

Northstar Crystals proudly presents The 38th

Mansfield

October

18th / 19th

MIND

BODY

SPIRIT

SHOW



**25 Free Talks
& workshops**

Herbalism, Crystal Skulls
Meditation, Animal rights
Nature Spirits
Dark Spirituality
Reincarnation
Drumming

Exhibitors & Speakers
from around the UK

70 stalls

Therapists, Healers
Readers, Aura camera
Shaman, Astrologer
Crystal Healer, Reiki
Native American, Tibetan &
Pagan items, 4 Crystal
stalls, large bookstall and
much more !

Mansfield Civic Centre NG19 7BH

www.mansfieldshow.com

David Lowe



David is a full time therapist and light worker based near Mansfield. He specialises in rapid mental, emotional and spiritual transformation providing treatments and workshops. His qualifications include: Hypnotherapy, CBT, Theta Healing and Reiki Master. www.hypnoshealing.com

Hear David on Dark Spirituality Sunday in The Council Chamber

Robert Hawk

Shaman, Healer, Guide, Teacher & Artist

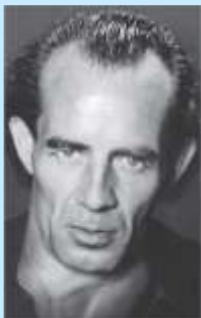
I created HawksHouse as a Source of Shamanic Courses, Healing, Products & Workshops.

The centre was founded in 2006 and it provides :

Specialties: Meditation and Journeying
Drumming / Trance Drumming,
Shamanic / Spiritual Counseling
Development of The Real Super Conscious Multidimensional Super Awareness

I heal people and I love teaching other human beings how to heal so the whole Planet and all inhabitants could be healed and we could become Free to be who we really are.

www.hawkshouse.co.uk Tel: 07533365999



There is no such thing as incurable

The Bruno Gröning Circle of Friends is one of the largest active organizations for healing on the spiritual path world-wide. In the meetings which are free of charge and totally without obligation, you can learn more about Bruno Gröning's teaching, how to absorb an energy which Bruno Gröning called the Divine power, Life Force or "Heilstrom" (healing power). Everyone who knows its laws can freely absorb it and use it for his health.

Remarkable healings occur again and again through taking in the healing power, even from physical and psychological illnesses considered incurable. joanna_nind@yahoo.com Tel: 07737 372242

Experience Heilstrom for yourself
Saturday afternoon in The Council Chamber

Welcome to The 38th Mansfield Mind, Body, Spirit Show
A Showcase for Alternative & Complementary Therapies and Lifestyles.

Healers & Mystics, therapists, readers & retailers from the UK and Europe await you. Seventy stalls: therapies, taster treatments, specialist & hand made goods that you won't find in the shops. Friends old and new to meet.

Lots of free talks & workshops—a fabulous weekend in prospect !

Tel: 07990 874699

Organiser Northstar Crystals
www.mansfieldshow.com



Amethyst Geodes of all sizes
from Lancys' Crystals
Tel: 01773 874407

The Gift of Presence

Lydia Weston

Fully qualified and highly experienced
Tutor, Trainer and
Personal Development Counsellor.



Courses, Workshops and
Talks that help people
connect more peacefully to
life, using 'Mindful
Awareness Practice.'

Mindful awareness can help us to stop living
in the past, and projecting into the future.
We then become more present and connected
to the Here and Now, in which we are likely
to find a deep sense of peace and
contentment.

For details of upcoming Courses, Talks and
Workshops, or to book a One to One session.

Please ring Lydia on

07786 527665.

email lydia.weston57@gmail.com

Lydia will be speaking in The Oakham
room on Saturday

Free talks & workshops
OAKHAM ROOM SATURDAY



12
noon

The Balance Procedure
is an energy/relaxation technique that can be used to
regain balance in any area of your life: work, health,
relationships, weight loss, sports' performance, fertility,
finance ...the list is endless. Jacqueline Seddon



1pm

Chinese Tongue Diagnosis
What your tongue reveals about your health
Dr. Gefei Wu



2pm

Playing with brainwaves
Wendy Lowe talks about different brainwave states and ways
to attain them. Play with some of the techniques and learn
about the chemicals/foods that help or hinder.



3pm

Five Animal Qi Gong.
An introductory workshop with audience participation as
Jason Sewell introduces this ancient system for cultivating
internal energy incorporating the spirit of the Tiger, Deer,
Bear, Monkey & White Crane.



4pm

The Compassionate Pathway
includes the impact of veganism on human health, planet and
third world. Guides / Masters input and audience
lightworking. Elissa Rattigan, *Animal Rights in Spiritualism*.



5pm

The Gift of Presence
Do you want more out of your life? Struggling with life
limiting worries about the past? Anxious about your future?
Would you like to learn to; Stop? Take control of your
thoughts and actions? Open to a new way of being? Proceed
with your life In a more peaceful, self accepting and
connected way? Lydia Weston.

Some talks may contain controversial or scientifically unproven material. The views expressed are those of the individual speakers and are not necessarily those of the show organiser and are not intended to modify or replace the advice or treatment of a qualified medical practitioner.

Free talks & workshops

Council Chamber SATURDAY



10.45 Drum Beats & Power Animals
Drumming and meditation, to get in touch with your power animal / helpers. A lively start to the week end with Shane Darbey. Drums available or bring your own.



12 noon Intuitive Crystal workshop
Ian Timothy explains with a practical approach which demystifies crystal work and simplifies certain aspects of selection, choice and usage.



1pm The Anunaki
An extraterrestrial race that genetically created and manipulated mankind. Learn about the Anunaki, where they came from and the alternative history of mankind. Robert Hawk.



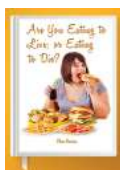
2pm There is no such thing as incurable
Experience the power of healing for yourself with Dr. M. Kamp, MD author of the book "Revolution in Medicine" and member of the Bruno Groening circle of friends.



3pm The Witching Path
Witchcraft is a journey of natural magic and seasonal celebrations. Learn about the God and Goddess, the elements, the cycle of the year and find out what witches really do under the full moon light! Moira Hodgkinson



4pm **The Psychics' Toolkit**
Crystal balls, psychometry & tarot cards. What they can do with brief demonstrations. with Psychic Lynzi



5pm Eating to Live or Eating to Die ?
Get the immune system right and you can cope with almost any disease, including stopping and reversing heart disease, diabetes type 2, osteoporosis, fibromyalgia, arthritis and many more. See article on page ten. Glenn Harrison

Free talks & workshops
Oakham room **SUNDAY**



11am

BodyTalk

Discover this gentle but powerful healthcare system based on what your body needs and wants. With BodyTalk we have the tools to find and address the root causes of health issues that keep you 'stuck'. You will also learn a wonderfully easy and effective technique to reduce stress for yourself, friends and family Julie Milward



12 noon

Daoyin

Experience gentle stretching exercises guided by the 12 Chinese acupuncture meridians. Developed by Chinese martial arts instructor and sports injury therapist Y. C. Yeung, Daoyin is a program of strengthening exercises for performance enhancement and healing which has been verified to be valuable for anyone regardless of age and suitable for use with most health conditions.



1pm

Hedgerow Herbs

Hedgewitch and Animal Communicator Jan Muse explains how to gather & prepare common hedgerow and garden herbs and plants for a range of common ailments



2 pm

Taoist Guided Meditation

An ancient Taoist practice which many believe is one of the greatest paths and tools for the realisation of our true nature. Jason Sewell



3pm

Nature Spirits

The belief in the existence of individual spirits that inhabit natural objects and phenomena with author Karl Hernesson.



4pm

Shamanic Initiation

A Shaman is someone who walks firmly grounded with one leg in this world and with the other leg in the other worlds, also firmly grounded. The purpose of Shamanic Journeying is to enrich your life, to make blossom. Healing and freedom is for everyone who dares to walk the shamanic path. Once the Initiation takes place everything changes forever. Would you like to know more?

Free talks & workshops
Council Chamber SUNDAY



10.45 From Mindlessness to Mindfulness
S.M.Toni brings her talk to The Mansfield MBS show. Her stories, verse, anecdotes, music and wit will take you on an inspirational and surprising journey!



12 noon Be Confident; Worthy - Soul Empowerment
5 massive mistakes caring people make, which gives them a lack of confidence, low-self-esteem; and keeps them unhappy and overwhelmed. Why do we not feel worthy? Why do we allow other people to rule our lives? Join Angel channeller, Jill Harrison; Level 12 Psychic Medium and Avatara, to learn how to gain self-confidence, feel good about yourself, to be free of the shackles of people who are putting-on you.



1pm The Reiki Energy Group
Experience the gentle but powerful energy of Traditional Usui Reiki with Mick, Mag & Alan. Audience participation.



2pm Dark Spirituality
**David Lowe will explore:
 How do we get predatory spirits?
 Why do we have curses and psychic hooks?
 When do dark spells influence us?
 Where are energy implants within me?
 What dark connections do you have hidden within you ?**



3pm A Unicorn in your Living-Room
Adela explains how this book, a guide to spiritual illumination, came to be written. How she became a healer, met the angels and was compelled to write the book by the magical unicorns who galloped into her life. *If I can do it...anyone can! Adela.*



4pm The Chamber of Skulls
Eyes wide open. Walk into the chamber and choose carefully where you need to sit, for 13 Crystal Skulls will take you to where you need to be. Its time for letting go and releasing what is not needed, for times are changing. Do you need to release from your Mind, your Spirit, your Soul or is it from the materialistic world that we live in. Shane Darbey

Exhibitors & speakers include: complete list at www.mansfieldshow.com

| | | | |
|---------------------------|--|---------------------------------|--|
| Moira Hodgkinson | www.moirahodgkinson.com | Zebra Handmade Jewellery | www.zebrahandmadejewellery.co.uk |
| Self Help Astrology | www.selfhelpastrology.com | Northstar Crystals | www.northstarcrystals.com |
| Mo Elliott | www.subtlebodytree.com | Archangel therapy | www.archangeltherapy.net |
| Kokopelli trading | 07913 439213 | Hypnos healing | www.hypnoshealing.com |
| Lizian | www.lizian.com | Pio | www.thepioshop.co.uk |
| Usui Reiki Energy Systems | 07932 823762 | Jill Harrison | 01777 710999 |
| Sutton Healing Centre | 01623 475701 | Forever Living Products | www.aloe2u.co.uk |
| Viking Dave | 07748 668438 | Neal's Yard Remedies | www.midlandsorganics.com |
| Crystal Magic | 07963 120162 | Susannah Frost | 07538 101574 |
| Turtle Lodge healing | www.turtletodgehealing.co.uk | Julie Cannon | 01246 205138 |
| The Magik Thread Ltd | www.spiritual-books.co.uk | Divine Lights | www.divinelight.biz |
| By Lancy crystal shop | www.orbandsceptre.com | Purple Moon | 07986 155853 |
| Julie Elizabeth | www.julielizabeth.co.uk | Weleda in Harmony with you | 07718 124877 |
| Irenea | 0115 8409322 | Hawkshouse | www.hawkshouse.co.uk |
| So Complimentary | 07952 302119 | Equilibrium Wellbeing Ltd | 07795 109081 |
| Bodytalk | www.bodytalksystem.com | Les Grimoire du Faeries | 01604 743320 |
| Y.C. Yeung | 01509 269019 | Jacqueline Seddon | www.balancedforever.co.uk |
| Usha Henderson | 07790 522610 | Sutton Community Academy | 07790 946314 |
| Lydia Weston | 07786 527665 | Adele Simons | 07752 819604 |
| By Indigo Hands | 07543 910262 | Radcliffe Chiropractic | www.rad-chiro.co.uk |
| Jan Muse | 07828 034929 | Friends of Bruno Groening | 07737 372242 |
| S.M. Toni | www.smtoni.co.uk | Psychic Lynzi | 07905 081277 |
| Sarah Taylor | www.thespiritualartist.co.uk | New life Christian spirituality | 07976 296747 |
| | | Crystal Skulls | S.a.darby1175@btinternet.com |

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x



JENNY CROSS

- Psychic Medium
(formerly Jenny Bright)

Personal psychic readings
and mediumship
in Kirkby-in-Ashfield.

01623 721003

www.jennycross.com



From Mindlessness to Mindfulness

After a whirlwind few months and an overwhelming response to her recovery story, S.M.Toni returns to Mansfield MBS. Having been featured in national women's magazines such as 'Woman's Own' and with press and media interviews including numerous BBC radio stations, she is now being asked to speak at events up and down the country. "From Mindlessness to Mindfulness" will take you on an inspirational and surprising journey of self recovery through her experiences, verse, anecdotes, music and wit. Recently her story has been brought to the attention of various organisations & movements including "Everyday Mindfulness"& "Action for Happiness" and is a featured blog on their websites. It has also been the linchpin to her new found status as a Huffington Post blogger. www.smtoni.co.uk

S.M. Toni in The Council Chamber on Sunday morning



Hedgerow Healing

Jan Muse is a Holistic Therapist, Reiki Master/Teacher, Hedgewitch and Animal Communicator/Healer. Living and practising in the Heart of the Peak District she has ample opportunity to connect with the wonders of Mother Nature and the medicines she provides for us.

www.naturalhealingbyjanmuse.co.uk Tel: 07828 034929

Jan Muse Sunday in The Oakham room



A Unicorn in Your Living-Room

The first book by author Adela Simons gives you the unique opportunity to have an exciting, fun, fast and magical journey to your own uplifting spiritual illumination. The book allows you to harness the power and high-frequency energy of the unicorns, bringing their amazing qualities of purity into your life.

A Unicorn in Your Living-Room is a spiritual guidebook with a difference.

Adela will be talking about the creation of her book and will give you a taste of

Unicorn energy on **Sunday in the Council Chamber** and will be available all weekend for one to one sessions and book signing.

Adela Tel: 07752 819604

Usui Reiki
& Energy Healing Systems

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Reiki Healing
Chakra balancing
by appointment

Reiki Training &
Attunements

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Mick or Maggie Haywood
07932 823762

Alan Shephard 07533 537762

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EATING TO LIVE, OR EATING TO DIE ?

Why is there a pandemic of chronic disease and obesity? We are living a little longer, but sicker. What has happened over the last 100 years to create such devastation? 100 years ago, 85% of all death was from infection which caused a terminal disease. Today, 85% of all death is from chronic disease. 50% of us will die from clogged-up blood vessels. 33% of us will die from cancer. 9% of us will die from diabetes; and the vast majority of us will suffer increasing pain and lack of mobility from arthritis. These are current statistics of what is happening today. What's changed? The food we eat; the air we breathe and the water we drink. Processed, manufactured, refined, sugary food, and lots of meat and dairy, has become our staple diet; and it doesn't give us all the nutrition we need to survive and be healthy. We survive, but we have a painful slow death on medication. Our immune system is unable to cope with the disease. So we are prescribed drugs, and the drugs make our immune system even weaker and we risk dying from flu and bronchitis. Get the immune system right and I can cope with almost any disease, including stopping and reversing cancer, heart disease, diabetes type 2, osteoporosis, fibromyalgia, arthritis and many more. If you eat mainly manufactured food, you are at risk. If you are overweight, you are at risk. Come and find out how Glenn is reversing his cancer and his arthritis, without chemo, radiation or surgery; and maintaining a really healthy, slimmer body after being obese.

Saturday 5pm in The Council Chamber

The small print: People on medication should consult their doctor, before making any changes. No cure for cancer is given or suggested.

PRIZE DRAW ENTRY (£75 to spend at any Northstar Crystals show or online)
Fill in and put in the box near the Show entrance.
ONE ENTRY PER PERSON PLEASE.

your name

address (to be notified by post)

post code

mobile no. (to be notified by text)

email address (to be notified by email)

Suggestions ? Anything you enjoyed at the show or would like to change ?

if you **DO NOT** want to be added to our mailing list put X here

Every couple of years we "clean" our mailing list and remove names of people who have not filled in a form for a while. This is the only way we know that you have attended a show.

FILL IN THE FORM TO MAKE SURE YOUR NAME STAYS ON OUR MAILING LIST

Drawn Wednesday following the show, winner notified same day.
We reserve the right to disqualify multiple entries
To add / remove details from mailing list eric@northstarcrytals.com

Mansfield Civic Centre

Chesterfield Rd south, Mansfield, Notts. NG19 7BH

Entrance & free car park at rear.

Saturday & Sunday **October 18th / 19th 2014**

Doors open Saturday 10am—6pm / Sunday 10am—5pm

Daily admission £4 / 2 day pass £6 / children free

organiser Northstar Crystals Tel: 07990 874699 www.mansfieldshow.com



The Magik Thread

Mediums Therapies
Nutrition Angels Spiritual
Past Lives Astrology
Spirit Guides Wiccan Self Help
Shamanic Diet Divination Pagan



Books, decks, journals, calendars, C.D.s & D.V.D.s

www.magikthread.co.uk