

METAPHYSICAL MISSISSIPPI



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July's Mashup

by Krista Tew

Director of Metaphysical Mississippi

Summer has come in with a bang here in Mississippi. Thunderstorms and excessive heat are really taking a toll on us all. And now, more than ever, self care is vitally important when dealing with stress, whether physical, psychological, environmental or emotional. Remember to drink water and rest when you need to. (I am primarily preaching to myself.)

Self-care has been a big topic on my mind as I navigate my own healing journey and aging process. It has become crucial for me to make it a priority in order to not only be productive but to function. I have to actually put it on my to do list sometimes in order to make myself do it. I am working toward it becoming a habit, a natural organic occurrence in my daily life. Wouldn't it be wonderful if we could view everything we do as self-care?

There is, however, another new concept or ideal that I feel compelled to explore and experience. And that is *EMPOWERMENT*. What is empowerment? The dictionary says it is authority or power given to someone to do something. It also states it is the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

I am beginning to be aware of how important feeling empowered on our path or in our daily walk is, even if it is just with small things. There are so many things in our lives that we have no control over. And many times we are in situations where we really just have to ride it out and survive. For many of us, this recent weather roller coaster, its consequences and complications, have left us feeling not so empowered. But I invite you to ponder or meditate on this concept and find ways you can incorporate empowering actions into your daily life. It can be as big as making a major career decision or as small as opening that tenacious pickle jar, with the lid that just does not want to budge. Be proud of those little accomplishments, even those that are sometimes difficult or push us a little out of our comfort zones.

So, I ask you to ask yourself some of these following questions. What does empowerment mean to you? What are some things that help you feel empowered? And what are ways you can add empowering activities into your daily life?

For some of us, knowledge and information give us a sense of empowerment. For others, they find empowerment in collaboration and community. If any of these things help you feel empowered, then attending our monthly Metaphysical Mississippi Meetup may be of interest to you. This month's topic should be very intriguing and informative. We will be discussing UFO's. Anyone familiar with this topic will know there is still much mystery surrounding it. The more we learn or that becomes common knowledge, the less we realize we really know. Yet, the awareness of the unknown is still here and a part of our reality. The NOT knowing or understanding can leave us feeling powerless or even vulnerable. But being in a space to discuss and wonder together can be an empowering and encouraging experience. The Meetup will be at Holistic Health and Healing in Flowood, MS at 7 pm on July 12th. Have an Empowering Week!



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July's Mashup

Check out some of July's upcoming events. This newsletter has clickable links to the event organizer's website or registration page.

Join us Wednesday, July 5th 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 mera.krisley@gmail.com

link url: https://us02web.zoom.us/j/86034338723?pwd=TjdNbzF1SzN3ZmM4T2lyeDMzNHVvdz09&fbclid=IwAR1_Q6hjl-yPG4hDxLxOZ4mNp0ynKJTAL9szRrkdGN6W5Yw3J6mPuwdrl

WORKING IN HARMONY WITH HERBS

w / Willow

Saturday, July 8th
2-4pm

FULL MOON
heARTual
heart + ART + ritual

Wednesday
7/5/23
6pm

RENEWAL

Flowering Lotus Meditation Presents

INTERDEPENDENCE DAY WEEKEND RETREAT

A COMPASSION MEDITATION RETREAT

JULY 6-9TH • 2023

With Andrew Chapman & Rev. Mikey Noe
William J. Kelley Retreat Center • Bay St. Louis, MS

More Information & Sign up:
floweringlotusmeditation.org

JULY 15
1:00 pm - 5:00 pm
Entry Fee: \$125

Healing with the Drum Workshop with Nina Soaring Vulture at Soul Synergy

[Go here](#) for more information.

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July's Mashup

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

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

PAST LIFE REGRESSION

SMALL GROUP SESSION
YOUR FIRST STEP ON A MUCH BIGGER JOURNEY

**SATURDAY 6-9
JULY 15, 2023**

\$47
LIMITED SEATING

**HOLISTIC HEALTH AND HEALING
132 RIVERVIEW DRIVE SUITE D
FLOWOOD**

**TEXT SHARI FOR RESERVATION
601 503-5010**

Reiki Level 1 CLASSES

SLOW & STEADY - 3 WEEK COURSE
TUESDAYS, JULY 11, 18 & 25 - 6-8PM
AT HOLISTIC HEALTH & HEALING
-OR-
FAST & FURIOUS - 1 DAY INTENSIVE
SUNDAY, JULY 30 - 10AM-5PM
AT JAX-ZEN HEALING ARTS

2 LEARNING PATHS TO CHOOSE FROM

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

FLOWERING LOTUS MEDITATION

presents

MINDFULNESS AND THE FOUR NOBLE TRUTHS

with
DAVE SMITH

Online Retreat
July 22, 2023
8 am - 12 pm CST
www.floweringlotusmeditation.org

Automatic Writing Workshop

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

Saturday, July 29, 2023

10 AM - 2 PM Automatic Writing experiential workshop how to & uses.

Plus Hieroscripting workshop for connection with muse & higher self for creative self expression

**HOLISTIC HEALTH AND HEALING
132 Riverview Dr. Suite D Flowood**

\$39

LIMITED SEATING
TEXT SHARI 601 503-5010



My Take on Elevate

July 1st was an eventful night at Elevate: An Immersive Sound Experience and Holistic Bazaar held at Duling Hall in Jackson, Mississippi. I hugged many people, ate wonderful food, shopped local vendors, soulfully connected with each performance, and ecstatic danced throughout the night. Thank you Holistic HeArts Collaborative, Jax-Zen Healing Arts Center, 5th Child Music, LLC., DJ Jon Juan, Betsy Berryhill and all of the sound healers and other participants for their exceptional performances. I can't wait for the next event y'all throw! --Emily Hester

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July's Mashup

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

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

Newsletter Questions? Contact
Metaphysical Mississippi's Production Manager Emily Hester.
Email: emily@metaphysicalms.com or
Text: 601-421-5333

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.

Make sure to check out the interviews released this past month.
Metaphysical Mississippi is on YouTube, Apple Podcasts,
Spotify, Pandora, and more.



METAPHYSICAL MISSISSIPPI'S GUEST HOST SERIES

NEW PODCAST EPISODE

INTERDEPENDENCE DAY
COMPASSION
MEDITATION RETREAT
TEACHERS
ANDREW CHAPMAN &
REV. MIKEY NOECHEL

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

Flowering Lotus
MEDITATION
PODCAST

Flowering Lotus
MEDITATION

Video and podcast on metaphysicalms.com

METAPHYSICAL MISSISSIPPI SERIES "ASK A ..."

ASK A WITCH

The summer solstice is upon us, and who better to have on our 2nd installment of our "Ask a..." series than a practicing witch. Our video podcast guests, Luna, Mercury, Willow and Sellena answer our video podcast audiences submitted questions about the practice of witchcraft.

Video and podcast on metaphysicalms.com

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

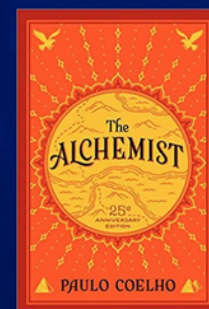
Metaphysical Mississippi Book Club

Make sure to join us for our second Metaphysical Mississippi Book Club facilitated by Natalie West at Holistic Health and Healing.

Natalie has chosen *The Alchemist* by Paulo Coelho for our next Book Club meeting on July 9th, same time, same place. For more information or to REGISTER, visit our website at <https://metaphysicalms.com/bookclub/>.

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

Join us for Metaphysical Mississippi's monthly book club led by Natalie West at Holistic Health and Healing in Flowood, MS.



Our next meeting will be
Sunday, July 9th
at 2pm.

July's book
The Alchemist
by Paulo Coelho.

\$7 Registration Fee (Book not included).
Space is limited.

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July's Mashup

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



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

Ongoing Joyflow Yoga classes

Evenings: Tuesday and Thursday 6:00-7:15 pm

Mornings: Tuesday, Wednesday, Thursday 8:30-9:45 am

\$20 per class drop-in \$100 monthly unlimited \$ 90 – 6 class package - use within 2 months

Please register by texting 601-613-4317.

Enneagram and Sound Meditation Workshops coming up in August and September. Visit <https://www.joyflowyoga.com/workshop-1> for more information.



Welcome Our New Directory Member Beth Herzig

Beth has a heart for people and the need to be present. She is known in the Jackson Metro area for meditation.

Go to @takeabreathwithbeth on Instagram to see who's leading each week. In this group it has been wonderful to witness, people coming out to sit, learn and support one another. We do this to benefit @jacksonfreeclinic on Instagram.

COMMUNITY MEDITATION

THURSDAYS 6PM AT WOLFE STUDIO JXN

LEADERSHIP ROTATES WEEKLY

DONATIONS COLLECTED BENEFIT THE JACKSON FREE CLINIC

Soul Synergy YOGA

Daily Classes

Book Now

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

www.soulsynergycenteryoga.com

Save the date! Planning is in progress for these events with more information to come:



July 16th New Moon heARTual at Jax-Zen



July 22-23 Holistic Fair at Soul Synergy

Yoga Earth Journey

There will be class on July 4th!

HOLISTIC HEALTH AND HEALING YOGA THIS WEEK!

MONDAY 5PM Meditation 5:30PM Restorative Yoga	WEDNESDAY 5PM Meditation 5:30PM Beginner Yoga
TUESDAY 2PM Chair Yoga 132 Riverview Drive Suite D Flowood, MS To register, contact Jennifer Malik Text 601-218-5525 or Direct Message	THURSDAY 2PM Chair Yoga 5PM Meditation 5:30PM Flow Yoga

Yoga class dates subject to change due to summer schedule.
No Classes July 10th - 20th.

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Check out some of the upcoming events later this summer.

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

Wholetones – A Movement Meditation
Sunday, August 13th, 2:00-5:00 pm \$45 (by August 1st = \$35)

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)

The Experiential Enneagram
Saturday August 12th 1:00-6:00pm \$80 (by August 1st = \$60)

Joyflow Yoga 200hr Teacher Training Introduction Q&A
Saturday, August 19th - 2:00-4:00 pm, in person at Russell's or on zoom.

Free if registering for the 2023-24 Training which will begin in September; Donation otherwise.



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.)

IACF Certified Hypnosis Training

FOR MORE INFORMATION
TEXT (601) 503-5010



SHARI CROOK,
RESOLUTION HYPNOTHERAPY
CERTIFIED MASTER TRAINER

4 - 3 Day trainings
Friday, Saturday, Sunday.

2 Weekends in August
2 Weekends in September

You'll be an IACF Certified Hypnotherapist upon completion of the program and submission of all requirements. Since this will be my Inaugural Hypnosis Certification I'm offering a substantially discounted rate of \$2000. The regular price is \$2995. You'll be receiving a savings of \$995.

Aug 11, 12, 13
Aug 25, 26, 27
Sept 8, 9, 10
Sept 22, 23, 24

9:00AM - 5:00PM Each Day
Additional Labs via Zoom TBA
120 Classroom Hours
120 Self Study Hours
Completion of all Requirements and Final Exam.
Completion of Class Survey



Reiki Level 2 CLASSES

SLOW & STEADY – 3 WEEK COURSE
TUESDAYS, AUGUST 15, 22 & 29 – 6-8PM AT HOLISTIC HEALTH & HEALING

-OR-
FAST & FURIOUS – 1 DAY INTENSIVE
SUNDAY, AUGUST 27 – 10AM-5PM AT JAX-ZEN HEALING ARTS

2 LEARNING PATHS TO CHOOSE FROM

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

heARTflow warrior

Creative Caribbean Adventure Costa Rica Retreat
September 19-25, 2023

Art – Reiki – Yoga – Nature

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