

The Ladle Newsletter

June, 2021

The spiritual meaning of June is tied closely to sunlight. The longest day of this year will arrive on the 21st. June brings **laughter, joy, and excitement**; a time where the energy integrates toward **unity and compassion**, a time of fertility. Approaching all of us in the month of June is subtle light energy from other planets reflected off the moon. This month is associated with the element of air.



Spotlight Events:

5th – Spirit Drawings; 12:00 to 4:00 P. M.

19th - Hippie Fest; 10 A.M. to 5 P.M.

Universal Wisdom

By Jan

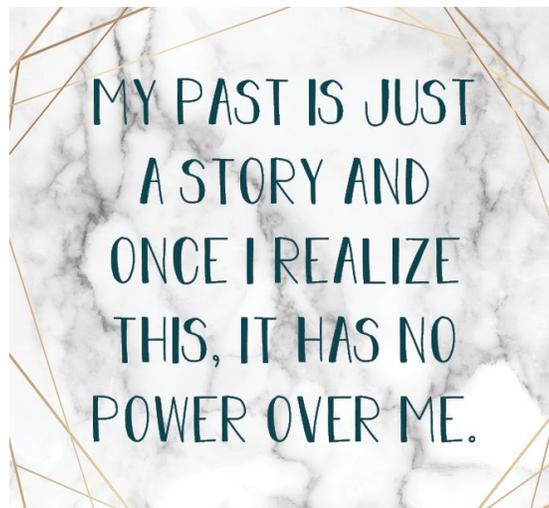
What Is An Affirmation?

Reciting affirmations is a great way to stay motivated towards improving any aspect of your life. It's the practice of positive thinking and self-empowerment through looking yourself in the eyes and repeating a statement frequently so that your mind and body start to believe it's true. This method has been used to overcome unwanted habits, promote clarity, improve self-esteem among many other uses.

How To Use Affirmations

1. Take 3 deep breaths, inhaling and exhaling to a count of 10.
2. Stand in front of a mirror and look yourself in the eyes.
3. Say your affirmation slowly and clearly.
4. Repeat the affirmation 3-5 times and focus on the meaning of each word.

One very good one to use in current times is to help release past events which can inhibit spiritual growth and connection. This is one that I discovered that may help you too.



Connecting to the Light

Kayla Minkler is a Spiritual Priestess. She is able to tap in to the totality of your Akashic Record. This universal record-keeping began before time or if you wish, has been with you through all time. With assistance of YOUR guides, she brings clarity to your incarnate journey which is immensely helpful in clearing the cobwebs of day to day living. Once you realize your soul's experience (in this temporary physical body) is a culmination of your choices in previous lives you begin to understand how and why situations, places and experiences are affecting you.

For some the revelation of past lives answers many of these questions. For me, it was not to be.

Let's just go there...I am a Star seed from the Pleiadian Star Cluster. These beings are the teachers of the multi-verse. I knew this. I didn't know that my Guide is also Pleiadian and through his wisdom, Kayla delivered many healing messages. My second guide remained behind the veil, but it was revealed that she is a Celtic Goddess who will freely communicate with me once I know her name. Communication should always be an intimate encounter and I look forward to getting to know her.

Kayla asked about my past lives, and was refused information. Being an adopted person, I don't have any genealogical records. I am not interested; which is a good thing because my Guides are protecting me from the many tragic deaths I have experienced. Perhaps I chose this corporeal existence because I was able to cut myself off from Ancestral karma. I am new and this disconnectedness allows me a very narrow path to Enlightenment without distraction.

She pin-pointed my many facets, gave breath to my dreams, and in delivering the many messages - selected the words which would resonate with me. As an author, I found that refreshing. (She would ask for the right word before proceeding).

I recorded this session. It's time to listen to it again. I may have missed something. Truthfully, I know I did.

Rocks and Pebbles

By Laura – Editor-in-Chief

Planks on the bridge. The connectedness between Spirit/Source/Creator and me comes in intervals. There are times when I must stand in the moment pause, and breathe. The people I meet and the places that I am directed to go are the metaphorical planks on my bridge to Enlightenment. This is a relatively new awakening for my soul's journey. I am learning to let go and just allow.

The message about bridges is a repeated theme in my life. I've never really liked them; not the one on Tom Sawyer's Island in Walt Disney World, or the rope bridge across canyons in campgrounds of my youth. One of my favorite stories was about a bridge, three Billy goats and a troll. I sat in a local café years ago and stared into a picture of a bridge in the fog. I was mesmerized. What was it about a bridge? What did it mean?

At lunch recently, I was speaking with my friend and recounting that in my childhood the word no was one of the first I ever articulated and I said it frequently. "No" was what my parents prescribed as preventative medicine. I now feel, in retrospect, that positivity and growth comes from saying yes. Saying yes to challenges and new experiences. Saying yes to the unknown.

Standing on the bridge gives you a much needed perspective. Proceeding across is simply a turn of the compass dial where ascension is temporarily horizontal.. The awareness of what is behind you is simply an awareness and no longer defines your path. There will be many more crossroads, side roads and perhaps a labyrinth or two in your future. Free will and intuition may be the keys on your map.

We must honor the bridge builders. Their foreknowledge was gifted. Our destinations are less burdensome because of them. Our growth, even though painful and met with a few splinters is meant to cross into, cross over that which we do not understand.

I invite you to cross that bridge whatever it represents. No fear. If it takes you a lifetime and one plank at a time you'll get there. I'll see you on the other side.

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 Change** “History repeats itself unless changed.”

Conscious commitment to change is the only method of influencing the past. That is a powerful statement. We can continue in the direction we are currently headed or we can direct positive energies to influence change which benefits all of humanity and Mother Earth.

Seems overwhelming. Here are some simple strategies for you to consider:

*Determine a need for change; this can be with self (remember learning about Ancestral Karma?), the environment, political issues or in relationships.

*See yourself there.

*Manifest a SPECIFIC change

*Wait

In the meantime, plan a strategy that you can manage on your own. It might be volunteering for a cause, it might be initiating a tough conversation or letting go of what or who no longer serves your best interest.

Change is growth. Stay in the light and offer it to every being in your path. Learn rather than assume; accept rather than judge and most of all love.

You chose to be here. The lesson must be learned – the task accomplished. You know the rest of the story...

The Crystal Voices

with Doreen



Aloha! Doreen here. I wanted to continue with what we started last month, discussing the benefits of pairing crystals - Apache Tears and smoky quartz.

Apache tears, (the popular term for rounded pebbles of obsidian) helps with grief, emotional healing, and recovery from dark or sad emotions. This stone absorbs energy. Smoky quartz helps with transmuting negative energy to positive energy, amplifying positive energy, grounding, detoxifying, and connecting all the chakras to balance energies. It promotes connection to higher guidance and the Divine

These two stones are powerful combinations for people who are grieving. Apache tears helps you process grief while Smoky quartz absorbs negative energy, converting and releasing it as positive energy to your auric field.

A new stone, Charoite, has come into the store... it's been a long time coming. It's mined in Russia – most specifically the Chara river area. This Stone reveals one's path of service and helps to overcome illnesses caused by past-life attachments. It assists with overcoming fears and nightmares. It helps with developing your channeling, clairaudient prophecy as well as accessing the Akashic record. Charoite is a powerful influence for purifying and cleansing auras and providing psychic protection. Purple and black flecks - great for third eye and crown chakras.

June's Crystals of the Month Apache Tears/Smoky quartz



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

Spiritual Development

This is a 5-week class – check July’s calendar for continuation

16th - 4:30 - 6:30, Spiritual Basics & Clair’s

\$25.00 non-refundable deposit

23rd - 4:30 – 6:30, Chakras and Energy

\$25.00 non-refundable deposit

30th - 4:30 – 6:30, Divination Tools

\$25.00 non-refundable deposit



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.

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:

Akashic Records -

Basic definition – Mystical records of human, animal, plant, mineral, etc, that exist on a non-physical plane. It is an energetic library that contains the blueprint for all energies. It exists on the 7th plane where there is no construct of time or other man made containments. From this space, you are able to connect to past forms of your own energy (past lives), energetic ties (vows, agreements, hexes), declare and claim intentions (set a goal and the record will reveal how to get you there), and get an overall assessment of where your energy is in general (orderly, cleanliness, intruders, attachments).

Ascension -

Basic definition – The highest state of man. It is the expansion of awareness and the realization of being ONE with Spirit/Source/Creator. It is the eventuality of dissolving the ego (lower self) in order to realize the true nature of their being, or Higher Self.

Duality

Basic definition – every aspect of life is created from a balanced interaction of opposite and competing forces. Yet these forces are not just opposites; they are complementary. Typically one lives from duality (ego) consciousness or they live from soul (unity) consciousness.

Higher Vibrational Energy

Basic definition – Positive and loving thoughts vibrate at a higher frequency creating an energy that is transmitted into the universe. This wave will travel infinite distances and attract things that are vibrating at the same frequency. Lower frequencies will be raised up through resonance. Like energy attracts like energy.

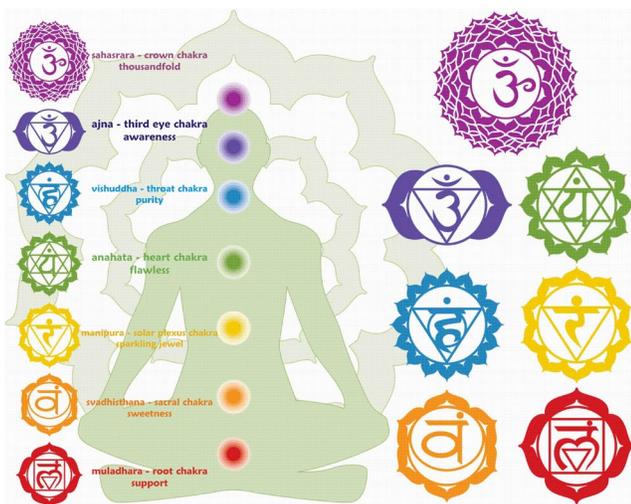
The Chakra Mentality

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 3rd Eye or 6th Chakra. Located two finger widths above the brown bone in the center of your forehead, this energy center is a gateway through which new levels of perception are obtained and awareness can be projected into higher dimensional planes.

If this Chakra is blocked, you may be experiencing migraines, sinusitis, poor vision or seizures. Not receiving divine guidance or intuitive insights; lack of concentration; inability to focus or meditate properly; confusion with the information you do receive may be signs of an underactive or overactive Chakra.



Donation Station

Our outreach “office” is in the Healing Hut. Clothing and pantry items as well as toys and small appliances are free and you are welcome to take what you need. The donation station will be open before meditations on Sundays and when staff is available, during store hours Tues thru Sat; 11:00 – 4:00.

All inquiries regarding donated goods may be directed by calling the store. Jan will return your call as soon as she can. If we are accepting goods, a time will be scheduled for someone to be here to receive them. Any donated goods must be recently cleaned, in working or wearable condition and clothing must be appropriate for the current season.

We are currently accepting
*non-perishable food
*pet supplies

If you are aware of anyone in need, please let us know. All information is confidential. We are a community connected in Love and Light. In these times of increased hardships, we strive to connect with compassion to the underserved in our area.

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!

Featured Vendor

This month we are featuring Jo Graybeal and Terry Graybear together.



Jo Graybeal owns “Everyday Wisdom”. She is a reader whose abilities have come to her through a long lineage of gifted women. She remembers discovering her abilities in her late twenties. Her gifts provide affirmation and validation through messages that are pertinent to your every-day life. By reading your energy field, Jo is able to deliver guidance and healings. When the messages come in multiples, it is always on topics of urgency and importance. These revelations and spiritual guideposts come from other planes where her Guides exist. Connection with them is always with your permission and for your highest good.

Her readings are time sensitive in this 3-D corporeal existence. What is happening now and how you choose to manage can only benefit from the Universal Wisdom channeled through her. She delivers the messages with a sense of practicality; easy to understand and incorporate. She always asks if what she is channeling makes sense. Her technique has been honed over her lifetime. Jo believes her background in general nursing and palliative care allows her “grandmotherly” demeanor to put you at ease.

She is at Stone Soup when her schedule allows. Check our events page and book online.



Graybear channels messages from the Ancient Ones. The Ancient Ones speak through him equally to everyone who seeks his help. He offers personal guidance and direction to assist you with your life path. He also balances and clears your energy field.

Whether choosing a life’s path or encountering a growth phase that would benefit from gentle guidance, messages are delivered to assist you in what to do, what to look for or maybe what is preventing you from moving forward. His sessions often lead to an awakening to one’s higher self.

His decades of dedication to his ability and purpose allow him to simply ask “how may I help you?” The conversation you have with him will open the way for wisdom and healing.

He is at Stone Soup at most festivals and once or twice monthly.

WWW.Graybearchannels.com for private readings.

Stone Soup - Retail

Many of you know us as a Spiritual community of like-minded people on a journey to Enlightenment. True, we are. In this duality, we have the opportunity to appreciate the unique gifts of others. Some of us are Energy Healers, others Holistic practitioners; many of us have been gifted creativity and we (as a collective) support the maintenance of this new amazing space by selling our locally hand-crafted goods.

The vendors which support Stone Soup ISC provide goods and services. Our store showcases much more than stones, crystals and metaphysical tools. We sell local art, too! The variety is amazing. There are no mass-produced touristy items here. Jan takes great care in selecting her inventory. There is a story to each piece and a link directly to the heart of the artist.

As a vendor, you have an opportunity to become featured in a future edition of this newsletter. We reach more 1,400 readers (and that's just e-mail) which translates to close to 1,500 possible buyers of your product. Keep in mind Stone Soup ISC is not an E-commerce business.

To become a featured vendor, we offer tiered sponsorship.

Ad size	Rate
Full	\$100.00/month
Half page	\$75.00/month
Quarter page vertical	\$40.00/month
Business card and Happy Ads	\$25.00/month

*20 % discount for 6 months pre-paid

See Jan for contract details.

The featured column is tied to a three-month sponsorship. Your ad will appear **online** for the duration of your contracted investment. I will interview you and notify you when your column will appear. At this time, we are not able to include vendor ads in print.

Business cards are the easiest way to cross-sell. Jan and I are willing to help you with graphics for any larger advertisement.

There are deadlines for all vendor ad submissions.

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).

A Note from Jan...

Medley Printing, DCC Hypnosis, Mike's Custom Detailing, Massage Life by Jodie Filler, Graybear, Everyday Wisdom by Jo Graybeal, Lady Starr, Kayla Minkler, Doreen Ward, Marcy Eady, Mindful Pilates, Isabel Presley, Nikki Presley, 3 Dogs and a Chick, Kitkat, Terry Johnston, Float Brothers Float Spa, Emerald Coast Zoo, Sam Twohawks,,Spirits Operator by Mary Bee, Candra Spears, Night Bird, Juls Constantine, Zowie Starr, Roots Shoppe, Regina Walsh, God Conscience 1111 by Pamela Pesante, Laura Kester Duerrwaechter

I am again reminded of how Blessed I am to have so many wonderful members in our Community. With the purchase of our new "home" we discovered many renovations and improvements in need of completion. A call went out for donations for a silent auction during our Open House. The proceeds from the auction are ear-marked for our "Building Fund". The response has been nothing less than incredible. The above businesses and individuals donated time and goods for the silent auction. I want to personally thank each and every one who donated as well as all the wonderful folks that came out to share our day with us.

Thank you for being beacons of Light in our Community and helping Stone Soup ISC continue spreading Love & Light around the globe.

Blessings to all.
Jan

Spiritual Warrior Training With Cassie

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration" – Nikola Tesla
Om, the sound of the Universe, the beginning...

Using the full breath, it is pronounced Aaaaooooommmmm, the AUM mantra. As we say or chant it, each vowel resonates in a different part of the upper body. It clears the mind of chatter - the issues we may be struggling to get out of our heads. It activates the Vagus nerve, the longest group of nerves in the body that connects with the parasympathetic nervous system that controls the heart, lungs, and digestive tract. Chanting Om several times can calm our minds, slow our heart rate, increase our oxygen by helping our lungs, and aid in digestion. Amazing!

Om is not specific to a religion or God. How I chant Om is: first, I find a quiet space to sit, take a few deep breaths into the belly and up into the upper lungs, in slowly and out slowly. Then I chant Om between 5 and 9 times – depending on my stress level. Afterwards, I continue to sit quietly for 10 to 15 minutes if I can so I can really notice the peace and quiet.

So, go ahead, try it! Let it take you to inner space where your peace exists, where you find connection to all that is. Feel the peace, be the peace.