

12 page event  
programme

*Northstar Crystals  
proudly presents our 55th*

# **Mansfield MIND BODY SPIRIT Show**

***Saturday & Sunday  
April 6th / 7th  
2024***

**50 Exhibitors  
35 Free Talks & Workshops**

**John Fretwell Complex**  
**Sookholme Road, Mansfield, Notts NG19 8LL**  
*off the A60, 4 miles north of Mansfield town centre*  
[www.northstarcystals.com/mansfieldshow](http://www.northstarcystals.com/mansfieldshow)

## Welcome to The 55th 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.

35 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](http://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](http://www.northstarcrystals.com/mansfieldshow)

## **Stalls / Speakers include:**

Andrea Miles, Silver Jewellery  
Angie Zillah, Area 21  
Avaja Himalayan Singing Bowls  
Awakened Soul  
Chesterfield Amethyst  
Clipstone Reiki  
Earth Astrology  
Earhtones Sound Therapy  
Edwinstowe Chiropractic  
Elemental Balance  
Emma Gowshall  
Ethically Gifted  
Frigga's Witchy Emporium  
Fenix Flames  
Gently Stirred  
Greta Dabek  
Healing Pets  
Highlandoak.shop  
Jacqueline Kent Coaching  
Jacqui De Rose  
Julie Elizabeth  
Jacqui Marsh

Jan Muse  
John Richardson  
Jo Nettleton  
JeanNeil Therapies  
Karl Hernesson  
Mick Lawlor  
Milla Hannah  
Northstar Crystals  
Oraphim Shungite  
Paul Seagrave  
Rachel's Runes  
Reiki Energy Systems  
Sanctuary Reflexology  
Seraphina Jewellery  
Stephanie J King  
Steven Blake Old Pain To Go  
Sutton Healing Centre  
The Crystal Moon  
The Feel Better Fast Clinic  
The Grail Movement  
The Witches Heart  
The York Aura Post  
Tranquil Awakenings

## **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 )*



**April Tickets**

All tickets for the last 5 shows sold out well beforehand.

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

Please do not travel to the show 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.northstarcystals.com/mansfieldshow](http://www.northstarcystals.com/mansfieldshow)

and click on the tickets link



*Free talks & workshops*  
**ROOM 1 SATURDAY**

**Shamanic Drumming**



10.45

Join Angie from Area 21 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.

**Aura Colours**



12 noon

Body, mind and spirit, all of these parts make up the whole that is us. An imbalance in any part can create dysfunction in the whole and this reflected in the aura. So, the aura consists of different layers of energy. All the layers work together. Energy moves from layer to layer and often spreads throughout the layers. When we express a positive attitude, eat nourishing food or engage in a creative form of action, we generate /attract / gain positive energy, which reflects in the aura in different colours. Auric colours provide us with an alternative in understanding our emotions, consciousness, energy processes and the inner Self. Saba Suleiman

**Pendulum power**



1pm

how to use pendulums to search for lost objects their uses in magic, and lots of other intriguing uses and possibilities, along with practical demonstrations. Get in the swing with Angela Barker.

**Activate The Relaxation Response**



2pm

to lower blood pressure and protect yourself from heart attacks and strokes. John Richardson. *See page 8*

**Mediumship Demonstration**



3pm

Jo Nettleton is a spiritual medium, psychic, teacher, mentor and healer. She has been a medium most of her life and has worked professionally with spirit for the last 15 years. Jo describes herself as an 'honest Yorkshire lass' and packs a lot in to her authentic and entertaining demonstrations.

**Soul Mates and Soul Groups**



4pm

Have you ever wondered why you were born into your specific family? Or why certain situations and interactions have happened within your life? Have you ever crossed paths with another person and felt an instant connection, or dislike and you just can't quite put your finger on why? Debbie Ison discusses the idea of soul mates and soul groups; looking at the reasons why we connect with other people, the contracts we have made with them on a spiritual level, and why they are important for our growth

**Communal Singing**



5pm

Chants, Harmonies and Melodies with inspiring songstress Julie Gater. You *could* just sit and listen, but we would love for you to join in with us. Do something different today ! Suitable for singers and non singers alike. Julie has auditioned for The X factor, Stars in their eyes, Britain's got talent and The Voice You Can.

**Show closes at 6pm Saturday**

*Free talks*

**ROOM 2**

**Saturday**

12 noon **Moon Magic**  
Moon Phases & Rituals to ease your day with practicing witch Jacqui Marsh

1pm **Empathy**  
How emotions affect the body. Using emotional energy for healing and growth. Why is the gift of empathy the greatest and most difficult gift? Beata Czepczynska

2pm **Astrology**  
Earth, Air, Fire and Water. We are all made of these four elements. Learn how each element is at the foundation of any natal chart reading and how they play a vital role in any astrological studies. You will also have the opportunity to examine the elements in your own chart so do bring along your mobile phone. Julie Tabron

3pm **CBD Oil**  
Richard Homer on Cannabidiol oil. It's benefits, an in depth look at the production process, the oil breakdown, and how best to take it.

4pm **The Law of Attraction in Action**  
We hear about the law of attraction as though we can have anything we want just by thinking about it. But is that true? Steven Blake explains how we manifest all that we think and feel.

*Free talks*

**ROOM 3**

**Saturday**

11am **Oraphim Shungite**  
Activated Shungite Specialists are here to give you the latest research results when its comes to this curious carbon! Hear the best ways to protect from cellular damaging wifi & 5g, and the best ways to enhance your bio-field with Shungite pyramids & jewellery for healing, detoxing and energy boosting. Shungite is hailed the hero of our times and you will learn just why.

12 noon **Ignite Your Inner Flame**  
*with Jan Muse see article page 9*

1pm **Usui Reiki**  
Learn about the history and uses of traditional Usui Reiki. With hands on demonstrations and audience involvement. No experience needed. Clipstone Reiki.

2pm **Singing Bowls**  
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.

3pm **Cultivating a Peaceful Mind: Introduction to Karma**  
*with Paul Seagrave, see page 11*

4pm **The Power of Tea and Herbs**  
*with Master Herbalist Guy Stephenson, see page 10*

5pm **The Golden Treasure Book**  
A life journey through yoga practice. Extend your life on Mother Earth by 25 years ? Greta Dabek talks about the life and work of Master Yogi John Gent and demonstrates some of the exercises he advocated. Book on sale afterwards.

*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.

**Animal guides**



- 12 noon From the spirits of wild animals, such as bears and wolves to domestic pets that have passed over. Learn to tune in and make use of available information to assist with your life right now; with Animal Healer Emma Gowshall

**Chakra Sound Bath**



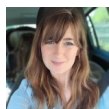
- 1pm Join Mahala and Alex of Earhtones Therapy Centre for their very popular sound bath. Using Himalayan singing bowls, crystal singing bowls, tubular bells, mantra and therapeutic percussion, designed to relax you and activate 10 of your chakras.

**Mediumship Demonstration**



- 2pm Brenda Diskin has gained an excellent widespread reputation demonstrating her spiritual skills to audiences across the UK. She has made an impact upon many peoples lives and receives a phenomenal amount of requests for private sittings. Brenda is the author of 14 books, 9 of which have been published on Amazon, one being her autobiography. Brenda says that it is possible to give a psychic reading from anything; objects, artwork, items of clothing, even parts of the body. She says that combining the empathic and the humorous makes for an amazing fun filled demonstration, while still honouring the seriousness and sensitivity of her mediumship and psychic ability.

**Energy Medicine for the Body and Mind**



- 3pm Debbie Ison discusses the energy within the human body, giving practical techniques to help you strengthen and balance your own energetic system. These techniques are fast and effective and can be used in daily life to help bring a sense of calm and well-being.

**The Return**



- 4pm Did you ever look at the sky, even as a small child and think 'I want to go home, I don't belong here' ? Join Angie Zillah for a channelled session to reconnect to your souls' dimension, gaining knowledge and courage to aid your wellbeing in your organic form.

Show closes at 5pm Sunday

*Free talks*    **ROOM 2**    *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.

**Witchcraft**

1pm *Vala Stiorra see page 10*

**Mind Over Pain**

2pm Exploring the role of the mind in pain perception, Mastering OldPain2Go® ideas for healing, shifting mental patterns and removing pain

**The Oak in British Folklore**

3pm *Jacqui de Rose see page 9*

**The Purple Church Spiritual Healing Circle**

4pm *John Richardson see page 8*

*Free talks*    **ROOM 3**    *Sunday*

**Quantum Human Design™**

11am *with Jacqueline Kent. See article page 11*

**Herbal Incense**

12 noon how to make and use Herbal incense. Learn what herbs work well together. The herbs you can use for magic, clearing, protection, healing and a host of other uses. Plus how to forage for wild herbs. Angela Barker

**Amethyst Crystal Meditation**

1pm Use an Amethyst Crystal to journey and meet the spirits of your crystal. The Amethyst 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

**Plant Spirit Magic**

2pm *Jan Muse, see page 9*

**Music with Mick**

3pm Mick Lawlor entertains with music from the Celtic Harp and the Charango, a 10 stringed South American guitar made from the shell of an armadillo.

**What is Fate?**

4pm Is there A God who acts arbitrarily? *Mr Olaniyi Olayinka , see page 10*



## **John Richardson**

is a Yorkshire based Psychic: Spirit Medium & Spiritual Healer. His Readings and Spiritual Connections are delivered in a simplistic black and white manner with humour and consideration; no-nonsense, non-judgmental and imparted with empathy and compassion, always honest and accurate, providing Guidance & Counsel: Telling it like it is with no holds barred! At an event John offers Private One To One Readings, Past Life Readings, Spiritual Healing, Talks & Workshops.

[www.feelbetterfast.co.uk](http://www.feelbetterfast.co.uk) #BarnsleyBoy

For advanced bookings please contact John on T: 0780058407

### **Activate The Relaxation Response Saturday room 1**

In this talk John will show you how to activate The Relaxation Response to lower blood pressure and protect yourself from Heart attacks and Strokes, the product of constant stress. John himself has been a Stage Hypnotist and Holistic Hypnotherapist for many years, treating clients with Emotional, Anxiety, and Nervous Disorders: Fears Phobias and Panic Attacks... which are just a few of the symptoms that respond well to good hypnotherapy practice... and the importance of relaxation in our everyday life... along with his usual informative facts, anecdotes, and fun which accompany all his MBS talks.

### **The Purple Church Spiritual Healing Circle Room 2 Sunday**

Join John Richardson and his team of Spirit Doctors, Healing Guides, Spirit Guides, Spirit Family and Spirit Helpers, and receive the healing you truly deserve in a place where everything is possible and nothing is impossible!



## **Debbie Ison – Tranquil Awakenings**

Debbie is a multi-disciplined therapist who focuses on the individual as a holistic being comprising of mental, emotional, physical, social, energetic, and spiritual elements. Debbie combines her skills in a number of therapies including Hypnotherapy, Neuro-Linguistic Programming, Reiki, Past Life Regression, Thought Field Therapy, and Integral Eye Movement Therapy to work with each individual in a bespoke way to allow them to overcome their past, acknowledge

their present, and move forward into a positive future.

Debbie is also an experienced trainer, running high quality training in Hypnotherapy, Past Life Regression, NLP, and Reiki.

Past Life Regression Practitioner Training programme accredited by the Past Life Therapists Association– begins June 2024

Hypnotherapy Practitioner Diploma accredited by the GHSC – begins October 2024

*Join Debbie on Saturday in room 1  
Sunday in room 1*

**Soul Mates and Soul Groups  
Energy Medicine**

[www.tranquil-awakenings.co.uk](http://www.tranquil-awakenings.co.uk)

Email: [debbieison34@hotmail.com](mailto:debbieison34@hotmail.com)

Tel: 07842 054408





## Jacqui de Rose

is a Derbyshire based artist whose nature inspired work is heavily influenced by the folklore and mythology of the British Isles and Northern Europe. She attends up to thirty events each year across England and Wales including MBS shows, Pagan gatherings, historical events, tree festivals, green festivals, fantasy festivals and artisan craft fairs.

With a deep connection to nature and earth centered beliefs, her work is more than simply painting pictures. Each piece tells a story or offers a blessing. She offers workshops when time permits. Have a chat with Jacqui at her stand if you'd like to browse her artwork and to find out more, take a look at [www.jacquiderose.co.uk](http://www.jacquiderose.co.uk) or follow her on Facebook and Instagram @jacquideroseart.

### **The Oak in British Folklore** **Room 2 Sunday**

Nature and trees in particular feature heavily in my artwork. As an eclectic, solitary Pagan, I spend time with trees as part of my daily practice. The oak tree is one of the most recognisable and best loved of our native trees. It was a vital part of our ancient rain-forests and features heavily in our collective past through folklore and mythology. This talk will give a brief overview about how to recognise the different oak species. We will look at the prevalence of oak related place names both locally and elsewhere in the country. Finally, I will introduce you to a handful of the 'Old Stories' featuring the Oak tree personified as the 'Green Man', 'The Oak King', 'Cernunnos' and 'Herne the Hunter'.



### **Ignite your inner flame** **Saturday room 3**

*Join Jan Muse in this wonderful*  
Holy Fire ® World Peace Reiki Healing experience.

Discover Holy Fire World Peace Reiki. Ignite and discover how to feed and nourish the Inner Flame of your true Authentic Self. A relaxing and very often insightful experience. This beautiful unifying energy will leave you feeling peaceful and revitalized. This workshop includes quiet space and a drum Journey.

### **Plant Spirit Magic** **Sunday room 3**

Come with me on a journey of discovery, into the magical world of working with Plant Spirit energy for wisdom and healing. Learn different ways to connect and work with the beautiful energy and Elementals that we share with Mamma Earth. Includes quiet space and drum journey.



Jan is a Master Herbalist, Usui Holy Fire and Karuna Reiki Master/Teacher. An Awenydd of the Anglesey Druid Order. Munay Ki Practitioner/Teacher and Shamanic Womb healer. Along with a wide range of Holistic Therapies for Mind Body and Spirit.

[www.magicalmusemedicineweaver.com](http://www.magicalmusemedicineweaver.com)

ABD-RU-SHIN  
IN  
THE LIGHT  
OF  
TRUTH

THE GRAIL MESSAGE

## The Grail Message

What is Fate ? Is There A God Who Acts Arbitrarily? These and many other questions underline mankind's desire to make sense of the Law of Reciprocal Action.

Are you seeking answers to these and many other questions?

The Grail Message provides answers in the following sentence:

“But God does not at all directly intervene in all these small and great cares of men, such as wars, misery and other earthly matters! From the very beginning He has woven into Creation His perfect Laws, which automatically carry out their incorruptible work so that all is accurately fulfilled, forever taking effect uniformly, thus preventing any preference as well as any prejudice, an injustice being impossible.”

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

**What is Fate?**  
**Sunday room 3**



## 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?

Most importantly what are we celebrating? How do I start? I will 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. [Frigga's Witchy Emporium](#) Tel: 07488227296

*Sunday room 2*  
**Witchcraft**



## The Power of Tea and Herbs

*Saturday room 3*

General Adaptive Syndrome is the body's way of dealing with prolonged periods of stress. Why nearly everyone at this show suffers from General Adaptive Syndrome and probably doesn't realise it.

**Materia Medica for the Nervous System**

How herbs and herbal teas from the Materia Medica can be carefully chosen to help calm and soothe an exhausted nervous system and specifically selected to an individual.

An instructive talk by Guy Stephenson of Gently Stirred

Master Herbalist Diploma Distinction and Advanced Master Herbalist Diploma Distinction.

[www.gentlystirred.co.uk](http://www.gentlystirred.co.uk)



## Paul Seagrave

We all wish to be happy and we all wish to be free from suffering. Equally, we all suffer. However, the cause of our suffering can be eliminated, as we all have the potential to attain happiness! One's experience of happiness and suffering is said to be subsequently related to the various states of mind we manifest and one's own karma. It is through the development of our

understanding of karma, that we empower ourselves to create the future which we desire - a happy one. Join Paul from Peaceful Minds for a meditation and talk, presenting the basic principles of karma.

Classically trained in the Tibetan Buddhist Gelugpa tradition, the lineage of the 14th Dalai Lama, Paul graduated from Nalanda Monastery in the summer of 2022, and has completed ten years of study and a year of solitary retreat.

[www.peacefulminds.me](http://www.peacefulminds.me)

[www.instagram.com/peacefulminds.me/](https://www.instagram.com/peacefulminds.me/)

Email: [info@peacefulminds.me](mailto:info@peacefulminds.me)



**Cultivating a Peaceful Mind: Introduction to Karma**

*Saturday room 3*



## Jacqueline Kent

Discover your potential. Join Jacqueline Kent, a certified Quantum Human Design™ specialist to find out how to recognise and align with your potential using Quantum Human Design™. Using this insightful modality which blends Astrology, the mystical Kabbalah, the Hindu Chakra system, the Chinese I-Ching and Quantum Physics then begins your Human Design experiment. An experiment which reveals an empowering way to shift the narrative of who you are and how you show up in the world. Uncover your personal story with this powerful modality today. [www.jacquelinekent.co.uk](http://www.jacquelinekent.co.uk)

**Quantum Human Design™**

*Sunday room 3*

## Jeaneil Therapies

Reflexology, Reiki, Crystal Therapy in the comfort of your own home  
Nottinghamshire and Derbyshire areas served

**Jean 07972 358351 or Neil 07841 446684**

**Amethyst Crystal Meditation**

*Sunday room 3*

