

# The Ladle Newsletter

November, 2021

November is a karmic month with the past catching up with us, good and bad depending on our past behavior. The symbols and meanings associated with this our eleventh month, represent the spiritual warrior and act as a mirror reflecting that the battle is always with the self. Dolphin is our spirit animal and the number 11 is a Master number and is significant, carrying a vibrational energy of balance.



## Spotlight Events:

Please check the events page on the website or the calendar on Facebook to be up-to-date on all the new classes for the current month. We strive to keep you informed through this newsletter, Facebook, website and Instagram. If we can schedule a last minute class or workshop, we want you to know about it!

**November 12<sup>th</sup> and 26<sup>th</sup>** - Haskell Vest will be available for readings!

**November 6<sup>th</sup>** - “Basic Spiritual Tools” workshop!

**November 20<sup>th</sup>** – Gallery with Michaelle back 1 night a month! Also join Natalie for a Group Past Life Regression!

**November 27<sup>th</sup>** – Wire wrapping with Craig is back!

## Universal Wisdom

By Jan

### The Day of the Dead

(excerpt from “10 Things to Know about Day of the Dead”, *National Geographic*, October 25, 2021)

The Day of the Dead (el Día de los Muertos), is a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration. A blend of Mesoamerican ritual, European religion and Spanish culture, the holiday is celebrated each year from October 31-November 2. While October 31 is Halloween, November 1 is “el Dia de los Inocentes,” or the day of the children, and All Saints Day. November 2 is All Souls Day or the Day of the Dead. According to tradition, the gates of heaven are opened at midnight on October 31 and the spirits of children can rejoin their families for 24 hours. The spirits of adults can do the same on November 2.

El Día de los Muertos is not, as is commonly thought, a Mexican version of Halloween, though the two holidays do share some traditions, including costumes and parades. On the Day of the Dead, it’s believed that the border between the spirit world and the real-world dissolve. During this brief period, the souls of the dead awaken and return to the living world to feast, drink, dance, and play music with their loved ones. In turn, the living family members treat the deceased as honored guests in their celebrations and leave the deceased’s favorite foods and other offerings at gravesites or on the *ofrendas* built in their homes. *Ofrendas* can be decorated with candles, bright marigolds called *cempasuchil* and red cock’s combs alongside food like stacks of tortillas and fruit.

## The Crystal Voices with Doreen



Aloha. I hope you are enjoying the articles about the crystal grids as much as I have investigating them.

Last month you learned the components in an energy grid. Over the next few months we will begin a more detailed look at grid designs: the circle, the seed of life, the square, the pentagon, the tripod of life, vesica piscis (which resembles a simple Venn diagram) and the spiral. This month I want to share the spiral. I find this very interesting.



(image is an alternating pattern of citrine and goldstone)

A spiral draws energy into a stagnant situation or clears away negative energy, so if your finances are floundering and you need an infusion of cash use a spiral grid to clear away anything blocking your abundance. When you're seeking a raise or a new job - lay an abundance spiral.

Abundance doesn't just involve money. Abundance is about feeling satisfied and secure with what you have. Manifest an enriching and fulfilling life, sharing's life's bounty and showing gratitude. You are trusting that the universe will provide appropriately for all your needs.

To lay the grid start by cleansing your crystals, writing your intentions and create your design by laying alternating crystals pointing down and inward until you reach the center stone which is goldstone. When the grid is no longer required, dismantle it, cleanse the crystals and start new.

Suggestions for the grid can be citrine, goldstone, green aventurine, Herkimer diamonds, jade, moss agate, ruby, Tiger's eyes and topaz. Remember to utilize your intuition.

You can find these stones at Stone Soup and the information I gave you today is from Judy Hall's book, [The Ultimate Guide to Crystal Grids - Transform Your Life Using the Power of Crystals and Layouts.](#)

Peace and aloha!

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From the desk of Eilene...

You are Bringing in Peace –

Ah, it may be and certainly looks chaotic, but We promise, New Life is fast approaching your Earth!

We promise You, after this period of transition, you upon the Earth enter a new phase of Enlightenment, of Divine Awareness. Within Each will be more Peace, more Calmness, more Contentment than humankind has ever known.

We know, hard to believe. But, again We Say – Believe! The New energies fast approach. Surprising outcomes to 'difficulties' will amaze you. Believe, Believe!

- Message from Spirit, via ESP, 10/18/13

## 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***

### New to Stone Soup!

**Nov 6 – 11am-5pm Tibetan Cranial Therapy**  
Each session is approximately an hour. Cost is \$85.  
Walk-ins are welcome but appointments strongly recommended.

**Nov 20 – 11am-12pm Group Past Life Regression**  
Welcome Natalie to our community! She’ll be helping you explore your past lives utilizing a unique technique, “Return Method”. Session lasts approximately an hour. Cost is \$38. Limited seating.



### *Sunday Meditations*

Weekly meditations from 12:30 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.

**This list is a partial sharing of pagan festival terms.**

Let’s continue with:

Imbolc

**Basic definition** – The first day of February is Imbolc – the celebration of the coming of spring. With roots in the deep Celtic past, Imbolc was traditionally about ushering in a productive farming season and was dedicated to Brigid, the goddess of healing, smithing, and poetry.

Beltane

**Basic Definition** – Beltane marks the beginning of summer, the time of year when flora and fauna will flourish. It is often celebrated by the decorating of houses and animals with May flowers such as primrose and gorse.

Lughnasadh

**Basic Definition** – It occurs at the beginning of August. It is a transitional honoring of the waning of the lighted half of a year to the darkening half of the year. Along with Mabon and Samhain, this festival celebrates the three months of a year considered to make up the harvest season.

Samhain

**Basic Definition** – Marks the return of winter and a thinning of the veil between this world and the next, a time of chaos. The festival stretches back to Dark ages Ireland and possibly into prehistory. It is celebrated from the night of 31<sup>st</sup> October to the following evening, the ancient Celtic day running from sunset to sunset.

***\*If you want to learn more, we have the Wheel of the Year calendars available.***



## 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.*

Past Life regression is a healing modality. The technique involves hypnosis where your subconscious is unlocked and the healer reveals to you some of the Karmic incarnations brought forth to this life experience. In other words, it is a gentle version of hypnotherapy that enables you to access memories of a previous incarnation on earth via your subconscious mind.

The conversation you have following the session may open a door to previously hidden patterns that now explain the what, where and why of your unexplained fears or anxieties.

Some of the benefits from this healing modality are:

- \* Growth in Spirituality
- \* Becoming more aware of yourself
- \* Improving relationships with others
- \* Control over your emotions
- \* Forgiveness
- \* Removing mental or emotional barriers



Jo Graybeal is a dedicated practitioner of this therapy. Let's hear from her...

“The life you are living now is a culmination of many lives lived before with memories attached to these lives. Who and what we are drawn to or repelled by may be hidden deep inside the subconscious memory. Patterns of behavior and relationship issues may keep repeating themselves. Issues not resolved from other lives come back to be reexamined in this lifetime.

Sometimes it is physical complaints from yesteryear. I remember a man who had constant pain in his feet. He had tried everything that was recommended and still his feet were no better. In a past life regression, he was a young boy in London 200 years ago. His father was a farmer and the boy delivered produce to the city. He had no shoes and walked barefoot over cobblestones and rock summer and winter. After the regression, he understood why his feet hurt constantly and was able to let it go.

Were you born with a talent for something and have no idea how you acquired this ability? Do you have unusual birthmarks or scars? Are you drawn to certain countries or colors or smells? Do you have phobias or anxiety? A past life regression is a tool in the arsenal of discovering who we are. Everyone does not need to have a regression, but if you have tried other things and still have questions that are unresolved, it might be for you.”

To schedule a session with Jo, please call Stone Soup @ 850/533-6565.

## Getting to Know Us With Laura

This month I had a chat with Camdyn.



**L:** Please tell us a little about yourself:

**C:** My name is Camdyn Hale, I had read The Four Agreements by Don Miguel Ruiz and after that, I started to meditate and just dive more in to it. Spirituality is my go-to; it really helps me learn and reflect.

I love learning different parts of myself and people. I love learning every day. I am a compassionate and loving being with the hopes that I can share Love and Light with people around me.

**L:** What is your history with Stone Soup?

**C:** I had been looking for a couple of metaphysical shops that had readers and crystals. My best friend bought me a rainbow sun catcher for my birthday form here and then I just felt that I was drawn to this place. Something was telling me to come here. When I did, there was a connection and I thought, *I think I am going to work here*. In a couple of months, I filled out an application and was hired! By the way, I have the sun catcher hanging in my car.

**L:** If you could add an ingredient to the Stone Soup recipe, what would it be and why?

**C:** I choose Mug wort because women need a lot of support around this time. It is an herb and I use it in a spiritual bath. It promotes the balance of the sacral chakra. I am an advocate for women's rights and I'm just a women's ally. The feminine connection is where my energy is focused. Radiance would be another ingredient because I would hope to radiate my love, consideration, and empathy for others around me.

**L:** Do you have a spiritual gift?

**C:** I haven't realized my potential yet. I feel that I will be a metaphysical healer and I am pursuing an online degree in Spiritual Healing at the University of Metaphysics.

**L:** How can people contact you?

**C:** My email is "camdynserenity@gmail.com. My phone number is 850/619-7762. You can find me at Stone Soup on Tuesdays and Saturdays.

## Featured Vendor



Cynthia Vice is Nationally Board Certified in Therapeutic Massage and Bodywork (NBCTHB 567692-08), also a Florida State Licensed Massage

Cynthia's years of working closely with her traditional elders learning healing practices give her a unique integrative perspective on the importance of one's spiritual and cultural connection to health and their ability to heal. This in turn has deepened her respect for an individual's approach to their own health and healing and feels the importance as a practitioner to recognize when it is time to simply hold space for this process.

Her specialized focus/additional training:

- \*Bio-Energy work
- \*Companionate Touch
- \*Oncology Massage
- \*Lymphatic Drainage Therapy
- \*Orthopedic Massage
- \*Acupressure
- \*Prenatal Massage

Her skills range from the lightest of Companionate Touch to focused Deep Tissue Massage. Each of these when paired with Breath-work allow her to accommodate a wide range of clientele. She is equally affective working with Medically frail to Athletically healthy Clients/Patients.

Please call Cynthia directly for pricing and appointments. 443-801-1532