there are those that are skeptical and even close minded. Each prayer we mutter should always include those who have yet to awaken. In our daily lives, reaching out to those in need is paramount. Not just in need of food, clothes, shelter, money but in need of Love. Love is the message all Ascended Masters, Deities including Jesus, came to teach us. Love all we do each day; Love of self, Love of others, Love of Creator. Especially, Love the breath of life bestowed upon each of us. This is how we share and spread Love around the world and all worlds beyond. It all starts with the Love in our hearts.

Love.....love is the only true miracle.

Healing Modality for November

Rituals are an integral part of healing therapies. The tools we choose to enhance our Spiritual healing are as varied as the human experience. Historically, evolution would not have been possible without tools – born out of necessity for survival.

Last month we honored Sacred sound. The thirty days of November prepare us for the arrival of the Winter Solstice – the shortest day of the year as the Sun is furthest from earth in her elliptical travels. We are witness to decreased activity as the harvest is in and we are cozy in our blankets against the welcome chill of lingering autumn. The light and warmth of a fire is often a welcome reprieve. Light – a metaphysical tool, used to enhance and encourage Spiritual connection is paramount. Sunlight and moonlight, balance the human calendar and we honor the celestial guides.

Meditation and self-reflection; renewal when accompanied by a simple lighting of a candle is an important ritual for many on their metaphysical and Spiritual quests. A burning candle is symbolic of a cleansing; a release. When an intention either spoken or written (as in a sigil) is given to the flame, a catharsis begins.

Candle magic (or candle magick) is a beautiful and relatively simple healing practice. Practitioners of myriad beliefs and religions incorporate the burning of a candle. It is global.

Our Crystal Light Healing bed is another healing modality which incorporates the light of several vogel crystals in healing and aligning your chakras.

Himalayan Salt lamps are well known for promoting self-love. Salt is used for purification, cleansing and dispelling negativity in many magical and traditional rituals. Pure Salts are also used to release attachments, including emotional attachments. In your work environment, place Pink Halite on your desk to dispel negativity. In your home, you may witness strong grounding and centering energies; expect to manifest abundance and prosperity in all your living spaces.

On your pathway to Enlightenment, you must learn to discern the dark and the light. Stay in the Light! We are wrapping you in it when you are away. We embrace you in Divine Light and Love when you are here. It's simply what we do.

Rocks and Pebbles

by Laura, Editor-in-Chief

Awareness. It is simply defined as knowledge or perception of a situation or fact. Pretty straight forward...but the scope of it is too broad for the intimacy required to be present.

Being aware, I mean really intuitively connected to your higher self is where you start. In other words...begin where you are. Lovely, right? I am trying to learn how to read energy. My first step is to stop "trying." When I step in to the moment; I am aware. When I sit in awareness, I am compassionate. Compassion is necessary in order to NOT judge. Once the inequities of ego are no longer present, a wonderful thing happens. Connection – to and with everything which defines the moment.

Awareness is fluid. If the flow is interrupted by emotion you lose the ability to link; to plug in to another soul. We must trust in our Higher selves that this moment of opportunity is a gift from Spirit. You were meant to be **here**, now with whomever came to join with you. There is a lesson, a teachable moment - a predestined joining together in order to achieve completeness and validation of one's journey. Some of us may FEEL that we are perpetually on the receiving end; that we do not have anything to offer another.

Awareness is a Divine tool needed to balance the equation of circumstance. Each moment is predestined; never underestimate or undermine the chance to be the change or become changed. Coping in the lower vibrations is not thriving. Thriving is achieved through the deliberate interplay between us. Being aware that we are all connected by and through Spirit raises the earth's vibrations.

I am learning how to connect. I am experiencing deep, life-sustaining awareness that you have something to teach me. I can't wait to meet you.



Your Own Journey through Healing

Hello Beautiful Brothers and Sisters,

My name is Dale Dubuisson and I was given the opportunity to share with you my story of illumination through suffering in the third dimension. My story is not so different from many others I hear, it seems. The Buddha, Nachiketa (from the Katha Upanishad), Eckhart Tolle, and many other Brothers and Sisters walking next to you and I daily, have achieved Spiritual liberation through suffering. I would like to share the modalities I used to help with my walk in liberated peace. There is no way I could share my entire story in a column worth of space and that is why I'd like to keep contributing to the growth of my Brothers and Sisters by any means possible.

My modalities include Reiki, Shamanism, forgiveness, self-awareness, compassion, time travel, and mindful meditations. Brothers and Sisters help. That last part is very important we all need help from time to time and to deny ourselves of this for any reason at all is to deny our very nature of community and unity, which in turn will always conflict within the self. My main goal is to let everyone who reads these words know that all the Buddha, or the healer does is hold space while you find your own. I believe my purpose is to help others realize that through understanding, compassion, forgiveness and LOVE. We can heal and we can be happy without all of the distractions and co-dependency that we think we need. I look forward to sharing with you all the experiences that have helped me to realize self. Sift through and take what resonates and leave the rest.

I see our habits, behaviors, and confidence are all rooted in some sort of malfunction that took place many years ago through conflict or traumatic experience. To remedy these malfunctions we must recognize the patterns and then trace back to their roots. Once we see these roots we are able to pluck them from our consciousness with loving forgiveness. We travel back to that moment and relive it through the eyes of a child, tempered with the understanding of the compassionate adult - the adult who is awakened to the idea that LOVE will heal all. In these moments we are able to drop weights from our chakras and remove blocks in the system that not only relieves the emotional pain but in my experience, any physical pain as well.

All of this comes with inner work, self-analyzation and constant daily vigilance of the trauma thought-patterns and the judgements we place on ourselves and others. Through these methods of self-discovery and experiential knowledge, I have found peace and serenity, and you can too. This journey can be hard and scary, looking into one's own being and understanding the suffering that WE ourselves cause through our unconscious actions can be utterly terrifying. Luckily, there are others we can turn to that have been there and are daily navigating these waters. With EACH OTHER'S help we can realize the TRUTH that we ultimately all are one. Unconditional love for ourselves leads to UNCONDITIONAL LOVE for all living creatures.....yes even mosquitos! Through HARMONY we will be liberated from the sufferings of this realm of infinite possibility.

I may not know you, but I love you.

I wish you all the most abundant blessings and I'll look forward to meeting you in person.

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 Law of Creation**

"What we desire comes through participation."

The life we see around us was created by a person's intentions. It's a shared experience, but not a one size fits all.

As unique as we are, we must accept that Universal Wisdom is also personalized. The intent must be purposeful and always for our highest good.

In order to thrive in Love and Light, the acknowledgment that our choices have an eternal rippling effect through space and time should guide our desires. Manifestation is a direct path to the Divine. We must choose carefully and be present and aware of how we ask.

Desire is a tool for Spiritual growth. Wanting is vastly different from needing. Our Guides will always give us what we need.

Participation can sometimes be a stumbling block on our path to Truth. Being open and honest to accepting that our relationships with Spirit have formed the basis for our present circumstances will help us to ascend.

Manifesting that which will allow us to reside in the higher vibrational dimensions can be life changing. I know.

I participate. I thrive and I expect the same for you.

Featured Vendor

This month, we are highlighting retail therapy at the store.

We carry a broad variety of metaphysical tools, arts and crafts (by local artisans), and items to enhance your individual spiritual journey. At present we support more than 150 hand-picked vendors that fill our shelf space and walls with a gorgeous array of quality product lines and beautifully crafted jewelry, artwork, and consumables.

Our store hours are Tuesday through Saturday 11:00 to 6:00. Come by and let us know if you are needing a particular item. Jan will be happy to research her suppliers for you.

Many of our vendors will design and wrap your gemstone. Repair services are also available.

We offer 10% discount to all First Responders and Military.

Check our calendar for days and times when vendors will be showcasing their inventory in our Meditation room!

And don't forget a gift certificate!

Good on all merchandise!



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**....

“Great place, kind staff, large selection of crystals and other products!” – Jill A. October 3rd, 2020

Note from the Editor-in-Chief

If you know of an organization, or publication that would help to support our message, please email me. We are currently showcased on the following internet sights and in these local publications – Thank you, Laura

Google

Facebook Marketplace -Events

Alignable

Natural Awakenings

Yelp

Yahoo

Findhealthclinics.com

Meetup.com (International Holistic Spiritual & Metaphysical Association)

Akashicspiritpublishing.com

Globuya.com

Roots Shoppe

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!

November 1st and 2nd
12:30pm-4pm & 11am-3pm

Spiritual Development part 1

November 4th
4:30pm-6:30pm

Tarot 101

November 21st
10am-4:30pm

Spraypaint Art

November 21st
10am-2pm

See our calendar on our website, Facebook page or in Stone Soup for seating and fees.

The Community Table

Have I seen your familiar face recently? You know who you are. Seated around our table and sharing the energy which permeates this brick and mortar place is why we say: “Welcome home.”

Conversation and sometimes contemplation are gateways that validates why you come in and why you stay a while.

Personally, the community table is where I learn and I write. I feel embraced there among the shop-keeping and constant work of the myriad healers and Light workers. We are a busy community and when Source opens the doors to someone new, that’s where Love and Light are most evident.

As we grow, the community table comes with us. For some, it is a metaphorical reminder that a gathering together is always predestined. Those you meet are on your journey and have been waiting for an introduction.

Coffee and crystals will be back soon!



Come in, we’re expecting you.

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 on Winterfest

- *Jackets (new or slightly 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.
- *Non-perishable food items



Do you have our 12 Month Karmic Life 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!** In store only.



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!**

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.

Getting to Know our Community

This month I had a chat ...with myself!



Laura: What is your history with Stone Soup, ISC?

S (self): My car introduced us. I don't comfortably exist in this space-time grid, but for three-dimensional purposes, I'd guess maybe three or four years ago. I was travelling South on Beal Pkwy, MINDING MY OWN BUSINESS and all of a sudden the steering wheel took a sharp right into the parking lot. Space for just one vehicle...hmmmmm.

Michaelle read for me. It was kismet. From that introduction, I floated in and out, met a few really nice people, had more readings, took a first class on Spiritual tools and then disappeared – within myself. I came to the realization that I was existing on parallel planes and had to make a commitment to either/or.

Last year, I just marched in and asked Jan why she didn't have a newsletter. Answer was she had gotten too busy. I offered to volunteer my authorly services. I believed in me. Jan still does 😊

Laura: Tell me your philosophy.

S: Evolution, enlightenment and the journey. Enough said.

Laura: Now, a little biography, please.

S. Colorado is my heart-home. Well-travelled, not so much in this country but have hop-scotched from Mexico to Canada, Japan, Thailand, England, Wales, Scotland, Italy, Germany, and Austria. I am artsy, musically inclined, and a self-published poet/author. When the opportunity presents itself – I fill my downtime with community volunteering. Just connected with Emerald Coast Zoo – it's my new happy place, Tues and Thurs mornings!

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

S: I would add a spice blend – one that's global and a hugely adequate pantry.

Laura: Contact Information?

S: Tootiekester@gmail.com. Look for the gray-haired woman wearing the “Word Wizard” tee shirt!