

SATURDAY 4TH & SUNDAY 5TH JULY
10AM - 5PM

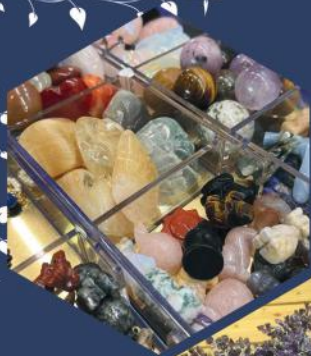


LIVERPOOL

Mind Body Spirit Event

Talks Programme

Aintree Racecourse
Ormskirk Road, Aintree, Liverpool, L9 5AS



Adele's Crystals
& Jewellery



adelescristals
jewellery

Adelescristaljewellery.com

Hi Im Adele from Adeles crystals & jewellery, I have always had a path that included crystals from being little and obsessed to growing and still being obsessed. I love to help people find the right crystal for them; the joy people feel from finding the right crystal always makes me smile.

Im here to help with any kinds of crystals be them in any form. If you need any help or advice im always here to help.



Experience a transformative journey at the Liverpool Mind Body Spirit Event on the 4th & 5th July 2026! Held at the Aintree Race Course, Ormskirk Road, Aintree, Liverpool, L9 5AS. This inspiring event runs from 10 AM to 5 PM and offers a variety of enriching activities designed to nurture your mind, body, and spirit. ✨

Join us for:

- Meditation sessions to centre your mind 🧘
- Engaging Talks from renowned speakers 🎤
- Special Workshops covering diverse topics 🧘♂️
- A vibrant Spiritual Marketplace featuring unique products 🛍️
- Mediumship and Psychic Readings to connect with the spiritual realm 🌌
- Holistic Therapies to rejuvenate your senses 🌿
- Sound Healing experiences to promote relaxation 🎵
- All held in a cosy relaxing venue

With a welcoming environment, this event is perfect for anyone looking to explore spirituality and well-being. Enjoy free parking and refreshments supplied by the venue. Don't miss out on this unique opportunity to connect, learn, and grow with like-minded individuals. Join us for a weekend of inspiration and healing! 🌈

How To Find Us

Aintree Racecourse is located on the A59, just one mile from the M57 and M58, which link the M62 and M6. Follow the A59 to Liverpool and the yellow/tourism signs as you approach the racecourse for routes to the car parks.

BY RAIL

Merseyrail trains run between Liverpool Central and Aintree Station every 15 minutes. Aintree station is across the road from the racecourse, a less than 5 minute walk.

Special Guest

MAMA OLGA – SHIPIBO –

Born in the heart of the Peruvian Amazon, she was raised by her grandmother — a Shipibo healer — learning the language of plants, the art of **Kené**, and the sacred **ICAROS** (sacred songs) that open the spirit world.

At **six years old**, she left her parents' home to study under her grandmother's guidance. She learned medicinal plants, traditional cooking, ceramics, embroidery — and how to live in deep harmony with the living world around her.

For over **thirty years**, Ayahuasca, Chacruna, and the **ICAROS** have been her teachers. No human master. Only the forest, the medicine, and the visions that came through ceremony.

She has walked through hardship, loss, and transformation — and found, on the other side, **a calling**: to share the healing that changed her life with those who are truly seeking.

Today, as a grandmother and medicine woman with **over sixty years** of life experience, she carries what was given to her — offering ceremony, ancestral wisdom, and a path back to the self.

The medicine is not entertainment.
It is sacred.
And it has been waiting for you.

Special
Healing
Session –
Sunday

SATURDAY 4TH ZONE A

10.30		Richards Sound Therapy with Richard Hissit Join Richard as he gives us an insight and demonstration of the planetary tubes, set to the frequency of the eleven planets plus Sirius and moon Knott. He's made and tuned the set himself, with unbelievable reaction for those who experience their sound. A workshop not to be missed.
11.15		Crystals for sleep and relaxation with Adele - Discover how the soothing energy of crystals can enhance your sleep and relaxation practices. In this talk, we'll explore the principles of crystal healing, techniques for incorporating these natural elements into your nighttime routine, and how they can promote tranquility, reduce stress, and create a peaceful environment for restorative rest.
12.00		Symbols, Shadows and the Soul with Pixie - Pixie will be taking an open and grounded exploration of occultism beyond the fear, stereotypes, and Hollywood nonsense that usually surrounds it. She will be looking at what the word "occult" actually means historically, why people are drawn to esoteric and spiritual traditions, and how symbolism, mysticism, psychology, and personal transformation often overlap. Pixie will also touch on the importance of approaching these subjects with balance, critical thinking, and emotional grounding rather than blind belief or stigma. From there, she will move into the idea of 'The Dark Night of the Soul', that intense period of inner collapse, identity loss, or spiritual crisis that many people experience at some point in life and explore how different mystical and psychological traditions have understood it as part of deep personal transformation rather than simply something to fear.
12.45		Using essential oils in your everyday life with Mel Foot - Discover the transformative power of essential oils in daily life. This talk explores practical applications, from enhancing mood to promoting wellness. Learn about integrating these natural aromas into your routines for relaxation, focus, and revitalization, empowering you to create a harmonious environment and elevate your overall well-being effortlessly.

SATURDAY 4TH ZONE A

1.30		Live Channelling of Yeshua - Guidance & Healing - Kirstie Lilith In this live session, Kirstie enters a trance state to channel Yeshua (Jesus) directly, offering guidance, wisdom and healing for these times. This is a deeply experiential space where his loving presence supports heart-opening, clarity and inner alignment. Many experience profound peace, insight and a renewed connection to their own inner truth.
2.15		Connecting with your Heart & Soul with Stephanie King How breathing, sound and focused attention can help with raising your vibration through the Ascension Process. A New You is Birthing Through – Much like the Rising of the Phoenix from Life's Ashes... This workshop with Soulpreneur Stephanie J King will help you understand what is occurring and move through it with ease and grace. As always this will be a powerful session, so ensure you have eaten before you attend. Join Stephanie J. King, Soulpreneur, International Speaker and Author, Healer, Trance Medium, Soul Activator
3.00		Rebecca Stretton - Mediumship Demonstration Join Rebecca as she brings you messages from loved ones in this fantastic demonstration.
3.45		Unlock the Hidden Power of Your Mind with David Carroll (ABNLP, IACT, CMA Ali Campbell Practitioner Trainer) Master Hypnotherapist, NLP Practitioner & Trainer Unlock the hidden power of your mind through NLP. Learn how language influences thoughts, emotions and behaviour, with a live demonstration showing how rapid change can occur.

SATURDAY 4TH ZONE B

11.00		Healing from Within with Hannah from Angelic Crystals Understanding ourselves is the key to healing, and transformation. When we understand how we work psychologically and physically, then we can identify our triggers, patterns, behaviours, and coping mechanisms. From there, we can work on healing. During this talk, we'll talk through some basic principles and strategies to help start you on this path.
11.45		Mini Full Power Cacao taster Ceremony with Full Power Cacao - An introduction to Cacao and its health benefits for menopause, anxiety and to aid with medication. Discover this superfood with a free sample of Full Power Cacao.
12.45		Lets Talk Hypnosis with John Richardson John's fascinating, and now legendary, mbs demonstration shows you why hypnosis is nothing to fear & how it can help with many of life's issues! John Richardson has been a professional stage and holistic hypnotherapist for many years and his talks and demonstrations are packed with information and fun... yes fun! you will soon see all benefits hypnosis has to offer and how hypnotherapy can help you... yes you! apart from past life regression, john daily treats clients @ the feel better fast clinic suffering emotional, anxiety & nervous disorders... fears, phobias & panic attacks... weight loss, 98% stop! smoking therapy and much, much more... but more and more of his clients are seeking his help with physical/organic ailments and finding their relief from healing through the mind... come & join us!

Due to circumstances beyond our control this programme may change but we will have screens in the venue which will notify you of any changes.

SATURDAY 4TH ZONE B

1.30		Sacred Icaros of the Amazon– Healing Songs & Plant Wisdom from the Shipibo Tradition with Olga Mori -Shipibo maestra Olga Mori from the Peruvian Amazon shares icáros (sacred healing songs) and speaks about the Shipibo relationship with medicinal plants and traditional healing practices. Through song, storytelling, and translation, participants will be introduced to the Shipibo worldview and the role that sacred songs and plant wisdom play in their culture. Bio Maestra Olga Mori is a respected Shipibo healer from the Peruvian Amazon with over 36 years of experience in traditional plant medicine and sacred healing songs (icáros). Her knowledge comes from a lineage of ancestral wisdom passed through generations.
2.15		Angela from Fenix Flames -Herbal incense - Angela will teach you within this talk how to create a herbal incense and how we can utilise them within magic
3.00		Introducing Spirit Guides with Alan Avaria-Moore - Introducing Spirit guides who are people who have lived many former lifetimes and once their karma debts are paid they do not need to reincarnate but are assigned to those who are about to be born/incarnate and need guidance and assistance in their earth life. We all have a spirit guide who are with us from birth to our passing other guides come and go throughout our life time and assist the living with certain situations you maybe going through for instance if you need support through learning or growing spiritually

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SPECIAL HEALING SESSION

Amazonian Icaro Healing Session with Mama Olga
What if a song could carry the wisdom of the rainforest? In the Shipibo tradition of the Peruvian Amazon, Icaros are sacred healing songs received through a deep relationship with medicinal plants like Ayahuasca and years of dedicated training and plant 'dietas'

Mama Olga, a respected Shipibo healer and elder, will be offering a group Icaro session at the White Light Mind, Body & Spirit event.

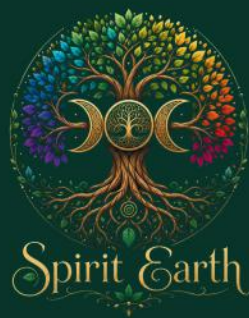
The session is guided by the needs and intentions of the group, creating a space for balance, clarity, connection, and wellbeing.

A rare opportunity to experience an authentic Amazonian healing tradition and receive these sacred songs directly from a Shipibo elder.

£20.00

Sunday 11.15pm

Book on the website in advance or on the door at the event



SPIRIT EARTH

- Sterling silver jewellery
- Sacred space sprays
- Resins and incense blends
- Altarware
- Spell tools
- Sage

SACRED SPACE SPRAYS

Our Sacred Space Sprays are designed to purify and release negative energy or stressful energy, creating a serene environment in both your home and workplace. They can help restore calm and tranquility, fostering a positive atmosphere ideal for working, meditating, or simply being present.

These sprays are particularly beneficial in the workplace, counteracting the unwanted energy that can arise from computers and colleagues, thereby reducing your stress levels. In home settings, they enhance harmony, making them perfect for use before meditation, yoga, or other mindful practices to facilitate deep relaxation and presence.

We also have a spray to help protect your home and workplace and another specifically to cleanse your crystals.

Infused with pure essential oils, our sprays emit a gentle fragrance that elevates harmonious vibrations, helping you to centre yourself, feel grounded, and empowered. Use them to cleanse your space, foster a sense of stability, and inspire creativity.

Crafted with love, these sprays were specifically created to purify your home, workspace, meditation space and ritual space.

****Product Details:****

- ****Directions:**** Mist the spray in the four sacred directions of the room you wish to clear or bless.

- ****Storage:**** Keep in a cool, dry place, away from direct sunlight.

- ****Warning:**** Not for ingestion or application to the skin.



SUNDAY 5TH ZONE A

10.30		Richards Sound Therapy with Richard Hissit Join Richard as he gives us an insight and demonstration of the planetary tubes, set to the frequency of the eleven planets plus Sirius and moon Knott. He's made and tuned the set himself, with unbelievable reaction for those who experience their sound. A workshop not to be missed.
11.15		Crystals for a Positive Mindset, Outlook, and Attitude with Adele - where we delve into the transformative power of crystals in cultivating positivity. Learn how to harness their energy to shift your perspective, enhance emotional resilience, and foster a more optimistic approach to life, empowering you to embrace challenges with confidence
12.00		Journeying into the Unknown within the Tree of Life with Pixie Raven In this talk, Pixie explores the Sephirot of the Kabbalah not simply as abstract mystical concepts, but as symbolic stages of inner development, psychological transformation, and spiritual crisis. Pixie will help you to understand how the Tree of Life can be understood as a map of consciousness charting everything from identity, emotion, desire, intellect, suffering, balance, and transcendence and how periods of collapse, confusion, and existential darkness relate to what mystics have called 'The Dark Night of the Soul'. Rather than treating the Dark Night as punishment or failure, Pixie will show you how to explore it as a transformative process reflected throughout the Tree's journey: the breaking down of ego structures, confrontation with shadow, imbalance between the spheres and the difficult movement toward integration, wisdom and spiritual wholeness. The aim is to approach the Tree of Life in a grounded and accessible way, connecting ancient symbolism with deeply human experiences of loss, awakening, identity, and transformation
12.45		Energetic Alignment with Aetherial Wisdom Energetic Alignment is a gentle, interactive workshop exploring how stress, emotions, and daily life can affect our energy and wellbeing. Through simple guided exercises and practical techniques, you'll learn how to recognise when you feel "out of sync," reconnect with your body, and restore a sense of calm, clarity, and balance — tools you can use anytime in everyday life.

SUNDAY 5TH ZONE A

1.30		Neuroplasticity and the Power of the Mind with David Carroll (ABNLP, IACT, CMA, UCATION Authorised Trainer) Master Hypnotherapist & Trainer Hypnotherapy, Neuroplasticity and the Power of the Mind. Learn how the subconscious shapes behaviour and witness a fascinating live demonstration.
2.15		Money Magic with Angela Barker from Fenix Flames Angela from Fenix Flames gives you an in-depth talk on various different ways to make your money speak for you. How to bring money to you and how to use the energy of your spending into your money spells
3.00		Mediumship Demonstration with Connor Boyd Join Connor, a gifted spiritual medium for a demonstration of mediumship. With a direct, honest, and compassionate approach, heartfelt messages from spirit bring comfort, clarity, and reassurance to support you on your journey.
3.45		Work in Harmony with Universal Energies with Hannah from Angelic Crystals An exploration of how to identify and easily work with the energies of the universe that are available to us all, for healing, deep transformation and manifestation.

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CONNOR BOYD

PSYCHIC MEDIUM

I AM A GIFTED SPIRITUAL MEDIUM WHO BLENDS
TAROT, ANGEL CARDS, PSYCHOMETRY
TO REVEAL DEEP TRUTHS. GUIDED BY SPIRIT, MY HONEST,
GROUNDED APPROACH BRINGS CLARITY AND CONNECTION
TO HELP YOU MOVE FORWARD WITH CONFIDENCE.

AVAILABLE FOR EVENTS
TELEPHONE/VIDEO READINGS
HOUSE PARTIES
CORPORATE EVENTS



CONNOR BOYD
AVAILABLE FOR EVENTS
PSYCHOMETRY
TAROT READINGS
TELEPHONE/VIDEO
READINGS
SPIRITUAL HOUSE PARTIES

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SCAN ME



07925 912038



bookings@connorboydmedium.co.uk



Connor Boyd - Spiritual Medium

SUNDAY 5TH ZONE B

11.00		Easy but Powerful Self-Healing with Stephanie King In a world that often moves too fast, we forget that healing doesn't always have to be complicated. This empowering talk explores simple yet deeply effective self-healing techniques that anyone can practice—no special tools, no prior experience required. Whether you're recovering from stress, emotional pain, burnout, or simply seeking more inner clarity, this session offers practical tools to help you feel lighter, stronger, and more in control of your own well-being. Join us to learn how this small daily practice can create lasting change—and why healing is not only possible, but already within you
11.45		The Intuitive Power of Essential Oils with Mel Foot Experience a unique talk offering a personal reading that intertwines the senses with intuition. In this engaging talk, participants will explore essential oils, selecting scents that resonate with them. Each chosen aroma will guide a personalised reading, revealing insights and reflections based on the fragrance. Join us for this immersive journey of self-discovery, where scent and insight harmoniously converge.
12.30		Mediumship Demonstration with Jane the Taxi Psychic Jane the Taxi Psychic has spent years helping people receive messages of love, healing, and reassurance from those who have passed on. With a unique blend of intuition, humor, and authenticity, Taxi Psychic demonstrates that the bond between us and our loved ones continues beyond this life. Through detailed and meaningful messages, Taxi Psychic brings forward evidence and memories that remind us that spirit is always close by. Whether you are here seeking connection, curiosity, or simply an unforgettable experience, you are in for a powerful and uplifting demonstration!

SUNDAY 5TH ZONE B

1.15



£20.00

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2.15



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Office address:
Suite 107A
1-5 Church Street
Ripley
DE5 3BU



YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE

Blackpool Mind Body Spirit Event

The Grand Hotel, North Promenade,
Blackpool, FY1 2JQ

Saturday 29th & Sunday 30th August 2026

10am - 5pm

Adult £6.00 Concession £5.00 2 Day Adult £11.00
2 Day Concession £9.00 Concession - NHS, Disabled, Carer,
Unemployed, Blue Light, etc... Child (Under 16) Free

www.whitelightevents.co.uk

Upcoming

MIND BODY SPIRIT EVENTS IN THE NORTHWEST

16 MAY	24 OCTOBER	CHESHIRE Holiday Inn Runcorn Wood Lane, Runcorn, WA7 3HA
17 MAY	25 OCTOBER	HEYWOOD Heywood Civic Centre LCpl Stephen Shaw MC Way Heywood, OL10 1LW
4/5 JULY	10/11 OCTOBER	LIVERPOOL Aintree Race Course Ormskirk Road, Aintree, Liverpool, L9 5AS
29/30 AUGUST		BLACKPOOL Grand Hotel North Promenade Sea Front, Blackpool, FY1 2JQ
8 NOVEMBER		URMSTON The Venue 15 Westbourne Road, Urmston, M41 0XQ



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