

12 page event
programme

*Northstar Crystals
proudly presents The 54th*

Mansfield **MIND BODY SPIRIT Show**

Saturday & Sunday
October 14th / 15th
2023

50 Exhibitors
33 Free Talks & Workshops

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

Welcome to The 54th 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.

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

Organiser

Northstar Crystals Tel: 07990 874699

facebook

Mansfield show

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

Daily admission £6 / 2 day pass £10

concessions £5 / 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 complex 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.*

Some talks may contain scientifically unproven material.

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.

Children must be accompanied by an adult at all times.

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 from www.northstarcrystals.com/mansfieldshow



Mailing list

Get Future Mansfield MBS Show programmes
delivered to your email inbox

Scan the QR code *or visit*

www.northstarcrystals.com/mansfieldshow

Stalls / Speakers include:

Alison Rees ceramics
Andrea Miles, Silver Jewellery
Angel Tree Artwork
Angie Zillah, Sshac
Avaja Himalayan Singing Bowls
Chesterfield Amethyst
Earth Gem Gifts
Earhtones Therapy Centre
Edwinstowe Chiropractic
Elemental Balance
Emma Gowshall
Ethically Gifted
Frigga's Witchy Emporium
Fenix Flames
Healing Pets
Ian Jarvis
Julie Elizabeth
JeanNeil Therapies
Karl Hernesson
Mark Duffin
Mick Lawlor
Milla Hannah
Moira Hodgkinson
Mystic Dragon Ceremonies
Mystic Moon
Nell Brooker, Celebrant
Northstar Crystals
Oraphim Shungite
Paul Seagrave
Rachel's Runes
Reiki Energy Systems
Sanctuary Reflexology
Sense The Senses
Seraphina Jewellery
Shane Darbey
Spirit Earth
Spirit of Selene
Spirit Wood
Stephanie J King
Steven Blake Old Pain To Go
Sutton Healing Centre
Tarot of the Toiling Hands
The Feel Better Fast Clinic
The Grail Movement
The Witches Heart
The York Aura Post
Tranquil Awakenings
Vanilla Wild

Ticket Only Event

Daily admission £6 / concessions £5

2 day pass £10

*accompanied child under 12 years free
(under 12 years needs a ticketfree online)*



Tickets

All tickets for the last 4 shows sold out well beforehand.

Any unsold tickets for this show will be available to buy from the tickets website.

Please do not travel without a ticket. 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.

TO BUY TICKETS ONLINE

Scan the QR code or go to

www.northstarcrystals.com/mansfieldshow

and click on the tickets link

Free talks & workshops
ROOM 1 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.

Hypnosis



12 noon

Uncover the many myths and secrets of hypnosis and learn how hypnosis can help you. John Richardson's fascinating, and now legendary, demonstration shows you why hypnosis is nothing to fear! John has been a professional stage and holistic analytical hypnotherapist for many years and his talks and demonstrations are packed with information and fun. You will soon see all of the benefits hypnosis has to offer. Not to be missed!

Mediumship Demonstration



1pm

Brenda Diskin is a natural born multi-sense medium with over 50 years experience of working in the psychic and paranormal fields. She is a qualified tutor, artist and published author. She specialises in Deep Trance Mediumship, Intuitive Tarot Reading, Remote Viewing and non-Invasive Psychic Surgery. Brenda says she can give a reading from almost anything

Baneful Magick



2pm

Is a form of magick that can be used as preventative magick and for protection. Learn about the responsibilities and what Baneful magick really is. Why is it such a big no go in magic, is it actually bad? When we should use Baneful magick and when we shouldn't. Angela Barker

Spirit Attachment and Invasive Energy Release Work



3pm

Debbie Ison discusses her journey with spirit release work and how this can be one of the many therapeutic tools that can be used to assist clients. During this conversation, through true to life case studies, Debbie explains why spirits do not always go into the light, highlighting some of the circumstances that can leave us open to spirit attachment and what can be done to resolve this issue.

Connect to Your Animals



4pm

Emma Gowshall has worked all over the world teaching Animal Communication. Bring along a photo, or your pets collar and Emma will teach you simple and effective ways to communicate. She will demonstrate how your animals communicate with you, how to understand their messages and how they develop their own way of talking to you. We just have to learn to listen. Emma will also explain how our animals can empathise and alert us to issues and concerns with our own health and other animals around us

Living Witchcraft



5pm

What do witches get up to when it's not a full moon? How do we bring witchcraft rituals and magic into play when faced with family drama, or add a little spell for courage in difficult situations? Discover how intuitive magic and rituals can become an integral part of a witch's life and incorporate aspects of witchery into everyday life. Moira Hodgkinson

Show closes at 6pm Saturday

Free talks

ROOM 2

Saturday

12
noon

The Grail Message

see article, page 9

Usul Reiki and Energy Systems

1pm

Introduction to the gentle art of Reiki, hands a non invasive form of healing, practical demonstrations and hands on healings, suitable for all, no experience needed. with Alan and students from Clipstone Reiki.

Finding your self worth

2pm

Join mantra therapist Mahala Gehna of Earthtones Therapy Centre in a mantra workshop. Get to know Dhumavati, a Hindu crone goddess, learn a mantra to her and find out how to use mantra to improve your self-esteem and confidence. With over 15 years of experience in mantra therapy, Mahala will teach you how to use this powerful modality for yourself, as you take part in this practical workshop. Suitable for complete beginners, and those with mantra experience.

Old Pain to go

3pm

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 will explain why pain that is no longer helpful keeps on running and why it can stop instantly, once reasoned with.

4pm

The Passing Over Ceremony

with Nell Brooker, see page 10

Free talks

ROOM 3

Saturday

Entanglement

11am *with Paul Harrison, see article page 9*

The Aura

12
noon *with Saba Suleiman, see article page 9*

Singing Bowls

1pm

Join Dave Mitchell from Avaja for an introductory talk on Himalayan Singing Bowls, find out about their history, what they are used for, how they are made, how to choose, and how to play one. Limited to 50 participants.

5G radiation and your health

2pm

5G, 15 minute cities and the cashless society with Ian Jarvis see page 10

Harp Music

3pm

Soothing sounds from the Celtic Harp. Live music with Mick Lawlor.

Shungite

4pm

Master class from Oraphim (silver infused specialists). Enhanced Shungite for water purification & wifi/mobile phone radiation reduction, Latest inspiring research results shared, Transform your energy + amazing life saving testimonials

Free talks & workshops
ROOM 1 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.



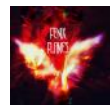
- How to Read The Runes**
12 noon Join Vala Stiorra for her interactive 'How To' demonstration of Rune reading. See article page 10



- Powerless or Powerful ?**
1pm The choice is yours. You are a powerful creator whether you realise it or not. How you write your story is completely by free choice. You *will* health, wealth, success or failure into being, as you directly program real time life. There is nothing you can't endure or overcome. Life needs your live instruction before it can connect, for it's you who gives life meaning, you compound what's playing out through will and choice as life unfolds. Will you be the change? Will you be the love? Will you be strong enough to be the difference you birthed to be, for the greater whole? Stephanie J King



- Mediumship with Rick Paul**
2pm The entertaining and very talented Rick Paul, demonstrates his gifts using a combination of psychic and mediumistic skills, psychometry and intuition



- Spellcasting**
3pm Spells can be spoken or written. A spell may include herbs, parchments, candles and crystals. Some will include moon water or crystal elixirs. They can be used for Protection, Jinx breaking, Healing, Wealth, Attracting a partner and so on. Experienced Witch and Spellcaster Angela Barker discusses the power and correct use of Magickal Spells.



- The Directions**
4pm North, East, South or West. Which direction currently controls your pathway? You will learn a little about the directions and which heart beat of the drum they control. Which will you gravitate towards and which will you not want too beat ? There's more to the directions than you may first think. In Shamanic culture each has its own colour and it's worthwhile deciding which colour you are drawn to; white, yellow, red or black. Choose wisely. Some drums provided or bring your own frame drum. Drumming and meditation with audience participation. Shane Darbey

Free talks **ROOM 2** *Sunday*

Get Knotted

12 noon Handfasting, with Luke from Mystic Dragon Ceremonies see page 11

Cultivating a Peaceful Mind

1pm The Art of Buddhist Meditation. Discover how to tame the mind and cultivate inner peace through the practice of meditation. Paul Seagrave. See article page 11

The Magic of Medicinal Mushrooms

2pm with Tavi, See article page 8

Crystal Meditation

3pm Use a Rose Quartz Crystal to journey and meet the spirits of your crystal. The Rose Quartz is supplied and is yours to take home at the end. Or bring a crystal of your own choice if you prefer. Jeaneil Holistic Therapists

Escaping the Past

4pm Our past is the biggest source of our anxieties. To escape it we have to learn from it and we do that by analysing it in a meaningful way. Steven Blake will explain how to dig into the cause, learn from it and move on from the trapped emotions

Free talks **ROOM 3** *Sunday*

Soul to Sole

12 noon Experienced and much sought after reflexologist, Chandu Solanki will discuss hand and foot reflexology, look at options to heal from within and without, using alternative treatments and exercises, ending with a Hand Reflexology session. Audience participation.

Chakra Sound Bath

1pm Join Mahala and Alex of Earhtones Therapy Centre for a sound bath designed to activate your chakras. Using Himalayan singing bowls, crystal singing bowls, tubular bells, mantra and therapeutic percussion, they will soothe and relax you as they activate ten of your chakras

Neuro Linguistic Programming (NLP)

2pm Debbie Ison will discuss how the mind works, sharing her knowledge of NLP and how, through using language and body language, we can shift our thoughts and feelings so that we can live our lives to the fullest. As part of this conversation Debbie will demonstrate practical techniques that you can apply to your daily life.

Reiki Subversives

3pm Healing the mind virus, Wetiko and the victim / perpetrator cycle; which continues from generation to generation until someone breaks the mould. Karl Hernesson

Channeled Meditation

4pm Join Angie Zillah and friends for a channeled Higher Order Meditation, interconnecting with high frequency energies relating to benevolent, galactic beings of the Higher Order, who are assisting us with human ascension and earth's transition

Show closes at 5pm Sunday



Vala Stiorra

I am a British author, artist, priestess of Frigga, rune reader and traditional fortune teller from a hereditary Roma gypsy & northern English origin.

My aim is to bring you my unique and pragmatic gift to help empower and clarify your life through my no-nonsense life guidance, future focused readings. Rune Readings available all weekend.

I am devoted to helping simplify and make the spiritual world accessible for beginners and help anyone regardless of ability, by sharing my knowledge, journey and heritage using easy to understand language and relatable examples, often from my own experiences. I help people break through blockages, and gain clarity and empowerment in their lives.

Join Vala on Sunday in room 1 for How to Read The Runes

Buy a copy of Vala's Pocket Rune Book from her stall at the show and get £2 off any set of runes, handmade by Vala herself.

All you need to start and continue your journey with the runes.

Together with my husband, from my stall at the show, I will be selling pocket friendly vintage, new and handmade products from divination tools (tarot & oracle cards, ogham & rune sets, crystal balls & teacups), clothing, jewellery and altar tools, to one of a kind pagan and gypsy inspired artistic designs and so much more through our retail stand

Frigga's Witchy Emporium Tel: 07488227296



The Magic of Medicinal Mushrooms

Unlocking the Healing Power of Nature. Explore the fascinating world of medicinal mushrooms and their potential to support our health and wellbeing.

From ancient Chinese medicine to modern scientific research, we'll delve into the properties of different mushroom species and their benefits for the immune system, brain function, and beyond. We'll also discuss how mushrooms can be incorporated into daily life and rituals, and how they complement other holistic practices such as crystal healing, tarot readings, and frequency therapy.

Whether you're a seasoned mycophile or simply curious about natural remedies, this talk will inspire you to tap into the magic of the fungi kingdom, with Tavi the Hempman.

Join Tavi on Sunday in room 2



Paul Harrison

Paul has been sourcing and selling crystals from his shop in Pilsley for over twenty years and giving talks about tarot, crystals and crystal skulls. He has been selling crystals at the Mansfield MBS Show for eighteen years. However, Paul's talk is not about selling it is about something much more important.....

Entanglement

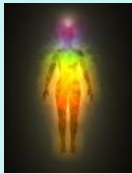
Are you worried about global warming, gun crime, or fear the future for humans and animals? Have you stopped watching the normally sad evening news?

Without politics, religion, or money from big business, helping ourselves to help our planet is much easier than you might think. Paul will demonstrate through, sculptures, pictures and words, ways you may not have considered were possible,

Entanglement is not about Angels, therapies or crystals. It's about helping to steer humanity away from conflict, war and depression. There is hope!

You might just sleep better, with a smile on your face.

Join Paul on Saturday at 11am, in room 3, for Entanglement



The Aura

There is nothing more empowering than knowing thyself.

An Aura reading is a powerful tool that helps unlock the mystery to ourselves.

Aura is our spiritual skin or our spiritual signature so to speak.

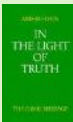
We are interesting and complex living beings full of emotion, intelligence and spirit, and these qualities are reflected in our

energy fields, or Aura.

An aura is the electromagnetic field that surrounds the human body and every organism and object in the universe. Energy colours in Aura reflect how we perceive and live our life and what reality we are experiencing at any given time. It also shows how we process life physically, emotionally, mentally and spiritually. Understanding our energy colours is an effective way of gaining insight into ourselves and creating a healing experience.

Saba Suleiman, Saturday in room 3

The Grail Message, room 2 Saturday



Primordial Laws of Creation.

The Great, Incorruptible, Guardian of Order and Justice.

Mankind wants to be happy, but does he know how to achieve this happiness?

The Grail message provides the answer in the following sentence:

“Thus the conditions for a life of happiness are not nearly so difficult to fulfil as it appears at first glance to those who have only part-knowledge! Happiness is much easier to achieve than many think! But it is first necessary for mankind to know the laws which rest in Creation. If they live accordingly then they must become happy!”

Join Dr. Olaniyi Olayinka for this introductory lecture to the book, In The Light of Truth, The Grail Message mediated to Mankind by Abd-Ru-Shin.



The Passing Over Ceremony

What happens after the funeral?

This sacred ceremony can take place at any time after a person has died - even years later. The transformative ritual based in the four elements helps people through grief and brings settlement and peace. It has therapeutic benefits and can be used to say goodbye to our animal companions too.

We'll have an experience of the process and a mini Death Café where we can talk about funerals and the wider subject of death. www.nellbrooker.co.uk



The Passing Over Ceremony, room 2 Saturday, with Nell Brooker



Debbie Ibson / Tranquil Awakenings

Debbie works with each client to design a bespoke treatment package, which can combine her expertise in Clinical and Transpersonal Hypnotherapy with a range of complimentary therapies including Integral Eye Movement Therapy, Brain Working Recursive Therapy, OldPain2Go, Kinetic Shift, Reiki, Thought Field Therapy, Past Life Regression and Neuro-Linguistic Programming.

Debbie works from her therapy suite in the peaceful village of Snarford (near Welton).

In this tranquil space, Debbie can work with you to unlock your potential.

Skype/Zoom consultations are also available for clients from further afield who would like to utilise Debbie's unique programme of therapies

www.tranquil-awakenings.co.uk Call now 07842054408

'A massive THANK YOU to Debbie for my hypnotherapy sessions you have been amazing and the changes are so noticeable which is fantastic, if you can crack me you must be a miracle worker. Debbie listens to what you needs and is very professional. I will be recommending your services. Thank you so much'



'Debbie is not only a great hypnotherapist, but a lovely person too.

Even from just the consultation, she was so ambitious to help me and really cared about what I had to say. After 2 sessions, I feel like a weight has been lifted and that I'm able to tackle the once loud anxious voice and make it much, much smaller.

Join Debbie Ibson

**Saturday room 1 for Spirit Attachment and Invasive Energy Release Work
Sunday room 3 for Neuro Linguistic Programming**



5G radiation and your health

Ian Jarvis will discuss the differences between natural and man made Radio Frequency Radiation, what the rollout of 5G brings and why we should be concerned for our health.

Ian talks about the acceleration towards Low Traffic Neighbourhoods around the country, combined with ULEZ, CAZ and a growing number of new terms, he will consider why 5G is crucial to implement them fully.

He will give some pointers to wider considerations, such as the Smart City and 15-Minute Zones being treated almost as if it were an international competition. Stopping the 5G masts becomes critical in our fight.

Join Ian Jarvis on Saturday in room 3



Paul Seagrave

Cultivating a Peaceful Mind, Sunday in room 2

Often we think that the source of our own happiness and suffering is an external phenomenon, however, if we reflect we are able to see that our experience of both is intimately related to our own state of mind.

In order to achieve happiness for ourselves and others and be free from the destructive thoughts which are the cause of our suffering,

we need to cultivate a healthy relationship with our mind. One proven method to achieve this is the practice of meditation.

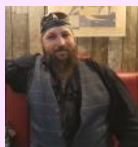
Join Paul, co-founder of Peaceful Minds, to explore the basic principles of how to tame the mind. Paul is classically trained in the Tibetan Buddhist Gelugpa tradition, the lineage of the 14th Dalai Lama. He graduated from Nalanda Monastery in the summer of 2022 having completed the five-year residential programme, concluding ten years of study and a year of solitary retreat.

www.peacefulminds.me

www.facebook.com/peacefulminds.me

www.instagram.com/peacefulminds.me/

Email: info@peacefulminds.me



Get Knotted

Is the ancient practice of a handfasting ceremony relevant today ?

Did you know that handfasting pre dates what we consider modern marriage? This is where the term ‘tying the knot’ comes from.

Do you know why we exchange rings?

Or why we have bridesmaids or groomsmen?

Even down to the veil, all of these elements are steeped in tradition and history. This also creeps in to modern matrimony with such terms as the ‘honeymoon’. These are in fact some very ancient and equally interesting actions that originate with relatively simple tasks that were once common practice.

Join Sacred Celebrant Luke for **Get Knotted, room 2 Sunday**

www.mysticdragonceremonies.co.uk

Email: luke@mysticdragonceremonies.co.uk

Tel: 07707570335

Jeaneil Therapies

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Crystal Meditation, Sunday room 2

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John Fretwell Centre
Sookholme Road, Mansfield, Notts NG19 8LL
off the A60, 4 miles north of Mansfield town centre
Bus no.11 or no. 12 from Mansfield bus station

FREE PARKING REFRESHMENTS PRIZE DRAW

Doors open Sat 10am—6pm / Sun 10am—5pm
Daily admission £6 / concession. £5 / 2 day pass £10 / under 12 free with ticket
TICKET ONLY EVENT

organiser Northstar Crystals Tel: 07990 874699

www.northstarcrystals.com/mansfieldshow

