

Metaphysical Mississippi



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JANUARY'S MASHUP

I'd like to invite you to play and pretend. Many of you in our community have witnessed my awakening over the past year. What I have learned from this journey so far is to break free of fears and conditioning, and to start living. We live in an awesome time of escapism through media. We are able to "imagine and pretend" (as a wise teacher of mine, Shari Crook Turnage, says) for a moment and be hypnotized by another's life through a book, a movie, or a song. And there's nothing wrong with that. We need moments to harmonize our souls to a likened frequency of another's struggles or triumphs. But being a spectator limits you. Don't you want to live your own story through your own frailty? This year I'm moving past the play and pretend portion of my journey and possessing it! It's the Year of the Dragon and I'm a Leo. I don't know what those labels really mean, but it is a label I'll wear this season.

Speaking of labels, as many of you've heard me say, I'm a Bible girl. My label for the divine being is God the Creator and He is male, but others may prefer to label the divine as a Goddess, or a keep it non-gender like Source or life force energy. What I ponder is do these labels for the divine really matter? My conclusion is one should not put words in people's mouths when they are tapping into truly living. Just as we all have our own preferences for stories and songs. It's not about getting everybody to like the kind ice cream you do because it brings you so much joy. It's about encouraging others to pick up the scoop and dip into the plethora of flavors that are out there. In essence, that is what the community of Metaphysical Mississippi is: an

ice cream parlor of over "31 flavors". It feels wonderful to just sit void of judgement and fear whilst enjoying my "Rocky Road" while you enjoy vanilla with sprinkles. No need for a sales pitch to Nirvana.



Oh and before I forget, Metaphysical MS has a YouTube channel with over 70 videos of journey sharing from those divinely open from the state of Mississippi and beyond. And we now have a podcast studio/lounge cocooned within Holistic Health and Healing in Flowood, MS. This space is for story telling and it's for all of us. Whether you want to go public or only want a one on one private conversation, Metaphysical Mississippi has a space for that.

This upcoming year I will be offering workshops focusing on finding your voice. So if you are in the area and want to drop by for a chat with Krista or myself, then reach out and we will schedule something. Keep an eye out for impromptu Tea Times in Metaphysical Mississippi's Podcast Studio and Lounge.

Let's embrace the Year of the Dragon together!

Emily Hester, Production Manager

Metaphysical Mississippi



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JANUARY'S MASHUP

Directory Member Spotlight



Let's welcome our new directory member!

Sharon Showalter, S.H.E. Consulting

Sharon Showalter is a renaissance matriarch of the metaphysical community. She is a Shamanic Practitioner, Spiritual Coach & Seer, Reiki Master Teacher, Grief Counselor and so much more. Check out her directory listing here to see all the services that S.H.E. has to offer. Stay tuned to future newsletters for more Shamanic events and classes facilitated by S.H.E..

[Check out our Directory of Businesses and Services here.](#)

Mark your Calendars for An Evening with the Elders at Holistic Health and Healing on January 10, 2024 (Second Wednesday of course) from 7 pm until 8:30 pm.

METAPHYSICAL MISSISSIPPI MEETUP

Evening With the Elders

Come celebrate the past twenty years since the opening of Jackson's New Vibrations metaphysical store with Karen Parker, Duann Kier and Sharon Showalter.

January 10, 2024
7:00 - 8:30 PM

Holistic Health and Healing
132 Riverview Drive, Suite D
Flowood, Mississippi 39232

For more information visit the website metaphysicalms.com

Meeting with the Elders

Join us with a festive spirit and merry heart for a time of celebration as we bring in the new year and revisit the past 20 years or more that led to the inception of Metaphysical Mississippi. Karen Parker will share the birth story of New Vibrations, one of Jackson's first metaphysical stores.

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JANUARY'S MASHUP

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

Join the Mississippi Reiki Association's monthly virtual Reiki Share [here](#).



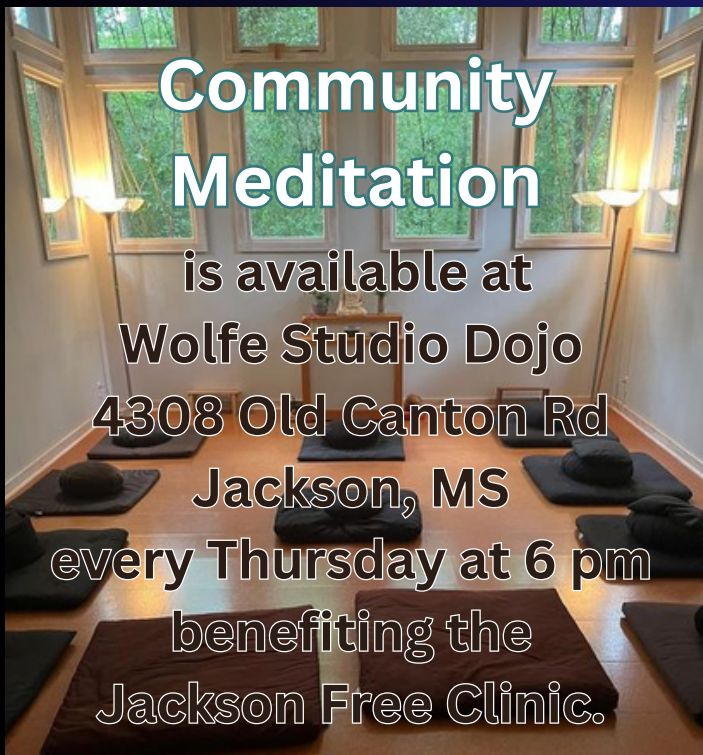
Join us Wednesday, January 3rd, at 7pm for our virtual Reiki share!

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.kristy@gmail.com

LINK URL: <https://us02web.zoom.us/j/8403433872#>
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Community Meditation dates for this month are January, 4th, 11th, 18th, and 25th. Planning to attend? Register [here](#).



Community Meditation is available at
Wolfe Studio Dojo
4308 Old Canton Rd
Jackson, MS
every Thursday at 6 pm
benefiting the
Jackson Free Clinic.



The UFO Experiencer Group will be meeting on January 4 at a new location. [Learn more.](#)



UFO Experiencer Group

1st Thursday of Each Month
6:30pm – 8:00pm
132 Riverview Dr. Ste D
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 Experiencer 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.

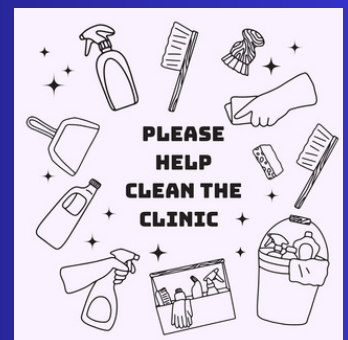
- If you wish to promote your business or service to the group, please do that through the MetaphysicalMS.com Directory of Businesses and Services.
- Please do not bring young children.

NOTE: We are not therapists or physicians. This group serves as a sounding board only and will not be a substitute for your physician's care. Questions? Contact Facilitator Karen Parker through her website www.KarenParkerContinued.com

Clean the Jackson Free Clinic.

Please come on January 21, 2024 at 10:30 to help clean the Jackson Free Clinic!

Want to give your time to a good cause, then consider volunteering to clean the Jackson Free Clinic. The group of volunteers meet at 10:30 a.m. Connect with Beth Herzig on Instagram @takeabreathwithbeth



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JANUARY'S MASHUP

Want to experience a powerful circle of love and support? Plan to attend **Togetherness Circles at Jax-Zen Women Circle with Willow** [Register here.](#)

○ Togetherness Circles

EMPOW-HER: A GODDESS GATHERING

Friday, January 5th at 6:00 PM

Jax-Zen | 155 Wesley Ave, Jackson, MS 39202

RSVP: <https://www.jax-zen.com/events>

Cost: \$20 per person



[Register here to reserve your spots for January 7th or 21st.](#)

How to Share Your Story Workshop

January 7th 11am - 12:30pm

January 7th 2:30pm - 4pm

January 21st 11am - 12:30pm

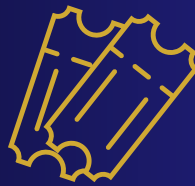
January 21st 4:30pm - 6pm

at Holistic Health & Healing
132 Riverview Dr, Flowood, MS

Four dates and times to choose from this month.
Cost \$20 Limited Space (4 per session).

Register at <https://emilyhester.com/journey/>

Join workshop facilitator Emily Hester discuss the ways to share your own story of enlightenment, hardships, or just to capture your thoughts for you alone. Sharing your story will utilize vlogging, writing or other artistic mediums. Participants are encouraged to bring their own journal and/or recording devices, ie. cellphone.



Let's start the year out right with the practice of Yoga. [Learn more.](#)

Special Event with Joyflow Yoga at Russell's

*Bring in the New Year
with 708 Sun Salutations
- A Yoga Mala*

Saturday, January 6th
8:30 - 10:30 am



1050 N. Flowood Drive, Flowood MS (at back of building)
For more information visit joyflowyoga.com

To register, text Debi Saraswati Lewis at 601-613-4317.

Seeking Guidance? [Register here](#) to reserve your spot for January 13th.

Tarot Talks

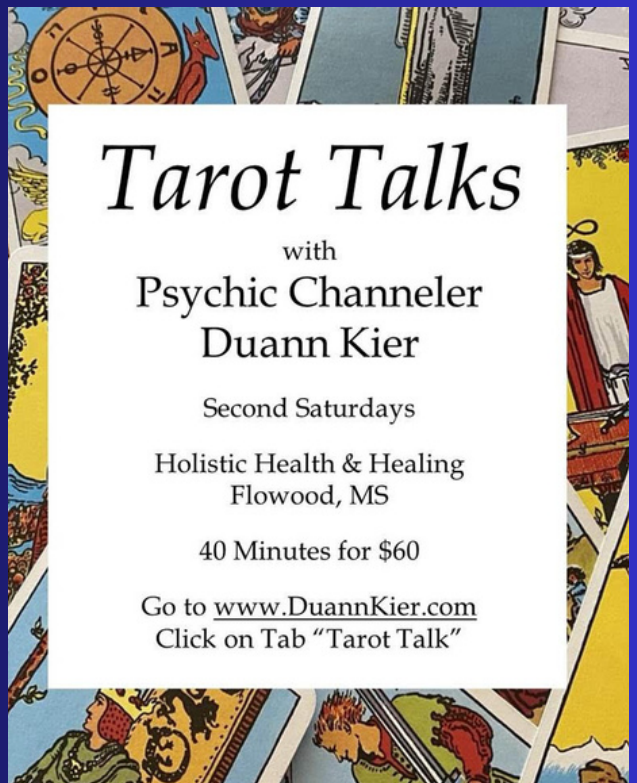
with
Psychic Channeler
Duann Kier

Second Saturdays

Holistic Health & Healing
Flowood, MS

40 Minutes for \$60

Go to www.DuannKier.com
Click on Tab "Tarot Talk"



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JANUARY'S MASHUP

Get your mind right and ready for the new year with other consciousness explorers using groundbreaking sound technology.

Curious about Reiki? Come to a community Reiki share at Russells. Text him at for more information.

Start 2024 with an expanded awareness of consciousness!

Join Sharon Hastings, a Monroe Institute Outreach Trainer

Exploring Consciousness Workshop

January 13th & 14th
8:45 am until 5:30 pm.

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

Take advantage of this special opportunity to welcome 2024 with a new year discount of \$100.

If you are interested in participating in this life-changing experience, please email Sharon Hastings at riverrosegrowthandhealing@gmail.com for more information.



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
JANUARY 17, 2024

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

Reiki 4 Life Classes start January 20th! Register [here](#).



Contact Shari Crook Turnage of [Resolution Hypnotherapy](#) to reserve your spot for January 20th!

NEW 2024 REIKI CLASSES

REGISTRATION NOW OPEN

Reiki Level 1 - January 20th
Reiki Level 2 - February 25

1-Day Intensive <<in-person class>>
-or-
Hybrid <<combines face-to-face classroom instruction with online learning>>

SCAN TO REGISTER:

REIKI MASTER TEACHER KRISTA TEW

REIKI MASTER TEACHER JINA DANIELS

WWW.REIKI4LIFEENERGY.COM

2 LEARNING PATHS TO CHOOSE FROM

PAST LIFE REGRESSION

SMALL GROUP SESSION
YOUR FIRST STEP ON A MUCH BIGGER JOURNEY

Every third Saturday of each month from
6 - 8 p.m.

\$47
LIMITED SEATING

HOLISTIC HEALTH AND HEALING

132 RIVERVIEW DRIVE SUITE D
FLOWOOD

TEXT SHARI FOR RESERVATION
601 503-5010

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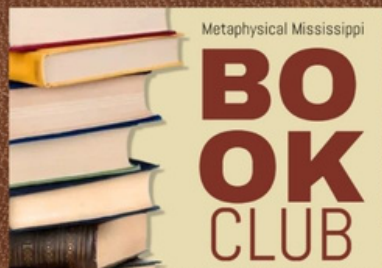
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*Braiding Sweetgrass:
Indigenous Scientific
Knowledge and the Teaching
of Plants*

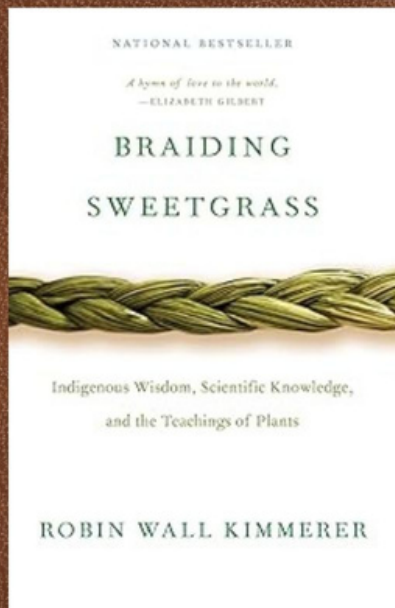
by Robin Wall Kimmerer

Sunday
January 21, 2024
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/

January's Selection:



Want to dig a little deeper into your relationship with the land and our environment, while exploring ancestral ways and scientific concepts? Then come to this month's book club and discover hidden gems of wisdom and wonder through this special, highly acclaimed book. Register [here](#).

Want to advertise your services with us. Visit our [Submit a Listing page on our website](#).

Reiki Renew learn more [here](#).



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.

Reiki Renew with Krista Tew

Renew with Reiki for 2024

Now through January 31, 2024

Reiki Master Teacher Krista Tew will be offering

Special Reiki Sessions

20 minutes for \$24

60 minutes for \$60

To book an appointment,
text Krista at 601-506-0416.

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

To learn more: <https://justbeholisticsms.com/>
<https://www.empowering4life.com/reiki-4-life>

SPONSORED CONTENT

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JANUARY'S MASHUP

Follow us on Facebook and Instagram for Impromptu Dates

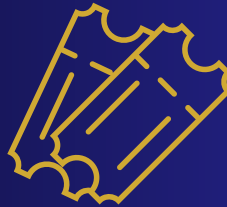
Tea time

in Metaphysical Mississippi's Podcast Studio and Lounge

at Holistic Health and Healing
132 Riverview Dr, Ste D
Flowood, Ms



Bring a beverage or snack to share and let's just visit.



Beachside weekend...enough said. To register go [here](#).
New location: 132 Chalmers Drive, Biloxi, MS

Join Rev. Duann Kier on January 27th from 1 pm to 6 pm To register go [here](#).

New Age Sunday School Seminar:

RECOVERING FROM YOUR RELIGIOUS ROOTS

- Have you ever been told you are sinful and on your way to hell?
- Have you ever been told to be afraid of God and his judgement?
- Have you ever been told your interest in the metaphysical is demonic?
- How have such beliefs affected your view of yourself and of others?
- Have your views of the divine changed throughout your life?
- Are you ready to look objectively at the Bible—how it was written and the story that it tells?
- What might have been misunderstood, misinterpreted or misrepresented?
- Do you have to throw the baby Jesus out with the bath water of Christian fundamentalism, or could he still have a message for you today?
- Where can we find the feminine face of the divine in the Judeo-Christian tradition?
- Have you heard of Shekinah, Ashtoreth or Sophia?
- What are the Judah Pillar Figurines?
- What has The Consortium channeled about religion in general?
- Could it be time to raise the vibrational frequency of the Christian fundamentalist tradition?
- Are you ready to connect personally with the divine rather than depend on a religion to mediate that relationship for you or to tell you what you should believe about it?
- Are you ready to recover from any religious roots that may have been restricting your relationship with the divine and to your own divinity?

ONLY \$60!

WITH

REV. DUANN KIER
PSYCHIC CHANNELER FOR
THE CONSORTIUM

Duann Kier is a psychic channeler, ordained minister, spiritual teacher and author. She is a former Christian fundamentalist with a Master of Religious Education degree from New Orleans Baptist Theological Seminary. Before leaving organized religion, Duann worked for a Southern Baptist newspaper, college, church and for the Southern Baptist Convention headquartered in Nashville, Tennessee.

1:00pm-6:00pm
Saturday, January 27, 2024

Holistic Health & Healing
132 Riverview Drive, Suite D
Flowood, MS 39232

TO REGISTER, GO TO WWW.DUANNKIER.COM AND CLICK ON "REGISTER RECOVERING."



FLOWERING LOTUS
MEDITATION

presents

**A Beachside Weekend
Meditation Retreat**



The Buddha's wisdom is timeless.
Learn how these teachings can
be helpful in YOUR life.

**THE WISDOM OF THE BUDDHA:
A WEEKEND WAKE UP RETREAT**
with Rebecca Kronlage

BILOXI, MS • January 26-28, 2024



Silent Meditation Retreat
Beachside Accommodations
& Vegetarian Meals

Tiered Pricing
Scholarship Rates Available
132 Chalmers Drive Biloxi, MS

Read more and register at:
www.floweringlotusmeditation.org

If you envision a healthier version of yourself, you can then learn more at Resolution Hypnotherapy's [website](#).

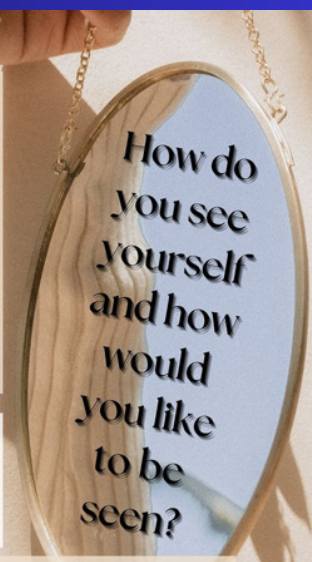
KETO-VORE IN 2024

Return to you ancestral way of eating (WOE)
NO MORE DIETS
NO MORE CRAVINGS
NO MORE FAILING

5 Personalized Private Hypnosis Sessions
Weekly Support Calls
Monthly In Person Meat-Ups

The First Meat-up is January 28th at 7 pm.

Text the words KETO-VORE for more info.
Shari Crook-Turnage, CHT, CMT 601-503-5010.



How do you see yourself and how would you like to be seen?

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JANUARY'S MASHUP

Make sure to check out the interviews released this past month.

Metaphysical Mississippi is on YouTube (Metaphysical MS) and Spotify. We are going through a transition this month and a few of our audio files are temporarily unavailable, but no worries, we will be relaunching soon.

Metaphysical Mississippi
Video and Podcast



Author, Ashmeeta Madhav



Host, Beth Herzig

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Metaphysical Mississippi
Video and Podcast



How to Share Your Story



Metaphysical Mississippi's
Video and Podcast

Start the New Year by Exploring Consciousness



Outreach Trainers for the Monroe Institute,
Jane Coleman and Sharon Hastings
join co-hosts Krista Tew and Emily Hester

METAPHYSICAL MISSISSIPPI'S GUEST HOST SERIES



Flowering Lotus Meditation
Podcast



BETH HERZIG

Flowering Lotus Meditation's
Podcast Host and Executive
Retreat Director



Flowering Lotus Meditation
presents
**A Beachside Weekend
Meditation Retreat**

**THE WISDOM OF THE BUDDHA:
A WEEKEND WAKE UP RETREAT**
with Rebecca Kronlage
BLOXIE, MS • January 26-28, 2024

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Beachside Accommodations
& Vegetarian Meals
Tiered Pricing
Scholarship Rates Available
132 Chalmer's Drive Bloxie, MS
Read more and register at:
www.floweringlotusmeditation.org

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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JANUARY'S MASHUP

Recurring Classes and/or Virtual Shares

Text Debi at (601) 413-4317 to reserve your spot.

Joyflow Yoga Classes at Russells Yoga
1050 N. Flowood Drive, Ste C4 Flowood, MS (at back of building)



Lev 1—Basics & Restore
Tues 9:00-10:15am, Wed 9:00-10:15am, Thurs 10:30-11:45am, Thurs 4:30-5:45pm

Lev 2—Slow Flow
Tues 10:30-11:45am, Tues 4:30-5:45pm, Thurs 9:00-10:15am

Lev 1/2—Combo Basics, Restore & Slow Flow
Tues 6:00-7:30pm

Lev 3—Deep Flow (Longer class)
Wed 12:00-1:45pm, Thurs 6:00-8:15pm

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

First 3 weeks of each Month




Text Russell at (601) 750-0987 to reserve your spot.

Russells Yoga Studio

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.

1050 N. Flowood Dr, Ste C4
Flowood, MS

To register text 601-750-0987



Weekly Meditation Practice. Sign up to Receive Zoom Link & Email Reminders [here](#).



FLOWERING LOTUS MEDITATION

ONLINE SANGHA MEETING

GROUP MEDITATION

Sundays @ 6 pm CST

FLOWERINGLOTUSMEDITATION.ORG

Join the Mississippi Reiki Association's on the first Wednesday of each month for their Virtual Reiki Share [here](#).



MISSISSIPPI REIKI ASSOCIATION

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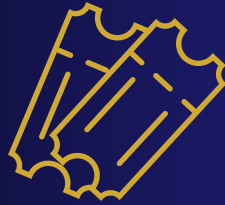
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Save the dates! We know you like to plan ahead, well we do too. Some are still in the planning stages with more details to come.

This spot could be yours visit [here](#) for more info.

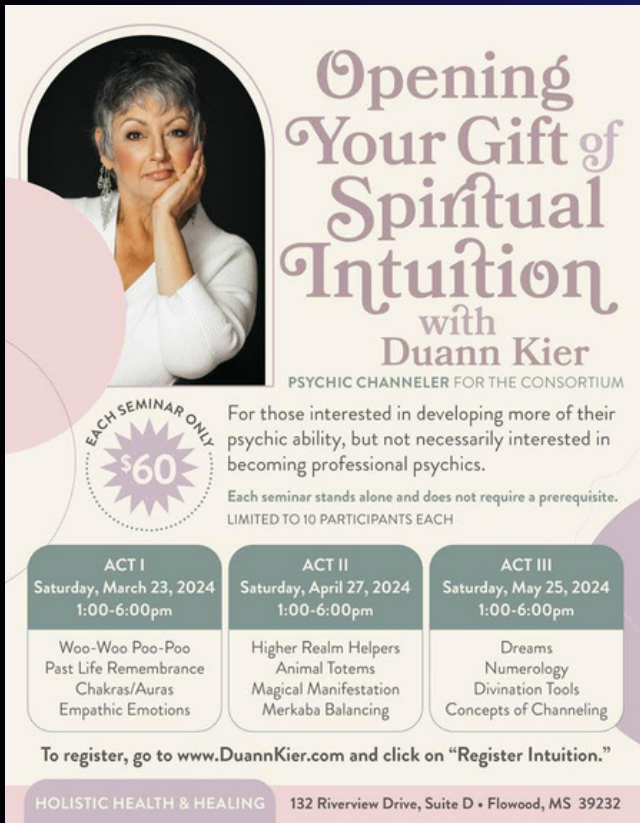
UPCOMING
EVENTS



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

Save the date. Stay tuned for more information.

This spring Duann Kier is offering 3 stand alone seminars. Visit her [website](#) to register and reserve your spot.



Opening Your Gift of Spiritual Intuition
with Duann Kier
PSYCHIC CHANNELER FOR THE CONSORTIUM

For those interested in developing more of their psychic ability, but not necessarily interested in becoming professional psychics.

Each seminar stands alone and does not require a prerequisite. LIMITED TO 10 PARTICIPANTS EACH

EACH SEMINAR ONLY \$60

ACT I	ACT II	ACT III
Saturday, March 23, 2024 1:00-6:00pm	Saturday, April 27, 2024 1:00-6:00pm	Saturday, May 25, 2024 1:00-6:00pm
Woo-Woo Poo-Poo Past Life Remembrance Chakras/Auras Empathic Emotions	Higher Realm Helpers Animal Totems Magical Manifestation Merkaba Balancing	Dreams Numerology Divination Tools Concepts of Channeling

To register, go to www.DuannKier.com and click on "Register Intuition."

HOLISTIC HEALTH & HEALING 132 Riverview Drive, Suite D • Flowood, MS 39232

MEET THE DRAGONS Saturday, February 10th 6 to 8 pm.

Save the date. 2024 is the Year of the Dragon in the Chinese Zodiac. So plan to come play and explore the lore and lure of Dragon Energy at the "Meet the Dragons" event at Holistic Health and Healing on Saturday, February 10th from 6 to 8 pm. Antoinette Wade and Krista Tew will guide you on an adventure through meditation and movement to learn more about this magical creature and discover what messages they can bring us. More details coming soon. Limited spots will be available. Email Krista at justbeholisticms@gmail.com for more information.



Do you like what you see here? Do you need a flyer or social media graphic made for your next event? Emily Hester is offering content marketing consulting by appointment only. Text 601-421-5333 for more information or visit her [website](#).