

The Ladle Newsletter

July, 2021

July is a month for reflection and meditation in the middle of cold, dark winter. The metaphysical meaning for the month of July: Adventure, motion, radical change, unpredictability, travel, mind, body, spirit, active, freedom, wildness, journey, vitality, healing invention, choice, courage, flair, actor, boldness, spiritual growth. July is associated with the water element and the dragonfly.



Spotlight Events:

10th – Reincarnation and past life workshop with Jo Graybeal; 12 P. M. to 3 P. M. Pre-registration required

- Graybear is here! 12 P. M. to 4 P. M.

17th – Welcome Sally Charlesworth! Astrology readings. 11 A. M to 5 P. M.

Universal Wisdom

By Jan

I am in awe of the incredible power of Spirit. We see, hear and feel the work of Spirit in our lives each day. However, one of the most wonderful things to experience is to witness Spirit working through others. The compassion and empathy given when we, at Stone Soup ISC, asked for help in packaging and transporting the contents of our donation station across the state line to East Brewton, Alabama is a recent example. That community suffered a catastrophic loss of property; homes, vehicles, and personal belongings to Hurricane Claudette. Forty-seven families were displaced. There were fatalities, but none in the close-knit mobile home park that was wiped out. The families lost everything but their lives.

So many in our community stepped up immediately to help by donating time, items, and vehicles to transport everything. We are so incredibly blessed and grateful. Two Angels among us are Jimmy (manager) of Home Depot, store #6301, for providing us the boxes we needed to transport the donations and vouchers to defray the cost of future supplies we will need once we are allowed to evaluate the immediate needs of those impacted by this Category 1 hurricane. As Jimmy commented, “The communities of East Brewton are our neighbors, too.” Scott from *Natural Awakenings* responded with a mass email to all of their business sponsors asking for assistance. He offered to join the caravan which delivered the donated items on Sunday, June 27th.

Since the Pandemic, there has been a huge influx of new faces with questions galore. The Spiritual community is growing at an astounding rate globally. More and more are awakening and yearning for the Truth, the whole Truth. The mainstream media would have us believe anger, hate, prejudice, and chaos are the new normal. I disagree.

Each day, I witness people connecting with Spirit and bringing Light and Love to all around them. As Spirit continues working with and through us, we are getting closer to truly understanding the messages of Jesus, Buddha, Kwan Yin, and so many other ascended masters. "Love each other unconditionally, help each other without expectation, and take care of each other as you take care of yourself. We are getting closer to understanding, accepting, and ascending to the next level of humanity. It is very exciting!

Healing Modality - July

Coming home. Have you been away too long? Are you living something untrue and not being authentic? Are you uncomfortable in your present day-to-day living? We do not always acknowledge that something is missing. Our lives are busy; seemingly complete with not a second to spare. Not until you notice “it” is not working – will you discover a void fitted neatly into an obscure and forgotten part of you – truth.

When you commit to living from your heart where your Truth resides, you realize what’s important, what’s vital to your purpose, growth and ascension.

Who you are to other beings is self-limiting. Do you believe that all you take on defines worth or value? Why? It is the human ego built upon a weighted trap door. Eventually that last thing you take on is going to spring the trap. Aren’t you important to you? If you began your day feeling positive about what you can do, asked for guidance and stepped into your Truth – letting go of what others might think, you would unburden your soul. You would be connected to Spirit/Source/Creator. You would be on the path to Enlightenment.

The energy flows through intention. The adrenaline junkie and the contemplative all began within. Time to re-center – GROUND.

Create a ritual to remind yourself that you are connected to all you experience. Have a reunion with your heart chakra. Make a big deal of it. Celebrate....

Come home.

Rocks and Pebbles

By Laura – Editor-in-Chief



I no longer question messages. This one was squeezed between all the tee shirts (in my size) at a thrift store. It reminded me that we are connected; now more than ever. What with Covid -19 still in its infancy, we must allow Love and Light in. We must shoulder compassion, even when our hearts seem to burst with it.

Do you live in fear? Do you judge those who do not? Are you kind to every being? The choices we make can determine if we remain a part of the problem or strive towards a solution that benefits all. For me, I thrive by taking baby steps.

Awareness is a spiritual tool - one that allows the Divine to channel energy. Think of yourself as a conduit. Think of Divine as that necessary wattage penetrating the auric field of the person/animal/being you have connected to.

Being a Lightkeeper, I am obligated to help and comfort. I am purposefully connecting in any way I can. My empathy is ruled by claircognizance. It is an inner knowing, sometimes prophetic; especially in my writing. I step in and allow Love and Light to begin healing. Often time people do not know why I am there. If a conversation ensues, the universal wisdom guides my words. If an embrace is welcomed, my Heart Chakra fills the void between us.

You have your own gifts. Do not fear. Do not embrace the herd mentality. You will be alright - right where you are on your path. Ask for guidance. Surround yourself with positive and uplifting people, nature, art and words. Engage in an abundance of self-care. Learn. Teach.

Remind yourself that you are inherently good; that you are unique and can contribute as only you can. There are no standards of Enlightenment. Your lessons are valuable to no one else. Be in alignment with your Higher self. Know that I love 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 Patience & Reward**

All Rewards require initial toil. Rewards of lasting value require patient and persistent toil. True joy comes from doing what one is supposed to be doing, and knowing that the reward will come in its own time.

How old were you when the idea of patience was introduced? Was it when you learned the word “no”? Were you a child of immediate gratification?

What has changed since those pivotal moments? Anything?

So many times, we tangle ourselves in the web of ego. We forget that what we are focused on doing *is* the reward. We get lost in getting to the next thing. To simplify our struggles, we tend to multi-task ourselves into oblivion and no-one takes the time to consider job well done. Why can't that be the reward? Why does it have to be blown out of proportion and require us to accept that Oscar for the winning performance of a lifetime?

There can be a re-defining moment of joy at the completion of every labor. There can be a moment of release if the job has overwhelmed you.

How you define reward is the key here. Once you step out of your own way, the realization of accomplishment begins to bring in positive reinforcements and you begin again. That's lovely!

Coming soon...

Teachings for children from the Ascended Masters. The series will be taught from the records of insightful messages these masters learned as children.



The Crystal Voices

with Doreen



Aloha! Doreen here.

The aquamarine is from the Beryl family of minerals. It is mined throughout western Russia (Ural Mountains) and limestone quarries in Columbia. The crystal is easily recognized as pale blue in color with its transparency made even more brilliant under artificial light

Aquamarine is best known for its calming, soothing and cleansing properties. It inspires truth as well as trust and letting go. This crystal has an affinity with sensitive people. It can invoke tolerance of others and overcomes judgmentalism, giving support to those overwhelmed by responsibility.

In ancient lore, aquamarine was believed to be the treasures of mermaids and was used by sailors as a talisman of good luck and protection. Its name means “water of the sea” and finds its origins in Roman history.

If your throat or heart chakras are out of balance, this crystal will help them.

This is an excellent crystal for you to wear over water while traveling. If you are over-exerted, slip into something refreshing like your aquamarine!

**July's Crystal of the Month
Aquamarine**



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

3rd – 12:00 – 4:00; Basic Spiritual Tools.

7th - 4:30 - 6:30; Spiritual Development –
“Put it into Practice”
\$25.00 non-refundable deposit

10th - 1:00 – 3:00; Paint and Play. \$35.00,
supplies included. Minors under 18 must
have parent on property.

14th - 4:30 – 6:30; Spiritual Development -
“Graduation Day!”
\$25.00 non-refundable deposit

17th – 10 to 4; Reiki I \$175.00
Non-refundable deposit – call store for details.

18th – 10 to 4; Reiki IV, \$275.00
Non-refundable deposit – call store for details.



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:

Spirituality

Basic definition – It is a concern with matters of the spirit, however that may be defined, but the emphasis is on personal experience. It may be an expression for life perceived as higher, more complex or more integrated with one's worldview, as contrasted with the merely sensual.

Religion

Basic definition – A belief concerning the supernatural, sacred or divine; and the moral codes, practices, values, institutions and rituals associated with such belief. In the broadest sense, some have defined it as the sum total of answers given to explain humankind's relationship with the universe.

Paganism

Basic definition – The root word “Pagan” comes from the Latin *paganus*, which meant “country-dweller”. Today we usually use it in reference to someone who follows a nature-based, polytheistic spiritual path.

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).



We now have a community garden fund...

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 Crown Chakra. The crown chakra, or sahasrāra chakra in Sanskrit, is known as "the bridge to the cosmos." It is the most spiritual in nature of all seven chakras. Located above the crown of the head, it acts as the individual's center of spirit, enlightenment, wisdom, universal consciousness, and connection to higher guidance.

If this energy center is out of balance, you may experience **an** unwillingness to be open to other ideas, thoughts, or knowledge. The signs such as psychosis, dissociation from the body, being disconnected and ungrounded are also manifested when the Crown Chakra is unbalanced.

If you have an underactive 7th Chakra, you will lack inspiration. An overactive Crown Chakra (a sense of being overwhelmed with energy) may cause you to have a sense of elitism or superiority over others.



Donation Station

The cupboards are bare...and this is a good thing! Our outreach crossed the state line! We delivered everything to survivors of Hurricane Claudette in East Brewton, Alabama.

All inquiries regarding a donation of goods or canned and non-perishable foods may be directed to Jan. If we are accepting items, a time will be scheduled for someone to be here to receive them. Any donated goods must be recently cleaned, in working order or wearable condition and clothing must be appropriate for the current season.

- We are currently accepting:
- *non-perishable food (boxed or canned)
 - *pet supplies
 - *clothing (men's, women's, children's, maternity and infant)
 - *diapers
 - *foot wear (seasonal)
 - *toys, boxed games
 - *small kitchen appliances.
 - *travel size personal hygiene items
 - *travel size laundry items

Our new spaces are amazing! Staff is available to give you a personalized tour during regular business hours.

Building A – Retail and Readers, the Gathering Room, private office

Building B – Massage suites, Crystal Light Healing Bed, Art Therapy, Spiritual Library, Meditation Room, Guest Healer Suite, Donation Station and private office.

Community Garden – open during regular business hours and festivals.

The parking lot is private property. You are welcome to park as a guest or vendor.

Connecting to the Light

This series will introduce you to 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

This month we’ll explore the Crystal Light Healing Bed therapy. What is it? A general overview and basic definition is as follows: the incorporation of a chromotherapy machine, which uses seven vogel crystals to filter spectrums of light relating to your Chakras. They blink over head while you rest (fully awake) on a comfortable massage table. Each color is thought to target a specific meridian, or energy center, in your body. Healing may occur as the chakras are brought into balance.

You are covered underneath a white sheet (or more depending on your comfort level). A white cloth covers your eyes and a noise cancelling headphone is placed over your ears. Music can be streamed to promote a deep state of relaxation. Sessions range from 30 minutes to a full hour. You are alone in the suite.

My awareness shifted internally and my pulse rate slowed down to what I imagine it would do if I was fully resting. I waited. Sensing the change in the colored bulbs, the predominant color was pink. Pink is not a Chakra color.

Feeling a heaviness within my body, I was comfortable and did not shift positions. The music selection was fairly generic, incorporating meditative instrumental tones, occasional gongs and sounds from the natural world. It should be noted that you are welcome to bring your own cd.

Breath-work became life-sustaining, shifting from my normal shallow chest posture to a fully expanding Dan-tian. As Cassie puts it, “no other noticing.”

Thirty minutes later, I was dehydrated and feeling physically dense. Always curious, my questions were answered by my friend, healer and life-coach. I felt what it was to be a spiritual being in a human existence. I experienced the sensation of “grounding.” For one, who lives in her head, it was life-changing. Now, I understand that I have a choice; I can think my life into existence or feel my life connected to Oneness. Oh, and the color pink? That’s my Higher-heart; self-love is a wonderful beginning on the path to Enlightenment.

Hippie Fest...tie dye, hula hoops and you!



In the next several months, we will be accepting articles from you on topics which are important and relevant in understanding, honoring and learning about the many paths to Love, Light and Enlightenment.

These columns are unpaid and give you the opportunity to share what is on your heart. You may submit letters of gratitude, give us insight on your experiences in Spiritual Development, create a mini tutorial on how to use a metaphysical tool, or maybe write about where you want to grow in your Spiritual Journey. Who knows, you may be the inspiration for a new class...

This is your newsletter...

Submissions will be reviewed, edited for content and published on a case by case basis.

Word count is flexible, but not to exceed 500 words, please. One column per submission. Deadline is always the 15th of the month (publication, if approved will follow in the subsequent month's edition). Your contact information is required for notification.

Please submit to: tootiekester@gmail.com.

Happy writing~

Laura



Stone Soup “*University*”?

We’re excited to share with you our plans to expand our services to include little known healing modalities. Presently we have massage, Rain drop therapy, Crystal Light Bed healing, energy healing, Chakra cleansing, alignment and balancing, and Reiki and Shamanic therapies among our holistic practices. Our practitioners constantly acquire re-certification and strive to provide the community with new age therapies. Growing interest in alternative energy work is exciting and we will be highlighting topics of interest here for the foreseeable future. As we continue to grow, certified practitioners will be invited to provide their varied modalities here at Stone Soup.

Katalin Berezki is a local Theta healer and teacher. Let’s read what she knows about this modality...

What is ThetaHealing®?

The ThetaHealing® technique is a world renown healing method that was created by Vianna Stibal in 1995 during her own personal journey back to health and after she healed from a 9-in tumor her leg. The ThetaHealing® meditation training technique utilizes a spiritual philosophy for improvement and evolvment of mind, body and spirit, that allows you to change life patterns held in place by limiting beliefs. Through ThetaHealing limiting beliefs are identified and shifted, and reasons for why we create things in our life are uncovered. You gain a new perspective and understanding by realizing that our beliefs serve a purpose and are held in place for a reason.

What Do Beliefs Have to Do With It?

What we think about, we bring about; what we focus on we attract to ourselves. Our beliefs and feelings create our reality; therefore, shifting or changing our beliefs and feelings creates a new possibility of moving forward in our lives. Limiting beliefs can impact our health, finances and interpersonal connections. In ThetaHealing, beliefs are not viewed as good or bad, positive or negative because our minds are constantly working to protect us and keep us safe. It is only on the surface consciousness that we perceive things as good or bad, based on how our lives are unfolding for or against our desired outcomes.

What Happens in a Session?

In a session a person simply needs to keep an open heart and open mind to receiving the healing energy of their higher spiritual power because the ThetaHealing Practitioner is doing the rest. Every individual is different regarding what they want to work on. Either way, the ThetaHealing Practitioner is there to guide the session, facilitate shifting beliefs, download feelings and witness the changes occur. The individual always has free will to choose to change a belief or receive a download, nothing happens without the person’s permission.

Who Can Benefit From ThetaHealing?

That is an easy answer because it is everyone. ThetaHealing is not limited to any religious belief, race or gender. All it requires is an open heart and mind to releasing old patterns that no longer serve a person. If you are identifying self-sabotaging behaviors or through other modalities have uncovered situations or beliefs that you feel are holding you back, than a ThetaHealing session can help change your limiting beliefs that you are ready to let go.

Want to know more? Here is her email: katannahhc2@gmail.com