

The Ladle Newsletter

December, 2020



] Here we are preparing for the winter solstice. It takes place, this year, on the twenty-first. It acts as a messenger in charge of advising us that we cannot lose hope. There is still a little light left in the winter's darkness.

Tribal collective energy which may be utilized for group or global meditation will be beneficial this month.

Finding enlightenment in the smallest tasks will activate an acute awareness derived from the 5th chakra. Speak your truth, ramp up your self-expression and hold space-listen and observe.

Spotlight Events:

WinterFest! – mark your calendar for Saturday, December 19th.

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

Universal Wisdom

by Jan

We wish to honor our dear friend who has been an integral part of this community for many years. Bobby went “home” Wednesday, November 25, 2020.

While we still feel his energy and know that he is safe at home and no longer in pain the physical Bobby will no longer be around. Rest in Peace my friend.

We want to honor him by initiating the Bobby Foster Spiritual Development fund. This fund is to help further the spiritual education of awakened hearts, minds and souls.



Robert "Bobby" Foster

Remember how he helped paint Stone Soup's walls when it was still just the Intuitive Spiritual Center?
Remember how he'd go out of his way to help set up for festivals, for meditations, for anything we needed?
Remember how he had everyone laughing as we reenacted the story of “Stone Soup”?
Remember how he brought in treats for everyone to share?
Remember how he made purchases he didn't really need to just to help daily sales?
Remember how he spent hours, sometimes days building displays when Stone Soup first opened?
Remember how he'd sneak money in the “Love Offering” box when he thought no one was watching?
Remember how he'd leave a “tip” anonymously when he knew a reader had had a bad day?
Remember how he'd gladly share healing energy to anyone hurting?
Remember how he'd save his coupons to bring in for those that could use them?
Remember how we sat for hours and talked at the Stone Soup table?
Remember how he was quick to volunteer when someone had a problem?
Remember how he...?

So many times he was there for so many of us. So many stories we can share. I will never forget. I love and will miss him deeply. He shared an energy with me years ago that helped to heal a deep wound within me. He reminded me of who and what I am. I will be eternally grateful. See ya on the other side Big Brother!

To donate contact us at Stone Soup ISC, LLC

Healing Modality for December

Back to basics. With so many modalities available, some of which I confess I don't know anything about, a Spiritual journey begins with desire. Desire for change.

What we once thought we knew is no longer relatable. The words we used don't hold meaning anymore. There is difficulty and there are challenges when learning something new and there is no one way fits all. Some of us experience mental blocks, others realize it as a longing. Loss is a common theme; loss of life, loss of job, loss of everything which was familiar. Don't be alarmed. It's okay. You're safe.

Making a decision and knowing that decision is the beginning - of Enlightenment. We can recommend starting right where you are. We accept you without prejudice and don't need a back story. It all begins with a conversation, sometimes just the way your body language is being expressed.

Breathe. We are compassionate and will greet you and ask if there is anything we can do for you or help you find. The rest is up to you.

Rocks and Pebbles

by Laura, Editor-in-Chief

The rocks and pebbles of my journey cause me to trip occasionally - bruise my ego and my knee. The holiday period holds many traditions and I have been witness to my share...and then I stopped. Not a gentle letting go, but full stop. What caused the 180-degree pivot?

This is one of those internal dialogues which keep me imprisoned on my path to Light and Love. It involves Karma, the Four Agreements, and a whole U-Haul full of human emotions. It all boils down to "Who am I?" In order to get there, I must acknowledge who I have been. It also means I must acknowledge who I have given my power to.

What is it that causes the innocence and spirituality of a child to leave, albeit temporarily? Some say Indoctrination. I would add ego. I am a casualty of both. The human condition is faulty. The vessel is cracked once the higher heart is replaced by any one of the chakras being out of alignment.

Society and community are not synonymous and neither are family and tribe. Once I understood the difference, I began to say no. "No thank you, it just doesn't fit who I am anymore." Why it happened when it did remains a mystery. I do not question. I remember. I honor my journey. The scrapbooks and photo albums, the discarded Christmas card lists are part of me. Songs I learned in Sunday school still ring in my ears. The family table has been replaced by the community table, where I sit and hold space for you to join me. Allowing others and holding space for them can only exist in Light. I know this.

Being a Lightworker is all about integrity. It is a 24/7 responsibility. Those in our community who shine brightest are those who teach me. In turn, I can share the lesson with an open heart because I know I've never aced an exam in my life!

We exist in chaos and peace simultaneously. The rocks and pebbles become the ballast which builds our foundation. When we connect with Spirit/Creator/Source we begin to stand firmly.

Holidays are who I was. They are not who I am. The challenge remains accepting and not judging. As we individually embrace Truth, respect of another's traditions can be healing.

When another greets me with tagline of holiday cheer, I must remember that at that moment, I have an opportunity to love. It's hard for me to remember. What's easier is to allow ego to invite anger and resentment in. For whatever part of the emotional spectrum I would choose, it would fester and I would be another year of regret.

It's not going to happen this year. My wish is for each of you to grow in your Spiritual journey. You'll get there.

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!

We add: **The Law of Humility**

“Refusal to accept what is will still be what is.”

This Karmic law reminds me not to question. When we second guess, the opportunity for negativity to slip in and redefine the moment creates imbalance. A better solution would be to accept.

Acceptance is a virtue. Change is the tool we use to redefine the circumstance. If we focus on the negative instead of making changes to address the negative, we stall.

Perspective – is it Divine? I don’t know. If we view all things through Light and Love, then my answer would be “yes.” It follows that living in a continual state of mindfulness is the antidote to ego and self-inflicted emotional wounds.

Being humble allows us to walk beside another. Humility binds us as one with Source. Your present circumstance is fleeting. How you arrived has really nothing to do with it. How you perceive going forward, to the next moment, will either imprison your soul or release it.

How wonderful would it be to stop fighting battles and simply redefine them as lessons? Yes, sometimes lessons repeat, but each time they do you have another chance to hone your life skills. You have another chance to choose Light and Love.

Humility is difficult to achieve in a culture where pride prevails. Instead of telling someone, “I’m proud of you,” try saying, “I love you.” Acceptance is the best gift of all.

Stocking the Pantry

Our Stone Soup is metaphorically feeding a growing community. Have you noticed?

There are new classes taught by amazing, certified instructors. We have a constant change-over in the product lines at the store. People are seeking change and we are here to help.

Our outreach efforts are expanding. This year we were able to connect with more charitable businesses in a seasonal “love-fest” to offer help in many diverse ways. We can only grow from here! Our outreach program is not limited or seasonal. If you need assistance or would like to refer us to a person or family in need, contact Jan.

Come in and meet new our new staff. While you are in, take a look around. We’ll be announcing a Spiritual Sprites corner very soon.

And don’t forget a gift certificate!

Good on all merchandise!



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!

December 11th - 11a-5p
Andy's Crystals & More
Great gift ideas!
No appointment necessary

December 12th - 12p-4p
Spirit Drawings by Terry
\$35 Appointments Recommended

December 26th - 10a-2p
Encore by popular demand.
Spray paint Art with Miles
\$15 includes all supplies needed.

Be sure to check our calendar and website for more details and upcoming events!

But, What Does it Mean?

When you come in, you hear new words being exchanged and perhaps you are wondering what they represent in the context of the Stone Soup, ISC community.

For the next several months, we will present a list of terms to help you grow on your path of Love and Light.

Let's begin with:

Grounding –

Basic definition – the connection to the earth in various ways to bring mental and physical balance, which leads to spiritual well-being.

Reasons – to establish a foundation from where spiritual growth thrives

Methodologies - Smudging, Reiki and Chakra alignment

Protecting –

Basic definition – calling upon any spiritual guide, angel, god, or any positive universal power.

Reasons – blocking any negative or draining energy that make us feel tired, unmotivated, depressed and exhausted; Spiritual prevention against negative influences in our life.

Methodologies – Smudging, placing Selenite wands above doors, windowsills and flooring. Laying various salts in thresholds and corners.

Clearing –

Basic definition – removal of any negative attachment or energy that interferes with the flow of positive, life-sustaining energy.

Reasons – Excessive complaining, negative relationships, criticism, and clutter.

Methodologies – Burning sage, introducing salt lamps into the room. Have a Lightworker clear and charge your stones and crystals.

Here is a wonderful website link:

<https://archive.curbed.com/2018/10/17/17951378/crystals-cleansing-pink-salt-smudging-how-to>

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



I had the privilege to represent Stone Soup, ISC and the memory of Bobby Foster with our first Community outreach, 2020. – Laura (Editor-in-Chief)

Pictured are Master Sergeant Scott, Readiness NCO and J. Thomas, team leader at Airman and Family Readiness flight, Hurlburt Field accepting donations for their food pantry on November 24th, 2020.

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 our various outreach efforts. In store and available NOW!



Festival News

Speaking of the 2021 Karmic Life Calendar...here are the festival dates for you! If you are a vendor, it's never too early to reserve a table.

Faery Festival - Saturday, March 20th.

Hippie Festival - Saturday, June 19th.

Harvest Festival - Saturday September 25th.

WinterFest! - Saturday, December 18th.

We, at Stone Soup, ISC, follow and celebrate the equinox and solstice. The traditional roots of these celebrations pre-date recorded history, but we know Celtic, Wiccan, and 1st Nation peoples honor our relationship with the sun. As community gathers, the healing energies raise the consciousness of humanity.

Our Faery Festival precedes the spring equinox. The sun passes the equator moving from the southern to the northern hemispheres. The North Pole begins to lean toward the sun again. Day and night have approximately the same length. Celebrate the joy and high vibrational energy as we honor the elementals. Faerie wings are welcome!

Hippie Festival reminds us to spread Love and Light. Reminisce with us. Bring your hula hoops! We'll have a sing-a-long 60's style! We are a multi-generational inclusive community. You still have your tie-dye, right? Check out our Stone Soup clothing line...we've got your size!

Harvest Festival – traditionally, earth's bounty is a promise for sustenance during the winter season. The flavors, textures and vibrant colors of fall remind us that our journeys require gratitude and the giving back to Earth. She embraces us, protects and nourished us. The Harvest moon shines bright and with her guidance, we are reminded to honor our ancestors and share an offering.

WinterFest! signals hibernation – a time for meditation and contemplation of a new journey. We plan for spring and are joyful for rest and the closeness of a loving community. We share Love and Light through all we have and all we are. We patiently wait for renewal.

We invite you to join us for opening and closing ceremonies. Come as you are...about 15 minutes prior to festival start time at 10:00 A.M and again a few minutes after closing.



Nothing like a little self-promotion...



Announcing: Stone Soup, ISC gift baskets for every part of your spiritual journey.

We are debuting Enlightened Beginnings gift basket at Winterfest. As we grow and connect with Spirit/Source/Creator, the moments should be celebrated. When we witness spiritual growth in others, it is cause for joy.

The adult basket retails for \$65.00 and includes:

- *chakra candle
- *selenite wand
- *incense sticks
- * ***The Four Agreements*** by Don Miguel Ruiz
- *small sage bundle and instruction booklet for smudging
- * Chakra journal, stones and pen
- *gift certificate for **1/2 off** a Beginning Spiritual Tools class (good through 12/31/2021)

Our children's basket retails for \$45.00 and includes:

- *LED candle w/Chakra ribbons
- *animal grounding stone
- * ***The Chakra Forest*** coloring book w/crayon tower
- *Chakra bracelet kit
- *Sand pail w/shovel and lid

Our product line is exclusive to Stone Soup, ISC. Custom orders are welcome. Call or come in, we're happy to discuss how to personalize your gift basket. In store only.

As we meet the needs of our community, this product line can be delivered locally for an additional charge.

Coming soon:

- Bundle of Joy
- Warrior's journey
- Chakra
- House clearing/cleansing
- Protection
- Hand Fasting
- Grief

Second Helpings
with Dale



A Unified People are a Liberated People

Hello again my beautiful Brothers and Sisters,

I first would like to say you are loved and fully supported. There, that feels better.

“You’ve got to look out for number one because no one else will” - these words have always perplexed me. Since I can remember, I’ve been the type who would bend over backward to make someone smile, or help in a situation. I believe that this thought process has helped lead to much of the destruction of our connection to Spirit, each other, and our “selves.” I’ve been in many situations where *had I asked for help* and received it openly, knowing I couldn’t do it on my own, I would have saved myself months or even years of suffering.

I know now, that when I hear the aforementioned phrase I realize in my heart of hearts it is a lie. If I can feel this way about assisting strangers throughout this timeline, so can you. For one to hold space for such love, one will surely recognize that capacity in others.

We are at a monumental point in our evolution and now more than ever we must realize the importance of our unity and connection. Through this, we will surely tip the scales back in the favor of those who carry undying love and compassion within. Our emotions and impulses are rooted in core beliefs handed down to us through our childhood experiences with family and religion. Tradition can be part of the problem when analyzing the source of division. We will find many times that when we see ourselves acting “out of control,” that is *exactly* what it means. We have lost control over the will of our emotional response to the threatening of our core beliefs. Thus, cognitive dissonance is born. Having a belief is not bad as long as it is rooted in pure love and without judgment from idealistic perceptions of someone else’s view.

“When two brothers are busy fighting, an evil man can easily attack and rob their poor mother. Mankind should always stay united, standing shoulder to shoulder so evil can never cheat and divide them.” – Suzy Kassem, *Rise Up and Salute the Sun: The Writings of Suzy Kassem*

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