

# Mind Body Spirit *Wellbeing* Festival Guide



Elsecar Heritage Centre

Wath Road

Elsecar - S74 8HJ



Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup>  
August 2021

1 Day Admission £5.00 (Concession £4.00)

Weekend ticket £9.00 (Concession £7.00)

Under 16's Free

Open 10am - 5pm Daily

[www.whitelightevents.co.uk](http://www.whitelightevents.co.uk)

Book  
Online or  
Pay On The  
Door

## Welcome to Elsecar Mind Body Spirit & Wellbeing Festival 2021.

It was 2 years ago that we were last able to bring you this festival and we have great pleasure in bringing back a firm favourite on the MBS calendar.

A lot of work has gone on behind the scenes to make this happen, to make the weekend as safe and enjoyable for both visitors and our exhibitors. There will be a few changes this August. We have moved the reception area outside, talks and workshops will be in there own dedicated marquee and our refreshment area will be between these. We have allowed more space in the isles and changed the stand layout to make things more relaxed for our visitors.

We still have an amazing array of exhibitors for you to explore and enjoy, some firm favourites and some brand new exhibitors. We have some amazing talks over the weekend all set inside its own secluded marquee, setting off with the ever so popular Ken Hakin and his fantastic drums. Feel free to bring your own!

The venue now has an additional car park to make parking a whole lot easier and this is closer to the Ironworks - look out for the signs.

We have refreshments available at the festival, however, there are some very quaint tea rooms within the Heritage centre. If your little ones need a break and to let off steam, check out the rest of the heritage centre facilities. You can come and go as you please, just show the door staff your wrist band as you re-enter.

Talks and attending exhibitors are correct at the time of printing. This can change at short notice.

### ***Finding us:***

Follow the brown signs from J36 of the M1, the Centre is 2 miles from the motorway in the village of Elsecar.

Elsecar Heritage Centre,  
Wath Road,  
Elsecar,  
S74 8HJ



# Talks & Workshops

## Saturday Talks

Our talks area is outside through the large double doors. This area needs no tickets to attend, just turn up and find a free seat.

We ask that all visitors vacate the area between talks.

### **10.15 – Ken Hakin: Drumming**

Demonstration to include drum healing. Healing Mother Earth, Animals and ourselves. With the use of our spate drums and our BIG BERYHA MOTHER DRUM meet your power animal, drum, meditate and have fun!!

### **11.15 – Dave Green: Functional healing - The complex relationship between self and health.**

Health and wellbeing is a field of multiple disciplines, but they mainly focus on symptoms and cures - not rebalance or reset. Balancing mind, body and spirit resets the bodies natural state of healing and can help us to overcome any imbalances or illnesses - especially if we catch the early warning signs of disease or poor mental health. In this talk we shall explore the power of self healing and resetting and the self sabotage mechanisms which trap us.

### **12.15 – Alison Dean: The World of Runes**

Come and join me and choose a Rune that speaks to you, learn its meaning and message that you choose. Then meditate with the rune symbol feel a connection and relaxation. Learn about the runes healing powers, learn about different combinations of bin runes to benefit life.

### **1.15 Angelic Healing: Discover the world of Angelic Energies!**

Sophie begins this talk by sharing a beautiful guided mediation to balance your 7 main chakras with the help of the Archangels. She will then share her difficult story with you and lead you through how she transformed her life through following her heart that lead to the world of Angels. You will discover how to harness their incredible power to transform your own life. Sophie is the author of "Guided By Angels, A Journey Through Life with the Archangels" and creator of the "Guided By Angels Oracle Cards" and also the aura cleansing and space clearing Scented Healing Mists. She has also recently developed a course to help you increase your intuition and connect to your guides and Angels, alongside the gifted healer and medium Jan Costello

### **2.15 – Patricia: Never Say Goodbye**

Mediumship Demonstration

### **3.15 – Vala Stiorra: Basics of witchcraft**

Vala Stiorra presents an insight into her journey and witchcraft path. I will introduce you to the basics of modern witchcraft based on the Wiccan practise which is a great place to start. I will start by answering frequently asked questions from beginners like: What are sabbats? What is the pentagram? And most importantly what are we celebrating? And how do I start? I will also show you a simple adjust set up and go into detail regarding the nearest sabbat to the date of the event. Hopefully giving you a great starting point for your own journey. A full detailed beginners information pack available by email for free. Further paid advanced mentorship details available on request.

### **4.15 – Jane Osbourne: Past Life Regression**

Who were you/what symptoms are you carrying from previous lives and how to release them.





# Talks & Workshops

## Sunday Talks

**Our talks area is outside through the large double doors. This area needs no tickets to attend, just turn up and find a free seat.**

**We ask that all visitors vacate the area between talks.**

### **10.15 – Jane Osbourne: Past Life Regression**

Who were you/what symptoms are you carrying from previous lives and how to release them.

### **11.15 – India Jo: Guided Meditation**

A guided meditation as channelled by St Germain with the silver and violet flame. for release and letting go of past hurts and unforgiveness issues, a must for the lightworker.

### **12.15 – Oraphim:**

Hear the latest leading-edge research on this Miracle Stone and get hands on Quantum field sensations too. You will find out why we call it the 'Miracle Molecule' With Nobel Prize winning molecule the 'Fullerene' with added silver saturated processes for the most powerful quantum healing, detoxing, and Emf solutions, Shungite products made by beautiful & Unique by Oraphim

### **1.15 – Dave Green: Intuitive symbology in prediction**

Most people know of the power of symbols in dreams and tarot, but may not realise that it can be used to make anything a psychic tool for readings and prediction. In this workshop we shall explore how you can use this skill for self development and readings

### **2.15 – Elaine Hakin**

Questions and Answers about working with Spirit and protection

### **3.15 – The Wiccan Lady: Magical Herbalism**

What herbs and plants do you require in your life right now and what was the reasoning behind village old crones knowing about and using herbs in magic and witchcraft.

**4.15 – The Hemp Man:** The Hemp man talks about the potential benefits of hemp and CBD oils and takes questions from the audience.



# Mind Body Spirit *Wellbeing* Festival



Elsecar Heritage Centre

Wath Road

Elsecar - S74 8HJ



Saturday 19<sup>th</sup> & Sunday 20<sup>th</sup>  
March 2022

1 Day Admission £5.00 (Concession £4.00)

Weekend ticket £9.00 (Concession £7.00)

Under 16's Free

Open 10am - 5pm Daily

See website for talk and workshop  
details and more information  
[www.whitelightevents.co.uk](http://www.whitelightevents.co.uk)

Book  
Online or  
Pay On The  
Door

**Alison Dean** - I provide medium services including in depth readings on Spiritual cards, Runes, and one to one readings with Spirit. I can offer a single service of your choice or a combination reading using all the services. I also provide spiritual book trust in Spirit Reclaim life and transcend.

**Angelic Energies** – Get closer to the Angels and receive their loving guidance and support through Sophie's life changing and inspirational book, "Guided By Angels" plus her uplifting oracle cards. Book for an on-line Angel Guide session.

**Astral Organite Pyramid** - I create individually hand-crafted Orgonite Energy pyramid models which can greatly reduce the effects of EMF radiation in the home environment which are caused by the use of domestic electronic devices. I also sell hand-made spiritual greetings cards.

**Away with the Fairies** - A warm welcome back.

Large selection of singing bowls, please come by to say hello and play a genuine seven metal singing bowl or two, three!

**Awakened Soul** - At Awakened Soul we believe in opening your senses and awakening your soul. Not only do we provide Organic and Fair Trade products. We are also able to provide alternative therapies.

**Chandu** - Experienced reflexologist also offering Indian head massage.

**Crystal Carols** - Hand picked crystals from A -Z, I Hand picked all over the world.

**Delta Direct** - demonstration of a high quality massage product for all to enjoy.

**Elaine Hakin** - Elaine is a Natural Clairvoyant Highly Intuitive. International Spiritual Medium. The colours in your Aura enhance your reading popular with Phone Readings From comfort of your own home - 07717686276

**Egyptian Treasures** - We bring you the best of Egypt with a mixture of specially selected items of jewellery, statues of the Gods and papyrus art. The colours and smells of the souks are brought to life in scarves, pashminas and incense. Cats Whiskers have a range of ladies fashion/clothing & accessories,. Hand-made jewellery using semi-precious stones and beads, complimented by a selection of sterling silver necklaces, pendants, earrings. Enjoy browsing our gifts including oracle/tarot cards, angels, unicorns, dragons, tea light holders, perfume bottles, pagan items, ting shas, dream catchers and incense and burners. Gifts: selection of oracle/tarot cards, angels, unicorns, dragons, tea light holders, perfume bottles, pagan items, ting shas, dream catchers, incense and burners, etc

**Ethically Gifted** - A treasure trove of fairtrade and eco friendly gifts, decor, homeware and fashion accessories all ethically sourced from around the world.

**Feet First Reflexology** - Dave Elliott MAR is on a quest to aid and heal clients as a Clinical Reflexologist Level5. He is registered with AOR (Association of Reflexologists), CHNC (Health Insurance providers) and covered with Public Liability Insurance.

**Frigga's Witchy Emporium** - Welcome to Frigga's witchy emporium where you'll find all your spiritual and witchy needs. We sell new, vintage and hand-made goodies including but not limited to tarot and other divination cards, tea leaf and rune reading kits, spiritual, pagan and heathen jewellery, crystal balls, altar items, cloaks, wands, staffs and besoms and much much more. Also on offer is traditional fortune telling and rune reading from highly experienced Vala Stiorra, hereditary gypsy and priestess of Frigga.

**Heather Wood** - Hi, my name is Heather Wood and I am a guide, medium and therapist. I specialise in offering guidance as to where your path lies and how you can achieve this. My aim is that you leave after your session feeling reassured, uplifted and positive about your path forward in life.





**India Jo** - Since India's earliest recollections she has been able to see and feel what she calls the "subtle realms" India Has worked in this field all of her life and offers a holistic approach to her readings.

**Jacqui De Rose** - Jacqui de Rose is a Pagan/ Nature-based portrait and landscape artist from rural Derbyshire. Her original art is inspired by our beautiful islands and their rich mythology and heritage.

**Jane Osbourne** - Jane Osbourne UK's leading past life regressionist and author of best selling book Exploring past lives uses past life regression to talk to the energy held in the body from previous lives. You can see her videos on youtube Jane Osbourne Past Life Regression or contact her for a free consultation.

**John Richardson** - John Richardson is a Yorkshire based Holistic Analytical Hypnotherapist : Past Life Regressionist / Therapist : As well as a Psychic Spiritual Medium / Spiritual Counsellor / Spiritual Healer: Join trains students in Hypnotherapy & Mediumship Development.

**Kohkoh** - Full range of high quality magnetic therapy bracelets and jewellery. Bracelets in titanium and stainless steel containing natural high quality natural neomydium magnets. Energetix superb quality stainless steel magnetic therapy bracelets and jewellery.

**Kryskull Therapy** - I having worked with crystals and crystal skulls for many year, being a practitioner in the Melody method, love is in the earth and a teacher of the same. I also work with shamanic principals and JSJ, qualifying with the British Academy of Crystal Healing to bring you balance and harmony in your life.

**Laura Miles** - An astonishing array of beautiful gemstones from around the world, jewellery set in sterling silver. Specialists in Native American Indian jewellery. Hand carvings, raw specimens and polished pieces.

**Leo Moon Astrology** - Jackie Townsend

**Mark Aston** - Mark is a spiritual medium based in the west midlands. He works closely with his spirit guides and helpers to bring you guidance and clarity with his natural sensitivity and empathy.

**Mel Jay** - offers a wide range of high quality silver & gold crystal/semiprecious jewellery (pendants, earrings, rings, bracelets) including distinctive earcharms. Mel designs and hand makes Shungite jewellery, Colour Therapy & Wellbeing bracelets. Mel can see chakras and is happy to discuss on purchase your colour/crystal choice. She also offers a wide selection of A grade crystal specimens and carvings.

**Natural Healing Therapy** - Unique Ayurvedic therapy specialist with over 24 years experience. Specialising in Reflexology feet, hands and ears. Authentic Indian head massage, full back massage. Reiki, colour therapy chakra balancing, and teaching self help to manage our personal health, as the body has the ability to heal itself.

**Naturally Smart Skincare** - Natural, vegan soap and skincare products, totally hand made by us in Yorkshire. We have a wide range of products to fulfill your every need, including our new range, Naturally Smart Man.

**Natural Self** - Natural Self provides therapy and training in Spiritual, Magical and Complementary Therapy topics across the country and online. We also provide a range of therapies, products and services relating to mind body and spirit.



**New Hope Healing** - Lynn MacBain is a highly experienced and talented medical intuitive and holistic healer. Lynn has an outstanding track record in transforming people's health, energy levels and chronic medical conditions.

**Oilfaction** - We sell high Quality Essential Oils, Roll on Blends, Charka and Room Sprays, Car Diffusers and more.

**Oraphim** - Shungite made by Oraphim, With Nobel Prize winning molecule the 'Fullerene' with silver saturated processes for the most powerful quantum healing, detoxing, and Emf solutions, hear the latest leading- edge research and get hands on Quantum field sensations too. You will find out why we call it the 'Miracle Molecule'.

**Pam Sheild** - I'm a psychic medium and healer providing confidential one-to-one Tarot readings and Spiritual guidance. I work with my Spirit guides to provide readings about the here and now, offering insight into situations that surround you and helping you to see your way forward.

**Pat Pitt** - I am a psychic, medium and therapist and offer one to one readings giving guidance to help you to move forward in a positive direction.

**Patricia** - Patricia Brooks is an established Psychic/Medium of some fifty years and has travelled to many areas of the globe with her amazing gift. Her Consultations are truly amazing, accurate and extremely enjoyable. You will feel her stand feeling lighter, happier and very much aware there is much more to us than meets the eye.

**Peppercorn** - Specialists in a vast variety of crystal and mineral items from the UK and around the world with more than 37 years experience in the realms of both crystal healing and serious collector perspectives.

**Psychic Tarot by Angela** - My name is Angela, I was born with psychic abilities, my grandma and great grandma, were both clairvoyants. My children are gifted also, and my granddaughter who is only 2 years old is also showing promising signs. I decided many years ago to develop my abilities and I went to the local Spiritualist church to enhance my gifts. After that I started working more with Spirit doing Psychic Fairs and party bookings. I have done promotional videos and done a bit of television and done readings for celebrities (please don't ask who). I travel all over the country doing my work, have done abroad, also done private functions and promotional work for Virgin trains. I can read of anything, I do a lot of psychometry which is reading objects, jewellery etc, but mainly clients want the Tarot but I also do palmistry, crystal ball, mediumship and clairvoyant, I also work with Spirit for people who have passed over.

**Rick Paul** - Psychic and medium who gives guidance and readings from the heart .

**Seven Hills Wellness Centre** - Seven Hills Wellbeing Centre provides a holistic hub of therapies all in one place. Therapies and workshops available throughout the year.

**Seraff Souls** - Intuitive messages channelled from Angels through beautiful photographs providing uplifting, nurturing or healing messages and unique hand crafted wooden items, amulets, wands and runes and more.

**Shine with Ali** - Shine is a range of unique clothing designed to flatter our beautiful bodies. Unique Affordable Fun





**Simon Goodfellow** - Simon Goodfellow prides himself on having strong ethical values & beliefs in his Spiritual calling. His reputation over the past 19 years hopefully speaks for itself. Over 19 Years Simon has read For & passed spiritual messages to many thousands of clients not only in the UK but around the globe. Simon trust in Spirit is unrivalled to pass detailed and heart felt guidance.

**Soul Flames** - Meridian Energetics is an energetic evolutionary healing modality that works on the etheric body to remove blocks and restore balance thus healing the body Angelic reiki is energy channelled into your etheric body from the kingdom of light.

**Soul Sisters** - Soul Sisters imports Indian fair trade goods direct from source. We ensure that all our goods are ethically made and source them with love.

**Spiritual Creations** - Mark Duffin produces original spiritually based artwork, as paintings, limited editions and handmade cards all hand embellished with gold/ silver leaf and crystals.

**The Hempman** - The Hempman is a specialist in CBD oils with award winning products. Find great products and advice on the potential benefits of hemp.

**The Salt & Rock Shop** - Himalayan salt lamps, crystals, selenite, incense, sage, meditation cushions, candles, figurines

**The Wiccan Lady** - Pagan and witchcraft supplies including magical herbs lotions & potions wands and decorated besoms. Also teaching Pagan courses and 'Year and a day Witches School'.

**The Witches Heart** - The Witch's Heart is a handmade witchcraft store specialising in bees-wax ritual candles , botanical oils, spell kits for practicing witches and those interested in magickal practice as a whole.

**The Woodland Trust** - The Woodland Trust is the UK's leading woodland conservation charity that restores and protects ancient woodland as well as creating new woodland.

**Tres Joli** - Tres Joli offers a variety of fairtrade clothing and gifts. Clothing is hand-crafted in Nepal, India and Mexico. We have stunning handmade wool items from Nepal, such as hats, gloves and jackets to keep you cosy and warm in the winter. Tapestries are offered from India, constructed from the finest of silk Indian wedding clothes with metallic threads to gleam and glitter as a throw, or to adorn your bed or wall, in addition to beautiful sari-silk skirts and dresses. Cotton Bajas from Mexico are a poignant reminder of the festival season, but these hard wearing items will also keep the chills out on cooler days.

**Visions Tarot** - Local author invites you to explore the inner-energies of the Tarot to become more self-aware and tune into your inner-voice to take full responsibility and control of your life, which in turn will lead you to feeling happier and more fulfilled.

**Wildkatt** - Mystickal Shamaness & Travelling Cats will be attending with her fundraising stall. Promoting her Wildkatt Healing Drums & Therapist Training, Energy Artwork, Bespoke Oracle and Greeting cards, alongside a variety of Shamanic, Holistic and Mystickal Wares for sale..

**Winged Healer** - Divine Holistic Products, Ethnically Sourced crystals and Services within Your Reach.

**Yorkshire Coast Health & Wellbeing** - I am a Yorkshire based homeopath who is available to support your health and wellbeing naturally. Come and have a chat about the possibility of working together on your healing journey.



# White Light Events

Mind Body Spirit Events  
Health & Healing Festivals  
Pagan Events

2021  
Events

Matlock Mind Body Spirit Event  
9th October - Imperial Rooms

Long Eaton Mind Body Spirit Event  
10th October - Novatel Hotel

Buxton Health & Healing Festival  
23rd & 24th October - Buxton Pavilion

Chesterfield Mind Body Spirit Event  
31st October - Proact Stadium



Interested in Exhibiting with us?  
email [whitelightevents@live.co.uk](mailto:whitelightevents@live.co.uk)  
for details or visit our websites exhibitors area.

[www.whitelightevents.co.uk](http://www.whitelightevents.co.uk)