

12 page event
programme

Northstar Crystals proudly presents The 53rd

Mansfield MIND BODY SPIRIT Show

***Saturday & Sunday
April 1st / 2nd
2023***

**50 Exhibitors
34 Free Talks & Workshops**

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

Welcome to The 53rd Mansfield Mind, Body, Spirit Show

A Showcase for Alternative & Complementary Therapies and Lifestyles.

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

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

34 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 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.*

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 and occasionally there may be changes to the advertised talks or extra talks added. details of any changes from northstarcystals.com/mansfieldshow



Mailing list

Get Future Mansfield MBS Show programmes
your email inbox

Scan the QR code or visit

northstarcystals.com/mansfieldshow

Stalls / Speakers include:

Alison Rees ceramics
Andrea Miles, Silver Jewellery
Angie Zillah, Sshac
Avaja Himalayan Singing Bowls
Chesterfield Amethyst
Awakened Soul
Earth Astrology
Earth Gem Gifts
Earhtones sound therapy
Edwinstowe Chiropractic
Elemental Balance
Emma Gowshall
Ethically Gifted
Frigga's Witchy Emporium
Fenix Flames
Healing Pets
Ian Jarvis
India Jo
Jacqui de Rose
Jan Muse
Julie Elizabeth
Karl Hernesson
Moira Hodgkinson

Millas African Drumming
Northstar Crystals
Oraphim Shungite
Philip Heselton
Quantum Touch
Reiki Energy Systems
Rick Paul
Sanctuary Reflexology
Seraphina Jewellery
Shane Darbey
Spirit Earth
Spirit Wood
Stephanie J King
Steven Blake Old Pain To Go
Sutton Healing Centre
Tavi, The Hempman
The Feel Better Fast Clinic
The Grail Movement
The Gratitude Health Clinic
The Witches Heart
Wendy Jackson, Homeopath
Woodland Trust

Ticket Only Event

Daily admission £6 / concessions £5

2 day pass £10

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

TO BUY TICKETS ONLINE

Scan the QR code or go to

northstarcystals.com/mansfieldshow

Any problems call or text Erick 07990 874699



Tickets

The show sold out well beforehand last time.

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 for sale on the door.

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

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.



12

The Witching Path

An introduction to Witchcraft with Moira Hodgkinson
see article page 8



1pm

Mediumship with Rick Paul

The entertaining and very talented Rick Paul, demonstrates his gifts using a combination of psychic and mediumistic skills, psychometry and intuition



2pm

Working with the Ancient Stone People

with Jan Muse. **See article page 10** Sorry no children under 12 years

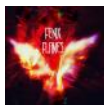


3pm

My Mind Has a Mind of it's own ?

do you ever feel that your thoughts are not always your own? Then maybe your questions will be answered in this informative, fun filled talk and demonstration with professional stage hypnotist and holistic hypnotherapist, John Richardson.

His now legendary talks remove the myths and fear that's been created around hypnosis, mediumship/spirit communication and past life regression and show the benefits of why hypnosis can help you in a way nothing else can. Anxiety & nervous disorders, fears, phobias & panic attacks, weight loss, stop smoking and much more may be addressed in this action packed hour.



4pm

Working with the Elements

Earth, Air, Fire and Water. Angela Barker shows how to call in and work with the 4 magickal elements. How to find your elements, what the elements mean and how to work through the cycle.



5pm

Power Animals

Your power animal calls to you to follow in it's footsteps towards Spiritual freedom.

Dare to drum, to find out who, or what Power Animal spirit is with you. Experience the connection as you drum to the sounds of the heartbeat. Some drums available to borrow, bring your own or simply sit and experience the session. Shane Darbey.

Free talks ROOM 2 Saturday

Chronic Pain sent packing!

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

Reflexology

1pm Chandu Solanki shares his knowledge and experience and his love of healthy living, together with a demonstration of hand reflexology with audience participation.

Animal Healing

2pm Connecting with passed animals gaining closure and understanding their messages to you when they passed on, also learning to connect with wildlife animals and how to connect with them in your every day lives. Emma Gowshall

Food Intolerances

3pm Get to know your intolerances. An intolerance test is a great way to pin point an individuals diet that could be causing uncomfortable symptoms, that can then be managed. Learn more about intolerance testing and living a balanced lifestyle with Sophie Matkin

CBD Oils

4pm The potential benefits of CBD, a non-psychoactive extract from hemp, with Tavi The Hemp Man.

Free Talks ROOM 3 Saturday

Shungite

11am Quantum energy and Amazing YOU -what a powerful combination! Shungite, the miracle molecule. It's energy can infuse your energy systems to enhance you for powerful EMF Balancing and Wellness.

Singing Bowls

12 noon 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.

Homeopathy

1pm I believe that the body can heal itself. This can be done through good diet, exercise and positive thinking. But sometimes things happen in life that knock us off course and with the right remedies you can get back to a happy, healthy you! Join Wendy Jackson LCPH for a look at the many ways in which homeopathy can help.

Ditch the Demons

2pm Mantra for Positive Emotional Health. Join Mantra Therapist Mahala Gehna to learn how mantra can transform your mental and emotional health. During this inter-active workshop, you'll learn a couple of mantras to help you on your way

Quantum Touch

3pm Consciousness Affects Matter. Why is Quantum -Touch Energy Healing different from Reiki and other energy healing techniques ? Is it true that using Quantum-Touch, 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

Wi Fi is Bad For Your Health I

4pm 5G, wi fi masts, and electrosmog, with Ian Jarvis [see article page 11](#)

Free talks & workshops

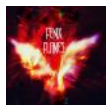
ROOM 1 *(the lounge)* Sunday



10.45

Milla's African Drumming

A high octane Djembe drumming session with Milla Hannah. Audience participation, 40 drums available to borrow, bring your own or just sit and thrill to the exciting sound of the Djembe drum.



12 noon

Crystal Healing

Crystal healing is the use of crystals and stones to bring about healing and positive changes in the mind and body. I place crystals on different parts of the body where the healing is needed to remove blockages in the aura or the body's electromagnetic field. I also discuss the use of wands and pendulums. Angela Barker



1pm

Mediumship with India Jo

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.



2pm

Operation Cone of Power

It has long been rumoured that on the eve of August 1940, a coven of witches gathered in the New Forest to create a surge of magical forces to aid Britain's fight in WWII..... with Philip Heselton and Moira Hodgkinson [see article page 8](#)



3pm

When Spirit Calls.....You have to answer !

I believe we are all born with psychic ability which is usually conditioned out of us before we reach school age and which we may, or may not, decide to develop later in life. But, some of us are inundated from a very early age with feelings, messages, 'visions' and more. Often, we have no choice but to answer Spirit's call. Brenda will talk about her spiritual awakening and will endeavour to answer any questions you may ask. Brenda Diskin



4pm

5th Dimensional Channelling

As humanity ascends to fifth dimensional existence, we undergo a number of physical and lightbody adjustments, upgrading us into the crystalline beings we should have been. Think of it as a caterpillar transforming into a butterfly. It takes time and effort. Join us for guidance and an upgrade, in this channelled transmission from the Higher Order to assist you in the process. Angie Zillah

How to Read The Tea Leaves

- 12 Join Vala Stiorra for her quick and easy, interactive "How To" demonstration of this fascinating traditional method of divination. You don't even have to like tea !

Cave of the Womb Medicine

- 1pm with Jan Muse, [see article page 10](#) *Sorry no children under 12 years*

How to overcome fear and worry

- 2pm Not everyone finds it easy to stand in their light and their power all the time, especially when faced with adversity. Life needs you to succeed in your own chosen pathway and soul agenda, every bit as much as you need this for yourself. You've waited a long time to reach this very point and it's important you don't falter now... Join Stephanie J. King - Soulpreneur (TM) for a powerful session

Getting More Love and Joy in Your Life

- 3pm Everything we need, we already have within us. Steven Blake will demonstrate how to attract more love and joy into your life from a store that cannot be depleted. You will be able to do this for yourself before you leave!

The Celtic tree calendar

- 4pm with Jacqui de Rose. [see article page 9](#)

Yanga Yoga

- 11am 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

The Purple Church Spiritual Healing Circle

- 12 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!

Gong Bath

- 1pm Relaxing sound meditation with gongs, crystal bowls, Himalayan bowls, chimes, mantra and more. Alex and Mahala from Earthtones Therapy Centre

Crystal Skulls

- 2pm with Shane Darbey, [see article page 10](#)

Usui Reiki and Energy Systems

- 3pm 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.

The Inner Voice

- 4pm self talk, self confidence, self love, self! How knowing the self allows us to experience harmony and joy amid the chaos of life. Valerie Legg

Show closes at 5pm Sunday



The Witching Path **Saturday in room 1**

An introduction to witchcraft with an overview of magical techniques, Pagan festivals, Gods and Goddesses of witches, and how to develop your witchcraft journey with the rituals, spells and ceremonies and teachings of today's witchcraft. Moira Hodgkinson is the author of pagan and magical non-fiction and also writes novels with magical adventures. She has been a pagan witch for over thirty years and continues to work magic and ritual in the East Midlands and is a regular guest speaker and panellist at festivals and conferences across the UK.

www.facebook.com/moiraodgkinson



Operation Cone Of Power **Sunday room 1**

with Philip Heselton and Moira Hodgkinson

In September 1939, Gerald Gardner, amateur anthropologist and collector of weaponry, began his training as an initiated witch with enthusiasm. Then war was announced and the future of Britain became uncertain, the threat of invasion from the German army loomed ever closer. Gerald put his efforts and knowledge to use in the Home Guard along with pieces from his private collection. Little did he know it would be his newly honed magical skills that gave him and his friends the power they needed to stand their ground.

This book, a blend of occult and historical fiction, has been made possible by the skills of the much-acclaimed esoteric novelist, Moira Hodgkinson, and the extensive researches of historian of witchcraft, Philip Heselton.

Real people and what they did are woven into this fascinating and exciting tale of commitment and sacrifice - the legendary 'Operation Cone of Power.'

Philip Heselton was born in 1946. He has written extensively on earth mysteries and the history of the modern witchcraft revival. He is one of the world's foremost experts on the subject and his acclaimed biographies of Gerald Gardner and Doreen Valiente were published in 2012 and 2016 respectively.

Moira Hodgkinson is the author of practical books on magical practices and also writes urban fantasy pagan novels for both adults and children. She is a regular guest speaker at pagan conferences and holds open Sabbat rituals in the heart of Sherwood Forest.



The Celtic Tree Calendar

Trees and Treelore have been central to the understanding of our connections with the natural world for thousands of years. In this talk, I aim to give a brief overview of the thirteen trees (Native to the British Isles) of the Celtic Tree Calendar. We will look at how to identify them, how to connect with them and why they continue to call to us. I shall explain some of their medicinal properties and magical associations.

Join Jacqui on Sunday in room 2



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.

Working with the Ancient Stone People Saturday room 1 at 2pm

The Stone people were the first to live here on Mother Earth. In this short Introductory talk you will learn about connecting and working with the energy of the Stone people and the Ancient Wisdom they hold for us. There will be a short Shamanic Journey, so this talk is unsuitable for Children under 12.



Cave of the Womb Medicine Sunday room 2 at 1pm



Over my years of Holistic Medicine practice, I have learned how much Trauma and pain we can carry in our womb space. This trauma can manifest in many ways, physical, emotional and spiritual. My own personal experience's and working with others and my Guides has given me great insight into healing our wounded womb space and filling it with light so we can create and give birth to our endless possibilities with love Open to all genders. However, there will be a short Shamanic Journey, so this talk is unsuitable for Children under 12. Brightest Blessings.

Website: magicalmusemedicineweaver.com
Email: magicalmuse60@gmail.com



The Crystal Skulls with Shane Darbey Sunday room 3

Bring your own skull or your favourite crystal if you don't have a skull. The question is why?

Why have you chosen to bring what you have brought with you ?

We will connect in and meditate with them to see why they are wanting to help you with in your current situation or journey. In times of uncertainty it has answers to help you, or give insight to get you through changes. Skulls and crystals available to borrow for audience participation. Meditation involved.



Earthtones Therapy Centre

purpose * abundance * clarity * freedom * balance



Earthtones is all about ENERGY.

With decades of experience between them, Mahala and Alex offer a range of energy healing treatments, from Sound Therapy and Gong Baths to Angelic Reiki, from Shamanic Healing to Chakra Balancing. Whether you are struggling with physical or emotional pain, trauma or feeling stuck in life, we have a treatment path to suit you.



Find us at:

Earthtones Therapy Centre
29A Church Street
Mansfield NG18 1AF
www.earthtones.co.uk



Wi Fi Is Bad For Your Health Room 3 Saturday

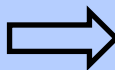
Ian Jarvis will talk about the background to 5G (including all the other 'G's). He will say why we should be concerned for our health. He will give some pointers to wider considerations and suggest why it is being rushed out as if it were an international competition.

Ian has a science degree in computing and worked for over 30 years as an IT professional. Since retiring he has continued to research the issues surrounding radio frequency radiation (aka electrosmog).

There's one like this coming to a street near YOU !



What are they ?
What are they doing ?
Why should you care ?



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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 / concessions £5 / 2 day pass £10 / under 12 free
TICKET ONLY EVENT

organiser Northstar Crystals Tel: 07990 874699

northstarcystals.com/mansfieldshow

