

METAPHYSICAL MISSISSIPPI



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July's Round Up



July's Meetup Recap

by Emily Hester
Metaphysical Mississippi's
Production Manager

Wednesday's meetup at Holistic Health and Healing was a blast to say the least. I smiled so much my face was sore, but my heart was full of delight for spending an evening with a wonderful group of people. I'm always amazed at how each meetup embodies a different flavor based on the attendees. Each meetup is different most of the time. The variety of beliefs in the room that night, peeked my curiosity on the subject of UFOs and even my outlook on life. I left that night pondering realities and how we as individuals function inside different ones of our own making. Some of us are comfortable with the unknown and that there is maybe something greater than

ourselves calling the shots in our lives. Others may be content living an unpondered life, just going through the motions. Maybe things would be simpler that way, but I love the unknown, because that is what sparks creativity and I think I'd be bored. So "UFOs, What the Heck's Going on?", I still don't know but I enjoyed being part of the conversation. Pictured from left to right, Shari Crook, Emily Hester, Krista Tew, Karen Parker and Duann Kier.

Make sure to check out our video/podcast titled "[UFOs -What the Heck is Going on? Shari Crook, Duann Kier, and Karen Parker Discuss Disclosure](#)" to learn more.

Krista and I want to send out a special thank you to Shari Crook for helping prepare for our guests at Holistic Health and Healing. Also we'd like to thank Scott and Melanie Stewart for being our August Meetup venue host at Soul Synergy Rocks and Crystals. Make sure to save the date, August 9, 2023 from 7 pm. to 8:30 pm. and come early to shop and browse the store. Lastly, we want to thank Nette Wade for capturing a few candid moments during the event. Pictured from left to right, Scott Stewart, Melanie Stewart and Nette Wade. --Emily



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July's Round Up

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.



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.



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**



NEW MOON
heARTual
heart + ART + ritual
Sunday 7/16/23
2 pm

FLOW
Chakra Series

[Register here](#) at Jax-Zen



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

Community Reiki Share
6 - 8 PM
July 19, 2023

Come to experience the healing energy of Reiki.
Every Third Wednesday of the month.
Come and go or stay.

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

Photo courtesy of Shari Crook.

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

SOUL SYNERGY
Holistic Fair

JULY 22 & 23 2023

Featuring
Pychics, intuitive readers, mediums,
Reiki Masters, Card readers, aura
readers, shamonic healing, astrology.

doors open at 11:00 AM
3010 Lakeland Dr Suite X, Flowood MS

Find Soul Synergy Rocks And Crystals on Facebook, @soulsynergyrocks on Instagram and on their website soulsynergyrocks.com for more information on this 2 day event.

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

July 26th, 2023 at 6:50 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

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

COMMUNITY MEDITATION

THURSDAYS 6PM AT WOLFE STUDIO JXN

JFC

DONATIONS COLLECTED BENEFIT THE JACKSON FREE CLINIC

LEADERSHIP ROTATES WEEKLY

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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

The next Reiki 1 class will be a 1-Day Intensive on July 30th, 10am-5pm. Classes include plenty of practice time! You will KNOW how to practice Reiki and be confident when you leave! Class size is limited, so be sure to sign up early! <https://bit.ly/Reiki4Life>

Jason Lee with [Heart Space Holistics](#) will be offering a Salt Cave Sound Bath on July 29, 2023 at 6pm Synergy Salt Cave and Wellness Spa 3010 Lakeland Cove, Suite Z-1, Flowood 39232

SALT CAVE SOUND BATH
JULY 29
RESERVE ONLINE

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

New Newsletter is Coming Soon!

Submissions deadlines are at midnight of each month on the 2nd Friday for the mid-month Roundup and on the 4th Friday for the next month Mashup

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July's Round Up

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

FLOWERING LOTUS MEDITATION PODCAST



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

NEW PODCAST EPISODE

COMING SOON


Video and podcast on metaphysicalms.com

Video and Podcast
on metaphysicalms.com

PAST LIFE REGRESSION

SMALL GROUP SESSION

IACT Certified
Hypnosis
Training



Life Between Lives
SOUL REGRESSION

Automatic Writing Workshop
Plus Hieroscripting

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

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.

Metaphysical Mississippi

BOOK CLUB

No Book Club for August. We will start
back up in the Fall. Save the dates
Sept. 17, Oct. 22 and Nov. 12. Our
books to discuss will be revealed
closer to the date of the event. Stay
tuned, more information coming soon.



METAPHYSICAL MISSISSIPPI

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

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



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

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July's Round Up

Check out some of the upcoming events later this summer.

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)

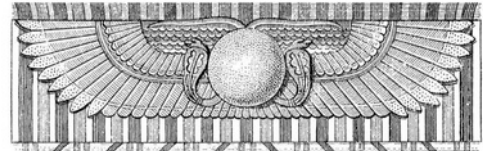
Wholetones – A Movement Meditation
Sunday, August 13th, 2:00-5:00 pm \$45 (by August 1st = \$35)

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.)

**BECOME A CERTIFIED
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



**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.

www.floweringlotusmeditation.org



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



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

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July's Round Up

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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.

Costa Rica

Art * Yoga * Reiki
RETREAT

Creative Caribbean
ART-VENTURE
September 19-25

heARTflowWarrior.com

Make your fall plans now!

Soul Synergy
YOGA

Daily Classes
Book Now

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

www.soulsynergycenteryoga.com

Yoga Earth Jorney
with Jennifer Malik
No Classes July 10th - 20th.
At Holistic Health and Healing
in Flowood, MS.
Summer schedule subject to change.
Text Jennifer Malik 601-218-5525 for class
schedule for July 24th - July 27th 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.