

# The Ladle Newsletter

## March, 2021



March embodies a kind of reigniting of the hearts and consciousness of humankind. During this month you will be filled with good energy. The powerful energy that emerges from this month can impact your relationships. Only those based on genuine sincerity and a solid foundation will survive. The spring Equinox visits us on the 20<sup>th</sup>. The days with highest vibrational energy will emerge on the 6<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup> and 20<sup>th</sup>.

### Spotlight Events:

**March 20<sup>th</sup>; 10 A.M. to 4 P.M. FAERY FEST! Remember we close early.**

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

### Universal Wisdom

By Jan

#### The Flow of the Universe

(reprint of an article in **DailyOM** - Inspirational thoughts for a happy, healthy and fulfilling day.)

The flow of the universe moves through everything. It's in the rocks that form, get pounded into dust, and are blown away, the sprouting of a summer flower born from a seed planted in the spring, the growth cycle that every human being goes through, and the current that takes us down our life's paths. When we move with the flow, rather than resisting it, we are riding on the universal current that allows us to flow with life. Many people live their lives struggling against this current. They try to use force or resistance to will their lives into happening the way they think it should. Others move with this flow like a sailor using the wind, trusting that the universe is taking them exactly where they need to be at all times. This flow is accessible to everyone because it moves through and around us. We are always riding this flow. It's just a matter of whether we are willing to go with it or resist it. Tapping into the flow is often a matter of letting go of the notion that we need to be in control at all times. The flow is always taking you where you need to go. It's just a matter of deciding whether you plan on taking the ride or dragging your feet.

Learning to step into the flow can help you feel a connection to a force that is greater than you and is always there to support you. The decision to go with the flow can take courage because you are surrendering the notion that you need to do everything by yourself. Riding the flow of the universe can be effortless, exhilarating, and not like anything that you ever expected. When you are open to being in this flow, you open yourself to possibilities that exist beyond the grasp of your control. As a child, you were naturally swept by the flow. Tears of sadness falling down your face could just as quickly turn to tears of laughter. Just the tiniest wave carrying you forward off the shores of the ocean could carry you into peals of delight. Our souls feel good when we go with the flow of the universe. All we have to do is make the choice to ride its currents.

## Healing Modality for March

Readings are an integral service here at Stone Soup, ISC. We offer Tarot, Oracle, and Palmistry. These three modalities involve decks of cards to clarify your journey. Energy readings are also offered and can be very helpful to identify quickly any pressing state of emotional stress. Aura photography is a wonderful, visual tool in identifying your aura's vibrational energy. Our photographers are available during our festivals.

Our Guides deliver messages through us to you; for your benefit. We do not initiate advice. All messages come through Spirit/Source/Creator. Check with Jan if you have questions about who would provide the best guidance for you.

Your intuition is where you begin tuning in. The frequency of readings is extremely personal. It is advisable to spend time and consider what the messages are relaying. Healing/growth is not a quick fix. Each person's needs are unique and we understand that.

Stone Soup is a community resource. We honor all ways to Enlightenment through Love and Light. These services are provided to anyone seventeen (17) or older. Appointments are recommended and you can link right through our website on the "Services" page. Prepayment is appreciated, most credit cards accepted. Our Readers/Healers offer their services on a rotational basis, so check our calendar.

The first Saturday of each month is New Light Connections – our newly awakened readers are in the store to offer guidance for donations.

Want to learn more? Stone Soup also offers a wide selection of decks for purchase and classes on how to read the decks.

## Rocks and Pebbles

By Laura (Editor-in-Chief)

Sometimes, for the life of me, I can't concentrate. Now, that I am understanding "retrograde" and how the planets apparent reverse orbits impact my energy, my muddle-headedness makes perfect sense. I'm delving back into Astrology. A couple of years back, I had my birth chart read...well almost because the exact time of my arrival was never documented. Or maybe it was and the birth certificate evaporated. Since the adoption process makes a mess of facts, I let go of trying to find my roots. Doesn't matter to me. I'll be leaving soon for another reincarnation and lessons to guide my path to Enlightenment.

While I'm here, my interest has been recently piqued. It's fascinating to me that living in a polytheistic community is where I ended up...I find people of all walks in Love and Light. I find people who connect with energies from our multiverse. What a time to be alive!

How are you learning? There may be fear in learning; I feel that is what we have done to ourselves. Spirit/Source/Creator gifted us unlimited resources to feed our intellectual hunger. Your teachers, guides and angels from all ascended realms lay out the lesson plans. All you have to do is trust them and trust yourself that intuition is a bonus plan to survival. We may choose to starve our conscience and stay safely obscured to Truth. For me...nope. I am learning every moment which is a gift of gratitude right back to Spirit.

What I thought were life-long habits (carefully maintained over the decades) have evolved into a deep connection to oneness. I am allowing myself to be directed and relinquishing control over reading the daily paper and being tethered to the restrictive 3<sup>rd</sup> dimensional existence. Is it a challenge? I can't think there is anything requiring more effort and offering a deeper sense of purpose.

Being in alignment is choosing to be in alignment. For me, a glance over the daily horoscope, chatting with my friend Siobahn Peal (The Shaman of Stonehenge) and closing my eyes in order to view the world without limitations is where my path has led.

As the planets come in to and out of my existence here, I am open to learning more, teaching more, sharing more and loving most.

## 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 Connection**

*Everything in the universe is connected, both large and small.*

Our past, present and future are all connected. The smallest or seemingly least important of things must be done because everything in the Universe is connected. Each step leads to the next step, and so forth and so on. Someone must do the initial work to get a job done. Neither the first step nor the last are of greater significance. They are both needed to accomplish the task.

Are you doing the “initial work”? Do you rely on someone else to complete the task? You might ask yourself why.

Think of yourself as living your life in a perpetual state of the domino effect. You react to what has just happened and your reaction causes a change in the energy field of the next person. Both are responsible for the outcome of the task, right?

With this in mind, life becomes a chain reaction and it is all good when we are cognizant of what part we contribute. Our experience is unique to all other experiences even when we share the final outcome.

For me, the awareness is pivotal. Pausing and considering if kindness is a motivator is my new mindset. Can my part in whatever task is before me be accomplished when based in ego? Yes. Should my part in that same task be bathed in Love and Light? Absolutely.

We grow when we learn that lesson. I am still learning.

## Featured Vendor

The variety of vendors keeps changing. Have you been in recently? Whether you are looking to purchase for yourself or for someone else, we strive to keep our inventory well-stocked.

If you can't find what you need, ask Jan. We always have a special request list available and she will find just what you need.

From jewelry to runes, and from candles and incense to whimsical and inspirational locally crafted art, Stone Soup, ISC is the area's only metaphysical shop.

Need a book? We have a small collection of topics that will inspire your journey. Want to shop local? We have a shelf dedicated to Florida authors.

Traveling and can't take your altar with you? Run out of pocket space for your stones? We have kits just for travel. If you have just dedicated a space for your meditations in your home, we have altar cloths, statues, smudge kits, Himalayan Salt lamps and grids.

In-the-car spaces are important too. We have car diffusers, and Malas which can be hung from the rear view mirror.

Stones and crystals...from the familiar to extremely rare, we work tirelessly to offer such a large selection. We can customize a wire wrap for your stone.

Can't make up your mind? We have gift certificates, too!

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!

**March 7** - we are offering Basic Spiritual Tools workshop from 2-6 pm. Pre-registration required.

**March 10** - begins another 4 week course of Spiritual Development. Pre-registration is required.

**March 13** - 10 to 4. Reiki II. You must have completed Reiki I. Pre-registration and instructor approval are required.

**March 27** - 10 – 4:30. Intermediate Tarot. Limited seating.

And of course, you don't want to miss our annual Faery Festival on March 20th from 10am-4pm.



### *Sunday Meditations*

Weekly meditations from 12:30 to 1:00 are free of charge with limited seating. If we have reached capacity, the doors will be locked.

Each meditation is led by staff on a rotational basis. Check our calendar for details.

Crystal Bowl and Drumming are especially popular. Occasionally, we will be videotaping.

Our meditation room is sacred space and we respectfully ask that shoes be removed.

**The store is closed on Sundays.**

## 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:

### **Ritual**

**Basic definition** – A formalized, predetermined set of symbolic actions generally performed in a particular environment at a regular, recurring interval.

**Reasons** – To express some fundamental truth or meaning, evoke spiritual, numinous emotional responses from participants, and/or engage a group of people in unified action to strengthen their communal bonds.

**Methodologies** – Recitation, singing, group processions, repetitive dance and manipulation of sacred objects.

### **Mantra**

**Basic definition** – A religious syllable or poem, typically from the Sanskrit language.

**Reasons** – These are spiritual conduits, words and vibrations that instill one-pointed concentration in the devotee.

**Methodologies** – Repetitions of 108; which represents the wholeness of existence.

### **Smudging**

**Basic definition** – Traditionally a ceremony for purifying or cleansing the soul of negative thoughts of a person or place.

**Reasons** – To help reduce feelings of stress, anxiety, grief, or depression.

**Methodologies** – Burning Sage or Palo Santo and allowing the smoke to leave through windows or doors, taking all negative energies with it. This ritual is deeply rooted in cultural practices and is a holy ceremony to be practiced with spiritual intent.

## 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.

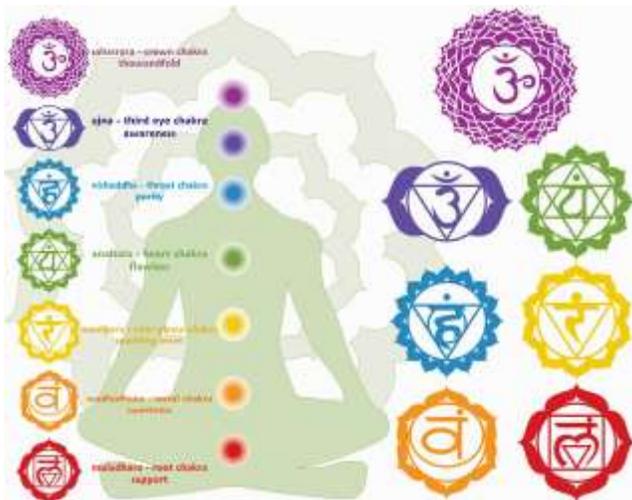
This month is all about the Solar Plexus Chakra. It is located three to four inches below your navel and is represented by the color **yellow**.

This 3<sup>rd</sup> energy center is responsible for self-esteem, willpower, and self-discipline. An overactive Solar Plexus Chakra may indicate a power hungry, competitive nature and an attraction to stimulants.

An imbalance in this Chakra may manifest in digestive issues and victim mentality.

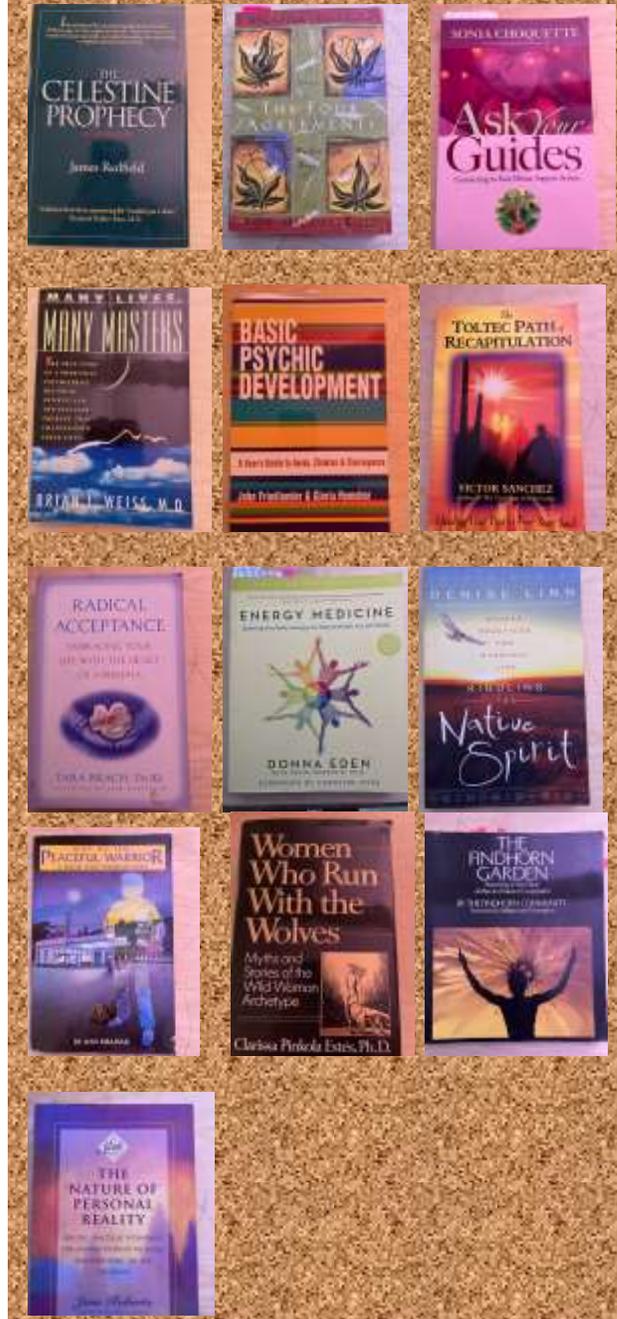
When this energy center is in balance, you will feel responsible, reliable, spontaneous and enjoy a sense of humor. You are able to make decisions and meet challenges.

Your 3<sup>rd</sup> Chakra is associated with the Fire element.



## Book Review

**Everyone needs an inspiration board...  
Thank you, Cassie!**





## Stone Soup Gift Baskets

Stone Soup Gift Baskets are new to 2021!

**Look for our brochure soon!** In it you will find descriptions and pricing for our themed gift baskets.

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.

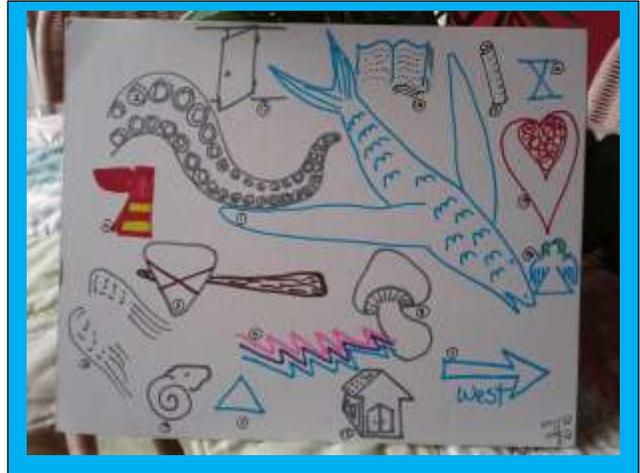
### In the line – up:

Nurses/Care-giver  
New Beginnings (Prenatal thru birth)  
Stepping Stones (pre-teen)

Easter baskets are coming... These mini specialty baskets contain a rabbit totem stone/w description and a beautiful polished stone egg.



I always find amazing “ingredients” at the Soup. Here’s what I pulled off a shelf recently...



It is my Spirit Drawing! Terry Johnston offers these at our store throughout the year. She is here during most Festivals.

There were so many messages coming through for me. I was amazed! I am still deciphering (she doesn’t generally number the images, but my analytical/author brain works better when I have a chronology to guide me).

I am, indeed, all that you see. We are all Spiritual works of art. If you would like one of your own, contact her through the link: “Spirit Drawings” on our **Services** page - [www.intuitivespiritualcenter.org](http://www.intuitivespiritualcenter.org).

### Community Outreach Efforts

**We accept monetary donations as well as clothing, gift cards and pet supplies. Non-perishable food items and personal hygiene items are also needed.**

**Our greater Panhandle community is served best by your generosity. We are connecting the underserved in our area with your charitable donations.**

**Thank 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 **Fluorite**. It belongs to the Halite mineral family.

The following includes excerpts from Crystal Enlightenment by Katrina Rafael...

Fluorite is a multi-dimensional crystal; manifesting the highest aspect of the mind (the mind that is attuned to Spirit). Fluorite enables the ability to comprehend and integrate the non-physical realities of the fourth, fifth, and sixth dimensions. This crystal is the polarity energy to amethyst which is the internal experience of surrendering the mind in order to attain wisdom.

Fluorite is present in four main colors: blue, purple, gold and white – all these colors represent meditative states of mind. Blue is the color of inner peace, mental calmness and serenity. Purple represents the developmental aspect of a mind that is focused on and committed to Spirit. Gold is the color of wisdom and understanding where the mind merges with infinity and still maintains individual expression. All of the colors represent the upper chakras, the higher triangle of energy and advanced states of consciousness. Fluorite has three different states of formations: the cluster, the octahedrons and the pyramids.

In a statement of perfection and balance it is one of the highest geometric shapes found on the physical plane. It represents conscious connection with the infinite source of energy at the Apex and complete groundedness and physical stability at the base. Fluorite in all of its forms is here to teach us to be inner-dimensional. It is a symbol of growth process that we all are involved in aligning with the cosmic force and source of our being. The presence of this crystal in your life means accepting the responsibility to live in the Divine will and manifest light through physical action.



**Fluorite**  
**March's Crystal of the Month**

## Getting to Know Us



This month I had a chat with Sherica.

**L.** What is your history with Stone Soup, ISC?

**S.** I stopped in one day a week after moving to the area, and they haven't been able to get rid of me since.

**L.** Please tell me your philosophy.

**S.** It is my belief that you should be what you wish to see in the world.

**L.** A little bio, please.

**S.** Nothing special, just a wanderer in search of purpose.

**L.** What ingredient would you add to the Stone Soup recipe and why?

**S.** The ingredient I intend to add is Love, because you can never have too much.

**L.** Your contact info, please...

**S.** Email: [Shericadawson@hotmail.com](mailto:Shericadawson@hotmail.com)

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Have you heard the buzz?



**We're moving.....stay tuned!**