

The Ladle Newsletter

August, 2021

This month brings forth the energy of completion; healing the past and focusing on a brighter future. Try this: Create a short three-sentence affirmation using the keywords “courage”, “strength”, and “Enlightenment”. This affirmation, when spoken, will help in the manifestation process of conjuring forth the energy needed to be fortuitous in our endeavors this month.



Spotlight Events:

Aug 20th – Ruth is back! **Group** past-life regression. 7 to 9 P.M. Cost is \$25. Pre-registration is required.

Aug 21st - Individual past-life regression with Ruth. 11 A. M. to 4 P. M. Cost is \$50. Pre-registration required. Sessions tend to run over, please plan at least 90 minutes.

Aug 28th - Crystal Healing Sessions. 12 to 5 P. M. Dee Dee Shepherd utilizes energy, tuning forks, massage and of course crystals to aid you in restoring balance. Hour (\$75) and half-hour (\$45) sessions available. Appointments required.

Universal Wisdom

By Jan

August, 2014...

A beginning, a promise and a commitment. Stone Soup, ISC is celebrating seven years of growth! We are grateful to be a thriving metaphysical community. The Love and Light connecting us comes at a pivotal moment in human history and is evidenced in the changing vibrations of Mother Earth.

The story is, of course, a parable. Trust, compassion, giving and sharing, non-judgement and the true nature of happiness are all benefits of a communal meal.

We are truly a place where like-minded people grow together in Love and Light. Spirituality goes far beyond the constraints of religion, faith, or doctrine. Five characteristics of spirituality include: meaning, value, transcendence, connecting, and becoming.

Every time you come in and each time your leave, you understand more; you accept more and most importantly, you are able to love more.

For a walk down memory lane, see pages 7 and 8.



Mind Body and Soul

Spiritual wholeness is achievable once the Divine Feminine and the Divine Masculine co-exist. In the world today, the masculine energy is woven through the generations as the template for life. We have been burdened with ancestral Karma to fight and scrape our way to survival. Our ascension cannot be co-created without the Divine Feminine which rules the heart and the right hemisphere of our brain.

Our heart must be relied upon to resolve conflict; even if the conflict is an internal dialogue which manifests in aches and pains. Each organ and through-out the musculoskeletal system, our physical bodies rely on communication from us. Though a medical diagnosis may be instrumental or supportive in our healings, we must talk with our bodies. We must check in with the physical vessel.

Carmen shares her personal journey...

“Living in Virginia four years ago, “Listen to Your Heart” was the song I woke up to for a week straight. I reconnected with a guy who wasn't the best for me. But I wanted him to be the one. I thought the message was about following my heart with him. I tried to force things with him and it didn't work. Turns out it was literally about listening to my heart.



I finally returned to Florida, back home to heal from the heartbreaks that came after that relationship and began working on ME. Little did I know, Spirit had its own way of helping me to heal. I wasn't listening to subtle nudges. I was begging for Spirit to show me the way. Show me how to heal. But I wasn't listening. If you don't know this, Spirit can be quite convincing when you are asking and not listening.

One day I started noticing flutters in my heart. I didn't feel well. I went to the doctor and after several tests, I learned that I had a leaking valve and three significant blockages in my heart. To fix them required quadruple bypass surgery. I was told that if I had suffered a heart attack I would not have survived. Talk about a wake-up call! Now Spirit had my attention.

See, the heart is a muscle, it supplies blood to your entire body; a Life Source. And what do we associate the heart with? LOVE. So, in a sense, I was “blocking love” from flowing easily through my heart. And not just love, but the love I desired the most.. I spent so long fighting and forcing “love” that it became toxic. I allowed unhealthy things in until my heart couldn't handle anymore. My heart had to literally break before I could really begin to heal.

As the days go by, one day at a time, my heart is healing. My mind is healing. My spirit is healing. The blockages are abandoned, the walls are down. Love (our life force) is free to flow in and out. Listen to your heart and body. Trust Spirit. Mind the messages you are receiving.”

Rocks and Pebbles

By Laura – Editor-in-Chief

Déjà vu? That's the only way I can describe my recent journey.

Took a vacation, perhaps a vision quest, maybe I just ran away. Went to Sedona and experienced the energy of the vortex, *my vortex*, the one waiting for me. And because it was mine, I have been cautioned that what transpired shall remain with me.

What I want to share is what happened several weeks later...

When I seriously need a break from my 3-d reality, I go to Boulder, Colorado. I tacked on a week to the vacay from Sedona, brought back a turquoise ring and a message.

I selected the design of the ring based on the composition of the turquoise. The ruddy accents in the stone reminded me of the red rocks in Sedona. I thought: "how fitting."

That ring began a conversation with a friend who channeled a location. "Wolf rock or white rock", she said repeatedly but could not clarify which. This same friend stated "ritual" or "ceremony". Another friend pinpointed the message as "White rock" and it was in Colorado! He knew of it, it was sacred land and I must go.

I Googled it. Twice. **White Rock** is in southern Colorado. **Whiterocks Trailhead** was in Boulder! It is located right behind my brother's house and I have walked it for years never knowing it had a name. This is all amazing, right?

Speaking with another friend, she had a vision and wanted to compare her image with photos of the trail. Guess what? In her lifetimes, she has been there with several other healers performing a ceremony. This is what I know. I, too, have been there, *with them*. The ceremony was for me, the lesson was for me. I didn't complete the lesson then and have carried it forward to this incarnation. These women have been with me through all time. And Now I understand.

I am being guided; perhaps that is the lesson.

The Crystal Voices

with Doreen



Aloha! Doreen here.

This month, I am sharing one of my all-time "go-to" stones: Blue Lace Agate.

Known as the Speakers Stone, it helps you speak your truth tactfully.

Blue Lace Agate is a very supportive stone when it comes to both mental and emotional health. This stone promotes calmness, compassion, and a positive outlook that will see you bouncing back fast from any injury or affliction you may suffer. It can neutralize your anger and deal with intense emotions – energetically, clearing the way for a level head and a calm heart.

Because blue is a color so strongly associated with communication and shared ideas, you'll find you pick up more when listening and always seem to have the right words to say in support of your agenda.

It will also give you the strength and the courage to carry on when you're facing challenges. Having this 'never say no' attitude will bring you wealth and success in no time.

August's Crystal of the Month Blue Lace Agate



The Spice Cabinet

In this column, we will inform you of special classes or workshops, 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

Aug 7th – Meditation Workshop. 4 to 6 P. M. Sherronda Preston shares tips and experience to aid you in reaching a true meditative state. Recommended for those just beginning to meditate and just can't seem to get there. Cost is \$25 per person.

Aug 7 - Paint N Play. 1 to 3 P. M. Join Local artist Terry Johnston for a 2-hour workshop in which you paint your masterpiece. Cost is \$35 and includes all supplies.

Aug 14 – Chakras 101. 4 to 6 P. M. Sherronda is here to direct your awareness to your 7 main chakras. She'll not only help you locate and identify them but will also guide you in how and why you should work with your chakras daily. Cost is \$35.



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 mediation 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:

Namaste (pronounced **NAH.muh.stay**)

Basic definition – a customary, non-contact form of respectful greeting and honoring the opposite person or group, used at any time of day. It translates to “I Honor the Divine in You” and stems from the Sanskrit language. The word is usually spoken with a slight bow and hands pressed together, palms touching and fingers pointing upwards, thumbs close to the heart.

Mitakuye Oyasin (pronounced mi.**TAHK**.wee.a.say OR Mee.tah.koo.yay Oy.yah.seen)

Basic definition –It is a greeting meaning “we are all related”. It is a Lakota prayer to petition God on behalf of everyone and everything on Earth; a prayer of respect, honor and love for all of mankind and for the Earth. It is recited at the conclusion of all festival opening ceremonies.

*****however you choose to greet someone, a genuine smile is universal. Spiritual languages sometimes accompany gestures or rituals. We honor your spoken truth and the**



We are dog-on-a-leash friendly. Your companion is welcome on the grounds and in the retail store. At this time, we are not allowing dogs in the Healing Hut or community gardens.

Please notify staff if you have a healing scheduled and will be accompanied by an ADA certified guide or ESA certified dog.

Setting the Table
August Guest Columnist – Babette De Jongh

Here's your opportunity! This column will be reserved for sharing. The Ladle is headed in new directions with much broader spiritual, healing and metaphysical subject matter. Submit a thank you note, a short how-to tutorial on your personal ritual, a review of a recent class at Stone Soup, offer a suggestion for a new class or just an experience you've had.

Write to me: tootiekester@gmail.com. I look forward to hearing from you. - Laura

Recently, I got the chance to work with one of my favorite clients, a little used-to-be anxious dog named Cosmo. Energy healing cured Cosmo's anxiety. His person, Penny, read my book, *Hear Them Speak*, and learned how to communicate with Cosmo telepathically so if he ever gets nervous about anything, she can find out what's bothering him and reassure him before he plunges off the deep end.

Last week, the military base near their house started doing nighttime jet maneuvers, and the loud sounds that seemed to come from nowhere and yet surround him bothered Cosmo. Penny communicated with him, and he showed her that he thought the sounds were coming from very tall people outside the house.

That answer surprised her, so she decided she was wrong and asked me to check in with Cosmo and see if I got something that made more sense. Cosmo is a sensitive dog who picks up on subtle energies, including the emotions of people living nearby. So maybe he was worried about something other than the jets.

When I connected with Cosmo, I saw a connected ring of paper dolls with holes for eyes. When I relayed that to Penny, she elaborated on what she'd seen: impossibly tall people with square heads that looked like they could have been cut out of paper. Because the image was so strange, she disregarded it. I reminded Penny that when we receive a communication that surprises us, that's one clue that we are on the right track.

Penny and I started a conversation about why different communicators who connect with the same animal will often receive information that is similar but not identical. When I teach a class and have several people communicating with one animal at the same time, each person will receive information that they write down before sharing with the group. Everyone will get a different piece of the puzzle, and when you put all the information together, it fits into a bigger picture.

The images Penny and I saw were similar but not identical, because Penny's brain and my brain took Cosmo's non-literal image and made it into something that fits our understanding. The paper dolls holding hands and made out of one piece of paper felt like an unbroken fence surrounding the house. But the fact that it was made of paper meant that it has little real substance.

The shape of humans fit the image Penny saw, but gives additional information: Cosmo knows that the thing he thinks is outside making loud scary noises isn't human. The empty eyes are another clue that he knows it isn't human, but it feels menacing.

Penny and I talked about how and why animals are able to send images that they wouldn't have ever seen (like paper dolls). I think that when animals are showing visual images of something that they haven't actually laid eyes on, they tap into the collective consciousness to find an image that best fits their understanding.

The image they choose may not be the exact image we receive, because we're each working from our own image and memory banks to find something that most closely fits. I imagine it like those drive-through bank canisters that we put our info into. Then we hit SEND and the canister travels up the tube to the teller. But in telepathy, the original image changes along the way into something the receiver will be able to interpret.

How does telepathic image-sharing between species happen, and why does it happen the way it does? Those are interesting concepts that are fun to ponder, and there's no hard-and-fast proof that my suppositions are correct. But like the images we receive that help us better understand our animal companions, the answers to these questions are subjective and open to interpretation.

What do you think? Let's start a conversation! I'd like to invite you to visit my animal communication forum at www.BabettedeJongh.com

Community Garden
With Carmen



**Vendor space still available.
Contact Jan for details.**

We are growing! There are many opportunities to volunteer at Stone Soup. We have openings for community garden, donation sorting and distribution, light housekeeping, and festival set-up and tear-down.

Minimum age to volunteer is 17.

Please pick up an application from Jan. We appreciate your interest and support.

Volunteers get a whole week to celebrate – usually in the month of April!

Get Lit (with Love and Light)!!!!

Q and A:

Q. Where is it located?

A. Behind the Healing Hut.

Q. Who is the garden feeding?

A. Anyone who needs fresh, seasonal produce.

Q. When can I come to see what is available?

A. During business hours. A staff member will be glad to accompany you.

Q. Am I able to grab and go?

A. Absolutely

Q. Who is the contact person for donations of supplies, seeds, etc.?

A. Carmen is the coordinator. She has a network of advisors and volunteers. Please contact her through the store. She will put you in touch with someone to meet you at the garden.

To support the “growth” of our garden, we have established a community garden fund. Donations can be made at the store.

Stay tuned to our Facebook page where we will post what is needed



Universal Wisdom

By Jan

The beginnings of Stone Soup Intuitive Spiritual Center in 2014 consisted of three rooms; store front, a meditation/reader/healer/class room and reading room. It is so amazing how much we have grown and learned on this shared path. Just like the story Stone Soup, we have come together to add our own styles, unique perceptions, hard work, spiritual ideas and beliefs, but most of all our Love. A few folks sharing thoughts and ideas around a table lead to many local artists and artisans sharing the beauty of their creativity. Those who added to the “soup” are now benefiting in ways we couldn’t have imagined then. We’re not just a group of people selling things; we are a family, a tribe that continues to help and support each other on our individual journeys. This was the intent for us in the beginning: to love and care for each other. I cannot begin to express the joy, peace and wisdom I continue to gain from each of you. I am eternally grateful for every day we share -
Jan



Humble beginnings



Our first retail shop



Former retail space



Original Reading Room



Current Spiritual Library



Meditation Room



Today's Meditation/Classroom Space



Panoramic view of current retail space

Speaking of Retail Therapy...

Did you know that we sell tarot and oracle card sets, runes, candles, incense, responsibly harvested sage, herb mixes, religious statuary, spiritual art and jewelry, **stones, crystals,** wind chimes, books and journals, smudge supplies, tapestries, children's spiritual kits, custom gift baskets, "Stone Soup" screen print shirts, one-of-a-kind art, dream-catchers, walking sticks, cd's, bumper stickers, scrolls, salt lamps, henna tattoos, soaps, essential oils, all-occasion greeting cards, back-flow burners, indoor water features, hand-painted furniture, gift certificates and more?

We invite you to have a consultation with Jan for help in locating any item not currently in stock. She will do her best to accommodate your requests whether it is a specific brand or an item which is hard to find.

We welcome new LOCAL vendors to stop by. Jan is usually in the store, but call if you would like to schedule an appointment.

We can refer you to many healers and holistic and alternative therapy practitioners. During regular business hours, we feature readers, mediums and psychics on a rotational basis. Check our calendar for details. Read about their gifts as you enter our store.

You are welcome to schedule an appointment directly online or inquire about availability in person.

During festivals, we have additional vendors here to cater to your appetite or help tick off those gift items on your holiday shopping lists. The festival dates correlate to the Solstices (June and December) and the spring and fall equinox (March and September), with the exception of Hippy Fest (summer) with an additional rain date.