

The Ladle Newsletter

September, 2021

The symbolism of September month focuses on *refocusing* our energies. The energetic portal opening on the Equinox facilitates deeper levels of understanding of ourselves, of other people, and the unconscious dynamics at play in any situation, offering us a fantastic opportunity to balance our inner masculine and feminine energies.



Spotlight Events:

18th – 20th— Joseph Lobrutto

18th 10 A.M to 12:P.M “Unlock Your Psychic Gifts” - \$45 in advance, \$55 at the door

1 PM to 3PM “Mediumship Mentoring Session” - \$45 in advance, \$55 at the door

6 PM to 8 PM “Speaking to Heaven Even” - \$65 in advance, \$75 at the door

19th 1PM to 3 PM “Divine Healing Masters Heal Thyselves, Self-Healing” - \$35 in advance, \$45 at the door

20th 4 PM to 6 PM “Channel Coaching: Learn to Become a Channel” - \$45 in advance, \$55 at the door

25th – Harvest Fest! 10 AM to 5 PM. Free admission, family fun, scarecrow story time, scavenger hunt, vendors, food, healers, readers and more!

Universal Wisdom

By Jan

To Give or Receive

When we “give”, it’s because we want to help others. We have been told since childhood it’s better to give than to receive. I understand that statement completely. It makes my heart smile to know I’ve been able to help others; to serve.

Recently I was reminded how it is also a blessing to receive when the giver offers from the heart. I so enjoy giving that I sometimes find it difficult to graciously accept when others are giving to me. I’ve recently realized accepting is also a way of giving. Knowing I’ve been instrumental for someone else to experience the joy of giving also makes my heart smile.

Sound confusing? It’s really very simple. Service, when given to and received from the heart, is always a blessing to all involved. When someone wants to help you, listen with your heart and allow them to give. That is being kind because they are not denied the gift of love which can only be experienced by giving to someone other than themselves.

A deep felt thank you all those helping solely for the sake of being in service to others. You are a blessing to all.

*****Our exclusive Stone Soup, ISC calendar will be out next month! All proceeds fund our outreach efforts. Supply is limited. In store only.*****

Rocks and Pebbles

with Laura, Editor-in-Chief

In the rising of Divine Feminine energy, I have become introspective - coming face to face with patterns. Those of thought and behavior which created an imbalance *have to go*. I know my thoughts and resulting actions have been based in my Root Chakra. Six decades is a long time to be out of whack! Further study is required. Once I am familiar with how my body is governed by both the Divine Masculine and Divine Feminine energies, I will begin a new relationship with it. Actually, I already have.

Western medicine is well, western medicine. For me, a new appreciation for integrating west with east makes complete sense. My spiritual awakening encompasses wisdom that is available in the multi-verse. The healers in my life help me tap into my Truth. There is so much to learn and as I do, I'll share it. My knowledge is gifted by beings from realms that are at the core of humanity's ascension. It is not by chance that the searches I conduct result in deliberate, narrowly focused topics. For me, information flows in convergent masses and I must compartmentalize and prioritize. So that said, Chakras and directional influence have my rapt attention.

The following paragraph is where I now begin, not that Chakras are a new study for me, but I would say an enhanced study because I am physically in tune with my aches and pains.

"The odd-numbered, masculine chakras tend to move energy through our systems, pushing it out into the world and creating warmth and heat. The even-numbered, feminine chakras cool things down, attracting energy inward. In the modern world, the masculine and feminine principles of life are out of balance."

(<http://www.samasaramindandbody.com/blog/post/2018/02/28/a-journey-through-the-chakras>)

We, as a collective, are being guided to change. Some are making gradual, comfortable adjustments. Others are being fast-tracked to provide the inertia humanity needs for Enlightenment.

We have to evaluate our patterns. Where did they come from? Why do we continue to repair the metaphorical quilt rather than to design a new one? WE are sentimental and hold on to our past; believing that repetition and unquestioning devotion will provide all we need. WE self-diagnose and blame patterns that limit our potential. Being aware of what is not working is being accountable to Spirit/Source/Creator; it is recognizing that you must co-create forward movement. When you backslide, you are still accountable - at least it is movement and you have not stalled. Your intention remains intact and you have the opportunity to redefine the situation.

There are no laws which restrict your Spiritual growth. You must be true to yourself as a fundamental element of growth/change. Change must come and for some it must come as a carefully thought-out strategy. The human ego (that which is responsible for change in thought or action), is sometimes nothing but fear dressed as bravado. We must honor the authentic self. We are not on this Earth to be like another. We are here to be ourselves. When authenticity befriends you, the process of releasing how others judge you becomes second nature. When you stand, speak, and act in your Truth, and acknowledge that you're flawed and perfect, you will begin to honor the same in others. There is tremendous strength and compassion within us when we welcome new patterns in our daily living.

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

Reiki all classes are half day (1:30 to 5:30)

9/05 - Reiki I

9/12 - Reiki IV

9/19 - Reiki III

Basic Spiritual Tools weekly (4:30 – 6:30)

9/08 - Basics & Clairs

9/15 - Chakras & Energy

9/22 - Divination Tools

9/29 - Put into Practice



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:

This month, we are highlighting the four metaphysical senses.

Clairvoyance

Basic definition – Clairvoyance is one of the major psychic abilities and means “clear seeing”. Clairvoyance is the psychic ability of seeing beyond the physical, seeing in the future or past... and also seeing deeply into situations to see the truth beyond illusion.

Clairaudience

Basic definition – Clairaudience in short means “clear hearing”, either by mental or physical means. It is likened to having a mental inner ear. It is the ability to receive messages from your Spirit Guides in thought form.

Claircognizance

Basic Definition - Claircognizance (clear knowing) is a metaphysical sense, where you know something to be correct but may be unable to back up your statement with fact or how you came into that information.

Clairsentience

Basic Definition - Clairsentience is a metaphysical sense that relates to recurring physical and emotional feelings. This is known as “clear feeling” and signifies Divine guidance.

Connecting to the Light
with Laura

“Which Hand to Wear Crystal Bracelet”? Those were the key search words on my phone recently. I am interested in how energy communicates through me to me. Huh?

Not surprising for many of us on a spiritual journey are the variety of ways we honor self and Spirit/Source/Creator. For lack of a better word; we *wear* spiritual symbols. They are tattooed on our skin. We perfume our pulse points with essential oils. We adorn our bodies with charms, crystals, floral crowns, bracelets and anklets. The fabrics we choose may have been ethically sourced and the patterns and designs may honor the ways to Enlightenment.

I wish you to consider why we are in times of increased awareness. Healers of a new age and practitioners of ancient healing arts seem to be popping out of the woodwork. There is urgency and as a Light worker, you have been called and are being fast tracked. Your willingness to embrace Enlightenment will lead you stop living in a bubble; stop the daily trudge of indoctrinated patterns which no longer serve you.

I am learning about Divine Energy; both its Feminine and Masculine. As I ask questions, Spirit/Source/Creator sends teachers to me. I am not surprised that my body is among the learned. It has been the one/half of my duality; perhaps not just in this life time. Time to honor the journey, I say.

I realize communication with self is necessary for ascension. It’s a reality check – one which can only lead to the understanding and embrace of Oneness.

That’s a broad topic – self. So I ask, “What part of self?” For me, I began with the part of self that is experiencing chronic pain. Understanding that pain is both energetic and physical is a good place to start. Emotions also contribute to your overall health and well-being.

Here is a list of what I have learned so far:

- *Acknowledge your body is trying to communicate with your higher-self.
- *Ask questions
- *Read and study what makes sense to you. It’s vital to discard information that seems too good to be true.
- *Get a referral from someone you trust.
- *Establish a ritual to honor any crystal or stone which will you will wear or keep on your body (pocket). The relationship will only work if each does its part: you by your intention, the crystal or stone by reciprocating that same intention.

I am including a link to assist you in determining the answer to the above question.

www.unlockyourchakra.com

Don’t take my word for it. Trust that you are seeking, that you are learning and that you are ascending.



Winterfest is coming Saturday, December 18th!

Second Helpings with Nightbird

Receiving messages from Spirit, Angels, Teachers, and Guides



You need an open channel for the communication to come through and you must recognize it when it arrives.

Messages are delivered through our interactions with the natural world. As sentient beings, our senses are the channels for guidance. Listed for easy reference are suggestions to help you begin to channel universal wisdom and the messengers available to each of us when we take time to listen.

Are you seeing the same numbers all the time everywhere around you? Be it on the clock, license plate etc.? Look up what that number means and what it is telling you and how it affects your life at that moment.

Are you seeing birds all the time around you? Eagles, crows, blue Jays or cardinals? Look up what they are trying to tell you.

Do you find feathers? What color are they – white, black, blue, mixed? Research their meaning and how they are trying to guide/help you. How many birds are you seeing? The grouping may signify a series of events.

Are you seeing animals – wolves, foxes or deer? They are messengers. Research animal spirits/totems and discover Spirit's validation on your journey.

Are you experiencing dreams? Keep a pencil and paper by your bed and write them down. For instance, are you dreaming of water? If it is rough or murky, you may be going into a period of some trouble or anxiety. If the water is calm and clean, you are coming out of difficulty in your life.

If you are seeing doors or pathways, you may have to make a choice of some kind.

If you want to receive a message all you have to do is ask and then be open to receive it. Remember, the answer can come in many different ways. Be aware of things around you and always be thankful for the messages and the messengers in your life.



**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)!!!!

Why do You Come to “The Soup”?

“I am an anthropologist and love learning about different cultures and spirituality. My mother is visiting and I wanted to bring her in here...”

“I like it here. In the other place, I could feel the energy - good and kind. The meditation space was a real space – separate from the store...”

“She came because I invited her. I usually come for the oracle cards...”

“I am just learning about crystals...”

“My friend told me. I always wear rose quartz because it makes me feel happy...”

“My mom told me about an ad in a local magazine about the Hippie Fest. I came, but she couldn’t make it...”

“Grace brought me...”

“I work at Bay Witch metaphysical shop in Panama City. I started learning about metaphysical stuff during the quarantine – just surface knowledge and tarot. I am nineteen. My family didn’t support this. They didn’t really object; just didn’t understand. I have many rocks, maybe TOO many...”

“I love to wander around. It’s fun. It’s my self-care. The first time was either 2016 or 2017 and I bought a card deck...”

“This place is just like Cassadaga, only smaller”

Update on Around the Table, our Spiritual Discussion – Wednesday talks.

In case we haven’t met, I would like to offer an introduction to myself and the open forum I host.

First, although I come from the Hudson Valley, not too far from Woodstock, in an area of many gifted spiritual people, never before have I seen such depth of understanding, with such Outstanding Gifts as all of You who are associated with Stone Soup. Outstanding!

I am most grateful to Jan for her willingness to be supportive of ‘Around the Table’ and to provide the space and most grateful for each of YOU who joined in. Again, outstanding!

This urge for discussion came with a powerful energy that appeared like a large mushroom. As one in our *discussion* said – “Put your finger in and ‘Poof,’ the seeds, the spores fly out all over.” And that is what is happening - right now (openings, awakenings, and a fuller awareness around the world). And – this is the ‘why’ the need to come/grow together, to further create groups so We are ready, prepared for those, (many) who are going to awaken with an unexpected explosion, many spontaneously, and will need to talk to someone as they question – “What is happening to me?” And - you will be able to share, “Been there.” And - you will help guide them through the chaos they may be experiencing.

Spirit has said we are entering new times with higher energies because of the human desire to move into higher dimensions, *which desire is actually encoded in our DNA* - To again reunite with our Higher Selves as the Earth moves into the higher dimensions of the Universe.

Our last August gathering’s theme (as requested) was Spirit Guides/Angels. The handout was a message we often forget – ‘You are never alone!’ As we travel forward into these new dimensions, again remember – You are never alone. The Angels, your Spirit Guides are right there beside you. So just Ask, that’s all they want - is - for you to Ask.

- Eileen Smith Prokes

Stone Soup “University”?

We are constantly striving to meet the needs of those who are seeking Enlightenment. As our varied pathways allow new ways for the light to come in, you will be able to read about the many healing modalities offered in our community.

If you are an energetic healer or practitioner and would like to share information about your gift with others, please contact Jan. In future, we hope to bring these traditional and new age healing therapies to Stone Soup.

This month, we will learn about Tibetan Cranial and one of the practitioners of this ancient healing art – Delaine Edwards.

“I am so grateful to be able to share the healing art of Tibetan Cranial with the Stone Soup community. Tibetan Cranial has gifted me the ability to connect with many beautiful souls seeking truth and connection. I, too, am being healed by Tibetan Cranial. Tibetan Cranial is a body-based practice involving the perception of, and attention to, numerous pulses in the skull and palate. It is known traditionally by the Tibetan people as “Thoba Khujatag” or skull moving. TC assists the body in correcting its own imbalances. The origins of Tibetan Cranial may be traced to the Himalayan highlands about 3,000 years ago. Passed directly from teacher to apprentice through oral instruction, Tibetan Cranial is not merely a study of anatomy; rather, it is a sacred knowledge with a rich and ancient history.

Practitioners are guided by the deep whisperings of the pulses. Allowing the ego to rest, the practitioner remains in a state of sacred mantra during the session. The recipient is also in mantra or prayer. As the pulses come into balance, this creates space in the vessel. Cerebral spinal fluid is increased during a session. A special TC table allows the spine and neck to maintain alignment to allow this healing nectar to flow through the body optimally. Tibetan Cranial’s lineage holder and master teacher, Shar Lee, calls cerebral spinal fluid “liquid soul.” This increased production of cerebral spinal fluid bathes the nervous system creating healing and bliss. Many recipients have stated feeling enhanced states of euphoria and bliss after a session.

Due to the subtle and gentle nature of TC, children and babies love to receive Tibetan Cranial. Because TC aids the recipient’s own healing abilities, the effects of the work can continue to develop even after the session ends. The results of even one session can continue long after it has been completed. People commonly experience further benefit from multiple sessions. Traditionally, Tibetan Cranial would be received for seven consecutive days. Multiple sessions can allow the work to penetrate to deeper levels of the body, mind, and spirit.

Conditions where many people have reported relief include headaches; migraines; back and neck pain; whiplash; head injury; concussion; traumatic brain injury (TBI); stress-related conditions; anxiety; depression; Multiple Sclerosis; Parkinson’s; trigeminal neuralgia; tremors; seizures; other nervous system disorders; TMJ pain and other jaw-related issues; tinnitus (ringing of the ears); sleep disorders; sinus problems; hormone imbalances; autism; chronic pain; connective tissue disorders; and more. Others have reported gaining more clarity of thought, insight into past traumas, and increased ability to work with emotional challenges.

For further information or if you would like to experience a TC session, please call Delaine Edwards, Tibetan Cranial practitioner, at 850-582-5318. Visit www.TibetanCranial.org.”

Halo Salt Therapy will be coming soon...

The Crystal Voices

with Doreen



Aloha!

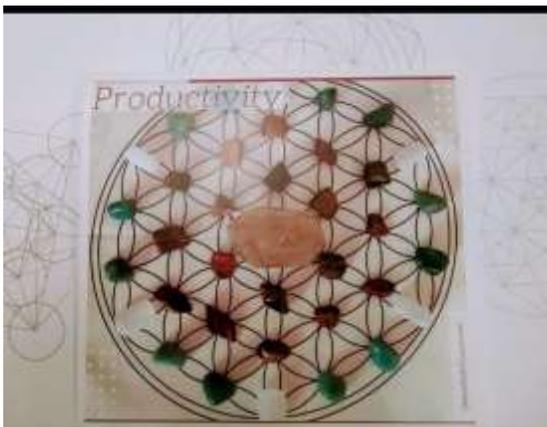
In my previous column, I introduced many of my favorite healing crystals. We will now work with some of those same crystals and others in grids. In moving on to the next level let's define a crystal grid.

A crystal grid is an arrangement of crystals on a specific design or shape that focuses the Universal Life Force in a particular way for a particular purpose. As we learn more about the energies of the stones, using crystal grids create a way to draw the use of multiple energies to help us with intentions, affirmations and prayers. Grids afford us with a tool to manifest our dreams.

The combination and arrangement of crystals work *synergistically* (various parts are working together to produce an enhanced result.)

This grid shown is for productivity.

Sometimes you need a little help getting to your to-do list. A flower of life grid with a citrine flame in the center surrounded by tiger's eye, green aventurine and selenite can help you power through your day. The citrine is the focus stone. Its purpose is to collect the Universal Life Force and channel it through the grid.



Need a grid? We have several in stock at the store. Check the calendar for classes coming soon.

Mind, Body and Soul

with Laura, Editor-in-Chief



“Mind, body and soul.” Ever consider the order of the words in that phrase? It's not a coincidence! Especially for one - who is consciously and conscientiously aware of her ascension.

For me, Rodin's statue of “The Thinker” was validation that it was a goal to be a left-brained, Divine Male kind of a gal. My father gifted me that statue. It sat on a shelf in his home office for... forever. I'm a lot like my dad -in a nurture vs. nature debate. Maybe I need to rethink....

Recently, well since the early 70's, I have been a firm believer in words of wisdom in my Dell purse sized book on Capricorn. Two words: capricious and knee”. Well, I apparently encouraged the first one and developed a diagnosis of bipolar tendencies. The second word has been locked in my mental filing cabinet since I injured my left knee in an unladylike dismount from a motorcycle.

I'm old-ish, or to put it into contemporary semantics: older-middle aged or perhaps a youngish geezer. I am definitely no wiser that I was then because I didn't make the spiritual connection of thought = body. Now I have learned that thought (intention) = body (manifestation). Having worried for decades and waiting to see why that particular word was significant, I can tell you that my knee is unhealthy. I have a diagnosis which **MAY** manifest **IF** I don't honor my knee chakra and have a chat with the patella. I'll plead with it if necessary.

I have begun to greet my aching knee and acknowledge that it is painful. I am empathetic and fully understand the journey my knee has experienced. It is my hope that we will continue to travel together in Light and Love.

Knees are the energetic bridge between your spiritual and physical life. They allow movement between your upper and lower leg. According to Elizabeth Peru, knee pain is a great indicator of your willingness to move forward toward ascension. Guess that means I'm stuck.

The spiritual being in MY body is sending a message. My soul is restless. Time to move forward. It's just choosing to do so and relinquishing the mindset of too much Divine Masculine energy. I welcome and embrace the Divine Feminine to balance me.

As I soften and become more compassionate (living through my heart chakra) I will find the path to Enlightenment.

Oh, and that statue? It's more precious to me now because I understand. Thanks, Dad.