

# The Ladle Newsletter

February, 2022

The second month ushers in piety, humility, spiritual wisdom, and sincerity. A touch of enchantment presses through in February, allowing us to dream a little. Most importantly the gift of being able to see through the eyes of a child magically grasps our attention. Finding happiness in the simplest of things and not allowing time to interfere with our pursuits is the energy for the month of February. Hug an Ash tree and watch for Fairies in patches of primrose! The Snow moon arrives on the 16<sup>th</sup>. The faithful goose is this month's spirit animal.



## 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!

**Advanced Chakra Studies** – In depth 4-week course individually exploring and understanding the 7 main chakras in your body.

**Palmistry** – A 4-week study into the ancient art of palmistry for fun or career.

**Chi Kung** – Improve the normal energy flow in the body bringing a higher state of mental clarity, vitality and health.

**Shamanic Energy Therapies** is back!

**GrayBear Channels 2022** – What does 2022 have in store for Humanity?

## Universal Wisdom

By Jan

I am frequently met with, "I wish I was intuitive" from those just beginning their spiritual path. The truth is we are all intuitive. We incarnated with what many refer to as a "gut feeling" or "instinct" about people, places or things. There are several reasons we should pay close attention when feelings come up. The feelings may be a guide to choose the right job, the right partner or even in which neighborhood to live. Something as seemingly trivial as whether to purchase that new pair of jeans or important issues such as starting a serious relationship may need time to consider the consequences and your intuition is a great place to begin. Guidance is only one benefit of learning to recognize subtle energetic changes our intuition presents.

Another may be to prevent venturing into dangerous locations or situations. I can personally attest that anytime I have acted against that "gut feeling" or "better judgement" things did not turn out the way(s) I hoped. I now actively monitor how things, places, people, etc. affect my "gut", (more accurately – my personal energy field). That's truly what is being affected - our individual energies.

It can be frustrating when beginning a new path, but continually checking within, searching for how it "feels" will not only be the best choice but will also be one that is divinely led. The more attention to inner self the easier it becomes to recognize and acknowledge what our "intuition" is trying to tell us.

## From the Desk of Eilene

Monumental changes are taking place upon this Earth at this time, beyond your concept to see and/or believe. It is that as the sun rises and brings new light each day, so does the Sun, the Divine in You - Rise and bring new Light.

It is that much occurs in the Etheric which is not apparent at this time, which will change the Earth as never before - as Abundance, yes Abundance of Peace and Love are readily received and accepted by many. It is you the Light Bringers who are aiding in this transmutation of all which encapsulated the Earth until this time, for you are here for just that reason and purpose. You are here now to help break away the encrustations that have so limited the world, the Earth from expanding upward into Higher Dimensions.

It is that at this time the Rays of the Divine Light simply melt away the icy encrustations that will now allow and will allow the Fullness of Divine Light to enter this Beautiful space, a place long awaiting this crescendo of greater Light to enter and to shine upon the souls of all who welcome this transition.

New Message from Spirit, Via ESP

## The Crystal Voices

with Doreen

This grid is from Judy Hall's book: [The Ultimate Guide to Crystal Grids](#). This grid attracts relationships, more love and heals the heart. Rose quartz is used for the center stone and promotes unconditional love and forgiveness. Healing energies can also alleviate anxiety, making them useful first-aid emotional heart healers.

Amethyst is used for Spiritual energy drawn into the physical plane. Top right is a soulmate crystal and the bottom left has a tourmaline to ground this grid. Making your intentions clear, this grid is great to use before Valentine's Day.

While placing your grid, be mindful of the energy and manifestations you would like to attract into the space. Once your grid is complete, try burning incense or sage to further activate your intentions, or for extra pizzazz, include fresh flowers.

Crystal grids can create energy in a space that attracts an intended vibration. You can create a grid with the intention of attracting abundance, harmony, love, peace and so on.



Aloha,

Doreen

## 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***

***Feb 3,10,17 & 24 5-6p – Advanced Chakra Studies***

Explore chakras individually for better understanding, alignment, activation. One chakra each month. \$25 per class or \$75 when entire month is prepaid.

***Feb 5,12,19 & 26 1-4p – Palmistry*** Looking for a career change? Learn the ancient art of palm reading with Master Palmist Doreen Ward  
4-week course \$80

***Feb 24 4:30-6p – Basic Crystal Grids*** Learn to create crystal grids for a variety of purposes. \$40

## How to Reach Us

**Store Phone No.** 850/533-6565

**Website:** [www.intuitivespiritualcenter.org](http://www.intuitivespiritualcenter.org)

**FB** Stone Soup ISC

**The Ladle** (Newsletter) We will have it in your electronic mailbox on the first of every month. Send us your email address through our website or stop in the store and ask to be added to our mailing list.

**Instagram:** stonessoupisc

## 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 Ascetic:” The archetype of the ascetic or monk is latent in each of us. As a form of human behaviour it has an immensely long history and is seen in all cultures. It may even be that some animals exhibit it, as in many chimpanzee groups, there is a ‘monk’ who lives alone and refrains from the activities of his group. In dreams and visions, the ascetic links us with experience that comes from beyond our personal life and memories. It arises out of a sense of connection with something that unites all the separate people, creatures and objects in the universe. Our relationship with the ascetic or monk depicts our involvement with the rest of life and with this sense of the Whole. In action it may point to a turning of the energies usually expressed in outward action and ambition in a new direction, usually inward toward self-exploration or understanding. Perhaps the newly directed energy now goes toward self-transformation. Part of this new direction is often the discipline of the mind, emotions and even sexuality.”

*Excerpt from Sex-Death-Enlightenment by Mark Matousek*

## 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.

Don't forget the pets! Cold weather is here and many shelter animals and companions of our homeless need food, blankets and basic survival items. We will accept food coupons toward the purchase of canned and bagged pet foods. If you want to donate cash, please let Jan know that your monetary gift is for the animals.

## Did Someone say "Retreat"?

The **Turn Off and Tune In** retreat is scheduled for two full days in March.

Saturday, March 26<sup>th</sup> and Sunday March 27<sup>th</sup>

14 presenters will offer a variety of topics. The venue is family friendly with some seminars more appropriate for either adult or child (age 5 or older).

Lunch will be included in the price and the details will be in March's newsletter.

Jan is the point of contact for any questions. Seating will be limited as whole families are encouraged to participate.



You might want to practice leaving your electronics at home or at least in the car because they will not be allowed at any time at the two day event!

## A Note from the Editor-in-Chief

There are new features in our store! We have a video loop of up-to-the-minute events, new products, and community!

We have welcomed new healers and readers – check out our "Wall of Fame" as you enter the lobby!

Have you been to meditation recently? Each week is different in a continued effort to offer guided connection to your Universal spirits/guides. Drumming, Crystal Bowl, Healers who use Light Language and persons deeply connected to the Divine offer these weekly one hour meditations.

Don't forget to take a moment and look through our Spiritual library!

## 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.**

*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.*

## Here's the Difference Between the Divine Feminine and the Divine Masculine

*(thelist.com by Elizabeth S. Mitchell/Nov. 29, 2020; 1:29 P.M. EST)*

The polarity of Divine energies is comprised of Divine Feminine and Divine Masculine. We strive for a balance and as the interplay allows us a focused existence, it is important to understand what each contributes.

“No matter our gender identity, we are all a mix of both masculine and feminine energies, and each has a divine purpose toward helping us reach our highest purpose. When our own masculine and feminine energies are out of balance, we can experience inner conflict, difficulty making decisions, and crises of a spiritual or emotional nature. Similarly, when these energies are out of balance in a greater sense on the scale of a whole culture or society, that is when we experience, conflict, power struggles, and other symptoms of this energy imbalance. But that encompasses the Divine Feminine versus the Divine Masculine, and what roles do they play in our inner lives?

These energies are even demonstrated in our bodies; the left side of the brain is considered “more logical and analytical” and is responsible for reasoning and language; it is therefore associated with male energy. Meanwhile, the right side of the brain is believed to be the “more artistic and spiritual” side and is responsible for addressing one’s emotions; it is therefore related to the feminine.

Divine Masculine is what allows us to “do” to take decisive action, but not aggressive or angry action despite what we might assume. It is masculine energy that unites the world in love and “personal authority” it is “he” who looks out for, protects, and provides for “his” community, family, and those in need.

The Divine Feminine is what allows us to “just be.” It is “powerful, loving, and caring,” and allows faith, trusting deep inner knowing and higher intuition. “She” discovers her way from the inside, by feeling wisdom, love, and freedom from within. She is “magnetic” and attracts everything she wants simply by knowing that it is already hers; this allows for the manifestation of her dreams.

In our current society, we are experiencing an imbalance between the masculine and feminine energies; our world (especially the western world) has leaned too far in the direction of the masculine energy, and without enough feminine energy to balance it out, a great deal of the Wounded Masculine is playing out on the world stage, responsible for conflict, violence, and unhealthy competition in many forms. By injecting more feminine power into our individual lives and into our communities, we can (and, in many cases, already are) slowly tipping the scales back toward a healthy balance. This will help to alleviate the current dynamics that dominate not only global interactions but personal ones, in which we see the codependent Wounded Masculine tangling with a needy Wounded Feminine (via SacredLightAlchemy.com). As we each seek to heal our own inner wounds and traumas and better incorporate a balance of these energies, we can each step more fully into our own power, living lives led with love and spreading that love outward like a healing wave.”

Fairy Fest is coming... We have limited space for vendors. Ask Jan to be put on the waiting list. March 19<sup>th</sup> is only weeks away!



You do know we have a Faery Garden in the community garden behind our Healing Hut? Remember, Faeries love sparkly things. Bring a gift and remember to thank them! Speaking of Faeries, have you seen this video? <https://m.youtube.com/watch?v=hTCy7RAPOfU>

### Warrior Training with Cassie “Ask and You Shall Receive”

No one came into this world and life without help. We agreed to be here, to be born to our parents and family. We were helped being born. We were fed and clothed and sheltered, some better than others. Hopefully we were nurtured, cared for, sheltered, and schooled. As we grew up we became less dependent. We became independent adults...or did we? We really were constantly exchanging energy (money or work) for food, shelter, clothing, transportation, gas, etc.

So what is it about asking for help that is so difficult? Are we afraid we will be taken advantage of, appear weak or insignificant? Is it so important to think that we can or must “do it ourselves”? How lonely that must be!

Asking connects us to the Divine. It requires a certain amount of humility, not weakness. “Ask and ye shall receive”. It doesn’t say demand, expect, or manipulate and get what you want. And it’s not about asking from a place of victim – that is also manipulation. Each of us is a piece of the Whole, of the Universe. Asking is about connection and in the asking we are gifting someone with the ability to help, to be caring, to befriend, to express their love in giving. Asking sets the Universe in motion. It sets creativity in motion.

- It gathers answers
- And help
- And insight
- And movement/action
- And results
- And prosperity
- And guidance

The first question is: What do I want?

The second question is: What do I do today to get it?

