

The Ladle Newsletter

December, 2021

It is time to rest and turn inward. The winter solstice will be Tuesday, the 21st. In numerology, the number 12 represents energy that is unmatched. This month's spirit animal is the owl. Its spiritual meaning represents unity and trust, a Divine connection, success in all areas of life, challenges, and commitments. Victory.



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!

4th - Stress Relief Workshop. What better time to learn simple techniques to relieve yourself of stress. Palma will introduce you to the art of Jin Shin Jyutsu to reduce stress and boost your immune system. Jin Shin Jyutsu is a gentle art of healing from ancient tradition that works with energy pathways, feeding life to all the cells in the body.

11th – Make your own pendulum. Whether it's a gift or for yourself, Christina will walk you through making a pendulum as unique as your imagination.

Carmen is back! She is scheduled to read December 3rd and 17th. Haskell, of Radiant Sapphire, will be reading Christmas Eve. Margie will be back with us in January!

18th – 10 – 4, Winterfest! Our annual Festival of the Yule – Free admission and parking, shopping, readings, food and most importantly – a sense of community.

Universal Wisdom

By Jan

We live in a world of electronic socializing. Many of you don't remember the time before cell phones, video games, and social media. Those of us that are not quite as old as dirt remember well. We appreciate and are sometimes in awe of all the new technology that leaves our heads spinning. But we also miss the personal interactions we grew up with. We miss conversations where everyone is focused on the conversation without the interruption of notification beeps, whistles and ring tones. We miss being able to see the eyes of those we're speaking with regardless of whether it's a child or another adult. I am as guilty of getting lost in my cell phone or computer as anyone else. With all that said, we are planning a 2-day retreat in the spring. There will be a variety of classes and workshops offered for adults and children. We will provide (1) meal each day.

It promises to be a weekend full of games, meditations, arts, crafts, gardening and so much more. You won't find cell phones, video games and such. Please leave those at home; we will as well. We want to spend time reconnecting to each other as well as the energies around us. Learning and growing together.

More information will follow in days to come. "Turning off to Tune In" promises to be 2 days filled with Love, Light, Laughter and Learning.

From the Desk of Eilene

LIGHT!

Light! We Speak of Light this day. Every culture around your world/Earth has a celebration of the Light, Yes the Return of Light! It may be Christmas, Hanukkah, or the candles which are gently floated down the streams and rivers of Southeast Asia; all celebrating the return of Light. And WE Say this Day, Light is returning to your Earth!

Each of YOU, Lightworkers have been leading the way, Lighting the Path for those who follow, who may now just be awakening to their Truth, their Divine Heritage. Yes, as you view the chaos, heartbreaking chaos prevailing around the world, you may doubt this Return of the Light. But, have you not heard whispers among you that something has changed?

It is through your very efforts that YOU are bringing New Life to this very planet, your Home! Here We say, each in your own way, is and has been contributing to this Resurgence. It is by the very Light that you carry within which is adding, each and every moment, to the Light which brings Love and Light to this Earth. As hard as it may be to believe –

Peace and Love will prevail!
Yes, Light is returning to your Earth,
And YOU are the Light Bringers.

We Celebrate YOU!!!!!!!!!!

Message from Spirit via ESP
2011

The Crystal Voices

with Doreen

Aloha,



In this issue I'm going to introduce the square grid. Squares are used for crystal grids when the need is to find limits, to know how much is enough, and to see where we should stop. Squares are used for dealing with the stresses of endings. They help us change direction yet stay in balance. Grids built on squares are powerful aids in our efforts to contain our excess and set boundaries for ourselves.

Energy grids built on the square give us order, alignment of goals and means, regulation of processes, teamwork, community structure, limits, edges and boundaries.

The photo of this grid is for mental clarity. Fluorite is the center stone, blue fluorite has been laid on the inner square. To complete this grid, I used flint anchor stones. State your intention and receive benefits.

Sources: Judy Halls, [The Complete Guide to Crystal Grids](#).



Peace and Aloha

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

Dec. 4th, 12 – 2. \$55.00 – Stress Relief Workshop

Dec. 10th, 12 – 2, \$30.00 – Meditation Workshop

Dec 10th, 2 – 4, \$30.00 – Chakras 101

Discount offered for combined registration - \$50.00

Dec.11th, 12 – 2, \$35 - Make your own pendulum.
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.

Let's continue with:

Shadow work

Basic definition – is a practice of healing and self-growth, which means that it requires surrender and acceptance. It is a process of working with our shadow selves to eradicate their negative effect in our lives and to integrate the separate parts of ourselves in to one whole. The term “shadow self” was one of Carl Jung’s developments in the study of psychoanalysis.

While this is a very basic definition, we will follow up with an article concerning shadow work. This work is a necessary step in our ascension process and deserves further explanation and definition. Watch our newsletter for the follow up article.





From the Editor's Desk...

I wish to correct some misinformation in last month's edition. To schedule a past life session with Jo Graybeal, please call her directly at 850/564-1113.

Donation Station –

Thank you for your donated items. We are working to keep them sorted and ready for delivery. As the holiday season approaches, the underserved populations in our area will be hit especially hard. Please call Jan if you have items to donate. She will arrange a time for staff to meet you. We are unable to accept drop offs without prior scheduling. Thank you for understanding.

If you know of someone in need, please refer them to Stone Soup. We have information that may be helpful in locating an agency to address their needs. The list of tri-city agencies is available in our store.

The Community Garden has had an upgrade! You are welcome to volunteer time and materials to ensure we have healthy plants for all to share. If you are interested in volunteering, please ask for an application. Or, make a donation!

If your business cards aren't going home with customers, maybe you should consider a sponsored ad on the website! Prices beginning at \$25/month for business card size (2" X 3"). A complementary column about your business will be featured in a future edition of The Ladle with a 3 month run. 20% discount offered on 6 month pre-paid ad. Contact Jan for information and contract.

If you are new to Stone Soup, "Welcome Home"! We are a retail store and holistic therapies center. Some of the services now offered are:

- *Halo salt Therapy
- *Chakra Clearing and Balancing
- *Crystal Light Bed Healing
- *Energetic Body Balancing
- *Shamanic Energy Healing
- *Smudging and cutting cords
- *Massage
- *Reiki
- *Tibetan Cranial Therapy
- *Astrology readings
- *Psychic Medium readings
- *Tarot and Oracle card readings
- *House clearings
- *Officiant (marriage)

Around the Table is a weekly open topic discussion from 12:00 to 2:00 every Wednesday.

Winterfest... Winterfest... Winterfest... Winterfest... Winterfest
Saturday, December 18th, 10 A. M. to 4 P. M.

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 are sharing links to varied topics, written by experts and recommended by our staff. These are not paid endorsements, but rather a generic overview of subject matter which addresses the many questions our customers have.

Books: The Four Agreements by Don Miguel Ruiz
The Tao of Pooh and The Te of Tigger by Benjamin Hoff
You Can Heal Your Body by Louise Hay
The Complete Crystal Handbook by Cassandra Eason
Hear Them Speak by Babette DeJongh
Guidance from the Cosmic Spirits by Penny Maier
Tending the Soul with Healing Ritual by Gay Wolff, PhD.
Soul of the Seasons: Creating Balance, Resilience, and Connection by Tapping the Wisdom of the Natural World by Melody A. Scout.

You Tube Channels: <https://youtube.com/c/TheUnbotheredEmpress> (Learn Tarot from Hennie Holland)

Websites: <https://www.tarabrach.com>
<https://www.dailyom.com>
<https://www.elizabethperu.com>
<https://www.eckhartolle.com>
<https://www.uplift.love/awakening-is-a-destructive-process/>
<https://www.omniumuniverse.com>

The store at Stone Soup ISC is the place, locally, where you can shop for supplies, crystals, hand-made jewelry, original art, altar accessories, tapestries, stones, geodes, essential oils, sage, incense, soaps, Florida water, herb mixes, books, charts, tarot and oracle cards, sacred statuary, candles, and much more. The art pieces are created by local artisans.

We support you as you walk the path to Enlightenment. If there is an item which we do not carry, please talk with Jan. She’ll do her best to order it in for you. We can customize a gift basket for any occasion. We also offer gift certificates.

A massage is a wonderful gift. Jodie Filler will work with you to customize a gift certificate for a single service or a package...just in time for the holidays!
www.jodiesmassagelife.com



Call Jodie @850/200-7389

Coming in 2022:
 What is your Spiritual Archetype? We will offer a monthly series, highlighting the 12 types with links to quizzes to help identify which one defines you.

Types of Healers Shared by Cassie

Pete is a healer & galactic channel specializing in ascension automation & activations. Pete has stepped forward as a representative for The Elohim to help humanity heal faster and more efficiently. After working in the finance and technology sectors for 20 years, Pete decided to embark on a very deep & intensive spiritual healing journey in order to combat his chronic anxiety & depression. Pete now serves hundreds of students & clients worldwide, helping them maintain consistent levels of flow & bliss in their daily life through the many spiritual healing tools that the galactic community has made at our disposal.

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Pete Donarski

CEO

THE REIKI CLUB

RAISE YOUR VIBRATION WEEKLY.

Email: pete@thereikiclub.com

“The 4 types of healers...My guides have recently made it known to me that there are 4 types of healers, and it's important to know which type of healer you are ♥☐

The 1st type of healer is the Shaman. The Shaman works with Gaia, our Mother Earth, and all of the resources and tools that she carries in order to help others heal from their trauma. The Shaman leverages assistance of our earthly ancestors, and are masters of willpower. The Shaman's power centers are both the Root & Solar Plexus Chakras, the chakras that have always been their greatest teacher in this life.

The 2nd type of healer is the Preacher. The Preacher works with masses to help bridge the gap between where society is at and where society needs to be - in order to go to the next ascension level. The Preacher sees their country as their congregation, and they are masters of communication. They turn energy into words, and words into action. The Preacher's power center is the Throat Chakra, the chakra that has always been their greatest teacher in this life.

The 3rd type of healer is the Alchemist. The Alchemist works with the Angels & the Galactics to help others heal from their trauma. Their role is adjacent to that of the Shaman, as they simply deliver ascension to those that crave healing from above, as opposed to the Earth below. They are the true masters of compassion & empathy. The Alchemist's power center is the Heart Chakra, the chakra that has always been their greatest teacher in this life.

The 4th type of healer is the Activator. The Activator works with The Elohim & the Galactics from the Highest Most Upper Realms. Their role is to take humanity to 5D Consciousness and eventually beyond—to complete energetic sovereignty. They are masters of wisdom & intuition. The Activators power center is the Crown Chakra, the chakra that has always been their greatest teacher.

So which type of healer are you?”