

METAPHYSICAL MISSISSIPPI



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August's Mashup

It's hard to believe I stuck my big toe into the metaphysical world only a year ago. As most of you know, I cling tightly to my Christian roots. But over the past year I've witnessed an outpouring of love and kindness from this community. People's acceptance, patience, love, gratitude, and consideration for others has left me in awe. By no means are any of us perfect but coloring outside the lines is actually cheered on. So if you like to play outside of your comfort zone, I encourage you to come to this month's Metaphysical Mississippi Meetup at Soul Synergy Salt Cave and Wellness Center in Flowood, Mississippi. The topic for the meetup will be "What are your favorite metaphysical toys and tools of the trade?"

Plan to come early if you want to peruse Soul Synergy Rocks & Crystals Store beforehand. We will be meeting down the way in Suite Z-1's conference room. Hope to see you there. --Emily H.

METAPHYSICAL MISSISSIPPI
MEETUP
August 9, 2023
7:00 - 8:30 PM



at Soul Synergy Wellness
3010 Lakeland Cove, Suite Z-1
Flowood, Mississippi 39232

For more information visit the website metaphysicalms.com
Contact us at contact@metaphysicalms.com or text 601-506-0416

Newsletter Questions?

Want to advertise on our website, in our Newsletters, or sponsor our Videos and Podcasts?

Contact the Metaphysical Mississippi team:
Krista Tew, Director by text: (601) 506-0416
Emily Hester, Production Manager by email:
emily@metaphysicalms.com

METAPHYSICAL MISSISSIPPI SERIES



ASK A ... WITCH
ABOUT THE PRACTICE OF WITCHCRAFT

For our 4th installment of our "ASK A ..." series, we have a special guest, author Jamie Della joining Kelly Smith aka Mercury, and Christy Littlefield aka Willow. As well as answering your questions, they will also be discussing Jamie's upcoming book *A Box of Magick*.

What are some questions you'd like to ask our podcast guests? Submit your questions at metaphysicalms.com by the deadline of Friday, August 18th at midnight. Conditions apply[®].

*Questions submitted should not be of a personal nature or a request for a consultation. Submissions used for the podcast will be general questions about the practice of witchcraft.

We want to hear from you! What burning questions do you have for our latest installment of "ASK A ..."? Make sure to visit our [website](http://metaphysicalms.com) to submit your question. Deadline is **August 18th** at midnight.
Pre-Order: *A Box of Magick* [here](#).

Save the dates! We know you like to plan ahead, well we do too. Below are our Meetup dates and host venues for the rest of the year.

METAPHYSICAL MISSISSIPPI
MEETUP
September 13, 2023
7:00 - 8:30 PM
AT
Hands of Earth Energy
106 Main Ave North
Magee MS 39111



For more information visit the website metaphysicalms.com
Contact us at contact@metaphysicalms.com or text 601-506-0416

METAPHYSICAL MISSISSIPPI
MEETUP
October 11, 2023
7:00 - 8:30 PM
AT
Holistic Health and Healing
132 Riverview Dr. Ste D
Flowood, MS 39232

For more information visit the website metaphysicalms.com
Contact us at contact@metaphysicalms.com or text 601-506-0416

METAPHYSICAL MISSISSIPPI
MEETUP
November 8, 2023
7:00 - 8:30 PM
AT
Russells Yoga Studio
1050 N. Flowood Dr., Ste C4
Flowood, MS 39232
(back of bldg. through wooden gate)

For more information visit the website metaphysicalms.com
Contact us at contact@metaphysicalms.com or text 601-506-0416

METAPHYSICAL MISSISSIPPI
MEETUP
CHRISTMAS PARTY
December 13, 2023
7:00 - 8:30 PM
AT
Holistic Health and Healing
132 Riverview Dr. Ste D
Flowood, MS 39232

For more information visit the website metaphysicalms.com
Contact us at contact@metaphysicalms.com or text 601-506-0416

No Metaphysical Mississippi BOOK CLUB for AUGUST. We will start back in the FALL. Save the dates SEPTEMBER 17th, OCTOBER 22nd, and NOVEMBER 12th

METAPHYSICAL MISSISSIPPI



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August's Mashup

Check out some of the upcoming events this month.

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

JOIN US WEDNESDAY, AUGUST 2ND FOR OUR VIRTUAL REIKI SHARE!

WE WELCOME ANYONE WHO IS INTERESTED IN LEARNING MORE ABOUT REIKI AND/OR RECEIVING A MINI SESSION FROM CERTIFIED USUI REIKI PRACTITIONERS TO JOIN IN!

FOR QUESTIONS OR MORE INFORMATION, EMAIL MSRA.KRISTY@GMAIL.COM

link url: <https://us02web.zoom.us/j/860343387237>
pwd=1jDNbzF5zN32mM4T2lyeDMzNHVdz098fbcId=IwARL_Q6hJj-yPG4hDxLxO24mNp0ynKjTAL95zRkDGN6WsYw3J6mPuwdr-1

WISDOM

FULL MOON
heARTual
heart + ART + ritual

Wednesday
8/2/23
6pm

Learning the Language of the Higher Realms Using TAROT

1:00pm-6:00pm
Saturday, August 5, 2023
(Limited to 25 Participants)

Soul Synergy Rocks & Crystals
3010 Lakeland Cove, Suite X
Flowood, MS 39232

Bring your own tarot deck with which to work (a deck which includes 4 suits rather than an oracle deck)

Register early and save \$25!
\$125 before 12 noon on Saturday, July 15, 2023
\$150 after 12 noon on Saturday, July 15, 2023
Register at www.DuannKier.com.

(If you have taken this seminar with Duann before and would like to take it again, it's only \$50!
Just email her at Duann@DuannKier.com to be invoiced.)

Ecstatic Dance Mississippi Presents:

Cacao Ecstatic Dance

With DJ Jon Juan and guest facilitator: Rhabb Seymour

Opening Cacao and Dance Facilitation with Rhabb, "Dance to Connect"

Saturday, August 12th 6-8PM
Soul Synergy Rocks & Crystals
Flowood, Mississippi

AUGUST COMMUNITY MEDITATION

We offer this community gathering in honor of and to benefit the work being done at the Jackson Free Clinic. Register [here](#).

BETH 3rd	JENNIFER 10th	ASHLEY M. 17th	ALAWNA 24th	WOLFE STUDIO JXN	ALIS 31st
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6 PM

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

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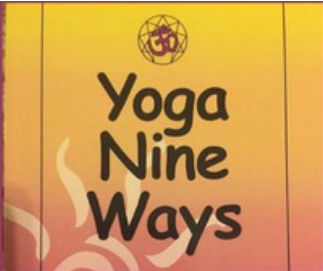


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August's Mashup

Check out some of the events and registration deadlines for August.

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



The Experiential Enneagram

An Experiential afternoon of Bliss. Learn about Enneagram with Breathwork, Movement and Guided Meditation.
Saturday, August 12th 1-6:00, \$80 (\$60 by Aug 1st.)
At Russell's Yoga 1050 N. Flowood Drive, Flowood
Register at www.joyflowyoga.com

The Sacred Blueprint

Introduction to Transpersonal Astrology
(and the occasional cosmic tangent)



Join us for the 'Sacred Blueprint' class, with your natal chart (whole sign house system), for a fun and insightful journey into the realm of transpersonal astrology.

We'll explore your unique natal chart using vivid metaphors and archetypal language, turning celestial wisdom into practical guidance.

Uncover your cosmic pattern and become the architect of your own destiny. No prior astrological knowledge needed, just bring your curiosity and get ready to navigate your universe!

Let's learn about planets, signs, houses, transits, progressions, lunar nodes, and more!

Facilitated by:
Holistic Transpersonal Astrologer:
Rhabb Seymour

Sunday, August 13th, 2023
1PM - 3:30PM
\$25 energy exchange
Soul Synergy Rocks & Crystals
Flowood, MS

Wholetones

A Movement Meditation



Sunday, Aug 13th, 2-5:00 pm, \$45 (\$35 by Aug 1st)
At Russell's Yoga with Debi Lewis. 1050 N. Flowood Drive.
Register at www.joyflowyoga.com

IACT HYPNOTHERAPIST

CLASSES STARTING IN AUGUST

REGISTER NOW
SAVE \$1000 ON
FALL TUITION

CONTACT
CERTIFIED MASTER TRAINER
SHARI CROOK, CHT, CMT, RMT
601 503-5010

Instructor



Community Reiki Share

6 - 8 PM
August 16, 2023

1050 N. Flowood Drive, Ste C4, Flowood, MS

Russell's Yoga Studio

1050 N. Flowood Drive, Ste C4, Flowood, MS

Photos courtesy of Shari Crook and Krista Tew.

Hosted by Russell Holley, Reiki Master
Donations appreciated and go to support this event! Have questions?
Text Russell at (601) 750-0987



Reiki Level 1 & 2 CLASSES

CO-FACILITATED BY REIKI MASTER TEACHERS KRISTA TEW AND JINA DANIELS

SLOW & STEADY - 3 WEEK COURSE
TUESDAYS - 6-8PM
REIKI 1 - JULY 11, 18 & 25
REIKI 2 - AUGUST 15, 22 & 29
AT HOLISTIC HEALTH & HEALING

FAST & FURIOUS - 1 DAY INTENSIVES
SUNDAYS - 10AM-5PM
REIKI 1 - JULY 30
REIKI 2 - AUGUST 27
AT JAX-ZEN HEALING ARTS

2 LEARNING PATHS TO CHOOSE FROM

Reiki4LifeEnergy.com

METAPHYSICAL MISSISSIPPI



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August's Mashup

Check out some of August's upcoming events.

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



WORKING IN HARMONY WITH HERBS
w / Willow

Saturday, August 19th
2-4pm
106 Main Ave North, Magee MS



PAST LIFE REGRESSION

SMALL GROUP SESSION
YOUR FIRST STEP ON A MUCH BIGGER JOURNEY

SATURDAY 6-9

AUGUST 19, 2023

\$47
LIMITED SEATING

HOLISTIC HEALTH AND HEALING
132 RIVERVIEW DRIVE SUITE D
FLOWOOD

TEXT SHARI FOR RESERVATION
601 503-5010

Events are still in the planning stages and more information is coming soon.

Save the dates and check our [Events Calendar](#) periodically for updates.

NEW MOON heARTual at Jax-Zen
AUGUST 16th AT 6 PM

Mississippi Reiki Association
Community Reiki Share at Soul Synergy
AUGUST 23rd AT 6:50 PM

Joyflow Yoga 200hr Teacher Training
Introduction Q&A

AUGUST 19th FROM 2 - 4 PM
at Russell's or on zoom.

FULL MOON heARTual at Jax-Zen
AUGUST 30th AT 6 PM

Training which will begin in September



FLOWERING LOTUS MEDITATION

HEART AND WISDOM PRACTICES FOR CHALLENGING TIMES

Meditation Retreat

with
Lisa Ernst

In this retreat we will explore practices that can support us and create space for compassionate presence and wise action, for ourselves and others.

The Rivers Retreat,
14253 Highway 190,
Covington, LA
In-Person Retreat
August 25-27, 2023

www.floweringlotusmeditation.org



BRING YOUR CREATIVITY & UNWIND DURING THIS

Wire Wrapping Workshop

Learn step by step how to make a bail and custom wrap three stones or crystals of your choice!
All materials and one wax cord necklace included.



August 26th @ 2pm

METAPHYSICAL MISSISSIPPI



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August's Mashup

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Russells Yoga Studio
1050 N. Flowood Drive, Ste C4,
Flowood, MS

Join yogi
Russell Holley for
this week's classes:
Sunday 11 am Yin
Sunday 1 pm Chair
Monday 5:30 pm Power
Friday 11 am Chair
Friday 1 pm All Levels
Saturday 11 am
All Levels

Join yogini
Debi Saraswati Lewis
with Joyflow Yoga
this week at Russells:
Tuesday
8:30 am and 6:00 pm
Wednesday
8:30 am
Thursday
8:30 and 6:00 pm

Check out what is going on at Russells Yoga Studio in Flowood this week.

To register for Russell's classes text 601-750-0987 and for Debi's classes text 601-613-4317.

Soul Synergy
YOGA

Daily Classes
Book Now

Beginner, Aerial, Chakra, Yin, Stretch, Flow and more! Join us on the mat today!

www.soulsynergycenteryoga.com

**Want to be added to our
Metaphysical business and
services directory? Visit our
Submit a Listing page.**

Life Between Lives
SOUL REGRESSION

OPENS YOUR CONSCIOUSNESS
TO MORE THAN WHAT YOU CAN
SEE WITH HUMAN EYES, HEAR
WITH HUMAN EARS AND FEEL
WITH YOUR HUMAN HEART.

SHARI CROOK, CHT.
SOUL REGRESSION
& NEWTON INSTITUTE LBL PRACTITIONER
601 503-5010

**Yoga Earth Journey
with Jennifer Malik**

at Holistic Health and Healing
in Flowood, MS.

Summer schedule subject to change.
Text Jennifer Malik at 601-218-5525 for
class schedule and registration.

Stay in the loop and be on the look out for
more events added for the upcoming month on
our website's Events Calendar.

METAPHYSICAL MISSISSIPPI



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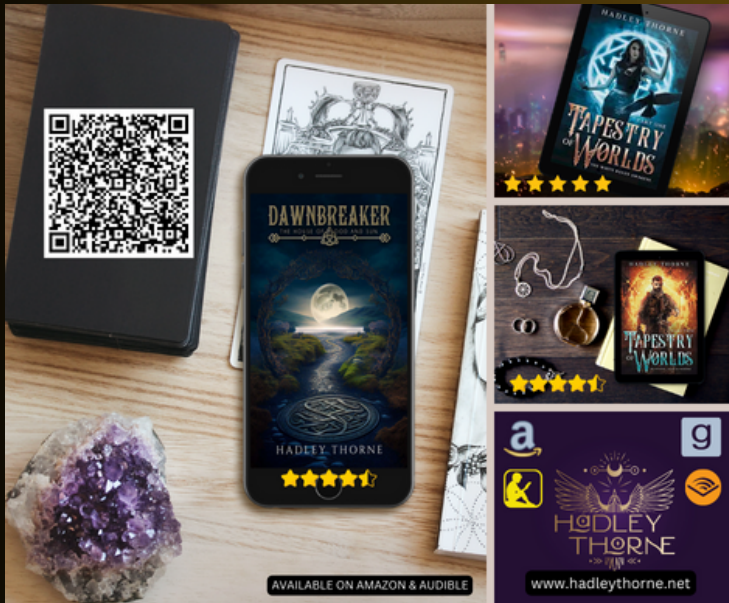
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DIRECTORY MEMBER SPOTLIGHTS

Wyrd Realities is made up of authors, podcasters, and content creators who are constantly looking to discover things that introduce exciting and sometimes terrifying ideas, concepts, and theories to listeners. Our content explores the paranormal, preternatural, and supernatural world we live in. We are the writers, the warriors, the sages, and the mystics.

To learn more about Wyrd Realities, find us on the web at www.wyrdrealities.net

Social Media for Wyrd Realities and its hosts are: <https://linktr.ee/wyrdrealities>



Storytelling

Low Balling with Joe

Acclaimed authors Joe Hansen and Allen Gamboa bring together writing industry professionals to talk about methodology, process, and the dos and don'ts of independent publishing.

Reel Talk

Scott Baker, a retired CIA analyst and indie author, interviews film professionals every other Tuesday about their writing, films, and career paths.

Blondes, Books & Campfire Tales

Krystal Michelle and Bethany Stutsman discuss scare stories, horror movies, and urban legends every other Wednesday.

Watching Wyrd

Watch weekly movie reviews, recommendations, and interactive chatroom discussions with published authors, such as Allen Gamboa, Scott Baker, and Rich Restucci, as well as Mississippi native and Metaphysical Mississippi alum, Hadley Thorne.

Truth Seeking

Wyrd Awakenings

Mississippi witch Morgana Calder gathers with friends Friday nights to discuss hidden mysteries, UFOs, myths and folklore, archaeology, ancient civilizations, cryptozoology, and more.

Wyrd Murders, Mysteries, & Mayhem

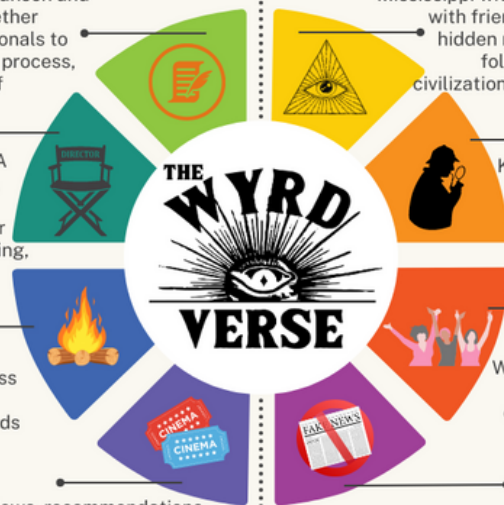
Krystal Michelle and a panel of true crime enthusiasts take on some of the strangest unsolved mysteries, murders, cults, and crimes.

The Wild Women of Wyrd

Each month, the women of Wyrd meet to discuss topics pertaining to females' experiences as victims and perpetrators of violent crime.

Where in the Folk

WITF explores conspiracy theories, true crime, Tartarian history, and the edge of human knowledge, looking for the most unusual things in the world.



www.wyrdrealities.net

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

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August's Mashup

Metaphysical Mississippi is on YouTube, Apple Podcasts, Spotify, Pandora, and more.

Make sure to check out the interviews released this past month.

Jina Daniels and Krista Tew Discuss Reiki 4 Life

Reiki Level 1 & 2 CLASSES

CO-FACILITATED BY REIKI MASTER TEACHERS KRISTA TEW AND JINA DANIELS

Video and Podcast on metaphysicalms.com

Registration and more information is available at www.floweringlotusmeditation.org

METAPHYSICAL MISSISSIPPI'S GUEST HOST SERIES

FLOWERING LOTUS MEDITATION PODCAST

FLOWERING LOTUS MEDITATION PRESENTS

MINDEFULNESS AND THE FOUR NOBLE TRUTHS

WITH DAVE SMITH

Online Retreat July 22, 2023 8 am - 12 pm CST www.floweringlotus.com

Hosted by Beth Herzig, Flowering Lotus Meditation's Executive Retreat Director

Video and podcast on metaphysicalms.com

Automatic Writing Workshop

Plus Hieroscripting

WRITING, DRAWING, PAINTING, COMPOSING & CREATING AS YOU "TAP THE HIGHER REALMS FOR GUIDANCE AND CREATIVITY"

Video and Podcast on metaphysicalms.com

PAST LIFE REGRESSION

SMALL GROUP SESSION

IACT Certified Hypnosis Training

SHARI CROOK, RESOLUTION HYPNOCERTIFIED CERTIFIED MASTER TRAINER

Life Between Lives SOUL REGRESSION

VIDEO PODCAST WITH GUESTS SHARI CROOK, DUANN KIER, AND KAREN PARKER ON METAPHYSICALMS.COM.

METAPHYSICAL MISSISSIPPI MEETUP

July 12, 2023 7:00 - 8:30 PM

AT HOLISTIC HEALTH AND HEALING

132 Riverview Drive, Suite D Flowood, Mississippi 39232

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

These videos and podcasts are coming soon! New releases are weekly on Thursdays (or sometimes Tuesdays).

Metaphysical Mississippi

Surprise Topic!

Coming Soon

TWO EVENTS IN ONE WEEKEND AT SOUL SYNERGY

The Sacred Blueprint Introduction to Transpersonal Astrology (and the occasional cosmic tangent)

Sunday, August 13th, 2023 1PM - 2:30PM \$25 energy exchange Soul Synergy Rocks & Crystals Stoneport, MS

Ecstatic Dance Mississippi Presents: Cacao Ecstatic Dance

With DJ Jim Jans and guest facilitator: Shabbir Beynon

Facilitated by: Holistic Transpersonal Astrologer: Rhonda Synnove

Saturday, August 12th @ 8PM Ecst Synergy Rocks & Crystals Flowood, Mississippi

Opening Cacao and Dance Facilitation with Shabbir, "Dance to Connect"

Video and Podcast on metaphysicalms.com

Coming Soon

Registration and more information is available at www.floweringlotusmeditation.org

METAPHYSICAL MISSISSIPPI'S GUEST HOST SERIES

FLOWERING LOTUS MEDITATION PODCAST

FLOWERING LOTUS MEDITATION PRESENTS

HEART AND WISDOM PRACTICES FOR CHALLENGING TIMES

Meditation Retreat with Lisa Ernst

As this retreat we will explore practices that can support us and give us the courage, presence and love within for whatever we are facing.

8th Person Retreat August 21-23, 2023 www.floweringlotusmeditation.org

Hosted by Beth Herzig, Flowering Lotus Meditation's Executive Retreat Director

Video and podcast on metaphysicalms.com

Coming Soon

METAPHYSICAL MISSISSIPPI SERIES

Ask a ... Feng Shui Consultant about the practice of Feng Shui

What are some questions you'd like to ask our video podcast guest Artist Janet McLellan?

Submit your questions at metaphysicalms.com by the deadline of July 21st at midnight. Conditions apply*.

Questions submitted should not be of a personal nature or a request for a consultation. Submissions used for the podcast will be general questions about the practice of Feng Shui.

Coming Soon

METAPHYSICAL MISSISSIPPI



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August's Mashup

MAKE YOUR FALL PLANS NOW.

Feng Shui Basics

What is Feng Shui? It is the art of placement through the study of Chi energy and how it affects your life.

Are you interested in finding out more about Feng Shui, the ancient Chinese art of arranging to achieve harmony and balance?

Janet Mclellan with Moon Tree Studio will be offering the class at Holistic Health and Healing.

Saturday, September 16, 2023
Time: 10 am - 2 pm

132 Riverview Drive, Suite D
 Flowood, Mississippi

\$75 registration fee

Feng Shui packet and example items provided.
 Make sure to bring a notepad and pen.

To register contact Janet at 601-624-1233
 or j_mclellan@att.net
 Deadline to register is **Friday, September 15, 2023**

Prosperity & Wealth	Reputation & Fame	Love
Family	Health	Creativity & Children
Knowledge & Self-Cultivation	Career	Helpful People & Travel

PSYCHIC MEDIUM
Gallery Reading

GET READY TO LAUGH, CRY, RELEASE AND REJOICE AS THEY SHARE THEIR ENERGETIC GIFTS.

JESSICA ARNDT SARAH SCARCHILLI

Sep. 23 & Dec. 9
6-9 p.m.

SOUL SYNERGY
 3010 LAKELAND COVE SUITE X,
 FLOWOOD, MS 39232

PARTICIPANTS MUST BE 18+ OR ACCOMPANIED BY AN ADULT

Flowering Lotus Meditation

Relational Mindfulness: Cultivating Kalyanna Mitta

A Weekend Retreat
 with Deborah Eden Tull at
 WILLIAM J. KELLEY RETREAT CENTER
 510 N 2nd St, Bay St Louis, MS 39520

In-Person Retreat • October 6-8, 2023

Joyflow at Russells Yoga with Debi
 1050 N. Flowood Drive, Ste C4, Flowood MS (back of bldg. through wooden gate)

Wisdom of the Enneagram – a 10 Class Experience
 Learning * Discussion * Movement * Meditation

Starting: September 12th, 2023. Tuesday Evenings 7:30 – 8:45 pm
 Please Register before Sept 1st, text: 601-613-4317.

\$180 per person. \$320 for Couple (Early Bird Pricing Before August 31st: \$160, \$280 Couple)

Costa Rica

Art * Yoga * Reiki
RETREAT

Creative Caribbean
 ART-VENTURE
 September 19-25

heARTflowWarrior.com

Notice: Collaborating Creative & Healing Artist "Camp Workshop Art/Healer Session Share Sign up Form due August 4th for those participating. Questions?

Sign up [here](#) to get notified for Early Bird Registration for Down to Earth Art Campout

Holistic Artists **jax zen**

DOWN TO EARTH ART CAMPOUT

NOVEMBER 10-12
 CAMP BRATTON GREEN
 CANTON, MS

Hippies take over summer camp in celebration and connection with earth through creative and healing arts!