

# The Ladle Newsletter

## February, 2021



We are in a transitional month. Winter has replenished us. We have rested and released all judgments; giving them to Mother Earth who nurtures our bodies by absorbing the toxins carried in both our physical essence and our spiritual one. Just after a month of reflection and new year's resolutions, we have opportunity to purify our intentions, balance our Chakras and get our auric fields back into order. If symbolism resonates within you, this month embodies piety, humility, spiritual wisdom, and sincerity.

### Spotlight Events:

### Special guest appearances...

**Feb 20 - Jo & Graybear; Healing & Awakening**

**Feb 26 - Jo & Graybear; Readings**

**Feb 27 - Dee Dee Shepherd; Crystal Grid Workshop**

Check our FB for more details @[www.facebook.com/intuitivespiritualcenter](https://www.facebook.com/intuitivespiritualcenter).

### Universal Wisdom

By Jan

#### Applying Feng Shui in Your Living Room

*(From the Daily OM)*

*Your living room is considered the heart of your home, make sure it stays clear and in balance to create family harmony.*

A well-kept home can be compared to a living being in optimal health – it is fueled by intention, thrives when in balance, and relies on the energy of life itself for sustenance. Feng Shui the ancient Chinese art of harmonious placement, describes the living room as the heart of the home. Maintaining the gentle flow of chi, or life energy, is important since it is the home where members of a family and the larger community come together to engage with one another in fellowship. A living room that is organized and decorated in accordance with the balancing principles of Feng Shui is inviting and encourages relaxation and conversation, and makes all who enter feel content.

All of this can be accomplished by changing the physical and aesthetic character of a room. When its flow is blocked by furniture, walls, or doorways we tend to feel uneasy and become less satisfied with life as a result. Promoting harmony in a home's living area is simple when it is regarded as both a single, unified space and a collection of smaller regions of space. First, stand in the room's main doorway to examine your living room as a whole. Look for and clear away clutter – the rightmost side of the room can inspire stability in close personal relationships, while tidying the leftmost side will increase your prosperity potential. Release stagnant energy by orienting chairs and sofa in a ring, veiling harsh angles with plants or ornamental screens, and using other furniture to break up direct pathways. A fireplace that serves as a focal point of the room stimulates passion and openness, while sculptures absorb negativity.

If the structural design of your living room does not allow you to decorate in accordance with the principles of Feng Shui there are steps you can take to ensure that balance is nonetheless maintained. Mirrors, fountains, chimes, crystals and aquariums all redirect the flow of chi, while also attracting luck, abundance and peace. Adding warm colors such as pinks and reds to the living room can be curative even when no other changes are feasible. It does not matter how large or small your living room is, nor how fancy or plain. Address the energy needs of the heart of your home as a whole is soon imbued with a new harmoniousness that manifests itself indelibly in your existence.

## Healing Modality for February

How does love heal? When we feel emotionally close to another, we call it love. When we allow ourselves recovery from physical or emotional wounds, we call it love. Giving without expectation or reciprocity is love. Why, then, is there absence of this vital life force? How is it possible to withhold it from another if it is, indeed, what we are?

Fear, ignorance, and apathy separate us and we may be unaware that free will is the root cause. What would happen if we were taught to be fear-LESS, ENLIGHTENED and PASSIONATE?

Every moment we must choose. This human experience is nothing grander than a simple lesson; one which we chose. Yes, we chose to be human. The Divine granted our request. Here we are – with ourselves and with others. We must live in awareness of how our choices embrace or reject love.

To what degree we incorporate love causes the ripple to pause or flow outward and affects everything within its circular path.

Love is the reason you are here. Light is the direction you must go. Connection to everything, when plugged into Love and Light is too beautiful for words – really.

## Rocks and Pebbles

By Laura (Editor-in-Chief)

I feel winter in my heart. The me I thought I knew isn't my truth. So here's the thing...I must exchange my thinking for feeling. This is painful for one who lives within the right hemisphere of her brain. It is inconceivable that I must not be who I thought I was.

We all have Guides, Angels, Teachers and Ascended Masters who collectively direct our intentions. They must be asked, however and the asking must come from a place of humility. I have two additional guides and they sit on my opposing shoulders. My Life Coach sits on my left shoulder nearest my heart. She reminds me to feel. Winnie the Pooh perches on the opposite right shoulder. "Think, think, think," he says.

First, story ideas stopped coming. I would sit, sit and stare at a blank laptop screen and wait...for days. This has been happening since July of last year. I had such a run of successful publications that I thought I'd been validated. My life coach is laughing at the moment. She says, "How are you *feeling* about writing?"

"Well, I *feel* like doing something else." "Great," she replies.

I've had messages come though Tribe. I'm not an author...that's self-limiting. The writer within me is of course above all things an observer of life. I slipped up. I forgot to observe myself. I forgot to love who I am.

I'm stubborn. There have been signs recently that I must go another direction that I need to go WITHIN. I am not a fixer, neither am I a victim. I am simply one who feels. It maybe Empathic, but I am finding that if I allow Spirit to connect my light to another, it is that effort, that higher-heart gesture that completes me.

I've been told that I am a people person. I have no difficulty engaging anyone in a conversation. I converse with the animals at a local zoo. It's banal curiosity and it's genuine love to share the experience of that other being.

Just because I have earned the nickname, "Word Wizard" doesn't restrict or define who I am. Yes, words are a gift. And if you would unwrap the gift, you'd find my heart.

Truthfully, I experience this life through my heart; words are just the tool I use to give it to you.

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*What's on your mind these days? I'd like to hear from you and this is an invitation to send your thoughts in column format for submission to The Ladle! We are expanding and excited to add new topics of broad interest concerning all walks in Light and Love. I am learning every day. I've said it before, "I can't wait for you to teach me." – Laura*

*You've got the address right? [www.intuitivespiritualcenter@gmail.com](mailto:www.intuitivespiritualcenter@gmail.com)*

## 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 Responsibility**

*Our lives are of our own doing, nothing else.*

I absolutely love this law! It reminds me that I am strong, resilient, clever, resourceful, and forgivable.

As we learn we can do it all by ourselves, the dependency on another becomes an option, not a requirement.

When we become reliant on self, we grow in ways that are not limiting. We co-create our reality. We determine and define what boundaries will keep us safe and on the path to Love and Light.

This 5<sup>th</sup> law of Karma brings to mind how flawed this life could be if we did not choose to experience choices and consequences. If we blindly followed in the footsteps of another and never question the journey, how would we take responsibility for what is in one's life?

The mistakes we make are the reasons we are forgivable.

Forging ahead, fearless and with the gift of passion are the reasons we are strong.

Meeting a challenge with preparedness is the reason we are resourceful and clever.

In all things, if there is something wrong in our lives, then there is something wrong in us.

We mirror what surrounds us, and what surrounds us mirrors us, this is a Universal Truth.

Read **The Four Agreements by Don Miguel Ruiz** I found this book to be a foundational truth in learning about my Spiritual Responsibility. I begin every meditation with his words:

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best.

## Featured Vendor

This column is dedicated space for vendors.

While we are **STILL** waiting,



here's a review of terms:

You will be featured in a single edition of *The Ladle* upon receipt of three (3) months ad subscription. **Monthly rates are:**

Business card size / \$25.00

1/4 page size / \$40 .00

1/2 page size / \$75.00

Full page / \$100.00

Any six (6) month prepaid ad will receive a 20% discount (no size limitation). You will be notified which month your write-up will appear. Please include a brief description of your product and a headshot. Generally, columns will run the month following payment of sponsored ad. Word count maximum is 150 words. Contracts and payments may be arranged with Jan. Our email subscription has topped 1,500. So why miss this amazing opportunity?

In an ongoing effort to be inclusive, we are hoping to offer a child friendly version of *The Ladle*.



"Measuring Spoons" will be published quarterly. Our first issue is available now. Just ask at the register.

## The Spice Cabinet

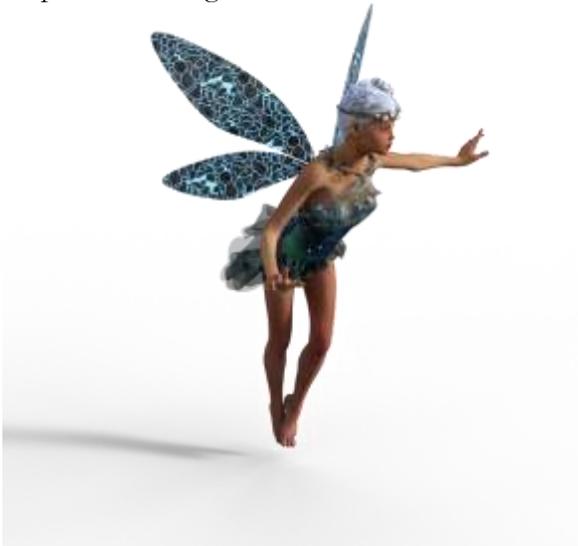
In this column, we will inform you of special classes, either those beginning during the featured month or offered as a single class. Here you will find all the information, including date and times. Please see our website for a link in the “Classes” page to sign up!

### **Class- Feb 20 1-3pm Healing & Awakening**

Are you a newly awakened soul? Wondering what needs to be healed for spiritual growth? What's the best healing modality for you to work with? Come explore and find out.

**Class- Feb 27 1-4pm Crystal Grid Workshop** Ever wondered what you can do with the stones and crystals that you have collected? Join Dee Dee and she will teach you about sacred geometry and the art of Crystal grids.

Are you taking time to play? *Faery Fest* is returning March 20<sup>th</sup>. Join us in discovering and celebrating the elemental energies which surprise and delight the child within.



## 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 continue with:

### **Enlightenment**

**Basic definition** – The action or state of attaining or having attained spiritual knowledge or insight.

**Reasons** – To become peaceful and serene, free of fear and other unwholesome emotions. See that the human condition reaches beyond this physical existence, so no longer be fearful of the unknown.

**Methodologies** – You can become enlightened by being in the present moment, expanding your understanding of life and the world around you, and meditating to expand your awareness.

### **Meditation**

**Basic definition** – Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity.

**Reasons** – To train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

**Methodologies** -Find a quiet space. Make sure there is nothing to disturb you before you start meditation.

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Sit in a comfortable position. You can sit on top of a cushion or blanket, on the floor or in a chair. ...

Breathe gently. Focus your attention on each inhale and exhale...*Let distractions come and go.*

### **Karma**

**Basic definition** - The result of our own past actions and our own present doings. We ourselves are responsible for our own happiness and misery.

**Reasons** – Whatever thoughts or energy you put out, you get back — good or bad. In order to get what you want, you have to embody and be worthy of those things.

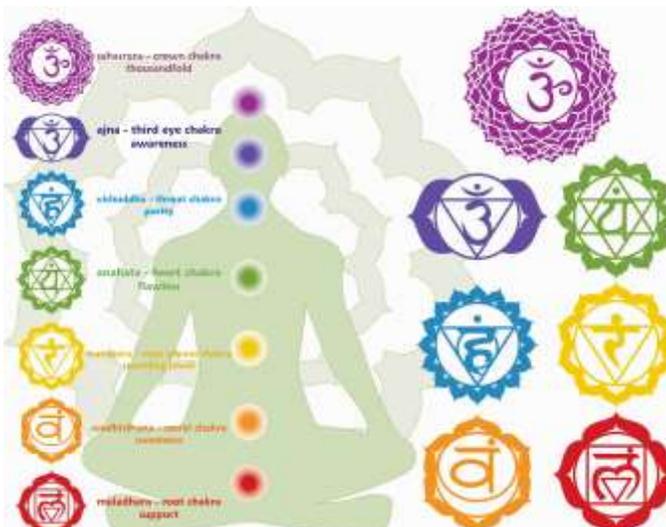
**Methodologies** – For us to GROW in Spirit, it is we who must change – and not the people, places or things around us. When our focus is on Spiritual Values, it is impossible for us to have lower thoughts such as greed or anger. Whatever we put out in the Universe is what comes back to us.

## The Chakra Mentality

Always Learning...I am. Let's for a moment consider our Chakras. The energy centers which are aligned along the spine are responsible for the optimal functionality of our organs and consequently, when they are out of alignment, we are out of balance. Within our physical body, we house seven chakras.

If you feel that discussing the imbalance of one or more is affecting your life, we have energy healers and various modalities to bring the awareness to you. We do not diagnose.

This month is all about the Sacral Chakra. It is located just above the pubic bone and represents our passion, sexuality, intimacy, money, creativity, and joy. It is associated with the color **orange**. Imbalance can affect relationships with our selves and others. A person may experience emotional instability, sexual dysfunction, or addictions. If you find that your natural energy "flow" is blocked - release your emotions; journaling is helpful. This Chakra relates to the water element.



## Outreach Update

Our outreach efforts continue 24/7. We are a Spiritual community which cares for the underserved in our area. We accept donations of canned and non-perishable foods, clothing, blankets, gift cards and cash.

The Foster Fund has been established in the memory of Robert (Bobby) Foster to help the newly awakened pay for classes at Stone Soup.

***There is an online link on the "Services" page of our website!***

These classes and seminars are available to anyone seeking to live in Love and Light. There is a vetting process established which will help to screen and match anyone needing financial help to pay for a class. Applications can be picked up from Jan.

Thank you for your continued support. We welcome referrals if you know of anyone needing assistance.

## Serving Spoon

by Laura

As you enter Stone Soup, the energy shift embraces you. For some, it is a new experience. For others it is a welcome reminder of what coming home should be.

One thing, I know, is that you are valued for being who you are. Allowing yourself to be in the moment of existing is all you need. There's no preparation or itinerary. You can walk right in and breathe.

We are here to serve you. If you need an adjustment. – can do! If you need an embrace or if you just need space to wrap your head around whatever is going on – come in. There's no pressure.

We are a community of healers, teachers, and friends you haven't met yet. Browse, ask questions, or pick up a flyer on a class you are interested in.

Every day we post events on the chalkboard by the front door. Check our website or Facebook for scheduled events.



## Stone Soup Gift Baskets

Stone Soup Gift Baskets are new to 2021! The product line is exclusive to Stone Soup, ISC. We will be introducing new themed baskets here and will have samples available at the store.

Ask for order forms at the cashier counter. Please allow 72 hours for creative time and delivery to the store for easy, prearranged pickup. If you have a custom order in mind, please discuss your needs with Jan.

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

### *February 14<sup>th</sup>...*

Our Lovers Basket will be ready just in time!

Contents:

- \*Kamasutra incense
- \*Love candle w/ rose quartz
- \*Gift certificate - Roots Shoppe for Sacred Sexuality workshop
- \*Passion soap bar from Silver Stone Apothecary
- \*Kokokahn "Zen" roll on essential oil

### **Coming soon:**

New Beginnings (newborn)  
Stepping Stones (ages 9 thru 15)  
Warrior's journey  
Chakra  
House clearing/cleansing  
Protection  
Hand Fasting  
Grief

*A tisket, a tasket. A little Stone Soup basket...*



Second Helpings  
with Dale



## The Space Between

Hello again my beautiful soul family,

I would like to talk about the space between the thoughts. During my practices of meditation and awareness, I am fortunate enough to have been able to understand the places of pure joy that exist between our thoughts of the waking mind. These places of joy are everything, yet nothing, blissful yet unexciting. It is a place of "isness" to quote many gurus.

To reach these planes is easy, yet difficult. It takes training the mind to stay focused and vigilant. If the mind begins to wander and remains unchecked the whole meditation could be compromised. Bringing the mind back to awareness (in the everyday actions we perform) can be tricky but it is possible. I have been practicing some of the methods of Zen Buddhist monks in every moment possible and so far, it seems to be the most effective for my own mind.

Practices - such as only focusing on one task at a time. When I am driving, the music is off and I am driving. If I am working on a job, I am fully present in the job. Should the mind begin to wander, I simply remind it what we were doing and that there is no moment as important as the present.

One of the most difficult things about this constant vigilance and awareness is that when the mind wanders and I don't catch it in time and I entertain an impulse that could have been avoided, I tend to be very hard on myself. This is where compassion comes into play, we must remember we are breaking lifetimes of conditioning as we are doing these good works and as long as the will stays strong and the intention for healing is pure, we will get to where we want to be.

Mind mastery is possible, many ascended masters have proven it before and to become enlightened through the transcendence of identification to the body, mind, and ego we will see as clearly as those who attained this heightened state of awareness. For consciousness is the link that ties ALL things together, and in this space of knowing, there is little doubt of the interconnectedness of the all. When this realization occurs, all boundaries fall away, all fetters extinguished and the light within shines so brightly it is impossible to see anything else when we look at a brother or sister or a tree, crystal, river, or ocean. The light of the all can be seen in every "thing" when we bring our awareness to the vastness of the loving consciousness.

Stay aware Brothers and Sisters. Stay vigilant. Stay in the present moment for that is where true liberation from the suffering attachment brings to the soul.

Namaste.  
I Love You

## The Crystal Voices

With Doreen



Doreen Ward is a Palmistry Master. You can find her at Stone Soup every week – Check our calendar. Among the many healing modalities, she practices the ancient art of laying of the stones and guides you in

past life regressive therapy. She is a student of the Ascended Masters and has dedicated more than thirty years to Spiritual growth which she now shares with you.

Her first love, however is crystals and in the next “forever” series, she will be introducing them.

This month, we learn about **Calcite**.

The crystal occurs predominantly in sedimentary environments, enjoys a range of colors and is often fluorescent. fluorescent.



Calcite is a powerful amplifier and cleanser of energy. By simply having a specimen in a room it will clean all negative energy and increase the household’s energy levels. It removes stagnant energy. Calcite is an active crystal that speeds up development and growth physically, mentally and spiritually. Because of the variety of colors in calcite, it will heal and energize all the chakras.

Calcite cleans the elimination organs such as bladder, bowel and kidneys. It strengthens the skeleton and joints. It fortifies the immune system and increases blood clotting and tissue recovery.

If you are experiencing despair and find that you can’t get motivated – bring this wonderful healing crystal into your space. Carry it in a pocket. It is a stabilizing stone, it increases your ability to trust in yourself and others.

It is a spiritual stone linked to the higher consciousness that helps to open your higher awareness and psychic abilities. It increases spiritual development and allows the soul to remember.

## Important links:

What’s happening?

[www.intuitivespiritualcenter.org](http://www.intuitivespiritualcenter.org)

Send us a message:

[intuitivespiritualcenter@gmail.com](mailto:intuitivespiritualcenter@gmail.com)

Notify the Editor-in-Chief

[tootiekester@gmail.com](mailto:tootiekester@gmail.com)

From the Editor’s desk...



Just letting you know that people of all ages come in to “The Soup”. However, my keen sense of observation is concentrated on those of Generation Y.

As a group, you seem to be the most overwhelmed, anxious and at a crossroads. You are forever managing your lives with the help of technology.

Love and Light are people skills. The true Path to Enlightenment cannot be found on whatever blue light screen device you rely on.

Unplug and reconnect. We’re here.