

12 page event
programme

Northstar Crystals proudly presents The 56th

Mansfield **MIND BODY** **SPIRIT** **Show**

Saturday & Sunday
October 12th / 13th
2024

50 Exhibitors
34 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/mansfieldshow

Welcome to The 56th 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.

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

Organiser

Northstar Crystals Tel: 07990 874699

www.northstarcrystals.com/mansfieldshow

facebook

Mansfield show

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

Daily admission buy ticket online £6 / 2 day pass £10

under 12 years free

Free parking for 500 vehicles + disabled spaces.

Parking is at owners risk.

Refreshments Tea, coffee, herbal teas, 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 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 from www.northstarcrystals.com/mansfieldshow



Mailing list

Get Future Mansfield MBS Show programmes
by email or delivered to your door free of charge
Scan the QR code or visit

www.northstarcrystals.com

**Stalls / Speakers
include:**

Alison Rees ceramics
All Ears Rabbit Rescue
Andrea Miles, Silver Jewellery
Angie, Area 21
Avaja Himalayan Singing Bowls
Awakened Soul
Brenda Diskin
Chesterfield Amethyst
Debbie Ison
Earth Astrology
Earhtones *Yoga, Energy, Sound*
Edwinstowe Chiropractic
Elemental Balance
Emma Gowshall
Ethically Gifted
Frigga's Witchy Emporium
Fenix Flames
Gently Stirred, *teas*
Greta Dabek
Jacqueline Kent
Jacqui De Rose
Jacqui Marsh
John Richardson

Julie Tabron
Jan Muse
Jeaneil holistic therapies
Julie Elizabeth
Jo Nettleton
Karl Hernesson
Mark Duffin
Northstar Crystals
OldPain2Go®
Oraphim Shungite
Peaceful Minds
Reiki Energy Systems
Rick Paul
Sanctuary Reflexology
Seraphina Jewellery
Stephanie J King
Sutton Healing Centre
Tariq SVAHJ Healing
Tavi the Hempman
The Feel Better Fast Clinic
The Grail Movement
The Mystic Moon
The York Aura Post
Tranquil Awakenings

Ticket Only Event

Daily admission £6 / concessions £5

2 day pass £10

accompanied child under 12 years free

All tickets for the last few 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

and click on the tickets link



Tickets

Free talks & workshops
ROOM 1 (the lounge) SATURDAY

Shamanic Drumming



10.45

Join Angie Milbourn 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

Exploring Death from a Spiritual Perspective

Debbie Ison talks about her experiences of therapeutically guiding loved ones through the dying process, and how what she learned relates to her work in terms of past life regression, soul retrieval, and spiritual releasement work.



1pm

Life's Journey - where are you on yours?

Everyone is linked in their own way to life - but how many of us use this link fully? Now more than ever before, life requires us to come back on track. First we live our version of life - to see if our heaven is there. Next we hit highs, lows and ceilings, and then we are woken from sleep - if we want to start the journey at all... Not everyone will want to; some won't get the change. So where are you now, on the cycle of your own life unfolding? Join Stephanie J. King - Soulpreneur (TM) for a powerful journey into understanding your own story better...



2pm

Mediumship with Rick Paul

Rick Paul, the waistcoat man, demonstrates his gifts using a combination of psychic and mediumistic skills, psychometry and intuition.



3pm

Chakra Sound Bath

Join Mahala and Alex of Earthtones 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.



4pm

Mental Alchemy

The art of mental alchemy and transmutation. Being human, we often lack a clear direction and understanding of the Laws of the Universe. We have the potential to learn how to use these Laws to benefit us. Alchemy has long been referred to as the process of transforming lead into gold whereas Mental Alchemy is a process of transformation that happens on the mental and spiritual planes. Through practice and perseverance, it is possible to transform our thought patterns to initiate positive changes in our lives.



5pm

Animals and Past Lives

Past life regression and the animals who follow you on your journey. This is a meditation for all, spending the time connecting, journeying and meeting your animal guides past and present.

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 **Navigating the Wellness Frontier**
In our quest for optimal health and wellbeing, we often look beyond conventional medicine, exploring the realm of natural supplements. This talk delves into three intriguing options: CBD, medicinal mushrooms, and Shilajit, each offering unique benefits for a holistic approach to wellness. Tavi the Hempman

2pm **Spiritual Healing**
with John Richardson and The Purple Church:
Receive 'YOUR' healing and sitting-a-while in the power of Spirit

3pm **From Suffering to Solution**
Strategies for navigating the challenges and setbacks posed by chronic pain. Identifying common pitfalls in managing chronic pain, OldPain2Go® as a solution-focused approach with Steven Blake

4pm **Nirvana & Enlightenment**
A Buddhist Perspective. Join Paul Seagrave for a meditation and the first of three talks, presenting Nirvana and Enlightenment and how to attain them

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

11am **Shungite, Expect Miracles**
with Cassie and Rich, see page 8

12 noon **Healthier and Holistic living**
being mindful of the benefits of healthy living. Giving self care with correct diets, yoga, relaxation and meditation. Chandu Solanki

1pm **Energy Healing**
with Tariq Nizami, see page 9

2pm **The Dark Side**
Curses, binding spells, energies and entities. Ange's guide to the dark side of the psychic world, the responsibilities that come with this type of magic and how to come out in one piece ! Fenix Flames. *Sorry, over 16 years only.*

3pm **How To Improve Your Sleep**
All of us have suffered from poor sleep at one time or another. For some it's difficulty in falling asleep, and for others, it's waking in the middle of the night, unable to get back to sleep. Guy Stephenson shares how traditional herbal drinks can aid towards a fulfilling nights rest, helping us to wake up feeling refreshed.

4pm **Usui Holy Fire ® World Peace Reiki experience**
with Jan Muse, see article page 10

5pm **Life Extension with Yoga**
Greta Dabek talks about the life and work of master Yogi John Gent and demonstrate some of the exercises he advocated. Demonstrations by FRYOG (friends of Yoga)

Free talks & workshops
ROOM 1 (the lounge) Sunday



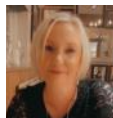
- Milla's African Drumming**
10.45 A fast paced djembe drumming session with Milla Hannah. Around 40 drums available to borrow or bring your own or sit and thrill to the exciting sound of the djembe drum.



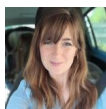
- The Magic Of Hypnosis**
12 noon with John Richardson: debunking all the myths and misperceptions that have been created around hypnosis and why hypnotherapy is the key to problems created in the mind



- Chakras and Auras**
1pm How are they connected? Auras depict the state of energy around our body and chakras control the flow of energy in our body. In other words, auras and chakras are different aspects of our body and the two are intrinsically linked. However, chakras are internal, so it is hard to see how they are functioning. But, auras can be observed with the right training or tools. Our aura can then provide information about our chakras through the colours that they contain. By monitoring our aura and understanding what the colours mean, we can take steps to balance our chakras and improve our health and happiness. with Saba Asude Suleiman



- Mediumship Demonstration**
2pm 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.



- The Importance of Creating Boundaries**
3pm Debbie Ison discusses the importance of having personal boundaries in different areas of our life and what can happen when we lack those boundaries. Debbie will explore strategies that can be implemented to strengthen your boundaries, whether they are required for personal relationships, professionally, or self-care; noting that when these boundaries are successfully put into place it can have positive benefits for our well-being.



- 5th Dimensional Healing**
4pm Angie will be Channeling benevolent beings of light from the 4th and 5th dimensions which may include, astral entities, spirit guides, Angels, dragons and some Ascended Masters who assist with personal growth on the day. The session may involve breathwork, chanting, or listening to high-frequency music which can help elevate your vibrational frequency.

Palm Reading

12 introducing the basic lines of this ancient divination tool with Vala Stiorra's unique method, drawn from her personal evolution in divination, which includes interpreting palm lines to give messages and bring hope and clarity to all who seek guidance. No previous experience needed, you just need a hand.

Candle Magic

1pm 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

Crystal Meditation

2pm Using a yellow jasper stone, to journey and meet the spirits of your crystal. The crystal 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

Intuition

3pm Tap into your intuitive inner knowing. Using Quantum Human Design™ as a powerful self-knowledge tool, you can access a unique understanding of how your energetic blueprint guides you closer into alignment. Join Jacqueline Kent to find out more about this synthesis of ancient wisdom and modern science,

Animal Communication

12 connecting with animals past and present. Emma Gowshall discusses her journey into animal therapies, how becoming an Animal Communicator wasn't planned, and the changes it has made to her life, travelling the world sharing her gifts.

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.

Ceremonial Cacao

2pm Would you like to learn about the origins of working with Mamma Cacao and learn how to work with her in a sacred ceremonial way. The heart-opening qualities of cacao can create a sacred and feel-good vibe, allowing us to connect with ourselves and others on a spiritual level. Jan Muse

Manifest Abundance

3pm Laxmi mantras, with Mahala see page 9

My Tarot Journey

4pm and how to start yours, with professional tarot reader Julie Elizabeth



Shungite, Expect Miracles

Discover the difference that Shungite can make to benefit your mind, body and soul, exploring the chakra system and the effect of the Nobel prize winning molecules found in Shungite. From purifying water to nullifying negative radioactive WiFi, whilst enhancing your bio-field Shungite is key, join author and artists from Oraphim to expand your knowledge as well as your experiences

www.oraphimshungite.com

Join Cassie & Rich on Saturday in room 3



Peaceful Minds

The Buddhist Path to Nirvana and Enlightenment

Room 2 Saturday

Mentally, physically, and emotionally, we are all the same. We all wish to be happy, and we all wish to be free from suffering. Join Paul Seagrave from Peaceful Minds for the first in a series of three talks.

In this first talk, we will investigate the measures of Nirvana and Enlightenment from the Buddhist perspective, and the path the yogi must engage in to achieve those results.

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. He has completed twelve years of study and a year of solitary retreat.

www.peacefulminds.me

Email: info@peacefulminds.me

www.instagram.com/peacefulminds.me

Jeanell Therapies

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Crystal Meditation

Sunday room 2



BOWEN THERAPY

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Sports injury, prevention and performance.



Tariq Nazami

Svahj Stone is a company that is focused on the use of gemstones to promote healing, and natural therapies to relieve pain, anxiety, and other such problems. It offers a variety of therapeutic treatments based on the principles of healthy human life energy, physical treatments to loosen up tight fascia, and more.

There is no single SVAHJ therapy that is said to cure all ills. instead, its practitioners will work with you to determine the best treatment. Often, a SVAHJ practitioner will step in after you complete conventional medical treatment to pick up where that treatment leaves off. They can also help during the course of some conventional treatments.

Energy Healing

The importance of spiritual & physical health. Learn how we combine this in our healing for optimal recovery and wellbeing. I will outline our treatment including Bowen Therapy, NST (neuro structural integration technique), Homeopathy, Spiritual Healing and our use of gemstones as alternative healing and for spiritual advancement, plus an introduction to my Spiritual Masters and their teachings. There will be an opportunity for a demonstration or 2 within this talk.

Join Tariq Nazami
Saturday in room 3

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- Pain Management Clinic
- Gemstone Remedies
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- Spiritual Healing**
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29A Church Street, Mansfield NG18 1AF

Join Mahala & Alex for

Chakra Sound Bath Saturday in room 1

and

Manifest Abundance Mantra Workshop Sunday room 3

A transformative workshop where you'll learn to harness the power of mantra with the blessings of Lakshmi, the Hindu goddess of wealth and prosperity. Bring an open heart and mind, and leave with a potent tool to invite abundance into your everyday life



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 September 2024

Hypnotherapy Practitioner Diploma accredited by the GHSC – begins October 2024

Join Debbie on Saturday in room 1

Exploring Death from a Spiritual Perspective

and on Sunday in room 1

The Importance of Creating Boundaries

www.tranquil-awakenings.co.uk

Email: debbie@tranquil-awakenings.com

Tel: 07842 054408

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.



Ceremonial Cacao

Sunday room 3



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



Angie Zillah

We offer a transformative experience at Area 21 Sound and Light Sanctuary. Located in Newark, Nottinghamshire, our sanctuary is dedicated to providing an array of in-house events that cater to your spiritual

and holistic wellness needs.

Dive deep into higher order channelling sessions, chant ancient Sanskrit mantras, and rejuvenate in our Healing Haven. Experience the rhythmic power of shamanic drumming, connect with the nurturing energy of Goddess Gaia, and immerse yourself in sound and light. Unlock the mysteries of the Mystic Within and explore ancient wisdom with Dragon Knowledge. Area 21 are wholesale suppliers of high-quality drums. Our instruments are sourced and crafted with the utmost respect for tradition and quality, making them ideal for practitioners, retailers, and enthusiasts. Partner with us to enrich your offerings with the authentic sounds that elevate spiritual practices.

Learn the art of shamanic drumming, the nuances of sound and light therapy, and various spiritual practices that foster personal and communal growth. Our teaching events are designed to inspire, educate, and empower, fostering a deeper connection to yourself and the world around you.

Tel: 07806305304 - 07973758347

Join Angie from area 21 for **Shamanic Drumming** on Saturday morning in room 1 and for **5th Dimensional Healing** on Sunday afternoon in room 1



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 #BarnsleyBoy

For advanced bookings please contact John on T: 0780058407

Spiritual Healing
Saturday room 2

The Magic of Hypnosis
Sunday room 1

Mansfield Mind, Body, Spirit Show

October 12th / 13th 2024

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FREE PARKING REFRESHMENTS PRIZE DRAW

Doors open Sat 10am—6pm / Sun 10am—5pm
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children under 12 free

organiser Northstar Crystals Tel: 07990 874699

www.northstarcrystals.com/mansfieldshow

