



12 page event
programme

Northstar Crystals proudly presents The 51st

Mansfield MIND BODY SPIRIT Show

Saturday & Sunday
April 9th / 10th
2022

50 Exhibitors
32 Free Talks & Workshops

John Fretwell Centre
Sookholme Road, Mansfield, Notts NG19 8LL
off the A60, 4 miles north of Mansfield town centre
www.northstarcrystals.com

Welcome to The 51st Mansfield Mind, Body, Spirit Show

A Showcase for Alternative & Complementary Therapies and Lifestyles.

Healers & Mystics, Therapists, Intuitives & Traders from around the UK await you.

50 stalls: therapies, taster treatments, specialist & hand made goods that you won't find in the shops. Friends old and new to meet.

32 free talks & workshops to inform, entertain and enlighten.

Organiser

Northstar Crystals Tel: 07990 874699



Doors Open Saturday 10am—6pm, Sunday 10am—5pm

Daily admission £6 / concessions £5

2 day pass £10 / children under 12 free with ticket

Free parking for 500 vehicles + disabled spaces.

Parking is at owners risk.

Refreshments *Tea, coffee, green tea, soft drinks etc, sandwiches, jacket potatoes, vegetarian & vegan options. Two seated dining areas + covered verandah*

The Fretwell centre does not have a cash machine

If you are buying from a stall, having a reading or treatment, most, but not all stalls take cards.

Nearest cash machine is 1/2 mile away.

Talks & workshops

Last around 50 minutes unless otherwise stated.

Once in the show all talks are free.

Purchase of an event ticket does not guarantee a seat at a particular talk..

The views expressed are those of individual speakers and it is not recommended that you modify or replace treatment of a doctor or qualified medical practitioner without first seeking appropriate advice. Some talks may contain scientifically unproven material.

Children must be accompanied by an adult in talks.

Hearing protection devices for drumming workshops are available from reception on request.

The programme is printed well in advance of the show and occasionally there may be changes to the advertised talks or extra talks added. Details of any changes on the event website.



Mailing list

**Join our mailing list
Get advance notice about
Mansfield MBS Show, workshops and more**

Scan the mailing list QR code or visit event website
www.northstarcystals.com/mansfieldshow

Stalls / Speakers include:

Alison Rees ceramics
Andrea Miles, Silver Jewellery
Angie Zillah, Sshac
Avaja Himalayan Singing Bowls
Awakened Soul
Chesterfield Amethyst
Earth Astrology
Earth Gem Gifts
Earhtones sound therapy
Quantum Touch
Elemental Balance
Emma Gowshall
Ethically Gifted
Frigga's Witchy Emporium
Fenix Flames
Healing Pets
Issachar John
Jan Muse
Jeaneil holistic therapies
Jules Berridge
Julie Elizabeth
India Jo
Iza Moon
Karl Hernesson
Kirstie Lilith
Nell Brooker, Celebrant
Northstar Crystals
Oraphim Shungite
Reiki Energy Systems
Sanctuary Reflexology
Seraphina Jewellery
Shane Darbey
Soul Sisters wooden artefacts
Spirit Earth
Spirit of Selene
Spirit Wood
Steven Blake Old Pain To Go
Sutton Healing Centre
The Feel Better Fast Clinic
The Grail Movement
The Pyramid Lady
The Witches Heart
Woodland Trust
Yanga Yoga
Wa Na Nee Che
Zsuzsanna Medium

Ticket Only Event

Daily admission £6 / concessions £5

2 day pass £10

accompanied child under 12 years free

(under 12 years needs a ticket ...free online)



Tickets

The show sold out well beforehand last time.

If there are no tickets left on the website it means we have reached the limit for the venue and there will not be any tickets for sale on the door.

Please ensure you buy a ticket before travelling, to avoid disappointment.

TO BUY TICKETS ONLINE

Scan the Tickets QR code or go to

www.northstarcystals.com/mansfieldshow

and click on the tickets link

Free talks & workshops

ROOM 1 (the lounge) SATURDAY

Shamanic Drumming



10.45

Join Angie from SSHAC as she hosts a communal drumming session. Bathe in the healing therapeutic sounds of the shamanic medicine drums, or close your eyes and journey with their heartbeat. Bring your own drum or a small selection of drums available to borrow, and help with raising the energies to start the day. Take your seat early for this very popular session.

Chronic Pain sent packing!



12

Pain has a purpose - to get us to do something or to avoid doing something. Whereas Chronic Pain is an old pain message running without a practical purpose. Steven Blake explains why pain that is no longer helpful keeps on running and why it can stop instantly once reasoned with

Crystal Skulls



1pm

Crystal energy & the consciousness of the crystal skulls. Exploring energy. Feel the difference between a crystal and a crystal skull. Learn about why crystal skulls have conscious energies that are here to help you on your path. There will be some skulls to borrow or you are welcome to bring and use your own crystal skull in this workshop. Shane may connect with 2 or 3 audience members and their skulls to help on the next part of their journey.

The Old Ways



2pm

Wa-Na-Nee-Che shares wisdom and stories from the Native American tradition. See article page 10

Witchcraft



3pm

Vala Stiorra presents an insight into her journey and witchcraft path. I will introduce you to the basics of modern witchcraft based on the Wiccan practice which is a great place to start. I will start by answering frequently asked questions from beginners like: What are sabbats? What is the pentagram? And most importantly what are we celebrating? And how do I start? I will also show you a simple altar set up and go into detail regarding the nearest sabbat to the date of the event. Hopefully giving you a great starting point for your own journey

Quantum Touch



4pm

Consciousness Affects Matter. Why is Quantum -Touch Energy Healing different from Reiki and other energy healing techniques? Is it true that using Quantum-Touch techniques, we can see bones move and re-align with the lightest touch, and reduce pain or inflammation in record time? Come see for yourself. with Eileen Strong

Iza Moon's Medicine Music



5pm

Sit back, relax and allow Iza's soulful songs, ethereal sounds and inspirational spoken word to take you on a blissful journey of peace, love, light, hope and healing. Grounding you deeply into the Energies of The Earth and simultaneously opening up your Conscious Connection to The Divine.
"It's like flying between the Earth and Stars on the wings of Sound"

Free talks **ROOM 2** **Saturday**

Opening Ceremony

11am with Nell Brooker, Celebrant. See article on page 8

Candle Magic

12 noon Candle Magic is the easiest form of Spell work, a lot of people become confused and concerned they are doing it right. Throughout this talk you will not only learn the different colours to use but also a basic how to perform candle magic. Angela Barker Fenix Flames

Yanga Yoga

1pm Gentle breathing to start the session, followed by a balanced programme of physical hatha yoga postures, seated and standing. Suitable for beginners to advanced, with Julie Gater

Astrology

3pm with Julie Tabron See article page 11

The Power of Words

4pm Roger Barrett from The Grail Movement explains the power of words and how the words we choose affect our lives, our wellbeing and our personal experiences.

Free Talks **ROOM 3** **Saturday**

Oraphim Shungite

12 noon with Cassie and Rich see article on page 10

Bioresonance

1pm From food allergies to bacteria, the Bioresonance machines will sort out your priority and balance it out, or give you the crystal remedy personal to you. Find out more about this amazing system with Rachel Bavin

Plant Magic

2pm with Jan Muse. See article on page 9

Chakradance – Rhythm for your Soul

3pm Chakradance is a powerful and authentic healing dance practice accessible to anyone, regardless of fitness level, mobility or disability. An intuitive, meditative practice, Chakradance can help tune and balance your mind, body and spirit using spontaneous dance, guided imagery and music which resonates deeply with each of the seven major chakras in turn. Join Mahala Gehna for a short talk and demonstration class of this powerful therapy

Animal Communication

4pm My journey and how my work with the animals has evolved from horses & dogs to whales & lions and how they continue to uniquely work with me. Kirstie Lilith

Show closes at 6pm Saturday

Free talks & workshops
ROOM 1 (the lounge) Sunday



- Djembe with Milla Hannah**
10.45 A fast paced drumming session with Milla Hannah. 40 drums available to borrow or bring your own or sit and thrill to the exciting sound of the Djembe drum.



- Hypnosis, Key to the Mind**
12 noon spiritual connections, emotional, anxiety & nervous disorders, phobias & panic attacks, stopping smoking, weight loss. Hypnosis is the key to the subconscious mind & by unlocking the subconscious we can change perceptions that create blocks and obstacles in our life today. John Richardson



- The Old Ways**
1pm reconnection to your spiritual self. Wa-Na-Nee-Che descends from a long line of medicine men and shamans. He is one of the few remaining Native Americans willing to share the original wisdom of the old way of life, and offers sacred teachings appropriate to the western world in seminars and workshops. See article page 10



- Mediumship with India Jo**
2pm Messages from beyond, with medium and clairvoyant India Jo Jordan. India Jo has always been able to see the subtle realms and works with them every day. Angels, guides and loved ones, she believes “we are all one” and works this principal into her readings and demonstrations.



- Talk to The Animals**
3pm Do you want to learn to talk to your pets? Do you want a better understanding of what’s happening with them ? Bring along a photo, or your pets collar and Emma will teach you simple and effective ways to communicate. Emma has worked all over the world teaching her unique and proven techniques, come along and learn hands on healing for our furry friends.



- Self Healing with Sound**
4pm Join Angie and the SSHAC team with an introduction to the power of self healing with the instrument you were born with. Sounds and simple high vibrational chants to empower you and your life. Have you been told or think you can’t sing, or told to shut up ? Then this workshop is for you. with take away self help print outs..

Show closes at 5pm Sunday

Free talks

ROOM 2

Sunday

Forest Rhapsodies

11am Exploring the magick of our local trees by sharing knowledge both practical and mystical. Interactive, entertaining, and peppered with surprises.
with Heinz Fromann

Hand Reflexology

12 A journey into the world of reflexology. Audience participation for a hand reflexology session with the delightful Chandu Solanki

Quartz Harmonics

1pm Both crystals and sound are vibrational energies, and by combining them together they can boost the healing process. Different frequencies are emitted by crystals and sound and can enhance each other. Jeaneil Holistic Therapists

From Awakening to Enlightenment

2pm The Healing journey, stepping into your gifts with
conscious life coach and transformation mentor Issachar John

Givers and Takers - Relationships explained

3pm Are you a giver? Do your relationships end in the frustration of rarely getting your own way? Have you heard the term "nice guy" used as a derogatory term? Or are you a taker? Are you still appreciative? Or are you somewhere in between a giver and a taker? Steven Blake will explain the attraction between givers and takers in relationships and how both have to adapt for the relationship to thrive and last.

Closing Ceremony

4.30 with Nell Brooker, Celebrant. See article on page 8

Free talks

ROOM 3

Sunday

Reiki energy systems

12 noon Introduction to the gentle art of Reiki and energy healing, with practical demonstrations and hands on healing, suitable for all, no experience needed,
with Alan and Maggie

Herbal Incense

2pm Herbal incense can be used in a various of ways. just to make a room smell nice or as part or as a magical spell. There is so much to know when it comes to using herbs when we use it as a blend your intent and the herbs you use mean something. You will learn the basics of Blending and being able to make them smell nice. Also how to use them within your magical practices. Angela Barker Fenix Flames

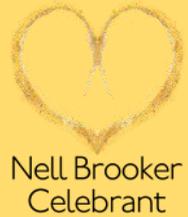
The journey of the soul

3pm Can a human life be simple, the journey straightforward and the results palpable? How worthy is my life, we often ask. What is my journey about? By using our senses intentionally and allowing Spirit to work with us, we can live a meaningful life. Join Zsuzsanna Horcsog, a multi-generation Seer, professional psychic, medium and teacher for an honest and insightful reflection. An open mind with an open heart - nothing else is needed.



Heart-Centred Ceremonies

I'm Nell - holding dual roles as a Civil Funeral Celebrant and Elemental Celebrant. I conduct funeral services and rites of passage, including handfastings, gender affirmation and namings.



My passion is leading ceremonies which support people through transitions, helping to reconnect with themselves and nature.

I serve Derbyshire and Nottinghamshire and travel further afield when asked - officiating ceremonies at barrows and landmarks in our beautiful British countryside. I'm privileged to witness peoples' life stories and to honour them by creating personalised ceremonies from the heart.

Opening Ceremony 11am Saturday room 2

An Elemental Invocation connecting mind, body, heart and community. After a few warmup movements to wake the chi, we will call in the elements and conclude with a heart-prayer - setting positive energies for ourselves and the show weekend and expanding Love to all.

Closing Ceremony 4.30 pm Sunday room 2

Join our Elemental Benediction where we will acknowledge and thank the elements and elementals which have supported us over the weekend and close the circle.

www.nellbrooker.co.uk



Angie-Zillah

with a range of past employment as a builder, shepherdess and landlady to name but a few Angie started her spiritual journey in 1996, gaining her first ever qualification.

Angie founded the 'Sacred Sound Healing arts Centre' in Mansfield in 2016 ; a self-funding mutifaith community hub, hosting a wide range of events, classes and workshop's and providing a base and outreach for other charitable organisations.

Angie now focuses on channelled higher order, transmission's, Sound and Colour Healing.

Her second book 'Release your Phoenix' is due to be published this spring. In 2019 the world of sound healing expanded and the group Universal Alchemy 2021 was born, with fellow musicians Julia, Glenn, and Cat, releasing their first Albums Rainbow bridge, and Root- a-Net.

sshac@yahoo.com
07806305304 - Angie

**Drumming Saturday room 1
Sound Healing Sunday room 1**



Julie Gater

Yoga practitioner and founder of Yanga Yoga set up in 2014. A Unique style of yoga incorporating different styles of yoga. Reiki master, Crystal Healer. Channelled by Galactic, Egyptian and Altantean energy. Musician, singer songwriter of channelled frequency music. Sound healer and music teacher of piano, keyboard organ and vocals.

Meet Julie Gater in room 2 on Saturday



See with our eyes, sing our song.

Plant Spirit Magic

We have become disconnected from Mother Earth and our true selves.
Nature is calling us louder than ever.
Will you answer the call?

Join Jan for a journey into Green magic.
Learn how to connect with Nature for health and well-being.
Hear about flower essences and herbs through the year.
This talk involves a Shamanic Journey to the Essence of plants.
Jan Muse is a Master Herbalist, Flower Essence Consultant, Usui Holy Fire® Reiki Master Teacher and Cacao Ceremony facilitator. She has been working closely with Mother Earth and Nature for many years.

www.magicalmuseholistics.co.uk

Join Jan Muse on Saturday in Room 3

Issachar John

I am Issachar, a 35 year old single mother born in Doncaster who successfully recovered from severe mental illness - drug free - using various structures I researched and adapted to my individual needs. I then went on to successfully work in ancestral trauma, recovery of addiction and assisting others to positively change their lives from living in pain to peace.

Past charity ambassador for Hallam FM and The Princes Trust. I came first out of 500 businesses across Yorkshire and the Humber for success through hardship.

www.healmehappy.life

Join Issacar in room 2 on Sunday



Fenix Flames

Fenix Flames was founded by two friends, Sarah Louise Kay and Angela Barker, both of whom had a passion for and many years experience in using candles, herbs, crystals and oils in their personal practises of Paganism and Witchcraft. Sarah's sudden and unexpected passing in January 2019, aged just 26, brought the Pagan community together to mourn and celebrate her. Fenix Flames continues as a dedication to her deep knowledge way beyond her years, her quiet and humble spirit, her kindness, humor, joy and light. Magical Candles, Herbal Incense, Magical Oils, Music, Workshops

www.fenixflames.co.uk

Candle Magic Saturday room 2
Herbal Incense Sunday room 3

Wa-na-nee-che



In today's world people are searching for their spiritual connection. They have forgotten what love really is, which was the first rule of the Creator. Wa-na-nee-che has been given the task to give people tools and to explain how to use them to help them to connect to their spiritual pathway. In the beginning, in the indigenous way of life there was no separation by race. Everyone was part of the circle of life, we were all related. Wa-na-nee-che is willing to share his knowledge with anyone who feels the need to discover the old ways to bring balance and harmony back into their lives.

Wa-na-nee-che has written four books and has made one CD which will help you free your mind and raise your spirit. He is best known by the book White Eagle Medicine Cards and the CD Journey to Spirit. These are tools to help you resolve issues that prevent you from moving forward, and finding your true self.

Saturday room 1 and Sunday room 1

Oraphim Shungite



Oraphim are leading the way on delivering the biggest and most beautiful range of Shungite Solutions with the latest research and interactive techniques for you to experience the Quantum power of this miraculous mineroloid from Russia, with its Nobel award winning C60 fullerenes it really is unlike anything you have experienced before, with healing attributes as well as detoxing and water purification, energy boosting and calming abilities it becomes your best wellness tool.

www.orphimshungite.com

Join Cassie & Rich on Saturday in room 3



Iza A Moon

Inspired by her deep connection to Great Spirit and Mother Nature, Iza Moon shares her Soulful Songs, empowering Words and Healing Sounds, interwoven with wisdom and guidance about how we can nurture our connection to the Creative Force within, enabling us to become Conscious Creators of our own reality.

Join Iza on Saturday in room 1



Julie Tabron—Astrologer

You are more than your Sun Sign! Human beings are far too complex to simply divide into 12 different Sun Signs. In this talk you will discover the meanings of each planet and how their energies operate and manifest in a birth chart. And if we have time I will take you on a

journey through all the different tools and techniques used to construct an interpretation. I will show you how deep natal astrology can go! Hope to see you there !

Julie is currently working through her 3rd year with the Astrology University '4 Year Training Program' and has been studying Astrology for over 6 years.

Join Julie Tabron Saturday in room 2



Quantum-Touch®

Eileen Strong is Derbyshire's only fully certified Quantum Touch® Energy Healing Instructor/Practitioner. Working from centres in Heanor and Belper, this is a great opportunity to catch Eileen at the show where she is offering high vibrational Quantum-Touch® energy-work sessions throughout the show.

During her talk/demo Eileen will demonstrate how easily this technique can be used to re-align body structure within minutes,

showing how our consciousness really does affect matter and our love has real impact on those around us .. often in amazing ways.

Eileen is also a Lifestyle Prescriptions® Health Coach and Meditation Teacher with a 15+ year background in holistic therapies. She can be booked for talks/ demos on many different aspects of energy works and stress-related health challenges. She is also a Cancer Touch Therapist and provides caring, supportive, safe treatments for ladies on their cancer journey.

www.eileenstrong.co.uk

Join Eileen Saturday in room 1

