

October 2026

Newsletter

Mastering The Soul



What's Brewing at Mastering the Soul

October has cast its spell on Mastering the Soul, and we've been brewing up a few things worth getting curious about. A little mystery, a little self-discovery and a reason to let your inner witch out to play...

Come see what's stirring. We've saved you a place

We want our space to feel welcoming enough to try something new and comfortable enough to come back to. A place where you can ask questions, share what's on your mind and find practitioners who give you their time and attention. We're here to support our clients and give our practitioners room to share the work they love.

Our Services Include:

Massage therapy • Astrology • Grief support • Reflexology • Soul Journey Sessions • Naturopathic care • Therapeutic art • Reiki • Foot care • Soul Reset Sessions • Psychotherapy • Threshold Charts • Acupuncture • Support circles • Indian head massage • Clarity & Guidance • Homeopathy • Workshops and creative experiences

Gatherings Insight and Magic

Discover the Energy Of Your Soul

October 18 & 25 |

There's something fascinating about seeing parts of yourself written in a chart—the familiar patterns, the natural gifts, the things you've felt for years but never quite had words for.

Join Shauna and Michael for The Energy of Your Soul, where we'll explore your unique energetic design and what it reveals about how you make decisions, connect with others and move through life. Each participant receives a personalized workbook created from their own chart, filled with discoveries to explore during our time together and revisit afterward.

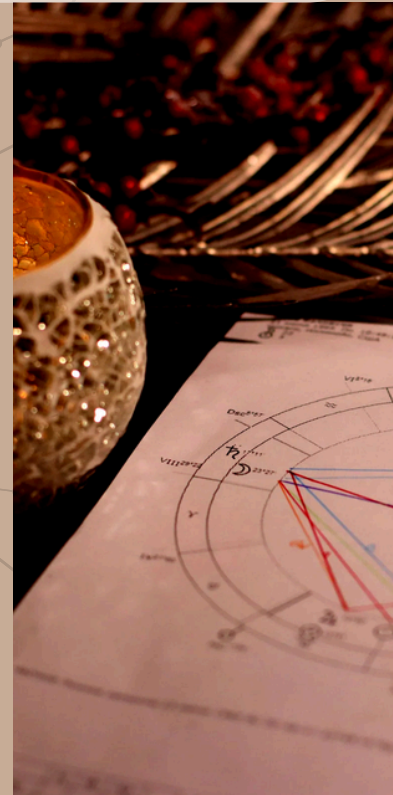
Only two spots remain! Registration closes October 8. A \$50 deposit holds your place. This workshop won't be offered again until the new year. Contact us today!



A Little Celestial Curiosity

What are the planets stirring in your chart this October? Our intuitive, perceptive astrologer Andrea Laub of Hands of Iris can help you explore the connections between the skies above and the experiences unfolding in your life.

Whether you're curious about a repeating pattern, navigating a change or simply ready to discover more about your chart, Andrea brings warmth and insight to the conversation. Book an astrology session and give your curiosity somewhere to land—
or settle in for some Reiki and a little time to reconnect.



Come On In

Follow Your Curiosity

Curious about energy work that goes beyond a traditional Reiki session? Michael Barry will be joining us to hold space for Full Soul Reset Sessions, combining several spiritual practices in one appointment.

Come and Experience What We've affectionately nicknamed "A Full Soul Reset" with Michael Barry

At Mastering the Soul | October 24

His sessions include Psychic Debris Clearing, exploring emotional patterns through a past-life lens; Entity / Negative Energy Release, focused on releasing unwanted energetic attachments; and Psychic Surgery, an energetic practice working with perceived blocks—without physical surgery. Angel Reiki brings angelic imagery and intention into Reiki energy work.

Together, these practices offer space to explore, release and reconnect.

90 minutes | \$120

Spots are very limited! To book while Michael is here, call or text him at 519-819-6973, or contact Mastering the Soul directly.



Gather Your Witches

Embrace the Night of the Witches

October 30 | 6–9 PM | \$66

A night of candlelight, curiosity and a little hands-on magic awaits...

Join Shauna and Michael for an evening exploring pendulums and charts, oracle and tarot cards with intention-setting candle magic. We'll open with a short meditation to settle in and choose our intentions, then explore together before taking part in a guided candle ceremony to release something you're ready to leave behind or call in something you want to welcome.

Bring your own oracle deck and pendulum or borrow ours. You'll receive a magic-basics workbook to take home, so your evening of exploration can become the beginning of something you keep enjoying.

Feel free to wear a costume! Bring a friend, put on something witchy and come celebrate with us. No experience is needed—just curiosity and a willingness to join in.



November

Through the Crystal Ball

A Word to Carry: Grief, Grace & a Blank Page

Registration is now open—reserve your place early!

A full-day experience of reflection, writing and creative expression

Saturday, November 7 | 10:00 a.m.–4:00 p.m. | Mastering the Soul

Join Louanne and Dominika of Tranquillou Retreats and döhm for a gentle day exploring grief, remembrance, change and grace through guided writing, quiet reflection and creative expression.

You'll discover a personal Power Word and create a 5" × 7" Mini Vision Board to take home—a meaningful reminder of what you wish to carry forward. No writing or artistic experience is needed, and sharing is always optional.

More details are coming in our November newsletter, but you can book now!

Contact Mastering the Soul directly to reserve your spot.



November Sessions with Michael & Shauna

Our November schedule is posted and ready to book!

Join Michael and Shauna for a **Threshold**, **Soul Journey** or **dual session** to explore your energetic design, understand familiar patterns and discover more about what makes you, you—with space to feel heard and supported.

For a specific physical issue needing focused attention, book **Michael's Quick Reset session**: targeted treatment in 30 minutes or less.

October filled quickly, so reserve your November appointment!

That's your little peek at what's ahead! Until then, we can't wait to share a little October magic with you. Book a session here:

masteringthesoul.janeapp.com

