

# The Ladle Newsletter

## January, 2022

Powered by the number one, January has all the prospects of being favorable, although not without its challenges. Unity, trust and a commitment to work with your-self or others is the key to January's energy. The changing wind of the month of January is the perfect time to carry our manifestations into existence. The dates of 10<sup>th</sup>, 11, 19<sup>th</sup> and 28<sup>th</sup> will usher in the opportunity to plan important events. 2022 is the Chinese year of the Tiger.



### 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!

**Fridays in January, 11 A. M. - 3 P. M. Dharma Actualizations: Alternative Therapy with Marissa.** We are excited to welcome Marissa to our calendar.

**Jin Shin Jyutsu** is a workshop teaching you how to utilize gentle acupuncture to harmonize your body, mind and spirit.

Also welcome back **Spiritual Development** and **Sacred Sound Mosaics!**

**January** is packed with your favorites and we've sprinkled in some new and exciting offerings too! Be sure to check the calendar!

### Universal Wisdom

By Jan

### Meditation

What does it actually mean? Wikipedia defines meditation as, "Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditation is practiced in numerous religious traditions". I didn't completely understand the definition until a friend stated they were having a hard time with it. After a bit more discussion the following definition came from me:

"Meditation is any practice that temporarily separates you from the 3D world and allows you to go within and spend time with yourself. It does not mean you must sit chanting the "OHM" or travelling out of body". Honestly, this new simplified definition surprised me too. I've since then thought and prayed about it quite a lot. It makes perfect sense. Many of us have a routine or ritual we consistently perform that allows us time with ourselves, away from the "daily grind". It can be hobbies, walks in nature, or conversing with ourselves about how we may have reacted to a situation or how we feel we should've reacted based on our moral compass. These can all be types of meditation...spending time within - even if for a few minutes.

So the next time you feel like you can't meditate, think about what it is you do that takes you within and explore that avenue to calm your mind and listen to your heart.

## From the Desk of Eilene

### The New Beginning

Yes. It is happening.

It is that at this time, You Humanity – despite the rampant conflicts, virulent diseases, ancient hatreds, all fomenting on or near the surface – are now rising above the foray.

Yes, many see the conflicts as end times. We Say, it is the Beginning, the New Beginning. Although hard to fathom, You are fortunate to be upon the Earth at this time, for in this time you may use/exercise your true abilities – Love, Compassion, and yes, Forbearance. More and more, will You experience True Love, Joy and Bliss.

Why do We Speak of this at this time? For you are the Pioneers, the Light Beings who bring to the Earth – New Love!

Many have done this before. But never have so many begun to gather in force as You Now Do - Communities of Light around the Earth.

Fear not the coming days – though they may appear dark and dismal. It is the stirring up of the dusts of upheaval that blurs the vision.

You All Know This. It is Just that at this time, that We speak to You as Brethren, Brethren here now to Bring Light/Love to the World!

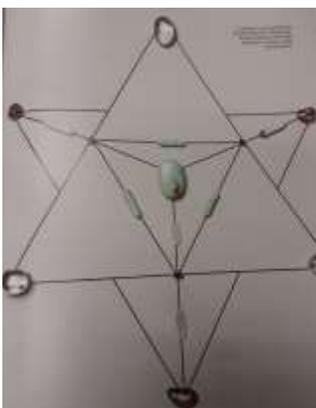
You are doing this, and very well. Just by being You, and being here upon the Earth at this time of massive transition. Have no fears, just be you, and by your very Light You help and aid the birthing of the New Beginning.

Message from Spirit – “Meant for NOW” via ESP

## The Crystal Voices

with Doreen

Aloha,



The Merkaba (Mer-KA-ba) is a tool of personal Spirit evolution, raising the frequency of the human body to access Source energy - the energy that underlines all creation. It is an ancient symbol, and its name is derived from the Hebrew word Merkaba meaning “chariot. Today, the Merkaba is used to reconstruct the human energy body so that a higher frequency can flow through it, but as always been seen as enhancing the flow of teeth life force. Traditionally this grid is used for protection and cell regeneration. Its geometric design symbolizes fusion, unity and personal harmony.

It unites the right and left hemispheres of the brain and stimulates the pineal gland which is linked to the “third eye” or the “inner eye”. At the material level, the Merkaba creates a balanced mind and a peaceful life. It assists in the manifestation of love and all its forms.

For more insight as to its history and usage within the Christian and Jewish communities, please follow:  
[www.holysands.com](http://www.holysands.com)

## 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***

***January 13 4-6pm - Jin Shin Jyutsu*** Learn simple techniques to decrease stress promote mental alertness increase memory function eliminate fatigue expand consciousness and much more . . . \$55.00

***January 15, 12:00-2:00 – Basic Spirit Drumming***  
The drum is one of the oldest tools used in healing, meditation, relaxation and journeying. This class will allow you to use the drum to open up your ability to meditate, relax, and begin a healing process. It is fine if you do not own your own drum, we always have extras for you to use.  
\$ 30 Limited Seating

***January 22, 12:00-3:00 – Manifestation*** .In this class explore levels of the mind and how to harness its power to point your internal compass toward your goals. \$30

***January 22, 12:00-4:00– Vision Bottles - A***  
workshop to create your personal “Vision Board” on a bottle to aid in manifestation of your goals. \$35 includes supplies

***January 19, 4:30-6:30 – Spiritual Development is back!*** This 4-week course of personal spiritual discovery, development and growth begins again this month. \$115 for full course.

## Spiritual Archetypes

We begin a series on Spiritual Archetypes.

- \*The Alchemist
- \*The Ascetic
- \*The Cenobite
- \*The Devotee
- \*The Disciple
- \*The Hermit
- \*The Mystic
- \*The Prophet
- \*The Rebel
- \*The Sage
- \*The Saint
- \*The Shaman

The Alchemist is the master of transformation, taking something that feels worthless or unwanted and makes it meaningful and powerful.

Modern day roles for the Alchemist-magician archetype are: aromatherapist, herbalist, homeopath, pharmacist, scientist, hypnotherapist, psychotherapist, art therapist, creative therapist, music therapist, shaman, healer, mystic, psychic-medium, and channeler

The magician archetype is a strong masculine element of self-power and strength. The shadow elements of the alchemist – magician can be the strong instinct for self-preservation which can show up in seduction by glamour, glitter, power, money or success or of self-sabotage, procrastination, and fear of the power of your gifts.

But the alchemist – magician archetype in its purest light, has the most tremendous capacity for bringing light, transformation, and childlike wonder into the most painful and darkest of places - especially when they can truly cultivate more self-awareness, discipline, and transcend the different rites of passage, that help them truly master their gifts.

## Donation Station

### Donation Station –

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.

Our most recent outreach effort was in response to the national needs of our Indigenous Peoples. Our local contact is the Perdido Bay Tribe. <https://www.facebook.com/perdidobaytribe/> Our caravan of volunteers delivered clothes and other material goods to their representative on Saturday, December 4, 2021.

Remember to check in with Jan if you wish to schedule a drop off. We accept non-perishable food items, pet supplies, wearable clothing, shoes, toys and games, and gift cards.

## A Note from the Editor-in-Chief

*As we navigate the new year, I wish you the healing benefits of curiosity. Stay in Love and Light.*

*Religious and cultural indoctrinations are the foundations for our beginning to understand the journey. Stone Soup, ISC is a community of like-minded people here to guide you, answer questions and offer many healing modalities that may work with you towards your optimum health and wellbeing.*

*You may have even more questions when you leave and that is part of seeking your path to Enlightenment. You are safe here because you are home.*

*- Laura*

## Did Someone say “Retreat”?

The first Stone Soup “Turn Off an Tune In” retreat is tentatively scheduled for the weekend of March 25<sup>th</sup>. It will be two full days learning how to unplug, ditch the screen time and reconnect with people in your lives.

Several guest speakers will offer insight as to healing modalities that will help you close that communication gap. There will be limited seating as whole families are encouraged to participate. There will be a lunch break and your meals will be included in the price.

We are working on all the details. Here is what we know now: Minimum age is 5 years old. We will not be providing babysitting for younger siblings or allow them on the playground unsupervised while parents are in class.

Hours are tentatively 8 to 5 both days. Lunch break on Sunday will precede our weekly guided meditation (public event).

Seminars will be tailored to age appropriate groups, some will be for children, others just adults and a nice mix of whole family topics will be included.

February’s edition will have all the details. Stay tuned!

## Sunday Meditations



### *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 mediation room is sacred space and we respectfully ask that shoes be removed.

**The store is closed on Sundays.**

## 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.*

What is Jin Shin Jyutsu?

Jin Shin Jyutsu<sup>®</sup> means “The Art of the Creator through Compassionate Man.” This Oriental system (pronounced gin shin jit-su), first documented in 712 AD, is based on the idea that our bodies contain several energy pathways similar to acupuncture meridians that may become blocked, compromising health. Jin Shin Jyutsu is a gentle laying of fingertips on certain points on the body to help release blockages in the body’s energy flow. A blockage in this flow results in an imbalance and leads to dis-ease. Its flow interrupted, a point becomes congested and cannot nourish or cleanse.

There are 26 bilateral energy release points; we hold these congested points in a specific pattern to release the blockage. Once the congested point is opened, the nourishing and cleansing flow can continue. The releasing effects of JSJ make it a useful complementary therapy for a variety of health concerns, or for those simply wishing to participate actively in maintaining good health and well-being.

A typical session lasts about an hour and costs \$110 to \$125. It does not involve massage, manipulation of muscles, or use of drugs or substances. The client remains fully clothed and lays face up a padded table. A practitioner first places his/her hands on the client’s wrists to “listen” to several energy pulses. Depending on the energies that are detected, he/she then places his/her hands on various combinations of 52 sites throughout the body with the goal of releasing energy blockages. Clients typically report the JSJ treatment is deeply relaxing, among other benefits. At the end of the session, the practitioner may suggest self-help tips to perform at home.

Palma Cooper is a local practitioner and appointments or classes can be scheduled by calling or texting inquires to her at **850/797-4539**. You may read more about Palma in the “services” page of our website.



## Festival Dates



Saturday, March 19<sup>th</sup>! Welcome to Faery Fest! Festival hours will be 10 A.M. to 5 P.M. You may bring something sparkly to leave in our Faery Garden. Children's activities will be offered. Vendors, readings and food and if you have a crown or faery wings, feel free to wear them. We will!



Saturday, June 18<sup>th</sup>... Hippie Fest! Festival hours will be 10 A.M. to 5 P. M. We have hula hoops and will be wearing our vintage tie dye! Retro is in. Feel the love!

Rain date will be announced in case of inclement weather.



Autumn Fest will be from 10 A. M. to 5P.M on Saturday, September 24<sup>th</sup>...

Our readers and vendors will be here all day. Come for the sense of community. Shop the unique hand-crafted items by local vendors. Stock up on your metaphysical needs in our store.

Winterfest celebrates the Winter Solstice and the Festival of the Yule. Festival Hours will be 10 A. M. to 4 P.M on Saturday, December 17<sup>th</sup>...

Retail therapy, soul therapy, good food and new friends! What more do you need?



# Winterfest 2021:



**STONE SOUP ISC**  
presents  
*Winterfest!*  
**2021**  
10AM - 4PM

**DECEMBER 18, 2021**  
**FREE ADMISSION**



*Thank you to all who came out!*

