

METAPHYSICAL MISSISSIPPI



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June's Round up

Recap for Meetup

by Krista Tew

Director of Metaphysical Mississippi

What a great group of folks who trekked out in the inclement weather and showed up for this month's Meetup. I want to give a big THANK YOU to Jax-Zen for having the Metaphysical Mississippi Meetup at their cool space.

Is it my imagination or does it seem like it storms quite often on Wednesday evenings? Well, this month's Meetup was met with some interesting lightning, rain and hail. There were a couple of times we paused the meeting to go watch the weather. One of the things I love about this group is that we love mother nature and find childlike wonder in the simplest things while embracing the complex and mysterious.

There was so much to talk about, especially with all the upcoming events and classes taking place in the area. Not sure how this happened, but this Saturday, June 17 is going to be a very busy day for the metaphysical community. We have a Feng Shui class, Group Past Life Regression, Psychic Medium Gallery Reading, New Moon Heartual and Temple of Witchcraft Litha Celebration (lions and tigers and bears, Oh My!). How wonderful to have this kind of problem with so many great opportunities to choose from. I was moved to see how excited everyone was about what the others are doing and have planned. We discussed ways we can all collaborate more, one being to coordinate our events better with scheduling so everyone can have the opportunity to experience all that is going on.

The theme of the Meetup was the Community Canvas. Jina Daniels, co-owner of Jax-Zen, who developed this project as an outreach service opportunity, explained this program and guided us in painting on a new canvas. To find out more, visit the website <https://www.heartflowcreative.com/community-canvas>.

While working on the art project together, we brought up the discussion topic of service and giving back.

Questions proposed were:

How can we use our individual spiritual paths or metaphysical interests to serve our neighbors and humanity, the broader community? How can we use metaphysics to serve our fellow man?

How do we come together as a community and take those strengths we have as a metaphysical community and dispel them individually?

By the time the Meetup was over, the rain had stopped and all was well. I believe all left the gathering uplifted from laughter, full of love and inspired by art.

Mark your calendar for the next Meetup on July 12th at Holistic Health and Healing. Spoiler alert: The topic will be UFO's. So catch up on all your favorite Podcasts or media sources on the topic and brush up on the UFO lore. Tin foil hats optional:):)

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



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June's Roundup

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



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, June 17, 2023

Time: 10am - 1pm

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, June 16, 2023




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 TEMPLE OF WITCHCRAFT'S LITHA CELEBRATION IS SCHEDULED FOR JUNE 17TH IN MADISON, MISSISSIPPI. RITUAL BEGINS AT 7 PM. DOORS OPEN AT 6:30 PM. GO [HERE](#) FOR MORE INFORMATION.

PSYCHIC MEDIUM
Gallery Reading



JESSICA ARNDT




SARAH SCARCHILLI

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

**June 17
6-9 p.m.**

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

PARTICIPANTS MUST BE 18+ OR ACCOMPANIED BY AN ADULT



Graphics By hclark160@gmail.com

NEW MOON
heARTual
heart + ART + ritual

Saturday
6/17/23
6 pm

INSIGHT

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

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June's Roundup

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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.



Come to experience the healing energy of Reiki.
Come and go or stay
Every Third Wednesday of the month
6 - 8 PM
June 21, 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
JUSTBEHOLISTICSMS.COM
INSTAGRAM.COM/RUSSELLSYOGA/
Donations are appreciated and go to support this event!
Have questions? Text or call Krista Tew 601-506-0416

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

The Pāramī: 10 Qualities of a Beautiful Human
An Online Retreat w/ Christie Bates
June 23-24, 2023

 **FLOWERING LOTUS MEDITATION**

Do you want to add an event to our events calendar?
Visit our **Submit a Listing** page.



Welcome Our New Directory Member Jennifer Malik with Yoga Earth Journey

Yoga class dates subject to change due to summer schedule.
Text (601) 218-5525 to confirm.

MONDAY
5PM Meditation
5:30PM Restorative Yoga

TUESDAY
2PM Chair Yoga

WEDNESDAY
5PM Meditation
5:30PM Beginner Yoga

THURSDAY
2PM Chair Yoga
5PM Meditation
5:30PM Flow Yoga

Holistic Health & Healing
132 Riverview Dr, Suite D,
Flowood, MS

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June's Roundup



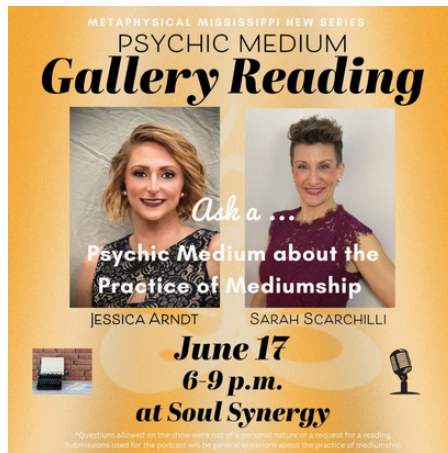
June 28th
6:50 PM

MSRA Community
Reiki Share at
Soul Synergy

For questions or information,
email: msra.kristy@gmail.com



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



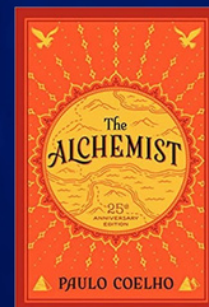
Click on the images above to be taken to the video podcast on our website at metaphysicalms.com.

Metaphysical Mississippi Book Club

Our first Metaphysical Mississippi Book Club facilitated by Natalie West at Holistic Health and Healing is in the bag and was a smashing success. We had a lovely group of attendees with enlightened conversation. The book discussed was *The Four Agreements: A Practical Guide to Personal Freedom* by Don Miguel Ruiz. If you have not explored this work, I recommend giving it a look. There so many nuggets of wisdom in such a small manuscript. I think all who attended would agree that we barely scratched the surface of exploring these given concepts. I am sure we will be revisiting this book in some form or fashion in the future, so stay tuned.

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/>.

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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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



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
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Automatic Writing Workshop

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

Supplies provided.

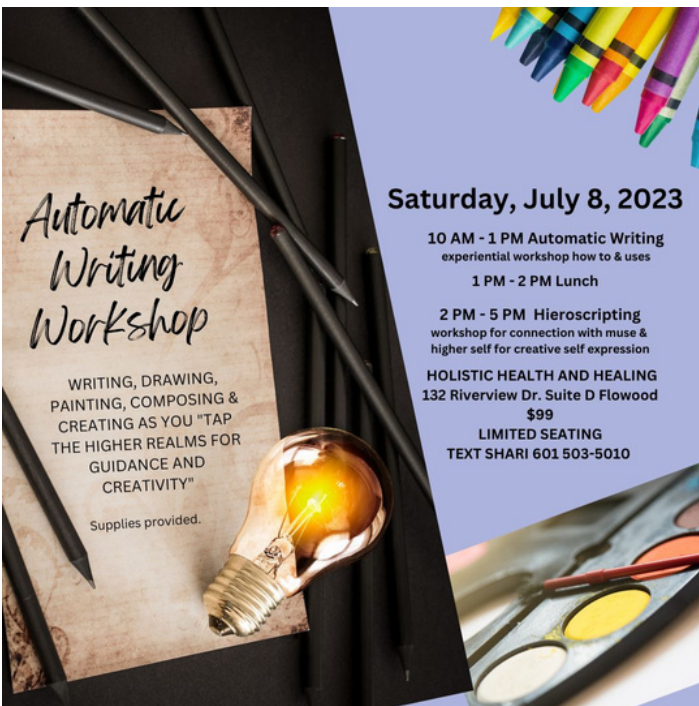
Saturday, July 8, 2023

10 AM - 1 PM Automatic Writing
experiential workshop how to & uses

1 PM - 2 PM Lunch


2 PM - 5 PM Hieroscripting
workshop for connection with muse & higher self for creative self expression

HOLISTIC HEALTH AND HEALING
132 Riverview Dr. Suite D Flowood
\$99
LIMITED SEATING
TEXT SHARI 601 503-5010




FLOWERING LOTUS MEDITATION
presents

MINDFULNESS AND THE FOUR NOBLE TRUTHS



with
Dave Smith

Online Retreat
July 29, 2023
8 am - 12 pm CST
www.floweringlotusmeditation.org



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

July 8 Plants with Christy at Jax-Zen

Jax-Zen July's Full Moon and July's New Moon heARTuals (heart+ART+ritual)

July 22-23 Holistic Fair at Soul Synergy

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

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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.

IACT 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 IACT 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



PSYCHIC MEDIUM Gallery Reading



JESSICA ARNDT



SARAH SCARCHILLI

Jun. 17, Sep. 23, & Dec. 9, 2023

6-9 p.m.
at Soul Synergy



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

Art - Reiki - Yoga - Nature

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