

**Northstar Crystals proudly presents The 49th**

# Mansfield

**FREE**  
8 page event  
programme

# MIND BODY SPIRIT Show

## **60 stalls**

Crystals  
Jewellery  
Readers  
Healers  
Aura Camera  
Pagan Supplies  
*and so much more !*

## **30 Free Talks**

### **& workshops**

Drumming  
Animal Healing  
Spellcasting  
Raw Juicing  
Yoga  
Mediumship  
Crystal Healing  
Power of Sound  
Pain Relief

**Saturday & Sunday**

**April**

**4th / 5th**

**2020**

## **John Fretwell Centre**

**Sookholme Road, Mansfield, Notts NG19 8LL**

*off the A60, 4 miles north of Mansfield town centre*

**Download event programme at [www.northstarcystals.com](http://www.northstarcystals.com)**

**Daily Admission £5 pay on door   Opens 10am   3 workshop rooms   Free Parking   Hot Food   Prize Draw**

## **Welcome to The 49th 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.

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

#### **Organiser**

Northstar Crystals Tel: 07990 874699

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



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

**Daily admission** £5 / 2 day pass £8 / concessions £4 / children free

**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 controversial or 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 under 16 years 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.northstarcryystals.com](http://www.northstarcryystals.com)*



### **Iza Moon. Luminary Songstress**

During this deeply relaxing workshop, Iza will share with you a carefully chosen selection of her Luminary Songs, Poems, Visualisations, Journeys and Mindfulness Techniques which will help you to let go of your worries and stresses, bring you into the present moment, and guide you to that peaceful place of Stillness and Serenity deep within. Iza's instruments are all tuned to the Healing Frequency 432Hz. This frequency resonates with the Schumann

Resonance (the Fundamental electromagnetic 'beat' of the Earth; also known as the Heartbeat of the Earth). This is also the frequency to which our body naturally resonates.

So, together with the inspirational, heart opening quality of Iza's lyrics, her music also creates deep healing on a cellular level, transmuting energy blockages and helping us to align our vibrations to that of The Earth and Mother Nature,

**Join Iza on Sunday in room 1**



## **John Richardson and The Purple Church Spiritual Healing Circle**

John will first give a brief informative explanation on Spiritual Healing, his Theories and Practices, to be followed by a group Healing Circle for all to partake in, receiving Healing for themselves or others. The Mind is a receiver and a transmitter: When the root cause of a problem is in the spiritual dimension, then it needs to be counteracted or treated by some method that is spiritually more potent than the cause of the problem. This is termed as spiritual healing. It involves the use of Spiritual Energy to overcome the problem... When conducted in a group the healing is therefore amplified and becomes that much more potent.

John Richardson is an empathic, compassionate and gifted healer: His credo of one Universal Consciousness and holism-recognition of the sacred trinity, Body, Mind and Spirit, and that no attempt should be made to cure the Body without consideration of the Soul; along with a steadfast belief and prodigious understanding of the Mind's fathomless powers allows for extraordinary healing - Health is your birthright, !

**Join John in room 1 Saturday for 'Hypnosis'  
and on Sunday for 'The Purple Church Healing Circle'**

### **Exhibitors / speakers include:**

Alison Rees ceramics  
Andrea Miles, Silver Jewellery  
Angelight Therapies, BARS  
Angie Milbourn, Sshac  
Ashley Mortimer  
Aurafusion, aura camera  
Cara Amirah  
Chesterfield Amethyst  
Edwin Courtenay  
Elemental Balance  
Erasmus Jones  
Healing Pets  
Ethically Gifted  
Fay Hartwell Designs  
Fenix Flames  
Gobannos/Spiritlight Gallery  
Ireneia  
Iza Moon  
Jacqui de Rose Original Art  
Julie Elizabeth  
Joys Gems  
Karl Hernesson  
Lizian Crystals  
Madame Csaszar  
Moira Hodgkinson

Mel-Jay, crystal jewellery  
Northstar Crystals  
Nottingham Aloe  
Oraphim Shungite  
Psychic Lynzi  
Rachel's Runes  
Reiki Energy Systems  
Sadhana Spirit, singing bowls  
Sanctuary Reflexology  
Sandi Pinkney pendulum readings  
Sense The Senses  
Seraphina Jewellery  
Soul Sisters wooden artefacts  
Spirit Earth CBD  
Steven Blake Old Pain To Go  
Stephanie J King  
Susannah Frost  
Sutton Healing Centre  
The Feel Better Fast Clinic  
Tracy Poskitt  
The Wiccan Lady  
The Witches Heart  
WildKatt  
Woodland Trust  
Yanga Yoga

# Free talks & workshops

## **ROOM 1** *(the lounge)* **SATURDAY**



10.45

### **Shamanic Drumming**

Join Wildkatt 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. Feel free to bring your own or borrow from the selection of drums on offer, and help with raising the energies to start the day. Take your seat early for this very popular session.



12

### **A Demonstration of Aura Reading**

The aura is a field of energy that surrounds all living things - an emanation of the spinning vortexes of light that sit at the core and centre of the physical form - the chakras - the aura can reveal to those who have the ability to see it many things from potential disease and illness to psychical and spiritual potential to past life memories and power!

Edwin Courtenay will conclude by recounting a chapter from his new book 'Psychic To Go' on how best to develop your own auric sight!



1pm

### **Hypnosis, Key to the Mind**

spiritual connections, emotional, anxiety & nervous disorders, phobias & panic attacks, stopping smoking, weight loss. Hypnosis is the key to the subconscious mind & by unlocking the subconscious we can change perceptions that create blocks and obstacles in our life today. John Richardson



2pm

### **The Folklore and Magic of Dolls**

From ancient Egypt to World War 2, dolls have been used by witches, healers and royalty for spells, magical healing and more. Find out how dolls and poppets are used by today's witches for healing, good fortune and even love magic! Moira Hodgkinson



3pm

### **Someone Like You**

How long has life waited for someone like you to exist?

Who can tell for sure how many lifetimes you've lived or how much you've been through to reach this space. No-one else is exactly like you, so why are you here, what sets you apart, why did you choose to be born in this time-frame? From a perspective of soul, your life agenda and purpose are unique. It's not accidental that spiritually you are waking up, remembering, growing and daily becoming aware. How you navigate this stage of personal development is yours to decide by free choice. But why do it alone - when help is continuously here? Stephanie J. King (Soulpreneur TM) will show you how to easily connect with life's real time assistance and language.



4pm

### **Psychic Offerings**

Tracy Poskitt will be demonstrating Clairvoyance & Mediumship with her unique Soul Pocket Therapy. A lucky audience member will also receive one of Tracy's unique affirmation packs.



5pm

### **Animal Guide Meditation**

Would you like to meet and connect with your animal guide so you can communicate with the animals in your life? Emma Gowshall will give a guided meditation so that you can experience and welcome your animal communication guides. During the meditation Emma will also bring forward messages from animals, both passed and present.

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

### **Bio-resonance**

1pm The hidden power of natural healing: All substances animate or inanimate, living or non-living are made of protons and neutrons. These vibrate at frequency wavelengths measured in Hertz. Bioresonance technology uses these Hertz to identify the causes of ill health and simultaneously send rebalancing Hertz to stimulate equilibrium. Rachel Bavin

### **Pain Relief**

2pm Can Your Pain be Lowered or fully Go? Steven Blake will explain and demonstrate a revolutionary method of pain removal that is sweeping the world. Currently being trialled at Teesside University.

### **Broomsticks and their place in witchcraft.**

4pm Why people thought witches could fly, what was flying ointment and where sayings such as "Living over the broom" come from. Louise Bloomer

Free Talks

**ROOM 3**

**Saturday**

### **Raw Vegetable Juicing**

1pm Smoothies & raw Aloe Vera for health & weight loss, with Hana Nemos aka Mr. Aloe, Nottingham. Hana talks about his 2 month veg and juice fast and the miraculous results

### **Hand Reflexology**

2pm Enjoy the gently transformative power of hand massage with the ever popular Chandu Solanki, audience participation.

### **Magical Herbal Incense**

3pm Herbal incense is made up of a mixture of herbs, flowers, resins and oils; the individual herbs have different spiritual properties alongside Magical and healing properties. Learn more about this and the best way to design your own Herbal incense recipe. Angela Barker

### **Reiki Energy Systems**

4pm A gentle but powerful interactive Reiki session from Mick & Mag. No previous experience needed.

### **Standing up for Trees**

5pm raising awareness of both the importance and value of ancient and native woodland, encouraging people to find out about and visit their local woodland, and how this promotes wellbeing, plus find out about the practice of Shinrin yoko (Forest bathing) with The Woodland Trust

Show closes at 6pm Saturday



Free talks & workshops  
**ROOM 1 (the lounge) Sunday**



- Demonstration of Mediumship**  
10.45 Joanne Csaszar brings the character of your loved ones into the room as she delivers messages from your friends and family in Spirit. Her mediumship is heart-warming, healing and affirming of continued existence in the Afterlife.  
Joanne will also be presenting a brief demonstration using her amazing and utterly unique “Talking Tea Cups”.



- Witchcraft And The Wica**  
12 Ashley Mortimer presents a look at how modern pagan witchcraft rose from underground cult to worldwide religion in just a few decades and tries to describe what the modern Craft actually is (and isn't) in the context of a modern western occult system of magic and spirituality.



- Oraphim Shungite**  
1pm The Nobel Prize-winning molecule only found in nature is in the stone Shungite. Come and hear why we call it ‘the miracle molecule’ and why using Shungite water for drinking, cooking, bathing is so beneficial and cost -effective (it clears chlorine, toxins, bacteria, it restructures, removes anti-oxidants, remineralises, lowers the surface tension for better hydration and cellular cleansing and adds healing fullerenes). Also using Shungite for reversing the Electro-Magnetic Fields in the home environment and on mobile devices is easy with Oraphim Shungite stickers and beautiful jewellery too. Cassie & Rich Spray



- Iza Moon, Luminary Songstress**  
2pm Join Iza for an enchanting hour of music, poetry and song.  
See article on page 2



- Angelic Mediumship**  
3pm Edwin Courtenay has been seeing and communicating with Angels and Archangels for 30 years.  
In this demonstration of Angelic Mediumship he will combine his clairvoyant ability with his spiritual mediumship and channelling – as well as his extensive knowledge of the Angelic Kingdom - to give messages from the Angelic Kingdom to as many of those who attend as he possibly can!



- The Purple Church Spiritual Healing Circle**  
4pm 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! See article page 3

Show closes at 5pm Sunday

Free talks

**ROOM 2**

**Sunday**

**Elemental Tai Chi**

11am Learn easy routines and exercises from this 800 year old lineage that can be practiced anywhere for instant calm. Heal body and mind & cultivate your life force. Suitable for all ages and abilities with Cara Amirah

**Chakra Clearing with Crystals**

12 noon a talk about different energy levels and how their frequency affects us in positive and negative ways, with tips, tools and methods using healing and crystals to help us. Jasmin Holland

**Wildkatt Healing Demonstration**

1pm Discussion and demonstration of channelled energy working on members of the audience by Wildkatt

**Manifesting a life you will love**

2pm Steven Blake will explain a simple way to attract the right things into your life.

**Gods of Mansfield**

3pm Join local Druid Erasmus Jones for a talk exploring the ancient landscape around Mansfield in search of the gods of our ancient ancestors. Using a mixture of local history, mythology, folklore, place name entomology, and a study of landscape topography. Mark will reveal how the local gods of our ancient ancestors survive to this day. How their stories echo down the ages for us to hear even now if we only take the time to listen. And how some of the ancient sacred sites can still be found in the local vicinity.

Free talks

**ROOM 3**

**Sunday**

**Expand Your Psychic Mind**

12 noon Tracy Poskitt demonstrates how to tune in to your own spirit and open up and work with spiritual energies.

**Colour and the aura**

1pm As many will recall, Ian Timothy read colour for over 20 years. Ian will talk about aura and colour. An informative, interactive talk from an entertaining and knowledgeable speaker

**Are You Psychic ?**

2pm Have you ever wondered if you have psychic ability? Join Lynzi, one of the country's top psychic mediums, for an informative, fun workshop to explore and enhance your own personal psychic ability

**The Power of Sound**

3pm An introduction to the power of sound and colour vibrations. This form of healing dates from a time long before the ancient Egyptians. You are born with this power in you. Join Angie Milbourn for an interactive demo, take control, improve your Mind, Body & Spirit. This workshop lasts appx 90 minutes.

# **Mansfield Mind, Body, Spirit Show APRIL 4th / 5th 2020**

## **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*

*Nearest train station is Shirebrook*

**FREE PARKING   REFRESHMENTS   PRIZE DRAW**

***Doors open Sat 10am—6pm / Sun 10am—5pm***

**Daily admission   £5 / 2 day pass £8   children free / concessions £4**

**organiser Northstar Crystals Tel: 07990 874699**

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