

The Ladle Newsletter

April, 2021



The spring equinox is a symbol of new life and light, new beginnings, and paths. This time represents our need for balance of the yin/yang and male/female energies - a balanced equilibrium. With psychic energy in abundance, it is the ideal month to start meditating for the purpose of healthier living and raising consciousness. The Pink moon will delight us upon its arrival on the 26th. Honor Mother Earth on her special day – Earth day, Thursday the 22nd.

Spotlight Events:

Radiant Sapphire – Haskell is here on April 2nd and 30th; 11 – 5

Past Life Regression – Ruth will be here April 3rd; 11 - 5. Limited availability as sessions run 2 hours.

Universal Wisdom

By Jan

***Note to our readers

Jan's column will be back soon. She is spearheading the relocation to our new address. See page 8 for details. In the meantime, we will be learning about the healing services that are the heart of Stone Soup ISC. We will go beyond the stones, crystals and tools of the metaphysical arena. Come with me as I introduce those who are available to offer insight and healing on your life's journey. - Laura

Connecting to the Light

Being a spiritual being having a human experience can be an overwhelming, sometimes chaotic bag of mixed blessings. We welcome all who are seeking the path to Love and Light and are here to provide support, education and guidance. I will be introducing our energy healers, their modalities and my experiences; offering you a glimpse of the services available at Stone Soup ISC.

April's introductory healer is Cassie Spears. I have Cassie on speed dial. Her Spiritual Warrior life coaching has been instrumental in my journey. She facilitates empowerment. I came to know her on recommendation from Jan. I wanted clarification, direction and the answer to "why." My life choices had converged and I had no focus. Unknown to me, at the time we met, my 3rd eye chakra had exploded, bringing sudden intense pain to my center forehead.

Cassie was able to apply energy healing (Reiki) to calm me. I learned to allow, not to control. **HUGE** lesson. She integrated card reading (oracle) and certified life coaching in the intense one-hour session. Well worth it and I have continued to counsel with her when life interrupts my best intentions. Her healing methodologies are a culmination of several certifications in holistic medicines and alternative health practices. In addition to her Master Reiki status (Usui method) 2016, she has been certified by the following: The Coaches Training Institute (2007), (2008), CTI certification (2011) and ACC certification (2011). Her training is focused on coactive coaching. To learn more, go to <https://coactive.com>.

I will experience the Crystal Light healing bed soon and share with you my insights in a future column.

Healing Modality for April

Affirmations and self-care. They are inseparable – just like you and your reflection. How frequently have you stared yourself down in the mirror and haven't liked what you see? Ever asked yourself "why?" What's all this beating yourself up non-sense? Do you believe the reflection is untrue? Maybe it is...

We are what we believe ourselves to be. There are too many motivational quotes to begin to unravel, but the jest of it is that affirming the positive qualities will set you up for success. The hastily scrawled love notes to yourself are Divine messages that reside in your heart chakra. Remember to be grateful for just being here. The Karmic lessons which are unfolding right now, in this present moment, can be simplified from the perspective of "I can." This affirmation has been with you from birth.

On this journey, we have many coaches, teachers, fitness trainers, mentors and general life-affirming role models. We listen to them and follow their advice (sometimes). When we succeed we feel that their confidence in our abilities helped us to achieve our goals. That's all well and good. Like you, I am excited that these souls are in my life. What I am more excited about is that I am in my life. I believe in me because Spirit/Source/Creator wouldn't have granted me this experience without my consent.

Here is a favorite quote and the link to video clip from *The Help*. "You is smart. You is kind. You is important."

<https://m.youtube.com/watch?v=3H50llsHm3k>

Rocks and Pebbles

By Laura (Editor-in-Chief)

"I am sick and tired of being sick and tired." – Fannie Lou Hamer, 1964. Ms. Hamer was a leader in the civil rights movement. Her quotation is just as relevant outside of the political arena. My point is – co-creation. It is a relatively simple concept. Co-creation happens naturally whenever your soul or inner knowing inspires you to take action and follow your passion or pursue your life purpose. The co-creation process implies embracing positive influences and assistance of all beings in your universe as your partner. It is distinguished from ego driven creation.

The contract holding you to this incarnation was not written by accident, oversight or lack of participation on your part. Karmic lessons, which must be learned in order to ascend can't be delegated. You are in this because you chose to be in this. Choice begets consequences. Achievement results from fully engaging in everything you do.

Your unique talents and abilities allow so much flexibility, that it makes no sense not to try. We are unlimited in our creative problem-solving. Here's the catch...not judging, not comparing – simply doing or redoing as need be.

When you feel charged and ready, life seems to flow. When you experience reluctance or disinterest you stall. We must always strive to be forward moving. Acknowledging and balancing your Chakras is a great place to begin.

Recognizing what isn't working leads to making better, more informed and Spirit-filled decisions. Allow Love and Light in. Connect to everything and everyone with gratitude for their inclusion on this path to a higher vibrational plane. Set your intentions that you will be all you can be and that you will honor the same in others.

"Get up, dress up and show up." Sounds like Spiritual boot camp? Join the ranks. I'm right there with you.

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 Focus**

“One cannot direct attention beyond a single task.”

Relating to our spiritual growth, we cannot have negative thoughts or actions and expect to grow spiritually. We must direct full attention to achieve any desired task.

The universe does not understand negativity. We must be specific in our intentions. I have a friend who shared the following:

“I asked Spirit to help me win the lottery. The Universe sent me two kittens. I was not specific. I love my kittens, don’t get me wrong...”

How often do we send vague messages, when our truest intentions are very specific? We are capable of asking for EXACTLY what we need.

If the request is not met, your spiritual growth is still unfolding. Focus on allowing each moment to play out. Lessons are in the acceptance of this fluid existence.

Your attention is born in the awareness of NOW. The focal point of your life is NOW. Once that concept becomes your reason for breath, your path becomes less burdensome and the gifts which are yours alone are in abundance.

Multi-tasking diminishes the opportunity of celebrating THIS moment. You cannot accomplish more than your purpose. You cannot be grateful for everything in your life at the same time. If you tried, the wholeness of who you are would become fragmented...and nothing can be successfully accomplished when the task is left to that part of self that remains.

Give all of your focus to each moment. Stay whole, stay well and keep in touch.

The Crystal Voices

with Doreen



So many crystals to share with you! In going forward with my introductions to crystals, this month I wanted to talk to you about pairing crystals like wine and food. Some crystals have complementary energies that can really help focus energy.

For example, the energy of a crystal is amplified when paired with clear quartz. Here is one of the pairings I’m talking about - black tourmaline and citrine.

These two stones help you ground prosperity. Black tourmaline also blocks negative energy which can help remove thoughts that prevent prosperity. Citrine is a stone of prosperity, self-esteem and self-image.

I will be discussing those that do not need amplification in future columns. Just like us, they radiate beautiful energy on their own.



April’s Crystals of the Month Citrine and Black tourmaline

Editor’s note: I find it helpful to keep *The Complete Crystal Handbook* by Cassandra Eason available. In store.

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 or call the store.

Reiki III – 10th; 10 to 4.

Pre-registration and instructor approval required.

Tarot I – 17th; 10 to 4:30

Reiki I – 18th; 10 to 4. Pre-registration is required. Limited seating

Grid Workshop – 24th; 10 to 4



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:

Aura

Basic definition – The human aura is both an energy field and a reflection of the subtle life energies within the body. It consists of seven layers that correspond with the seven chakras in your body. At any given time, your aura emits a mixture of colors and light and each of these shades says a lot about how you're currently feeling.

Channeling

Basic definition – Channeling is the act of attaining information (from a state of being in the present moment) from higher power or spirits and bringing it forth through writing, speaking, teaching or music. Psychic Mediums are able to channel messages and deliver them to you.

Spirituality

Basic definition – Life perceived as higher, more complex or more integrated with one's worldview, as contrasted with the merely sensual. Spirituality is more of an individual practice and has to do with having a sense of peace and purpose

Energy Healer

Basic definition - A person who facilitates an individual's (human and animal) self-healing. He or she may have or are developing their intuitive faculties to aid in bringing in light. Methodologies include Prana, Chi, Ki, or Reiki. The channeled energy has no distance limitations. The practitioner may use a light touch.

It is important to distinguish energy healers from massage therapists who may or may not incorporate other than their own energy; and concentrate their practice on the manipulation of flesh.

The pseudo-science involved is referred to as energy medicine.

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.

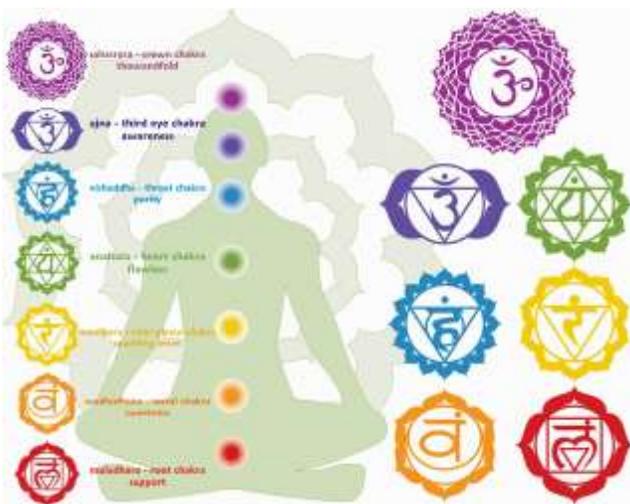
If you feel that discussing the imbalance of one or more is affecting your life, we have energy healers and various modalities to bring the awareness to you. We do not diagnose.

This month is all about the Heart Chakra. Represented by the color green, it is the 4th energy center.

If you are experiencing jealousy, a tendency to overly sacrifice and generally overextend yourself with little regard for your own well-being, your heart chakra may be overactive.

If there is blockage, you may feel shy and lonely. If you cannot forgive or harbor a tendency to lack empathy, then you may be leading with your head more often than your heart.

A well balanced Heart Chakra means we operate from a place of compassion, love, and forgiveness. This energy center is associated with air. It serves as a bridge between the lower and upper chakras.



Spiritual Warrior with Cassie



Image by Studio528.love

How you feel, the Universe feels

Like most of us who learned to pray (when we were young) we would do what had always been done and think we knew what we wanted and how to get it. Pray for it and it will come.

Really? Did that ever work? If someone was sick and we prayed for them, did our prayers work? Sometimes they would get better; sometimes not. I've been praying for peace for decades and yet it seems the world populations are even angrier and more hostile.

What I am learning is that when we pray for something, we are telling the Universe (God) that there is a lack and then that lack sets up conditions for more lack, creating the opposite of what we want.

Instead, we need to imagine what it would be like if that desire was fulfilled; what it would feel like, look like, sound like, etc. As you feel, the Universe feels - residing in the spaces between your cells, molecules; and thoughts; between your skin and everything else; in the water you drink, the air you breathe, and the food you eat. The emotions you feel are felt by the Universe and subsequently by everyone and everything in it.

So when your energy is low from pain, sorrow, worry, or illness - imagine you are filled with peace, health, and harmony. Imagine you are surrounded by loving compassion, living the life you are meant for.

Instead of praying for love, **pray love** – what would it feel like to be completely unconditionally loved? What would it sound like? **Pray health** – how would it feel to be completely healthy in every cell, to be able to do whatever you want, knowing you will rest well at night without pain? **Pray peace** – imagine peace filling up every cell in every human being on Earth. And then give thanks...

Sending love and compassion, healing and blessings to you all...May you know peace.

The Serving Line



Stone Soup Gift Baskets

Stone Soup Gift Baskets are new to 2021!

Check in store for new products!

Note from the Editor-in-Chief

Are we meeting your needs and expectations?
Please contact us through any of the following options:

To leave us a message:

Facebook.com/IntuitiveSpiritualCenter/
(Don't forget to "Like us")!

Website:

intuitivespiritualcenter@gmail.com

*send us your email for monthly editions of
this newsletter!

Store phone number: 850/533-6565

Hours of operation: Tuesday through Saturday
11:00 A.M. to 6:00 P.M.

Direct contact to me: tootiekester@gmail.com

Our community outreach makes a huge impact on the underserved in our area. Here are a few pictures of the most recent deliveries to The Shelter House in Crestview on March 4 and 9, 2021.



Vanessa (R.N.) and Tracy



Vanessa

Cash donations, gift cards, clothing, shoes, personal hygiene items, pet supplies and non-perishable foods are continually distributed to those who need support and compassion. If you know of someone needing assistance, please contact Jan.

Stone Soup ISC is a great community resource for you! Check with Jan for referrals whether you need light construction, house cleaning, pet sitting, HVAC, book coaching, and everything Spiritual - from hand fasting to traditional ceremonies. We offer energy healing for you and your pet. Artisans galore; glass and mirror etching, crystal and stone wrapping, graphic artists and readers to book for your special event.



Festival highlights



The scavenger hunt for everything a Faery needs in their garden was great fun. Entire families competed! We had a drawing and the winner was April! We know the Faeries will find their new home soon...

Thanks to all our vendors who participated! Special acknowledgement goes to the Sprites, Pixies and winged beings....





314 Carmel Dr., Fort Walton Beach, 32547.
We're looking forward to seeing you at the grand
reopening close to mid-April.

(As this newsletter had to get to press early, connect through our website or Facebook for up-to-the-minute information).

Our new location is bigger and we will be better able to offer expanded outreach opportunities. Store hours are Tuesday through Saturday; 11:00 to 6:00. Guided meditation on Sunday from 12:30 to 1:00.

If you would like to contribute to the building fund, contact Jan.