

The Ladle Newsletter

May, 2021

An explosion of vitality floods the streets this month and that joy of living is transferred to the Spirit. It's time to start projects or return to those that we had left stagnant. Positive energies will accompany us. This month brings enchantment with its seasonal changes, ushering movement of the metaphysical kind. Remember to engage in gratitude. It is one of the highest vibe emotions we can feel.



Spotlight Events:

7th - Haskell is here

21st - Carmen is here

22nd - Open House, 10:00 to 6:00 We invite you to meet our community of readers, energy healers and massage therapists.

***More information on page 8.**

Universal Wisdom

By Jan

***Note to our readers

Jan's column will be back soon. She's recovering from the recent move! 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

Amy Monroe offers a therapy which she calls "Energetic Body Balancing". Her integrative therapies combine to enhance, strengthen and bond your soul levels to this existence. Sometimes we become fragmented and feel an imbalance which we can't explain. Let's hear it directly from Amy:

"I can unfold the effects of time on the body. I connect with your divinity and together we re-teach your physical, emotional, and mental bodies how to unite and ground/integrate more of your true self into the physical world. I work dimensionally, where time is irrelevant, to remove patterns of thought, emotion, behaviors, and beliefs that no longer serve you through the guidance of your higher self. The results seem to be more comfort in the physical body, a change in reactions/responses and a higher sense of clarity that brings profound expansion. I help to harmonize the hemispheres of the brain. In short – I can help assimilate the higher self into physical form."

I had a session with her. I experienced an energy shift as she applied gentle pressure to my body which I fully expected, as I knew of her background with over twenty years as a licensed massage therapist. My eyes were fully closed and I remained alert, relaxed, and appreciative of her touch. What I did not realize was where my soul traveled. The reunification of my soul to my body was transformative. My troublesome incarnation had been released and I had "re-entered through a portal, so precise that forgiveness and self-love became my focal points." The trauma, drama, and sometimes hot-mess of my life no longer defined me. Twenty-four hours post-session, she checked in with me. I was fine, balanced, joyful, and available to connect with Love and Light.

It's been a month. I'm not the me I believed I was.

Healing Modality for May

Let go. Simple concept; complicated endeavor. The human being seems to be the only specie that insists on bringing baggage. Emotional baggage, religious duffle bags and taped together old suitcases of memories weigh us down. Consider the inclusion of digital storage – baggage to greet us in the next incarnation!

What is it that prevents us from total acceptance to simply be – Simply be connected to all beings that travel in Love in Light?

Where should we begin the journey towards Enlightenment? How can we get there if we don't prepare? How can we feel accepted choosing to live a simplified version of ourselves in a society based on competition and consumerism? We cannot be more than we are. Having more does not equate to being more, (intelligence, material wealth, and the list goes on). Picture yourself in your bathtub...bubbles of sweet smelling bath salts swirling about you and you open your eyes and notice that the water has spilled over the edge because of all the baggage in there with you. What a mess. How did this happen? Simple answer – you did this to yourself. You chose to identify with your things rather than your soul.

The soul's journey is not complicated and it is not finite. It is a paring down to your essence. The pure Light of the Divine is within you. The lessons you are learning bring you closer to the Universal wisdom which permeates all seen and unseen.

Figure out who you are. Make a list and then tear it up...because you are simply energy in a temporary body. You are fluid and without a label. You are me, I am you. We are one.

Let go of something today. See how you feel. Check your heart chakra and let me know how you are doing when next we meet.

Second Helpings

(The following guest column was submitted by Jessica Villarreal-Hays of The Roots Shoppe)

As we are immersed in the season of new beginnings, our bodies and our spirits are journeying through a waking up process. It is no longer time to hibernate and stay within. We are being called to get out and connect with Mother Earth, rooting down and remembering who we authentically are. After a long winter, it makes sense that this journey into spring can feel a little foggy sometimes. Luckily, there are so many opportunities to support ourselves and families along the way.

Connecting with Mother Gaia - Mother Earth - is one of my favorite ways to ground and gain clarity on moving forward. From burying our toes in the sand and dipping in the salty water to immersing our hands into the ground and feeling the warmth of the sun against our skin, there are plenty of options for connecting in this way. Stand barefoot in the grass. Connect with a sacred fire. Go for a nature walk. Enjoy birdwatching. Be mindful of the animals that cross your path and look up the spiritual messages they bring.

Co-creating new life with the Earth by cultivating a garden can be a powerful experience. While watering it each morning, you can charge the water with love and intentions. Speak lovingly to the plants and watch them thrive. Have you experienced the joy of watching seeds grow into food for your family? It is indescribable!

No matter what ways you choose to connect, remember that deep connection to Mother Earth also helps you connect more deeply with yourself. I invite you to sink more into the journey and watch your growth soar.

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 Hospitality and Giving.**

Demonstrating our selflessness shows true intentions.

What is selflessness? Here are the words of definition: Generosity, consideration, altruism – having, exhibiting or motivated by no concern for oneself but for others. We also need words for action: Listen, connection, and love.

How can we journey forth and not live in awareness of who else is with us? We, as Spiritual beings, cannot.

Good manners, polite conversations and willingness to engage, support and honor another person's experience **without ego** is giving that other person a gift of acceptance. Acceptance is what prevents conflict. Without conflict, we grow in Love and Light.

Giving because we can is not the same as giving because we think we should. One is a choice, the other is reciprocity. One is Spirit, the other ego.

A truly hospitable person is one who seeks to know you at the soul level. You are welcome in their space without judgment. When we allow Light to connect us, the energy is brighter and the burdens are shared.

Kindness with relation to both hospitality and giving is a great place to begin. This Law reminds us to live in peace with all beings. Extend a gesture of welcome; it's good Karma!

The Crystal Voices

with Doreen



Aloha! Doreen here. I wanted to continue with what we started last month, discussing the benefits of pairing crystals. In April, I introduced you to a favorite of mine - citrine and black tourmaline. This month we're going to learn about amethyst and labradorite.

Amethyst assists with dreams, transmuting negative energy, reduces stress and helps with addiction. Labradorite connects us with unseen realms; it aids in our intuition and dispels illusion. Both stones elevate us to higher consciousness, so we can clearly see a pathway to manifesting our goals.

This crystal combo helps with your soul's journey and assists you in the Divine.



May's Crystals of the Month amethyst and labradorite

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.

All classes require pre-registration

8th - 12:00 to 4:00, **Basic Spiritual Tools**
- 12:00 to 4:00, **Master Crystals**

12th - 10:00 to 4:00, **Reiki I**
- 12:00 to 2:00, **Meditation workshop**

29th - 10:00 to 4:00, **Reiki III.**
(Instructor approval required).
- 12:00 to 5:00, **Abundance workshop**
(Limited seating.)

Call the store 850/533-6565 or book
online@www.intuitivespiritualcenter.org.



Sunday Meditations

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

Each meditation is led by a guest 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:

Energy Cord

Basic definition – Invisible strands of energy that connect you to other people, places and things. There are both positive and negative cords of attachment. The interactions occur on the subconscious and unconscious levels.

Holding Space

Basic definition – being physically, mentally, and emotionally present for someone. It means putting your focus on someone to support them as they experience their feelings. An important aspect of holding space is managing judgment while you are present. The most valued component is the ability to listen with your heart.

Ancestral Karma

Basic definition – Karma which has been passed down through generations involving societal indoctrinations, learned behaviors and energetic patterns which have not been released through previous incarnations.

Balance

Basic definition – We achieve balance when the mind, body and soul are in alignment with our intentions. Striving to connect our corporeal selves to the collective of Spirit/Source/Creator, keeps us focused, physically fit, and on the path to Enlightenment.

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.

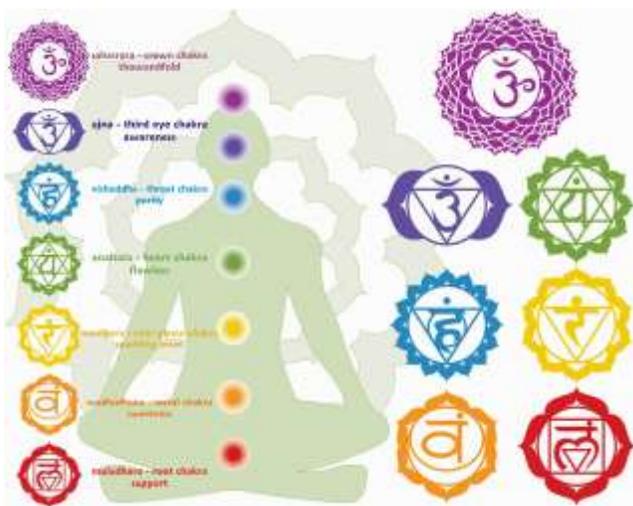
If you feel that discussing the imbalance of one or more is affecting your life, we have energy healers and various modalities to bring the awareness to you. We do not diagnose.

This month is all about the Throat Chakra. Represented by the color blue, it is the 5th energy center. It is the first of the three spiritual Chakras.

To be open and aligned in the fifth chakra is to speak, listen, and express yourself from a higher form of communication.

If this Chakra is out of balance, you may experience the inability to express and realize your truth in the world. Physical symptoms may manifest in neck pain, headaches, hoarseness, and sore throat when the flow of energy through the throat chakra is disrupted.

This Chakra is associated with the air element.



Rocks and Pebbles

By Laura, Editor-in-Chief

Your imagination enhances the journey. When we discount the imagination, we cut ourselves off from the riches that can feed our creativity. We limit the ways we can view the world and our own experience.

Where I get stuck is a familiar quagmire of left-brain/right-brain. I never (well almost never) take the inspiration and play it out to the very end. This produces a never ending cycle of self-sabotage. Create – release-create-release-but wait-what happened?

So now, it's create-release-what are the possibilities? There are so many it takes time to process, consider, and choose.

For those of us where the imagination is our constant companion, learning to recognize that not all ideas are great ideas is when growth occurs. I'm all in favor of growth. Universal wisdom comes when I pause and choose. Universal wisdom comes when I focus. Universal wisdom celebrates when I release and ask for guidance. At that point, I am gifted another idea – from the vault of my imagination.

*Hippie Fest is scheduled for:
Saturday, June 19th
Hours will be 10 A.M. to 4 P.M.*

- * vendors*
- * food*
- * hula-hoops*
- * tie-die everything*

Join us for a little retro-vibe, high energy fun!

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

The new Healing Hut is located in building "B". Our spiritual library is open during regular business hours when staff is available. You are welcome there to read any of the books from the vast variety of spiritual topics. They are available to take with you. We do not take donations of books.

The building also houses private offices for our holistic practitioners, energy healers and licensed massage therapists. Our massage therapists make their own appointments, business cards are available in the store.

The expanded meditation room doubles as a workshop/classroom space for the many spiritual growth and development classes at Stone Soup ISC.

Sunday Meditation will remain weekly from noon to 1:30. Doors will be locked at 12:30.

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.



Pineal Printing LLC has moved in right next door! Their address is 316 Carmel Dr.

They specialize in custom screen print design and they're Tribe! Adam says:

"Our ideal customer is someone with an idea of what they would like to see on their garment and has the determination to turn that idea into a reality..."

Check out the Stone Soup Tee-shirts!

The Pantry Shelf

We packed the ingredients and the shelves! Here's proof of what we've been up to...getting ready...and now we are waiting to see you in our new location:

314 Carmel Dr., Fort Walton Beach.



Thank you for your support of time and gifts. The Stone Soup ISC Building fund has been established. Donations may be made at the store or at any branch of Synovus Bank (just mention the deposit is for Stone Soup Business Savings).

Open House Announcement

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

303Planners.com

- *Cake cutting ceremony**
- *Silent Auction**
- *Meet and greet**
- *Small group tours**
- *Free parking**

**Need help? Have questions?
Look for us in our Stone Soup
tee-shirts!**



Mark your calendar for May 22, 2021! Our Open House will run from 10:00 to 6:00 P. M. If you haven't visited us at our previous location, we invite you to stop in. This event will be family friendly and service dogs are always welcome. We will have food, a silent auction, and many of our readers and healers here to greet you and tell you a little about themselves. **Readings and holistic/alternative therapies will not be provided.** The playground areas will be open with **ONSITE PARENTAL SUPERVISION.**

We are a community of like-minded people on a Spiritual journey. We honor all paths to Love and Light. The store supports all outreach programs and we strive to connect people seeking Love and Light. We have one of the area's largest selections of stones, crystals, metaphysical and spiritual tools, unique local art work and jewelry.

Our journey began a little over six years ago and now we can better serve you with expanded space and services. Our store and reading room is located in Building A. Building B houses our spiritual library, meditation room and private massage and healing therapy suites. The library is open during regular business hours when staff is available. Sunday Meditations are from 12:00 to 1:30.

Welcome Home! Spirit/Source/Creator has been expecting you.