



METAPHYSICAL MISSISSIPPI



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NOVEMBER'S MASHUP

Metaphysical Mississippi Meetup at Russells Yoga

by Krista Tew, Director of Metaphysical Mississippi

With November now here, we are beckoned to reflect on the bounty of the harvest and blessings in our lives. With the Thanksgiving Holiday comes reflections on gratitude and thankfulness. We will carry this theme into this month's Metaphysical Mississippi Meetup, which will be held at Russells Yoga Studio in Flowood, MS. Join Russell, Emily and myself as we lead a discussion with the group appropriate to the season. The first topic will be "Navigating the Holiday Season with Family and Friends of Different Faiths and Belief Systems" followed by a discussion on "Being in Gratitude and Showing Appreciation during times of Grief and Adversity." The holidays, though are times of celebration and joy, can also be stressful and bring up anguish and depression, even for those on an enlightened spiritual path. Come and share with others in a safe space and prepare to meet this holiday season centered and with serenity. I know many of us have much to share on this and could use a little encouragement in this area at times.

The Monthly Meetups are a great opportunity for fellowship and networking, while learning about metaphysical topics, spirituality and overall wellness (physically, emotionally, mentally and spiritually).



Moving forward, discussion of events, services and announcements will be referred to the Metaphysical Mississippi Website and Newsletter in order to allow ample time for Featured Presentations and Discussion Topics.

However, if you are a practitioner, offer metaphysical goods or services, or have events this community would be interested in, you are welcome to bring promotional materials or business cards to the Monthly Meetups to display for attendees to peruse. There will be time before or after the meeting to discuss with anyone interested in what you have going on.

Hope to see you at the Meetup or other event soon. Speaking of other events, we have a lot going on in the newsletter. Enjoy seeing all the wonderful things we have going on.

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NOVEMBER'S MASHUP

Costume Party at Russells

by Krista Tew, Director
of Metaphysical Mississippi

As I sit and write this it is Halloween afternoon and I am sneaking my favorite Halloween candy from the stash: Reese's Peanut Butter Pumpkins. Gone are the days of trick or treating with my kids after stressing over getting everyone's costumes just so and making sure we had enough candy on hand. Yet as I savor these little candy treasures, I remember the excitement from past Halloweens and bathe in the gratitude of those memories.

Though the kids are grown and now doing their own holiday things, I must say I had a great time celebrating the season this past weekend. It was spent celebrating the recent nuptials of one of our dear friends in the community, making fire cider under a Taurus Full Moon and celebrating with our Metaphysical Mississippi friends with a good ole Halloween Costume Party. If you did not come to the party, we missed you. It was a wonderful time and everyone looked amazing. There was fabulous food and drink, music to set the mood and lively conversations. Of course there were phenomenal psychic readers sharing their craft to enhance the festivities, along with fantastic door prizes and items up for raffle. Our community really knows how to show up.

Many individuals donated goods and services, even if they were not able to attend the party. Halfway through the party there was a SURPRISE that awaited me with gifts of appreciation.



Krista Tew and Russell Holley. Photo courtesy of Shari Crook Turnage.

I knew Emily was up to something because she would not let me help with any of the planning and preparations. But to see the outpouring of love from everyone and the donations given was really overwhelming to me. THANK YOU ALL FROM THE BOTTOM OF MY HEART!! You know this will all go back into the community so we can keep growing. A special thanks to Russell Holley, Emily Hester and Shari Crook Turnage for putting this event together. Our Psychic Readers were Duann Kier, Sunny Kraft and Janet McLellan. Debi Lewis and Ben Tripp for helping out wherever needed. There were so many others who contributed and worked hard behind the scenes, that it would take another page to do the "shout outs". You know who you are and I appreciate you.

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NOVEMBER'S MASHUP

Directory Member Spotlight

Let's welcome our new directory member!



Mercury with Twin Moon Magick

Kelly Smith is an energy worker and candlemaker by trade and clairsentient empath by blessing. She also is a frequent guest on our video and podcasts.

Mercury was so gracious to create our very own Metaphysical Mississippi Twin Moon Magick Candle. Details coming soon on where to get them but everyone who attended the Costume Party at Russells on October 29th received one. Speaking of giveaways, I would like to personally thank all those who contributed money, door prizes, readings services, decorations, and blood sweat and tears for helping me pull off the surprises for Krista.

Sincerely, Emily Hester

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Willow with LittleField of Herbs

Christy Littlefield is a Herbalist, Biodynamic Herb Farmer, Meditation Guide, Reiki Practitioner, and Intuitive Card Reader. She also is a frequent guest on our video and podcasts.



Metaphysical Mississippi releases a Video and podcast weekly. Release times are usually Thursdays. We can be found on YouTube as Metaphysical MS and as Metaphysical Mississippi on these podcast platforms: Apple Podcasts, Spotify, Pandora, and more. There are links to all of these on our [website](#). Coming soon, we talk with Russell Holley about gratitude and hosting our next Meetup.





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NOVEMBER'S MASHUP

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

WORKING IN HARMONY WITH HERBS
w/ Willow

LittleField of Herbs

metaphysicalms.com

Metaphysical Mississippi's Video and Podcast

DOWN TO EARTH

ART + WELLNESS 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!

metaphysicalms.com



METAPHYSICAL MISSISSIPPI'S VIDEO AND PODCAST

ASK A ... ABOUT HALLOWEEN TRADITIONS AND TABOOS!

[METAPHYSICALMS.COM](http://metaphysicalms.com)

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

METAPHYSICAL MISSISSIPPI'S GUEST HOST SERIES

FLOWERING LOTUS MEDITATION PODCAST

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

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

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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NOVEMBER'S MASHUP

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

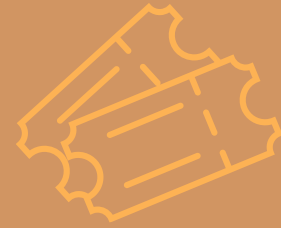
JOIN US WEDNESDAY, NOVEMBER 1ST,
FOR OUR VIRTUAL REIKI SHARE!

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.KRIST9@GMAIL.COM

LINK URL: [HTTPS://US02WEB.ZOOM.US/J/840343387237](https://us02web.zoom.us/j/840343387237)
PWD=TJDNBZFTSN3ZMM4T2LYEDMZNHIVDZ095F8CLID=IWAR1_06HHJJ-YPG4HDXLXOZ4MNP0YKJTL95ZRRK0GN6WSYW3J6MPUW08-I

If you are not able to attend a Reiki Share in person. The MSRA holds a monthly virtual Reiki Share over zoom monthly on the first Wednesday of the month.



Community Meditation

is available at
Wolfe Studio Dojo
4308 Old Canton Rd
Jackson, MS
every Thursday at 6 pm
benefiting the
Jackson Free Clinic.
Register [here](#).

Thursdays in November are the 2nd, 9th, 16th, and 30th

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

Thursday, November 2



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Saturday, November 4th, 10 am - noon
Mississippi Museum of Art
460 E Court St., Jackson, MS



EXTENDED REGISTRATION Till MONDAY NOV. 6th! Register [here](#).



Soul Synergy Rocks & Crystals' Holistic Fair
Saturday 11 am - 6 pm
Sunday 11 am to 5 pm
Learn [more](#).



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**Want to become a sponsor
for our podcast and
advertise with us. Visit our
[Submit a Listing page.](#)**

Reiki 4 Life Reiki Classes for November 2023

Co-facilitated by Reiki Master Teachers
Jina Daniels and Krista Tew

Classes taught at Holistic Health & Healing in Flowood, MS

Reiki Level 1 Training: **Slow & Steady - 3 Week Course**

Nov. 7th, 4th, 21st, 6 - 8 pm
Deadline to sign up November 3rd.

Reiki Level 1 Training: **Fast & Furious - 1 Day Intensive**

November 19th, 10am - 5pm.
Deadline to sign up November 12th.

Down to Earth Art Camp Out at Camp Bratton-Green in Canton, MS

Reiki Level 3 Training (Master): 2 Day Weekend Intensive

November 11th & 12th (Class times to be announced)
Deadline to sign up November 3rd.

For more information:

<http://reiki4lifeenergy.com/>

Questions? Email at info@reiki4lifeenergy.com

Or text Krista at 601-506-0416



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

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



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NOVEMBER'S MASHUP

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



Go [here](#) to register for both events at Hands of Earth Energy.

SIP & SHOP
YOUR WAY THROUGH THE HOLIDAYS

Shop for the Holidays while Sipping on Hot & Cold Holiday Beverages & supporting local business and Food Truck Vendors. There will be a Photobooth, Raffles and more! Come Find the Perfect gift for everyone in the family.

November 12th, 2023
11 - 4 PM
106 Main Ave North
Magee MS 39111

HANDS OF EARTH ENERGY

ENNEAGRAM TYPES

FOR BEGINNERS

November 11th @ 2PM

INVESTMENT \$45



Deb Lewis will be at
Hands of Earth Energy
106 Main Ave North
Magee, MS 39111

Metaphysical Mississippi's Book Club is Nov 12th. This month's selection is *Very Secret Society of Irregular Witches* by Sangu Mandanna. For more info visit metaphysicalms.com.

Metaphysical Mississippi

BOOK CLUB

November's Selection:

The Very Secret Society of Irregular Witches
by Sangu Mandanna

Sunday, November 12
2 - 4 p.m.

Holistic Health and Healing
132 Riverview Dr, Ste D
Flowood, MS 39232

Natalie West will host this small group at Holistic Health and Healing's Classroom in Flowood, Mississippi. Registration \$7 at www.metaphysicalms.com/bookclub/

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NOVEMBER'S MASHUP

Russell's 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

November 15, 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

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



PAST LIFE REGRESSION

SMALL GROUP SESSION

YOUR 1ST STEP ON A MUCH BIGGER JOURNEY

SATURDAY 6-9

November 18th

\$49

LIMITED SEATING

HOLISTIC HEALTH AND HEALING

132 RIVERVIEW DRIVE SUITE D

FLOWOOD

TEXT SHARI FOR RESERVATION

601 503-5010

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

November 29th, 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

UPCOMING
EVENTS

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



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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

First 3 weeks of the month.

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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NOVEMBER'S MASHUP

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.

PSYCHIC MEDIUM
Gallery Reading



JESSICA ARNDT SARAH SCARCHILLI

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

BE THE FLOW

Join us Saturday December 2, 2023 to learn a relaxing hands-on experience.

All are welcome/ no prior experience necessary

You will learn easy & effective ways to experience more energy, better sleep, a calmer mind, less anxiety, less pain, more joy. Anytime. Anywhere.
We provide mats and bolsters but you are welcome to bring your own.

Part One: Self-Care.
11:00am - 12:30pm \$25

worry, fear, anger, sadness, over-efforting
-Having fun coloring, we will discover how the fingers connect to these emotions and how you can easily release and let go using your own hands.
Allows Trust, Confidence, Harmony, Joy & Ease

**Practicing what you just learned, Dottie will lead a special guided meditation providing you an opportunity to feel your energy shift & deeply relax.

Part 2: Hands On Practice
12:45pm -2:45pm \$35 *Part 1 required

Keeping it simple, we continue to deepen our knowledge of the Jin Shin Jyutsu®/fingerholds.
Beautiful Handout Given.

We break out massage tables & apply/adapt these easy gentle "holds" from Part 1 on each other. (can be done with regular chair, bed and hospital bed.) Plus helping others release trauma & grief energetically, breath deeper & boost immunity.

Plus you will learn the Finger/Toe Flow. It is powerful at shifting others into a state of true rest, healing and balance.
Super easy with handout reference to take home.

"It has become increasingly important we can help ourselves and each other".

Facilitator:
Dottie Prestel
-Jin Shin Jyutsu®
Certified Practitioner & Self-Help Teacher
-25 years experience of study, sharing & application
-License Massage Therapist, #344
-owns and operates One River Wellness, a private holistic studio in Ridgeland Ms.

Location:
Hands of Earth Energy
106 Main Ave. North
Magee MS 39111
(purple building)



SCAN TO REGISTER

Contact Dottie with any questions - 601.624.8777
www.1riverwellness.com

METAPHYSICAL MISSISSIPPI
MEETUP
CHRISTMAS PARTY
December 13, 2023
7:00 - 8:30 PM
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 601-306-0416

The Mashup Newsletter is Coming Soon!



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

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