

METAPHYSICAL MISSISSIPPI



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May's Roundup

Just a little while longer before the roadside blanket of flowers are cut, take a ride with the windows down. But if a metaphysical event is more up your alley, check out what is happening the rest of the month of May! Stay in the loop and be on the look out for more events added for the upcoming month on our website's [Events Calendar](#).

May 2023 Meetup Recap

by Krista Tew

Metaphysical Mississippi's Director

Russell's Yoga Studio was the host venue for May's Metaphysical Mississippi Meetup. This special space is always glowing and full of nice warm vibes. And those who attended the Meetup just added more loving energy. We discussed all the wonderful things going on in the metaphysical community. Check out this Roundup Newsletter and the calendar on the website for more information on what's happening. One of the highlighted events discussed was the launch of the Metaphysical Mississippi Book Club led by Natalie West on June 11. The book we will be discussing is *The Four Agreements: A Practical Guide to Personal Freedom* by Don Miguel Ruiz. Though many of us have read this book before, this work is always worth revisiting, as it holds timeless truths and revelations. As powerful as the words of this piece are, it is simple to read, short and sweet. However, it leads to much pondering and reflection.

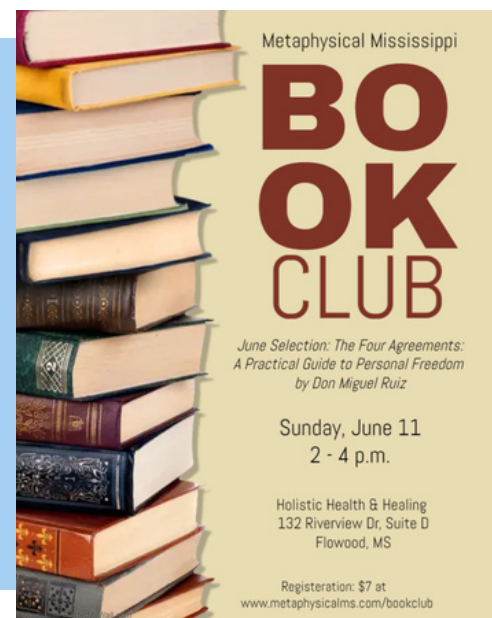


For the discussion topic of the second half of the Meetup, I decided to carry on with the fun from the Meet & Greet we hosted last month. We had with us the stash of questions left from our fun party game Truth, Pass or Pledge. I had Russell Holley pull a question from the bowl and believe it or not, out of 30 questions, he pulled the card asking to name a book that really made an impact in your life. Everyone had so much to share. I think Natalie has a new list of potential book club selections to get us through the end of the year.

Our next Meetup in June will be held at Jax-Zen in Jackson, MS. We look forward to seeing you there.

Metaphysical Mississippi Book Club

Attention Book Lovers! Do you love to explore new ideas and learn new things? Have you wished you could share what you have experienced through the written word with others? We are excited to announce that Metaphysical Mississippi will begin a book club led by Natalie West at Holistic Health and Healing in Flowood, MS. Our first meeting will be Sunday, June 11 at 2pm. Our first book to discuss will be *The Four Agreements: A Practical Guide to Personal Freedom* by Don Miguel Ruiz. Cost is \$7, book not included. Go to our website metaphysicalms.com/bookclub/ to register. Space is limited.



Want to add an event to our calendar and newsletter ? Visit our [Submit a Listing](#) page.

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This newsletter has clickable links to the event organizer's website or registration page.

Come to experience the healing energy of Reiki.

Come and go or stay

Every Third Wednesday of the month

6 - 8 PM
May 17, 2023

**COMMUNITY REIKI
SHARE**

Russells Yoga
1050 N Flowood Drive, Suite C4
Flowood, MS 39232

Hosted by
Russell Holley, Reiki Master
Krista Tew, Reiki Master Teacher

JUSTBEHOLISTICMSMS.COM
INSTAGRAM.COM/RUSSELLSYOGA/

Donations are appreciated and go to support this event!
Have questions? Text or call Krista Tew 601-506-0416

NEW MOON
heARTual
heart + ART + ritual
Fri. 5/19/23
6 pm

GROUNDED

Chakra Series

The Mississippi Reiki Association
invites you to join its
Community Reiki Share
at Soul Synergy Rocks and Crystals
3010 Lakeland Cove, Suite X
Flowood, MS 39232
Wednesday, May 24th, 2023
6:50 - 7:50 pm

**This event is free and open to the public.
Non-MSRA practitioners are welcome to participate.**

For more information, please contact Kristy at
msra.kristy@gmail.com, or Nette at
MSRA.netteW@gmail.com

Want to be added to our Metaphysical business
and services directory? Visit our [Submit a Listing](#) page.

Joyflow at Russells Yoga with Debi
1050 N. Flowood Drive, Ste C4, Flowood MS
(back of bldg. through wooden gate)
Text 601-613-4317 to Register

Wholeness – A Movement Meditation
Saturday May 20th 3:00-6:00 pm
\$45 Suggested Donation

Wisdom of the Enneagram – a 10 Class Experience
Learning * Discussion * Movement * Meditation
Mondays 7- 8:30 pm
June 5th-12th-19th- 26th- July 10th- 17th- 24th- 31st- August 7th-14th
Join us in-person or by zoom.
\$180 per person. \$320 for Couple.
Includes hand-outs and Yoga Nine Ways and zoom recording.

The Experiential Enneagram
Saturday June 17th
1:00-6:00pm \$80

Joyflow Yoga classes
Evenings: Tuesday and Thursday 6:00-7:15 pm
Mornings: Monday, Wednesday, Thursday 8:30-9:45 am
\$25 per class drop-in \$120 monthly unlimited \$90 – 6 classes - use within 2 months

Please register by texting 601-613-4317
Minimum of 2 for class to make, maximum of 10 spaces.
Starting Monday May 22 with special pricing for the month of May - \$15 per class
(No class on Memorial Day 29th)
Send us a message



Welcome Our New Directory Member

Debi Saraswati Lewis
Joyflow Institute
of Integrative Health

Newsletter Questions?

Contact Metaphysical Mississippi's Production Manager Emily Hester.

Email: emily@metaphysicalms.com or Text: 601-421-5333

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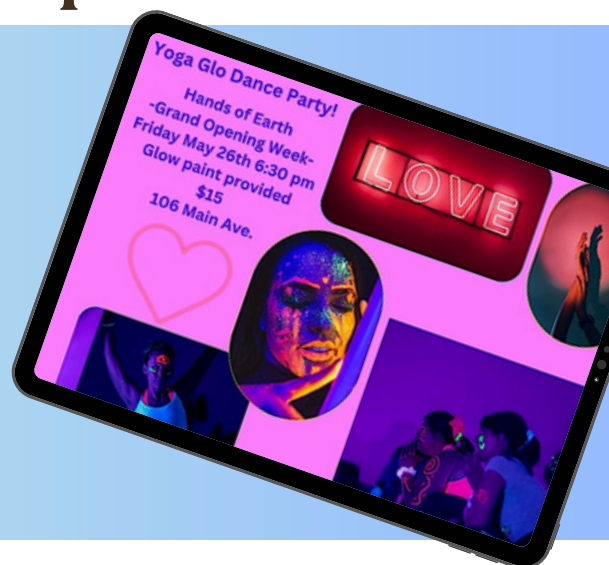


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COMING MAY 18TH!



Make sure to check out the interviews released this month. We are on YouTube, Apple Podcasts, Spotify, Pandora, and more.



Click on the images above to be taken to the video podcast on our website at metaphysicalms.com.



Check out some of June's upcoming events.



Saturday June 10
10:30 am - 6 pm
Mediumship Level 1 Class
Scott Stewart's class will be held at Soul Synergy.

Soul Synergy Rocks and Crystals, 3010 Lakeland Cove Suite X,
Flowood, MS 39232, USA (601) 760-2549

PSYCHIC MEDIUM
Gallery Reading



JESSICA ARNDT SARAH SCARCHILLI

Saturday June 17
6:00 pm - 9:00 pm
Psychic Medium Gallery Reading

This newsletter has clickable links to the event organizer's website or registration page.

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You're Invited to a Book Signing Event

at Holistic Health and Healing
132 Riverview Drive, Suite D
Flowood, Mississippi

7:00 - 8:30 pm
Saturday, June 3, 2023

The Matriarchal Missive:

Women's Insight & Hindsight
from the Silver & Gold Years of Life

Edited by Duann Kier

Contributors include Shari Crook, Paulette Egler, Rev. Duann Kier, Sunny Kraft, Klare Lane, Carolyn Masters, Doreene McCoy, Dr. Connie Numbers, Karen Parker, Laurie Anderson Peters, Maguerite (Maggie) Peyton Sorrels and Rev. Dr. Karen Tate

The book is available for purchase at the event,
at duannkier.com or on Amazon here -->



Questions: Email Duann@DuannKier.com or Text Shari Crook 601-503-5010

PAST LIFE REGRESSION

SMALL GROUP SESSION

YOUR 1ST STEP ON A MUCH BIGGER JOURNEY

SATURDAY 6-9

JUNE 17, 2023

\$47

LIMITED SEATING

HOLISTIC HEALTH AND HEALING
132 RIVERVIEW DRIVE SUITE D
FLOWOOD

TEXT SHARI FOR RESERVATION

601 503-5010

The Pāramī: 10 Qualities of a Beautiful Human



An Online Retreat
w/ Christie Bates

June 23-24, 2023



FLOWERING LOTUS
MEDITATION

mississippireikiassociation.org

**MSRA Virtual Reiki
Share**
Every First Wednesday
of the Month
via Zoom



June 7th at 7-8 PM



KIDI-ZEN SUMMER ART CAMPS NOW ENROLLING!

Supporting 2nd-6th graders'
inquisitive minds and creative nature.

Week 1: June 5-9 Global Passport
Week 2: June 12-16 heaART lab

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INSPIRING INQUISITIVE, CREATIVE MINDS & HEARTS