

The Ladle Newsletter

August, 2022

Watch for this month's full moon (sturgeon) on the 11th. This final super moon of the year, presents a time to practice gratitude for what you have, where you've come from, and the nature all around you. The poppy is symbolic of this month. Several opportunities for an energy upgrade will present on the 8th, 9th, 17th, 18th, 26th and 27th.

Use the energy of the number 8 to air out the mind and eliminate the fears that are holding you back.



Universal Wisdom

By Jan

Every year on and around the 8th day of the 8th month of the year (August 8th), there is a cosmic alignment called “the Lions Gateway”.

The Lion's Gate is a time of increased cosmic energy flowing between the physical and spiritual realms.

This astrological and spiritual gateway has roots that go back to ancient Egypt and for thousands of years has been observed and honored as a time of a great energetic influx and activation! The 8-8 Lions Gate Portal is marked by the numerology of 8-8, the Sun's presence in the Astrological sign of Leo the Lion, and the rising of the star Sirius on the horizon. As the star Sirius rises in the sky, Orion's Belt directly aligns with the Pyramid of Giza, and from our perspective on Earth, it appears that Sirius (*the brightest star we can see*) comes closer to the Earth.

For a little “cosmic perspective,” the star Sirius *is twice the size of our Sun and 26x brighter!*

This is why the Lion's Gate is such a *profound and powerful source of spiritual light* available to you during this time.

Specifically, the energies of Sirius and this gateway are focused on soul embodiment, abundance, harvest, and fertility.

Which means that the time around the 8-8 Lion's Gate is powerful for manifestation, love and prosperity!

(Excerpt from Melanie Beckler of Ask-Angels.com)

Realms

“Spiritually speaking realms are realities separated by a veil. Sometimes they are called parallel worlds or dimensions that usually vibrate at a different frequency than our known waking reality.” - Jan

Ascended Masters are those in the spirit world that have experienced life in human form. They no longer have a physical body, but unlike other spiritual beings like Spirit Guides or Angels, they once had one and can relate to the frustration of the karmic cycle. They are sometimes described as souls who finished the reincarnation cycle, and do all their work in higher dimensions. They come from various religions and civilizations – and have worked for the betterment of mankind throughout our known history.

Here are some interesting links to further your exploration, pique your curiosity and teach you how to connect.

<https://www.udemy.com/course/ascension-techniques-of-the-ascended-masters/>

<https://www.goodreads.com/shelf/show/ascended-masters>

Archangels, Ascended Masters, and Divinities: Guide to Working with Divinities by Khadija Franklin

Archangels and Ascended Masters: Messages from 33 Divine Beings of Light by Laura Powers

Step by Step: Ascended Master Discourses – Peter Mt. Shasta (Editor)

Spiritual Archetypes

We continue our 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 archetypal prophet is one in touch with reality, who has an ability to notice things which pass other people by in their daily life and to make sense of events which confuse and upset others. They are gifted with deep moral insight and are in touch with the spiritual aspects of life, thus able to provide a bridge between the seen and unseen, the conscious and unconscious.

A danger which the Prophet can encounter is that they begin to mistake the voice of God and their own voice, bringing them a deluded sense of power and aggrandizement which can lead to the path of mental illness and danger to others.

Spotlight Events:

Every 3rd Saturday of the month, join Terry Johnston from 12 to 2 PM in the Serendipity Art Studio
(Located in the Healing Hut)

"Paint with Spirit"

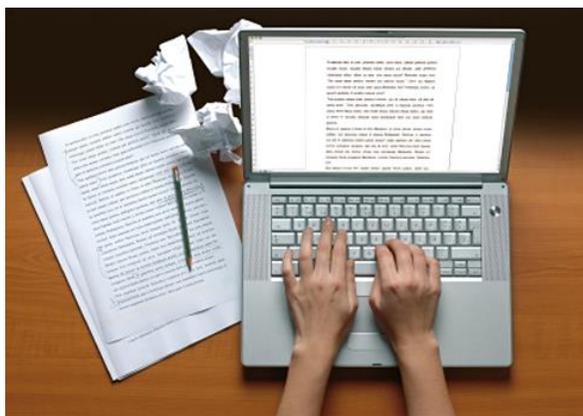
Terry will ask the "Spirit of Truth" to give you messages in your paint. After putting your name on the back of your canvas or mat board, you'll swirl or swish on some paint color of your choice, then pass it to the person to your right. They will swish some paint on it then pass it to the next person, etc... until it comes full circle back to you. Then you'll dry it with a blow drier while studying the painting that you have before you. Images will start to appear maybe a part of a rabbit, cat, horse, car, plane or whatever!!! Those are your messages.

- ♥ Preregistration strongly recommended
- ♥ \$25.00 includes supplies
- ♥ See you there!
- ♥ TJ



Divine Masculine with Lance

***This column is under
construction...please
check back.***



Children's Meditation

We are very excited to include a "Children's Guided Meditation" on the last Sunday of each month. We led our first children's meditation on Sunday, July 31st. The children in attendance enjoyed every minute. They've asked to continue. They spoke, we listened.

This service will be in conjunction with our regularly scheduled guided meditation from 12:30 to 1:30. It is open and free with limited seating. Reservations are not taken but first come, first serve will be honored until we have reached capacity at which times the doors will be locked.

Minimum age for children to participate in meditation is five (5). Parents must be on property.

Learning from Our Animal Teachers

with Babette

Lesson Three: Forgiveness

You've probably heard of the 4000 beagles that were recently rescued from a breeding facility that supplies animals for pharmaceutical research labs.

It's a big news story, but there are small, singular stories of animal abuse playing out all around us, every day.

And yet, animals almost always manage to forgive. Even though they may be left with lifelong trauma, fear, anxiety, or irreversible physical damage, they forgive.

How do they manage this when we humans can't drive across town without grumbling--or even yelling--at another driver for causing us the slightest inconvenience?

I can't explain how dogs forgive so easily and completely, and neither can they. It's just the way they're made.

But isn't it the way we're made too? If it isn't, it should be! I'm not claiming to be super good at it either, but I would like to do better.

I think that maybe one important aspect of forgiveness is the ability to understand another being's emotions. If we can understand that our friend snapped at us because they were feeling anxious, we can ride that understanding toward forgiveness.

I meditated with my dog Truman and came up with an exercise we can try. (This is a good exercise to build animal communication skills too.)

Study some photos of animals and people. (Not posed photos but candid ones.) Look into the eyes of the animals and humans in the images and make a list of emotions you think they might be feeling. Stretch your vocabulary of emotions as you do this exercise. Go beyond love, hate, happiness, fear. Go beyond frustration, excitement, sadness, surprise. How many different emotions can you see in one being's eyes?

I looked at a photo of one of the 4000 beagles. I saw fear, trepidation, anxiety, uncertainty. But I also saw hope, acceptance, gratitude, trust.

You know what else I saw? I saw forgiveness.

What do you see? Try the exercise and report back. I look forward to hearing from you!



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

August 6th – 12-2 \$65 “Reclaim Your Power”

Learn to set your chakras to read your auric layers. Learn, using clear heart technique to discover why people do not heal.

August 13th – 12-2 \$65 “Claim Your Space”

Learn how to easily set up your “Rose”. Learn how to “Run” Earth energy.

August 6, 13, 20, 27 - 3-5pm – \$45 per class or \$200 if total prepaid.

“Foundations of Shamanism”

A cacao ceremony kicks off this 4-week course introduction to shamanism.

August 27th – 12-4 \$45 “Chakras 101”

Learn all about our chakras; what are they, what causes blockages/imbalance, how to reset/unblock them and more.

August 26th – 6-8pm - \$50 “Prenatal Couples Massage”

Jodie & Jaclyn will be having a workshop for pregnant couples to show their partners how to do some simple massage techniques to help relieve some of the aches and pains that comes with being pregnant. The two-hour session will include breaks and snacks This is hands-on learning, so please wear comfortable clothing. Handouts of massage benefits are available to assist you for the duration of your pregnancy. Please call Jodie @ 850-200-7389 to RSVP. You may also contact Stone Soup @ 850-533-6565.

Remember to “Save the Date” for Harvest Festival 2022 on September 24 10am-5pm!

Check our web site and calendar for more services and events.

Weekly Guided Meditations



Every Sunday, beginning at 12:30, our meditation room is open for a one-hour, free public guided meditation. Guest healers offer opportunities for you to connect with your inner peace. Crystal bowl, drumming and sound baths are particularly popular. Please arrive on time. If doors are locked, we have reached capacity. Check our calendar for details to see who will be leading the meditations for the current month.

The community Garden is in full bloom and we are grateful for the volunteer support needed to maintain the space. You are welcome to pick up a volunteer application/affidavit in the store.

You don't have to have a green thumb, just a willingness to be one with Gaia and appreciate her bounty. The herbs, vegetables and fruits are free to all who visit.



Stone Soup ISC accepts donations of material goods (clothing, shoes, baby items, pet supplies, blankets, sleeping bags, personal toiletries, food coupons and gift cards). Please contact staff to make arrangements. Contact Jan for donations of books to our spiritual library. We have very limited space, but will consider any book relevant to spiritual or metaphysical topics. We are in the process of adding books appropriate for children. Non-perishable food items are also accepted. **We will not accept any foods past their labeled expiration date.**

If you are needing help, please contact us. We have a list of resources available in the tri-city area. Just ask at the cashier office in the retail shop. Our Donation Station is open during regular business hours. Staff will be glad to assist you.

We accept monetary donations. You may request your contribution be used towards:

- *Community Garden Fund
- *Stone Soup Building and Maintenance Fund
- *The Foster Fund
- *General Love Offerings

Store Phone No. 850/533-6565

Website: 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

We are dog-on-a-leash friendly on the grounds and in the store only.



If you have an appointment in the Healing Hut, we ask that you contact the person facilitating your session to make arrangements to have your companion with you.