

METAPHYSICAL MISSISSIPPI



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October's Mashup

Metaphysical Mississippi Meetup at HHH

by Krista Tew Director of Metaphysical Mississippi

As I write this, it is the day after the fall equinox and it is still warm here in Mississippi. Yet the golden glow of the autumn sun is teasing us of cool crisp days to come. When asked what our favorite holiday is, many of us in the metaphysical community reply it is Halloween. Check out this newsletter for opportunities to celebrate the season and holidays with your metaphysical friends.

This time last year I was at Monroe Institute participating in the Energy Medicine Practicum. What a life changing experience that was for me. And now, a year later, I am preparing for next month's Meetup. Now, what will our topic be? Exploring Human Consciousness through sound technology from the research and work at the Monroe Institute.

Our guest speaker will be Sharon Hastings. Her and I met when we both attended last year's Energy Medicine Practicum. She is finishing up her training as an Outreach Trainer for Monroe. We will discuss the history and the mission of the institute, her experiences there and her origin story in consciousness studies and exploration. This is a prelude to her first Exploring Consciousness Workshop that she will be facilitating at Holistic Health and Healing in Flowood, MS on November 4th & 5th. I look forward to hearing more about her work and future plans.

Hope you all can join us at the next Monthly

Metaphysical Mississippi Meetup on October 11, 2023 at Holistic Health and Healing (HHH) in Flowood, MS, starting at 7 pm. Donations are appreciated and used to cover costs to host the Meetups, website hosting, administrative costs and to support our Video Podcast. (\$5 suggested attendance fee).

This month I will also be busy teaching Reiki with Jina Daniels. We are excited about our new endeavor, Reiki 4 Life. If you are interested in learning what Reiki is all about or are ready to further your training, check out the Reiki 4 Life class flyers in the newsletter. If you have questions, email us at info@reikif4lifeenergy.com. You may also text me at 601-506-0416.

This month's guest speaker is Sharon Hastings. She'll discuss Exploring Human Consciousness through sound technology from the research and work at the Monroe Institute.

METAPHYSICAL MISSISSIPPI MEETUP

October 11, 2023

7:00 - 8:30 PM

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



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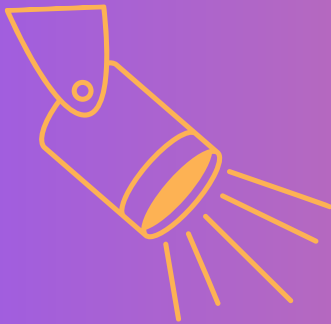
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October's Mashup

Directory Member Spotlight UFO Experienter Group Beginning October 5th!



Let's welcome
our new
directory
member's
Group Facilitator
Karen Parker

UFO Experienter Group

1st Thursday of Each Month

6:30pm – 8:00pm

Soul Synergy Wellness Center
3010 Lakeland Cove, Suite Z -1
Flowood, MS

Have you experienced any of the following?

- A UFO or other sighting?
- A metaphysical/spiritual experience you cannot explain?
- Images or messages from other beings, civilizations?
- Other time-lines, dimensions, reality shifts?

Please join us at the UFO Experienter Group
to discuss these things and more!

Our priority is to give attendees a safe place to share their experiences with others in a respectful and confidential environment. For this reason, we have set the following guidelines. By attending this group, you agree to follow these guidelines:

- No photographs or audio recording allowed.
- If you wish to promote your business or service to the group, please do that through the MetaphysicalMS.com Directory of Businesses and Services.
- Please do not bring young children.

NOTE: We are not therapists or physicians. This group serves as a soundboard only and will not be a substitute for your physician's care.

Questions? Contact Facilitator Karen Parker through her website
www.KarenParkerContinued.com

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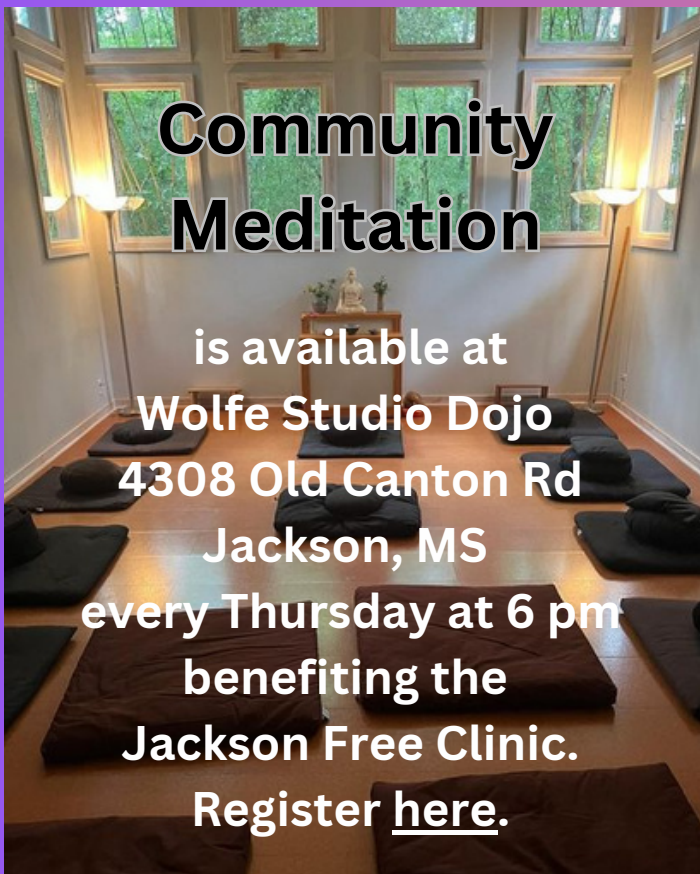
FOLLOW & LIKE

October's Mashup

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



Metaphysical Mississippi's Book Club is Oct 22nd. This month's selection is *Becoming Supernatural* by Dr. Joe Dispenza. For more info visit [metaphysicalms.com](https://www.metaphysicalms.com).



FLOWERING LOTUS MEDITATION PRESENTS

OCTOBER 6-8, 2023
BAY ST. LOUIS, MS

Deborah Eden Tull

- Trained for over seven years as a Buddhist monk
- Founder of Mindful Living Revolution
- Published author of several books including: *Luminous Darkness: An Engaged Buddhist Approach to Embracing the Unknown & Relational Mindfulness: A Handbook for Deepening Our Connection with Ourselves, Each Other, and the Planet*

JOIN US FOR LAST RESIDENTIAL RETREAT OF 2023
WWW.FLOWERINGLETUSMEDITATION.ORG

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October's Mashup

REIKI
Life

Level 1 & 2
REIKI CLASSES

SLOW & STEADY - 3 WEEK COURSE
TUESDAYS - 6-8PM
REIKI 1 - OCTOBER 10, 17 & 24
REIKI 2 - NOVEMBER 14, 21 & 28
AT HOLISTIC HEALTH & HEALING

FAST & FURIOUS - 1 DAY INTENSIVES
SUNDAYS - 10AM-5PM
REIKI 1 - OCTOBER 22
REIKI 2 - NOVEMBER 19
AT JAX-ZEN HEALING ARTS

2 LEARNING PATHS TO CHOOSE FROM

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

SCAN ME

Check out some of October's upcoming events.

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

REIKI
Life

Reiki Master Level
CLASSES

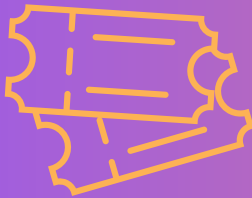
2-DAY TRAINING
SATURDAY & SUNDAY - 10AM-5PM

OCTOBER 14-15
-OR-
NOVEMBER 11-12

2 WEEKENDS TO CHOOSE FROM

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

SATURDAY SESSIONS AT HOLISTIC HEALTH & HEALING
SUNDAY SESSIONS AT JAX-ZEN HEALING ARTS



Russells Yoga Studio

1050 N. Flowood Drive, Ste C4
Flowood, MS
(Located in the back of the building through wooden gate)

Community Reiki Share

6 - 8 PM
October 18, 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

Watch for more information on our Event's Calendar for Jax-Zen's New Moon and Full Moon heARTuals (heart +ART + ritual).

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October's Mashup

**PAST LIFE
REGRESSION**
SMALL GROUP SESSION
YOUR 1ST STEP ON A MUCH BIGGER JOURNEY

SATURDAY 6-9
OCTOBER 21ST
\$49
LIMITED SEATING

HOLISTIC HEALTH AND HEALING
132 RIVERVIEW DRIVE SUITE D
FLOWOOD
TEXT SHARI FOR RESERVATION
601 503-5010

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



The Mississippi Reiki Association

proudly hosts its Community Reiki Share every 4th Wednesday of the month at Soul Synergy Rocks and Crystals

**3010 Lakeland Cove, Suite X
Flowood, MS 39232**

We would love for you to join us as our certified practitioners Share their passion for healing by performing mini reiki sessions. These events are free and open to the public. Non-MSRA Reiki Practitioners are welcome to participate.

Upcoming Dates:

October 25th, 2023	6:50 - 7:50pm
November 22nd, 2023	6:50 - 7:50pm
December 27th, 2023	6:50 - 7:50pm


MISSISSIPPI REIKI ASSOCIATION
www.msreikiassociation.org

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

Metaphysical Mississippi

BOOK CLUB

Save the dates Oct. 22 and Nov. 12. Natalie West will host this small group at Holistic Health and Healing's Classroom in Flowood, Mississippi. Register at: metaphysicalms.com/bookclub/

 <p>Foreword by Gregg Braden BECOMING SUPERNATURAL <i>How Common People Are Doing the Uncommon</i> DR. JOE DISPENZA <i>New York Times best-selling author</i></p>	 <p>the VERY SECRET SOCIETY OF IRREGULAR Witches SANGU MANDANNA</p>
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October's Selection. November's Selection.

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October's Mashup

Available

This spot could be yours! Visit Submit a Listing on our website.

Check out our area Yoga Classes on our online Events Calendar.

Yoga Earth Journey with Jennifer Malik

at Holistic Health and Healing in Flowood, MS.

Text Jennifer Malik at 601-218-5525 for class schedule and registration.



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

Classes are adaptable to meet you where you are in your practice.

Russells Yoga Studio
 1050 N. Flowood Dr, Ste C4
 Flowood, MS
 To register text 601-750-0987

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

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

Please register by texting Debi at 601-613-4317.

Joyflow Yoga Classes

Tuesdays: 8:30-9:45 AM, 10:00-11:15 AM, 4:30-5:45 PM, 6:00-7:15 PM

Wednesdays: 8:30-9:45 AM, 12:00-1:15 PM

Thursdays: 8:30-9:45 AM, 10:00-11:15 AM, 4:30-5:45 PM, 6:00-7:15 PM

YOGA SCHEDULE

MONDAY	THURSDAY
5:30pm Chakra Yoga	5:30pm Beginner's yoga
6:45pm Beginner Aerial Yoga	
	FRIDAY
WEDNESDAY	10am Yin Yoga
4:30pm Chakra Yoga	4:30pm Restorative Aerial Yoga
5:30pm Aerial 2 Yoga	
	SATURDAY
	8:45 am All Levels Yoga Flow
	SUNDAY
	9am Yin Yoga

Soul Synergy
 Rocks & Crystals

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

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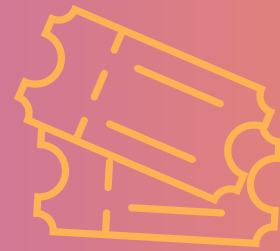
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October's Mashup



COSTUME PARTY AT RUSSELLS

THIS IS NOT YOUR CHILD'S
COSTUME PARTY. IT IS TIME
TO LET YOUR INNER
MYSTIC OUT.

SUNDAY | OCTOBER 29 | 6PM - 9 PM
1050 N FLOWOOD DR C-4
FLOWOOD, MS 39232

For more information visit
<https://emilyhester.com/costume-party-at-russells/>

HEALTHY CHOICES
HEALTHY
YOU

CUSTOMIZED 5 SESSION PROGRAM
TO REALIZE YOUR HEALTHY LIFE GOALS

IDENTIFY BAD HABITS & REPLACE THEM WITH
NEW HEALTHY HABITS FOR
IMPROVED WEIGHT, HEALTH, LIFE
REGAIN ENERGY, MOTIVATION & CONTROL
ENHANCE MOOD, DESIRE & RESOLVE
REDUCE STRESS & IMPROVE SLEEP
TAKE BACK YOUR HEALTHY LIFE

SHARI CROOK, CHT
132 RIVERVIEW DRIVE SUITE D
FLOWOOD, MS
601 503-5010

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October's Mashup

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

October 8th is the deadline to get those spooky questions you have about Halloween!



Make sure to check out the latest video and podcast released this past month. New releases are weekly on Thursdays (or sometimes Tuesdays).

It's your chance to ask your spooky questions about Halloween. Go to our [Submit a Question](#) for more info. Our guest will be Jessica (Allen) Smith, Shari (Crook) Turnage, and Russell Holley.

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

Coming Tuesday!

METAPHYSICAL MISSISSIPPI'S GUEST HOST SERIES

FLOWERING LOTUS MEDITATION PODCAST

RELATIONAL MINDFULNESS RETREAT CULTIVATING SPIRITUAL FRIENDSHIP
October 6-8, 2023

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

Video and podcast on metaphysicalms.com

Coming Soon METAPHYSICAL MISSISSIPPI'S UPCOMING PODCAST

ASK A ... ABOUT HALLOWEEN TRADITIONS AND TABOOS!

SUBMIT YOUR QUESTIONS ON METAPHYSICALMS.COM BY OCTOBER 8TH.

Coming Soon

Holistic HerArts

jax-zen HEALING ARTS CENTER

DOWN TO EARTH ART CAMPOUT

NOVEMBER 10-12
CAMP BRATTON GREEN
CANTON, MS

Hippies take over summer camp

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

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

ONE YEAR ANNIVERSARY!

metaphysical Mississippi

ASK A ...
PODCAST
HOST

KRISTA AND EMILY
ARE PUT ON THE
HOT SEAT.

Video and Podcast on
metaphysicalms.com

PREVIOUS GUESTS, SARAH AND WILLOW HOST THE SHOW!

Karen Parker
...Continued

Announcing...

UFO EXPERIENCER GROUP

1st Thursdays of each month,
beginning October 5, 2023
6:30pm - 8:00pm
Soul Synergy Wellness Center
3010 Lakeland Cove, Suite Z - 1
Flowood, MS

This and more will be discussed on an upcoming
Video and podcast on metaphysicalms.com



Metaphysical Mississippi

PSYCHIC MEDIUM
Gallery Reading

JESSICA ARNDT SARAH SCARCHILLI

September 23
6-9 p.m.
at Soul Synergy

Our guest discuss Mediumship tools and styles, from
Ouija boards to Astrology.

Video and podcast on metaphysicalms.com

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

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Save the dates! We know you like to plan ahead, well we do too. Some are still in the planning stages with more details to come.

Holistic Fair at Soul Synergy

Saturday November 4
11 am-6 pm and
Sunday November 5
11 am - 5 pm

2 Day Event at Discounted Psychic and Mediumship readings, Reiki Sessions, Aura readings, Astrology readings, shamanic stone readings.

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



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!



Metaphysical
Mississippi
Book Club is Nov 12th.
For more info visit
metaphysicalms.com.

Joyflow at Russells Yoga with Debi

1050 N. Flowood Drive, Ste C4, Flowood MS (back of bldg. through wooden gate)

The Experiential Enneagram

The 5 hour workshop has been postponed until November. Registration is available to reserve your spot at joyflowyoga.com. **\$80 (Early Bird = \$60)**

The workshop's focus will be on the Nine Veils of Misperception and how to release them by balancing the Centers: Head, Heart, and Gut, with Breathwork, Movement, Meditation, and even Laughter.

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PSYCHIC MEDIUM
Gallery Reading

MORE TO COME



JESSICA ARNDT SARAH SCARCHILLI

December 9th
from 6-9 at Soul Synergy Rocks &
Crystals in Flowood, MS

METAPHYSICAL MISSISSIPPI
MEETUP
CHRISTMAS PARTY

MORE TO COME

December 13, 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

**The Mashup
Newsletter is
Coming Soon!**



Submissions deadlines are at
midnight on the last Saturday of the month.



**This spot could be yours! Visit
Submit a Listing on our website.**

**This newsletter has clickable links to the event organizer's
website or registration page. If you have issues, visit our events
calendar or email emily@metaphysicalms.com.**