

12 page event
programme

Northstar Crystals proudly presents The 57th

Mansfield
MIND BODY
SPIRIT
Show

Saturday & Sunday
April 12th / 13th
2025

50 Exhibitors

34 Free
Talks & Workshops
Drumming, Mediumship,
Sound bath, Animal Communication
Meditation, Cacao, Energy Healing

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 57th 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

facebook

Mansfield show

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

Admission buy ticket online £6 per day / 2 day pass £10

pay on the door £7 per day (subject to ticket availability)

children under 12 free

Free parking for 500 vehicles + disabled spaces. *Parking 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.

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 the website



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.northstarcryystals.com

Stalls / Speakers

include:

Andrea Miles, Silver Jewellery
Angie Zillah, Area 21
Avaja Himalayan Singing Bowls
Awakened Soul
Brenda Diskin
Chesterfield Amethyst
Craig Martin
Peter Ison
Earth Astrology
EarhtonesYES
Edwinstowe
Chiropractic
Elemental Balance
Emma Gowshall
Ethically Gifted
Frigga's Witchy
Emporium
Healing Pets
HearthWitch
Fenix Flames

Gently Stirred
Jacqueline Kent
Jacqui Marsh
Julie Tabron
Jeaneil holistic therapies
Karl Hernesson
Mick Lawlor
Northstar Crystals
Oraphim Shungite
Peaceful Minds
Primitive Supplements
Rachel Clare Farnsworth
Reiki Energy Systems
Rick Paul
Sanctuary Reflexology
Seraphina Jewellery
Sutton Healing Centre
Tariq SVJH Healing
The Grail Movement
The York Aura Post

Daily admission

buy ticket online £6 / 2 day pass £10

pay on the door £7

children under 12 free

We strongly advise buying tickets online, in advance.

Tickets are usually available on the door, but the venue is limited to 1200 visitors over the weekend and the show is becoming increasingly popular.

If we reach capacity we may have to operate a 'one out—one in ' system for those without tickets.



Buy Tickets

TO BUY TICKETS ONLINE

Scan the QR code or go to

www.northstarcystals.com/mansfieldshow

and click on the tickets link

Free talks & workshops
ROOM 1 (the lounge) SATURDAY

Shamanic Drumming

Join Angie from Area 21 for 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.



10.45

Mind Over Pain

OldPain2Go® Exploring the role of the mind in pain perception, ideas for healing: shifting mental patterns and removing pain.



12

Building a Magical Ritual

Angela Barker will, within this talk, design a ritual with Audience participation. Starting from the first idea of a ritual though to completion, she will discuss why she is doing things like calling in the quarters. You will walk away at the end knowing how to build your own ritual and what the difference is between spell work and rituals.



1pm

Mediumship demonstration

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 17 years. Jo describes herself as an 'honest Yorkshire lass' and packs a lot in to her authentic and entertaining demonstrations.



2pm

The Healing Power of Cacao

Join Mahala for an inspiring journey into the world of pure cacao, the ancient plant medicine which can enhance your physical health and deepen your spiritual connection. As a seasoned Cacao Practitioner, Mahala will guide you through the powerful impact cacao can have on both your body and spirit



3pm

Energy healing

Introduction to Bowen technique, Neurostructural Integration Technique and Energy healing. Understand how these non invasive healing process can help improve your quality of life. Tariq Nizami



4pm

Finding your Pets Silent Pain

How to heal the root cause of emotional and physical pain in your pet. What your pet is trying to tell you through their anxiety and challenging behaviours. Understand the non verbal cues your pet is giving you. Find and heal the trauma underlying otherwise unpredictable behaviour. Your pet will be happier and healthier, with Pet Whisperer Emma Gowshall.



5pm

Show closes at 6pm Saturday

Free talks **ROOM 2** **Saturday**

Shungite

11am the miracle molecule. It's energy can infuse your energy systems to enhance you for powerful EMF Balancing and Wellness, as well as being used for water purification, detox, and get that energy back in you for the rest of 2025!
Join Cassie and Rich to experience the power of Shungite.

The benefits of a healthier lifestyle

12 noon Raising awareness of your body and limits. With emphasis on meditation opposed to medications. Yoga mindfulness and learning to improving our lives holistically.
Living healthier with emphasis on herbs and natural products. Chandu Solanki

The heart chakra and Enlightenment

1pm with Saba Suleiman see page 9

Ethical Living

2pm small steps make a big difference! Ethical Living is no longer just a trend, it's a responsibility for each and every one of us but where to start and is it worth it? Kirstie Wood, from her own experience, will provide some practical and realistic tips for living a greener and more sustainable life. She will explain how making mindful choices in our daily lives is good for us and our planet. Embracing an ethical lifestyle is a journey, not a destination. Come and get started in the right direction!

The Buddhist Path to Nirvana & Enlightenment

3pm with Paul Seagrave, see article page 11

Wellness

4pm how to improve your general health with herbal teas.
Guy Stephenson, Master Herbalist, on the role of herbal teas in supporting overall health, and easing symptoms of general malaise.

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

Folk Magic

12 noon An introduction to the folk Magic of the British isles with a look at herblore and the use of magical charms and amulets for protection and much more. Craig Martin

Sound for the Mind, Vibration for the Body

1pm Dave from Avaja invites you to join him to hear about the effect's created by experiencing a Sound Bath.
We will cover how sounds are created, their cultural history with regard to Singing bowls and how frequency relates to brainwaves and chakras and why a cat purring relaxes you. I will also provide an overview of how singing bowls are made and how to play them. At the end we will have a little time for questions.

Healing

2pm with Gill Dawson, see article page 8

Unpacking the Impact of Diet on Health and Happiness

3pm Modern diets, rich in processed foods, have revolutionized convenience but might come at the cost of long-term health and mental well-being. This talk examines how heavily processed foods affect the body and mind, comparing them to the principles of primitive diets, with Tavi

Are you Allergic to Electricity ?

4pm With Karl Hernesson, see article page 9

Free talks & workshops
ROOM 1 (the lounge) Sunday

Milla's African Drumming

10.45

A fast paced djembe 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.



Discovering Your Psychic Ability

12 noon

Whether it be talking to spirit, predicting the future, or having really good instincts we all have varying degrees of intuition and psychic ability. Join Vala Stiorra as she talks you through how to get started on your journey of learning about how your personal ability works and introduces the different methods of divination to help you discover and use your psychic ability. This workshop includes a brief history of divination and the tools, from tarot to palmistry, that can be used to channel messages and bring hope and empowerment to the chaos of modern life.



Soothing Sound Bath

1pm

Join Mahala and Alex for a sonic tune-up. Bathe in the soothing sounds of Himalayan and crystal singing bowls, mantra, and chimes for a relaxing and rejuvenating experience



Mediumship Demonstration

2pm

Brenda Diskin is a natural born medium who has been using her skills since a very early age and has been working publicly for over 60 years. She has gained an excellent widespread reputation with international clients, and audiences across the UK. Brenda believes that it is possible to give a psychic reading from almost anything. She says that humour plays a big part in her work as laughter lifts the vibrations. Brenda will talk about her journey into mediumship, give a short demonstration of her skills and finish with a Q&A session.



Simmering Pots

3pm

these are a traditional magical way to cleanse and purify your home. These can be used around the Sabbats, when someone is ill or just for a good old fashioned cleanse and energise, Angela from Fenix Flames will explain what these are and how to develop them, what to use and how to dispose and utilise all the ingredients.



Direct Channeling

4pm

is a cherished favourite at Area 21. Join Channel Angie Zillah and her connections as they deliver downloads from benevolent galactic beings of light. Each channeling session is unique and designed to realign your energies. While there will be others present, the upgrade is personalized for each individual attending. Join us for a personal upgrade on your ascension adventure!



Show closes at 5pm Sunday

BEMER Vascular Therapy

12 A non-invasive therapy that uses pulsed electromagnetic fields to stimulate blood flow and improve circulation. Not magic, just good physics. Simple to use, simply does you good. Rachel Bavin

Reiki and energy healing

1pm An introduction to reiki and energy healing, hands on with audience participation. Experience handling and passing energy and be involved in a reiki healing, led by reiki master teacher Alan Sheppard, assisted by students from Clipstone Reiki. No experience needed.

Sympathetic and Contagion Magick

2pm How to use these magickal styles to develop a successful magickal practice. HearthWitch

Animal communication

3pm Dealing with rescued animals and helping to communicate with them so that they can relate to their new world. Learning to listen to animals and create more understanding. Emma Gowshall will also speak about her rescue work both in the UK and worldwide.

Disrupt Unhelpful Habits

4pm Remove overwhelm and find the real you, using Quantum Human Design™ Let Jacqueline Kent show you how you can tap into your intuition (or gut feeling) and move from Stuckness to Certainty!

Magic

12 noon Rituals, days of the week, corresponding sun signs, planets, colours and crystals, with Jacqui Marsh

Mindfulness and Meditation

1pm During this talk, Peter Ison will be discussing mindfulness, meditation and grounding, and how they can be incorporated into everyday life. Covering what mindfulness really is and demonstrating practical techniques that focus on the body and the breath, culminating with a guided meditation and grounding for everyone in the room

Harp Music

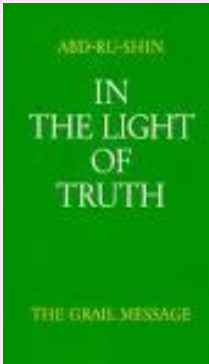
2pm Let the engaging Mick Lawlor entertain you with a selection of live harp music. Enchanting, memorable, meditative. You won't be disappointed.

Crystal Meditation

3pm Using a Lapis Lazuli 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, with Jeaneil holistic therapists.

Decoding The Body's Messages

4pm with Rachel Claire Farnsworth, see article page 8



Healing

The power we all hold.

How to guide the energy for good, thereby inviting the Light into our lives.

Everyone channels energy all the time.

Knowing how the energy we send out affects our lives, other people's lives and our environment is vital for our well being.

Whatever we send out returns to us which is how we create our fate.

We all have the ability to heal, and when we do this consciously it not only helps us to become more aware of our spirit but it also flows over into all aspects of our life.

Gill Dawson, Reiki Master.

'The soul creates it's environment according to its own condition.'

Join Gill Dawson on Saturday in room 3



Decoding The Body's Messages

and Unlock Your Wisdom to Heal

Join Rachel Claire Farnsworth, a passionate guide in holistic health, for an enlightening talk that will help you uncover the profound wisdom your body holds. This session dives deep into the connection between past experiences and the emotional or physical challenges they manifest today.

Discover how the body keeps the score and speaks its truth through pain and symptoms—a language that, when understood, can lead to profound healing. Through Rachel's guidance, you'll explore the idea that we are far more than our physical forms. We don't just have a soul, we are a soul, capable of powerful transformation.

Leave this talk with a renewed sense of connection to your inner wisdom and a clearer understanding of how to unlock the healing power already within you. Prepare to listen to your body, decode its messages, and take a step closer to true holistic well-being

Join Rachel in room 3 on Sunday

Signed copies of her award winning book Decoding The Body's Messages - Unlock Your Wisdom To Heal will also be available to purchase

Rachel@wellnesswithrachel.co.uk
www.wellnesswithrachel.co.uk

07564 160818

Are you Allergic to Electricity ?



Around 4% of people are believed to suffer from electromagnetic hypersensitivity.

Reported symptoms include a wide variety of emotional, mental and physical disorders. Extreme lethargy, muscle pain, palpitations, boils, rashes, insomnia, moodswings and many more. The list is a long one. Some illnesses were simply not present before electricity became commonplace in the late 19th / early 20th centuries. Many conditions are 'masked' and its not always easy to make a connection between the cause and the symptom. Karl Hernesson

Join Karl on Saturday in room 3*

**If you are joining Karl for this talk, please turn your mobile phone OFF, not just on airplane mode, but completely off please.*

The heart chakra and Enlightenment with Saba Suleiman



Where does the enlightenment in human consciousness begin?

In 1991, Dr. J. Andrew Amour revealed his work that the heart has a complex intrinsic nervous system with 40,000 neurons that is sufficiently sophisticated to qualify as a 'little brain' in its own right.

These nerve pathways enter and cascade up into the higher centers of the brain (crown chakra), where

they may influence perception, decision making and other cognitive processes.

Research has also revealed that the heart communicates information to the brain and throughout the body via electromagnetic field interactions.

The heart generates the body's most powerful and most extensive rhythmic electromagnetic field. The heart's magnetic component is about 5000 times stronger than the brain's magnetic field.

Planets and stars orbit around their common center of mass. This common center of mass is called the barycenter.

Every object has a center of mass. An object's center of mass is the point at which it can be balanced.

Center of mass in physical anatomy is slightly below belly button, and heart chakra is the center of mass in our energetic anatomy which is known as the chakra system. We will explore the role of heart chakra in enlightenment.

Join Saba Suleiman in room 2 Saturday



EARTHTONES
YOGA * ENERGY * SOUND



Scan me

1-to-1 Sound & Energy Healing Treatments
Gong Baths ~ Workshops
Professional Training

Courses coming up:

Himalayan Massage ~ Chakra Balancing
Gong Bath Training ~ Cacao Practitioner Training
200 Hour Diploma in Sound Healing

www.earthtonesyes.co.uk

29A Church Street, Mansfield NG18 1AF

Join Mahala and Alex from Earthtones for

**The Healing Power of Cacao Saturday, room 1
and
Soothing Sound Bath Sunday room 1**



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 for **Shamanic Drumming** Saturday morning in room 1
and for **Direct Channelling** Sunday afternoon in room 1



The Buddhist Path to Nirvana & Enlightenment

Join Paul from Peaceful Minds for the second in a series of 3 talks, exploring the profound topics of Nirvana, Enlightenment, and the methods to achieve them.

In this second talk, we examine the essential ingredient a yogi must cultivate to attain complete enlightenment: the special main mind of bodhichitta.

Classically trained in the Tibetan Buddhist Gelugpa tradition, the lineage of His Holiness the 14th Dalai Lama, Paul graduated from Nalanda Monastery in the summer of 2022. Peaceful Minds offers corporate leadership training, secular well-being courses, self-compassion workshops, and meditation programmes.

Email: info@peacefulminds.me
www.peacefulminds.me
www.instagram.com/peacefulminds.me

Join Paul on Saturday In Room 2



ethically gifted



Ethically gifted is an independent retail business based in South Yorkshire selling fair trade, eco-friendly and esoteric products sourced from around the world, including the UK.

We have exhibited at the Mansfield MBS Show for many years.

Our colourful stall showcases a wide range of gifts, decor and accessories, all with ethical living in mind. Our incense, bamboo socks and chocolate each have a dedicated fan base at Mansfield!

Protecting the planet, supporting workers' rights and championing more mindful consumerism are our passions. We look forward to sharing these passions with you.

Website: www.ethicallygifted.co.uk
Email: hello@ethicallygifted.co.uk
Facebook: www.facebook.com/Ethicallygifted

**Join Kirstie
on Saturday
in Room 2**

Mansfield Mind, Body, Spirit Show April 12th / 13th 2025

John Fretwell Complex
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

buy ticket online £6 / 2 day pass £10

pay on the door £7

children under 12 free

organiser Northstar Crystals Tel: 07990 874699

www.northstarcrystals.com/mansfieldshow

