

Northstar Crystals proudly presents The 52nd

Mansfield MIND BODY SPIRIT Show

***Saturday & Sunday
October
15th / 16th
2022***

**50 Exhibitors
33 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 52nd 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

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.*



Tickets

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)*

The show sold out well beforehand last time.

**Any unsold tickets 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.northstarcystals.com/mansfieldshow

and click on the tickets link

Stalls / Speakers include:

Alison Rees ceramics
Andrea Miles, Silver Jewellery
Amy Elizabeth
Angie Zillah, Sshac
Avaja Himalayan Singing Bowls
Awakened Soul
Bev Radley, Essences
Bren Diskin
Chesterfield Amethyst
Earth Astrology
Earthtones Therapy Centre
Quantum Touch
Elemental Balance
Emma Gowshall
Ethically Gifted
Frigga's Witchy Emporium
Fenix Flames
Healing Pets
Jan Muse
Julie Elizabeth
Juniper Candles
India Jo

Iza Moon
Karl Hernesson
Nell Brooker
Northstar Crystals
Oraphim Shungite
Reiki Energy Systems
Rick Paul
Sanctuary Reflexology
Seraphina Jewellery
Shane Darbey
Spirit Earth
Spirit Wood
Steven Blake Old Pain To Go
Sutton Healing Centre
The Feel Better Fast Clinic
The Grail Movement
The Knowledge Book
The Mystic Moon
The Witches Heart
Tracey Poskitt
Tropic Skin Care
Woodland Trust
Yanga Yoga

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 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.

Details of any changes from www.northstarcystals.com/mansfieldshow

Printed copies of this programme are freely available at the show entrance

Join our mailing list
to get future Mansfield MBS Show
programmes delivered to your inbox

Scan the QR code or visit

www.northstarcystals.com/mansfieldshow



Mailing list

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.

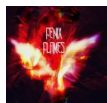
Hypnosis & Past Life Regression



12

Feel Better Fast Hypnotherapy with John Richardson - Regression: Past Life & Present... and how this simple procedure can change your life forever!

Psychic Protection



1pm

through this talk you will walk away not only with a better understanding of what psychic protection is. But how to deal with it. How to combat it and you might even get a little tip on how to get rid of past psychic attacks that are still attached. Angela Barker

Fur, Feathers & Fins



2pm

with Animal Communicator Emma Gowshall.
See article page 10

Mediumship with India Jo



3pm

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.

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, Medicine Music



5pm

Iza creates and weaves deeply relaxing, soul nourishing music with inspirational spoken word and guided visualisations to offer peace, love, hope, inspiration and healing. As well as grounding us deeply into the Earth Energies, Iza's Music, Sounds and Words also simultaneously open up our Conscious Connection to The Divine.

Show closes at 6pm Saturday

Free talks ROOM 2 Saturday

Yanga Yoga

12 noon 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

Reflexology

1pm Explore the gentle, transformative power of reflexology with Chandu Solanki, including a demonstration of hand reflexology with audience participation.

Living your best life

2pm with Tracey Poskitt, See article on Page 8

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.

Unbinding

5pm with Nell Brooker. See page 10

Free Talks ROOM 3 Saturday

Pure Confidence

12 noon with Amy Elizabeth. See article page 9

Your Attitude Is Your Life

1pm Every person on the planet is a unique collection of their thoughts, beliefs, experiences and their interpretation of them. Our attitude is how we express the outcome of all that. It is self perpetuating in that others react to us as a reflection of what we are. The more positive we are, the more positive things appear in our lives and this reinforces our opinion that the world is a good place. Unfortunately the same happens with our negativity! Steven Blake will discuss small changes you can make that will make a big difference to a better life.

The Mantra First Aid Kit

2pm Industry expert Mahala Gehna shares her experience of using mantra therapy to heal both herself and clients. With over 15 years of experience in mantra therapy, Mahala will teach you a simple first aid kit of mantra to use for yourself. You'll also be able to take part in a group chant for peace

The Outer Planets

3pm Uranus, Neptune and Pluto. These three celestial bodies move very slowly through the heavens and often their energies stay with us for up to 2.5 years. Using astrology as a tool you will gain a deeper understanding of how these planets function and why we may go through difficult periods in our lives. with Astrologer Julie Isham

Finding Your Power Animal

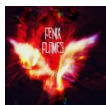
4pm Power Animals come forward to help us see the bigger picture of what is staring us in our face. What is your chosen power animal saying to you ? Choose wisely as each one will come with different directives. Join Shane Darbey and his Shamanic drums to awaken your Divine spiritual connection and be at one with your power animal.

Free talks & workshops
ROOM 1 (the lounge) Sunday



Milla's African Drumming

10.45 A fast paced 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.



Spellcasting

12 noon

To be able to spell cast you first need the basics. What, when, why. With this talk we will discuss all of these. We will also discuss the balance of using spellwork within your magical path. You will walk away with a better understanding of how to create your own spellwork and maybe even some spells to work with. Angela Barker



Remote Viewing

1pm

What is remote viewing and how does it work ? Brenda will explain its links to psychic warfare, how she discovered that she could remote view and the effect it has on her work as a medium. Brenda will finish her talk with a Q & A session and if she can form an appropriate link to someone in the room, a demonstration of RV in use.



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



The Women Who Gathered

3pm

Stories of Sister Circles, Cacao Rituals and Finding the Medicine Within. Mahala Gehna discusses her experiences of sitting in circle with other women, daily cacao rituals and the healing of emotional trauma through these rituals. She reads extracts from the International Best-Selling book "The Women Who Gathered", of which she is a co-author.



Guided Meditation

4pm

Channelled guided meditation. Connecting to the higher order os sound and vlight with channelled vocals, gong and singing bowls. Angie Zillah

Reading the Runes

- 11am I will lead you through a brief history of the runes and an interactive demonstration to show you how I learned. Cutting through the noise of the various sources regarding the runes to show you how simple and important your connection is; though ancient, the energy of these fascinating symbols can and will give you the answers you need. Vala Stiorra

Quantum Energy & Shungite

- 12 See article page 10

The Inner Voice

- 1pm A journey from depression and the limits of despair to inner peace and joy through the discovery and the simple application of the Knowledge of the true self and the Cosmic laws as revealed in the book in the Light of Truth the Grail Message. Valerie Legg

Flower Essences

- 2pm Change is the only constant. Journey with Beverly Radley to discover the true you, and let the nature kingdom uncover the flower essences calling to support you as you connect to self and uncover the inner work to bloom your souls purpose

Skulls on Sunday

- 3pm With the help of Shane Darbey and his Crystal Skulls, explore what's in store for you in this current cycle of your life journey and learn what's important and what to let go of. The Skulls will aid your growth and let you reclaim what is truly yours.

Gala: Connections

- 4pm Developing your connection with nature using the 5 physical senses and your 6th sense. Jo Cousins shares personal stories of sensing / calling on and meeting animals in nature and in response to ritual. Rain magic (rain sticks), Cloud clearing (star call), Stone people (permission to take home). Offerings and kindness to plants and animals, Hedgehog routes, Hedgerow planting and a whole lot more.

The Purple Church Spiritual Healing Circle

- 12 noon 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!

Escaping the Past

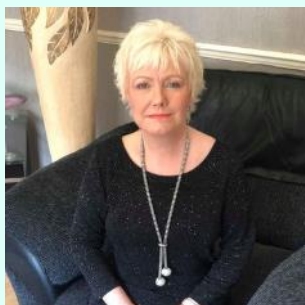
- 1pm Our past is the biggest source of our anxieties. To escape it we have to learn from it and we do that by analysing it in a meaningful way. Steven Blake will explain how to dig into the cause, learn from it and move on from the trapped emotions

Holy Fire Reiki

- 2pm Join Jan Muse for a healing journey experience with Karuna Holy Fire 111 ® Reiki. Jan will give a short explanation, then sit back, relax and enjoy this beautiful healing energy.

Stay Happy

- 3pm Helping you to raise your vibration, awareness and consciousness, bringing you unbridled levels of energy and passion to help you unlock your full potential; helping you to live a joyful life, thinking more deeply on a soul level and growing fully into the best version of yourself, with a sprinkling of live 12th Dimension channelling. "If you want happiness for a lifetime, help others" Amy Elizabeth



Tracy Poskitt

Universal Intellect Coach of the Life Rejuvenation Programme

Have you ever felt you are not living your life to the best, that your past emotions, and hurts get in the way? That life gets hard more than its gets easy?

Tracy will share with us the way she helps people to transform their lives and what they are getting out of it, She will explain how every one of us can be more than adequate and 100% unconditional when dealing with ourselves and others.

Tracy is an expert at creating changes inside us to transform our thought, create uplifting and sustainable emotions and in turn any negativity into the "power of good"

At the end of the session Tracy will have explained why it is important to have both skill and ability to attract the best feelings, keep emotions uplifted and invite the right results into our lives. We are our past, present and future, and only we can transform what we have into what we want.

Meet Tracy on Saturday in Room 2 at 2pm



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



Angie-Zillah

With a range of past employment as a builder, shepherdess and landlady to name but a few She Started her spiritual journey 1996, gaining her first ever qualification. Angie went on to form 'The Phoenix Within' group leading in to the development of classes and training. She is known as SSHAC Angie founding the 'Sacred Sound Healing arts Centre' in 2016 in Mansfield. A self-funding mutifaith community hub, hosting a wide range of events, classes and workshop's also 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

Shamanic Drumming..... Saturday room 1
Angels of The Higher OrderSunday 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 3 on Saturday



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. Celebrating 25 years of Reiki in 2022

www.magicalmuseholistics.co.uk

Saturday in room 3



Amy Elizabeth

Healer, Spiritual Trailblazer, Medium & 7 times Mindset & Well Being Author. Join Amy as she delves deeply into her first book 'Pure Confidence'. Learn self-help skills for life to improve self-esteem, confidence and overall happiness (with a particular focus on rebuilding after adversity). Amy is an advocate for domestic violence and personal trauma and is passionate about bringing personal power back to all

Pure Confidence room 3 Saturday
Stay Happy room 3 Sunday

www.thepositivitypack.com

Fur, Feathers & Fins



Animal Communication is an easily learned skill that will enhance your life and that of your pets. Bring a photo, or your pets collar and Emma Gowshall 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 communication and healing skills for our furry, feathered and finny friends.

Join Emma in room 1 on Saturday

Emma Gowshall runs All Ears Rabbit Rescue based in Retford, Nottinghamshire, has been rescuing and Rehoming rabbits and small animals for nearly 10 years. Each rabbit that comes into the rescue is vet checked, neutered and vaccinated before Rehoming since 2014 we've rehomed over 1800 animals. All Ears also promotes education in schools so the next generation can learn about pet ownerships and responsibilities. All Ears is dedicated to all animals having great living environments and happy long lives.



Thanks to everyone who supports All Ears.

gowshall@btopenworld.com

Tel: 01777 838801

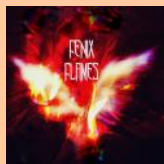
www.facebook.com/AllEarsRescue



I'm Nell Brooker- 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. Join me for

Unbinding, Saturday room 2 - when a relationship ends it's important for our forward progress to 'cut the ties that bind'. This doesn't necessarily mean that our loved one has to leave our lives, but that energetic cords are dissolved which might otherwise hold us back. Sometimes our dynamics can negatively affect our health on all levels - physical, mental, emotional and spiritual. When we take responsibility for how we close our relationship we can 'consciously uncouple' which can be beneficial to both people and a positive act in letting it go with respect and gratitude. I have facilitated the process as a gentle ceremony where the client made a commitment to herself and we read poetry and played music and have also held a fire ceremony for a lady to burn her wedding photos and cards. The tie cutting process can be part of a ceremony for stepping into our new life and identity as well as celebrating our next chapter!

www.nellbrooker.co.uk



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

Psychic Protection Saturday room 1
Spellcasting Sunday room 1



Flower Essences

Support in a bottle, using hand-crafted flower essences to help you through life's ups and downs.

Beverly Radley designs and co-creates her flower essences with the nature spirits in her garden based in South Yorkshire, Her collections include elementals, unicorns, dragons, and fairies as well as essences for grief and loss, protection, cosmic and inner journeys with the self. She will be presenting the 6 aspects of SELF and talking about these at the show whilst talking about emotional aspect of change and how nature can support us.

Facebook: Breakthrough from Within / Instagram: Breakthrough from Within Etsy: Breakthrough Essences / LinkedIn: Beverly Radley

Sunday in room 2



Quantum Energy & Shungite

Shungite is a complicated little carbon taking the world by storm currently, hear amazing testimonial healing and transformational stories from Oraphim, who are leading the way making tools for wellness, balance and Emf solutions, all with enhanced silver infused shungite and uniquely beautiful. Shungite, Quantum energy and Amazing you-what a powerful combination! Expect Miracles with this little Nobel prizing winning molecule

Sunday in room 2

Mansfield Mind, Body, Spirit Show October 15th / 16th 2022

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

www.northstarcystals.com

