

Hi Friends!

School is right around the corner for many and it will either slow down or speed up depending on your situation so let's see what we have coming up here at MBS. We have got new items coming in on a weekly basis for the next few months. The show we went to in Denver (INATS, international new age trade show), was great and we met new people and found a lot of new things to share. It is sometimes difficult getting what we believe you will like and so feedback is greatly appreciated. We only want to get you the best. We have beautiful banners here and new chakra jewelry, along with statuary from Dryad Design coming in and wonderful new exotic pendulums. Other items include waterfalls coming soon, fairies of various kinds, New Melissa Harris mugs and tea light burners here now, Japanese singing bowls and silk lanterns also here now, and large size Foo Dogs and Dragons to guard any entrance here and coming soon. Our crystals and stones have gone fast but we will be getting new stones in soon. We also have some beautiful and unique Lemurian Seed Crystal wands handcrafted. Come in and see what's new!

We have new classes and these promise to be truly awesome experiences. Don't miss out! These include Human Design with personal chart making, Body as a Garden, Labyrinths, Mandala design and art, and Intro. To Feng Shui. Call or see pages 4 and 5 for more details.

The next big thing will be our Expo. It will be on September 18 & 19, just one month after our 2 year anniversary on August 27th. It doesn't seem like in just two weeks from the writing of this article we will have been open 2 years! We have been so busy and have had such unbelievable fun that it has flown by. If we would have known it was this good we would have asked the Universe to get us started sooner! Our Expo is advertised around town and on page 3 in this newsletter. (Please, if you could tear out the Expo ad and give it to a friend or post it somewhere you think appropriate we would appreciate it) Check it out. There will be some returning faces from last years get together and some new ones as well. It will be two days you will not want to miss. We look forward to all of you coming and supporting our Expo and celebrating our 2 year anniversary in this community!

Thanks to all for your continued support. Light and Love, Merri and Joan



Check Out our Wish Box

*Great Idea for Holidays,
Birthdays, and other
Special Occasions*

Look for family or friend's names in the wish box to see what they would like or add your own wishes to the box. Many people have taken advantage of this and it has been a great way to easily shop for loved ones or drop a hint!

The Human Design System

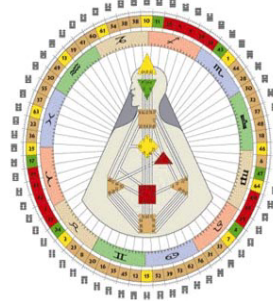
A Science for Awakening

* Western Astrology

* The Ancient I'Ching

* The Kabbalah

* The Chakra System



Cyndi Silva - Certified Human Design Analyst
320-685-3291 - cyndis@starband.net

Personal Charts and Analysis by appointment only

* Check out the "Introduction to The Human Design System" in the class schedule.



Mind Body & Spirit

For information please call:
(320) 203-9630

www.mindbodyspirit-online.com

Open Mon- Fri 10-7pm
Saturday 10-5pm

In This Issue:

Featured Stone: Moldavite

Featured Article:

The Walls Have Ears

New Classes: Feng Shui

Coupon: Flax

The Walls Have Ears

(Creating Peace in your Home)

Your home is your den, your safety net, the place you rest your head and want to feel peace. Why are most homes today filled with chaos? Because the potential for a house to hold energy is staggering. Every day people come home to even the most well put together, beautiful homes and can't get comfortable. What is wrong with that picture? Plenty. It isn't just that the carpet matches the drapes or the bedroom set is all the same wood and character. Everyone has heard the saying that the walls have ears. This isn't so far from the truth.

Literally everything around us "remembers" what has happened. When you bring home a bad work day not only do the people in the house feel it, so does the house. The energy created during your workday comes home with you. Before coming into your home say a little mantra, or do a simple "shakedown" to get all that stuff from your day off. Let it all go before even opening the door. Can't believe it's that simple? Well, it is that simple. Our intentions create reality. Another thing that we need to be

aware of in our homes is that of damage caused by all sorts of factors. Perhaps when you were moving furniture a hole was made in a wall because of the furniture banging against it. Perhaps there were words and thoughts that went with this action that were not exactly positive. Everything in that area remembers the energy and holds the energy of what happened. If it is not fixed it will be a constant reminder and the energy will continue to linger and get worse. It needs to be repaired so that the energy can change. Maybe you had an argument with someone with hurtful words or actions. The energy of that moment stays as long as the area is not healed.

Whether or not there are actual spirits in a building (which there are much of the time) there is always energy moving around and we want to keep positive energy and breakup and disperse the negative energy. There are many ways to achieve this: burning sage, saying mantras or prayers, physically changing things, and most importantly through our intention. Keep energy positive, flowing, and peaceful.

Find out more from other sources at MBS and rest well tonight.

Moldavite

Moldavite is the only known "gem-quality" stone of extra-terrestrial origin. This beautiful green stone is the result of a meteoritic shower that occurred approximately

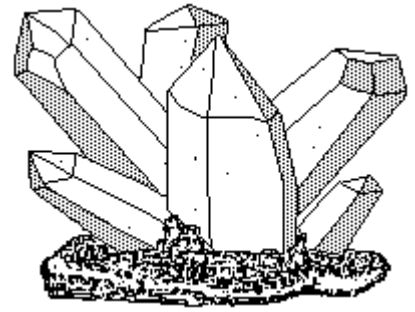
15 million years ago. There is evidence that this stone had been used as an amulet since the stone age and possibly before that.

This stone enhances

clairvoyance so as to give us inklings of what actual spiritual greatness humans are capable of.

Moldavite helps one realize the meaning for their life, encourages compassion for all, instigates spontaneity, and sets us free of future worry. This stone encourages elaborate dreams, expands awareness, enhances inner strength, balances male and female energy and is also wonderful for alleviation or prevention of many central nervous disorders. It's full affect can be felt if worn on the forehead and secondary would be anywhere on the body. Moldavite increases the vibration of and amplifies the benefits of all other stones. This stone has a vibration that matches all zodiac signs but most predominantly Scorpio.

This olive green to forest green stone can only be found in one location in the world, a small area of the Czech Republic, and one by one the sources are being exhausted making it a rare stone. There are other tektites (from India and Tibet as well as other places) that are usually black in color. These are thought to be rocks, minerals, and debris that have been actually shot into space, from the earth, after a meteor collision. These items then "visit" space and come back down melted and newly formed into various sizes of black rock called Tektites. There are also light yellowish tektites found in some deserts of Africa that closely resembles Moldavite which is also of "other-worldly" material. All forms of tektites have "bubbling" surfaces due to melting because of the heat of entering the earth's atmosphere, and they also have deep etchings caused by acids in the soil of earth. Of all the tektites, in my opinion, Moldavite is easily the most beautiful. When it is polished and faceted it is used in various stunning jewelry settings, and the rough form looks great in a simple wrap of sterling. Moldavite accelerates the healing process because of it's high vibration. It is born of fire and it's essence is fire; therefore, it is not necessarily a calming, soothing type of stone but it is protective and healing. When holding Moldavite it pulsates in your hand and it is like holding a piece of the stars, a piece of the magic "out there". Besides stones and various beautiful jewelry we have bath salts and incense (sticks & cones) made from Moldavite available now at MBS.



Calendar at a Glance

September

1-Wednesday	10am- 6pm 7pm-9pm	Intuitive Readings with Barbara Chakras (8) with Carol Mecko
2-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
3-Friday	7pm-9pm	NEW -Spiritual Attunement with Frank Sowada
4-Saturday	11am-2pm	Pranic Healing with Frank Sowada
7-Tuesday	5:30 pm- 7pm	Pranic Healing with Frank Sowada
9-Thursday	12pm-6pm 7pm-9pm	Healing Touch with Ann Dragsten (by appointment) Drum Use with Carol Mecko
11- Saturday	1pm- 5pm	Drum Making with Wayne Manthey
14-Tuesday	7pm-9pm	NEW -Body as Garden with Carol Mecko
15- Wednesday	7pm- 9pm	Chakras (9) With Carol Mecko
16-Thursday	12pm-6pm 7pm-9pm	Healing Touch with Ann Dragsten (by appointment) Healing with Angels, beginning with Angel Ariel
18- Saturday	10am-8pm	Expo (See Ad page 3)
19-Sunday	12pm-4pm	Expo (See Ad page 3)
20-Monday	7:15pm-8:15pm	Animal Communication with Joan Stokes
21-Tuesday	7pm-9pm	NEW -Power of the Mind with Marlene Bragelman
23-Thursday	12pm-6pm 7pm-9pm	Healing Touch with Ann Dragsten (by appointment) Healing with Angels, Raphael, Carol Mecko
25-Saturday	2pm-4pm 11am-1pm	Warrior Circle for Men NEW - Human Design with Cindi Silva
28-Tuesday	7pm-9pm	Body as Garden with Carol Mecko
29- Wednesday	7pm-9pm	Chakras (10) with Carol Mecko
30-Thursday	12pm-6pm 7pm-9pm	Healing Touch with Ann Dragsten (by appointment) Healing with Angels, Gabriel, Carol Mecko

October

1-Friday	7pm-9pm	Spiritual Attunement with Frank Sowada
2- Saturday	11pm- 2pm	Pranic Healing with Frank Sowada
5- Tuesday	5:30pm-7pm 7pm-9pm	Pranic Healing with Frank Sowada Dowsing for Health with Marlene Bragelman
6- Wednesday	1pm- 5pm 7pm- 9pm	Intuitive Readings with Barbara Bjorklund Spirit of Being with Barbara Bjorklund
7-Thursday	12pm-6pm 7pm-9pm	Healing Touch with Ann Dragsten (by appointment) Healing with Angels, Celestia, Carol Mecko
9-Saturday	12:30-4:30	Circling into Fall with Carol Mecko
12-Tuesday	7pm-9pm	Body as Garden with Carol Mecko
13-Wednesday	4pm-7pm 7pm-9pm	Angel Readings with Sharron Jordon Spirit of Being Barbara Bjorklund
14-Thursday	12pm-6pm 7pm-9pm	Healing Touch with Ann Dragsten (by appointment) Healing with Angels, Faith, Carol Mecko
18-Monday	7pm-8:30pm	NEW - Introduction to Feng Shui with Nancy Jennison
19-Tuesday	7:15pm-8:15pm	Animal Communication with Joan Stokes
20- Wednesday	7pm-9pm	Spirit of Being With Barbara Bjorklund
21-Thursday	12pm-6pm 7pm-9pm	Healing Touch with Ann Dragsten (by appointment) Healing with Angels, Cassiel, Carol Mecko
23-Saturday	1pm-5pm	Intuitive Readings with Barbara Bjorklund
26-Tuesday	7pm-9pm	NEW - Human Design with Cindi Silva
27- Wednesday	7pm-9pm	Spirit of Being Barbara Bjorklund
28-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)

Calendar of Events

Angel Readings

Guidance from the Angelic Realm. Sharron Jordon studied in Ireland with Angel Communicator and Teacher/Guide Doreen Virtue to learn the art of reading and interpreting Angel cards. Intuitively using the guidance she receives from various Angels, Sharron will help guide you. Call for appt.

Animal Communication

Call for appointments with Animal Communicator Joan Stokes. She is available sporadically and only by appointment. She may also be seen at Glacial Ridge Vet. Clinic in Glenwood, MN (1-800-540-8384).

Intuitive Readings with Barbara

An intuitive reading is a personal interactive session. Barbara takes one beyond the known into the unknown and unseen to examine one's energetic patterns, blocks, beliefs, intentions, and expectations in order to provide one with a clear understanding of how to make new choices for creating the life one desires. Barbara's intent for each person is to recognize the power of their spirit by encouraging the mind and heart to walk hand in hand. Please see Barbara's availability in the ad above.

Pranic Healing

Bring the energies of Mind Body & Spirit into alignment by means of universal energy, filtered through an experienced practitioner. Frank will be available on various Tuesdays & Saturdays.

Healing Touch

Holistic energy-based approach to healing the whole person, physically, emotionally, mentally, and spiritually. It utilizes the hands to clear, energize and balance the human energy field which can become blocked, congested, imbalanced or over-active, leading to illness. Call for appt.

Drum Making

Make your own frame drum for a more meaningful drumming experience. This class is a real earthy experience. From the naturalists to the city people, who rarely see the woods, this class will bring out the ancestral roots in anyone. It's great fun to take a deer hide, cedar wood, and black walnut dye, and make a thing of beauty that will last years and years. It's a class you will remember for a lifetime.

Nothing to bring Everything supplied. 13" is \$100 16" is \$125.
(Please register by Sept. 7th) Wayne Manthey.

Dowsing for Health and Happiness

Marlene Bragelman will be combining her knowledge from Trinity College of Natural Health and dowsing to help class participants to take better control of their health. Bring your pendulum, or chain/thread, with a personal item attached to use for pendulum, and let's have some fun. \$15.00

Spiritual Attunement

Frank Sowada will lead a monthly group usually held on the first Friday of each month. The intention of the gathering is to provide a safe place to seek answers to questions each of us have and provide an ongoing means to self discovery. It is to aid in awareness of the spiritual evolution that is taking place and discovery of some of the mystical aspects that can occur along the path. Each gathering we hold an intention to discuss a specific subject, discuss what has been happening from an energetic perspective, and at times meditate. A suggested donation of \$5.00 per person is requested. All are always welcome to attend.

Introduction to the Human Design System

The Human Design System is a brand new mystical science that was revealed in 1987. It is a synthesis of the I'Ching, the Kabbalah, the Chakra System and Western Astrology. This powerful system gives you very specific tools for living your life authentically as yourself. The core of the system guides you in making correct and true decisions for yourself based on your type and strategy. It provides specific knowledge about you as a unique individual, about your health, talents, personal psychology and your vulnerabilities. This informative, interactive class will introduce you to the basics of the Human Design system. To receive your **FREE** chart at class time, please provide your full name, accurate birth time, location and date of birth at least 2 days prior to class. **Accurate birth time is important.** Class size is limited, \$20 per person. To register call Cyndi Silva @ 320-685-3291 or email cyndis@starband.net with required information. \$20.00 For more information about Human Design visit;
www.humandesignamerica.com.

Chakras –Ten Wheels of Life

(Working with the Chakras and the Native American Lightbodies!)

In each two-hour experiential session of this ten-part series we will explore one of the **chakras/lightbodies** through input and journaling, **breathwork** specific to each, **mythic experiences** of rattlework and power postures, grounding it all through the arts and sharing, as you are able. Bring a rattle if you have one. Carol Mecko \$15.00/session.
(Please pre-register by noon the day before class begins)

Drum Use

Learn how to use your frame drum for personal growth and healing, gathering and companionship, prayer and ritual! During this two-hour hands-on experience learn some basic hand drumming strokes and how to use them to call in the four directions and for processions. Also learn to drum with the mallet: the "heart beat", some basic Native American rhythms, energy work through "drum washes" and much more! No experience needed. \$20.00 Carol Mecko (Please pre-register by noon the day before class begins)

A Circle of Warriors for Men (an intro. to the Mankind Project):

We are all familiar with a man's physical tools such as; a hammer, a sword, a plow, etc., but this is not enough. What about integrity, commitment, action, and clarity? We know that most men want and need these tools. The Mankind Project and the New Warrior Training Adventure can help. The Mankind Project is an organization of men working together to improve their lives and help other men do the same.

Spirit of Being

This class will give you experiences that allow you to see where and to what your energy and spirit is connected. The class will include experiential learning, discussion, guided visualizations, and reflective homework. Spirit of Being is a 6-session class. The class is closed after the first session. Barbara Bjorklund Fee: \$20.00 /session.

Body as Garden: Body-Work, Body-Play

The art of tending the garden that is you. You are invited to be the expert on your own being and trust your own inner body wisdom by exploring your wise body in a safe, sacred, and relaxing atmosphere. Receive input, explore your attitudes, journal on your unique body story and participate as you are able in imageries, movement and art. Fee, \$20.00. Carol Mecko (Please pre-register by noon the day before class begins)

Introduction to Feng Shui

This is a beginner's class which will discuss, in detail, front doors and clutter along with desk and bed placement. Basics of the bagua board will also be a focus of this group. Come ready to take plenty of notes because you will learn the basics of how to create better flow of energy for health, prosperity, and happiness in the workplace and at home. Nancy Jennison \$9.00

Circling into Fall

This is a 1 hr intro to the Native American Medicine Wheel & the Global Four Fold Way in the spirit of Angeles Arrien. Singing, dancing, silence/reflection and story-telling, as you are able. Carol Mecko \$50.00 (Please pre-register by noon the day before class begins)

Healing with Angels

Get in touch with the Angels of the Energy Field. See how these special Angels can help you in your self-healing journey. Healing Angels of the Energy Field Book included. Carol Mecko \$20.00/session (Please pre-register by noon the day before class begins)

Psychic Communication with Pets

Learn some exercises and techniques to communicate with your pet on a whole new level. Meditation, dialogue, and sharing. Bring a picture of your pet for a possible mini-reading on health, behavior issues, etc. Joan Stokes \$15

Power of the Healing Mind

Marlene Bragelman will be teaching exercises we can do to better use our minds to heal our bodies. It's been proven that up to 80% of illness is a result of emotional issues physically manifested in the body; therefore, something the mind can heal. \$15



*Mandala Art and Labyrinths
for your
spiritual journey*

*Angela Von Lintel Lobitz
1-320-852-6948*

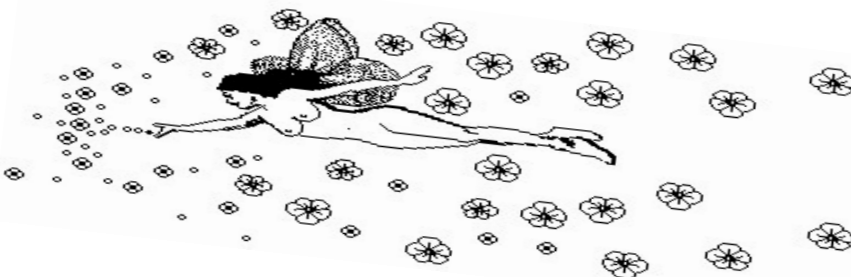


Astrology-The Planets part 2



The comet Chiron and the 4 main asteroids

In our last installment we discussed briefly the interpretations of the planets, including the sun and moon. Modern Astrology is not only more accurate than the Ancients could dream of being in the calculation of a chart, but in modern times we have a few more types of chart interpretation and analysis (which will be discussed in a future issue). With discoveries of more celestial objects than were known in the ancient world, there is much more to Astrology today than in the ancient past. We have already discussed the planets known in ancient times, as well as the outer planets (Uranus, Neptune, Pluto and the recently discovered Sedna); in this issue we will cover the 4 major Asteroids and the comet Chiron. Chiron is a comet that has an orbit that crosses over the orbits of Uranus and Saturn. In mythology, Chiron was a centaur (half horse, half human), who was credited with inventing medicine. By accident, Hercules wounded him with a poisoned arrow. Chiron is therefore the wounded healer, or where in a chart the wounds that 'hurt the most' occur as well as where we or others can teach/heal through relating our own experiences. Chiron basically represents the teacher/healer, and he is in the area of the chart where we can be a maverick. The four main asteroids - Juno, Pallas, Vesta and Ceres, are by far the largest of the many asteroids found in the solar system, and these four are all female, balancing what would otherwise be a predominantly male roster. There are quite a few asteroids that can be interpreted and I personally limit them to these four large asteroids, because to include the dozens of others can become confusing and is quite time consuming. Juno or Hera was Jupiter's wife (and sister!). Jupiter had many children with other women, which angered Juno. Because someone else had taken her place in Jupiter's affections, Juno was notorious for seeking revenge on the women he slept with. Where she appears in a chart are issues involving marriage, jealousy, commitment, contracts and accounting, fairness, possessiveness and trust. Pallas, Pallas Athena, or Minerva was the daughter of Jupiter/Zeus. She sprang out of his head in full battle armor, and is the female counterpoint to Mars, and chiefly represents intellectual warfare, debate, healing, crafts, intuition, wisdom and strategy. Ceres or Demeter is the quintessential mother earth figure, from which the word 'cereal' comes from. Her daughter, Persephone was abducted by Pluto, and Ceres was able to win her daughters release for a part of each year, to split her time between being with Pluto and with her. When her daughter was away, Ceres brought Winter and laid the land barren. Ceres represents nurturing, parental issues, law, agriculture (along with Saturn), gardening, eating disorders, self esteem and procreation. Vesta or Hestia was associated with Purity and was the Goddess of Hearth and home. Her female priests were virgins, the keepers of the sacred flame. Vesta represents commitment, truth, sexual issues, inhibitions, devotion, purity and security, among other things. The study of the influence of the Planets and Asteroids is much easier if you will simply take a look at the Myths or stories of the Characters in mythology and use the stories that involve them as a reference. Indeed, looking at them as individuals makes it easier to remember and can be fun - the associations of the Planets (characters) in the signs (themes) in the houses (stage sets or venues). If you keep this in mind, interpretation is infinitely easier. The ancients correctly figured that the information would be remembered best as stories in the times before books, and that these archetypes would define the qualities of the cyclic rhythms in nature. (Paul Olson AbraCadabra Entertainment, Inc., etc.....)




Judith Newby
Spiritual Counselor
*To Release & Grow in Love & Truth
 To Let Your Spirit Soar with Your Soul*

Transmedium • Tarot Cards • Psychometry
 Telephone Readings • Automatic Writing

320-352-3625
www.JudithNewby.com



Intuitive Readings
 with
Barbara Bjorklund

*Creating an opportunity
 for you to release
 energetic blocks and
 clear the way for
 the next step.*

Make appointments through
 Mind Body & Spirit
 or call Barbara at:
763-263-7952

In the store
 September 1st from 10pm-6pm
 October 6th from 1pm-5pm
 October 23rd from 1pm - 5pm
 (Additional days or times also
 by appointment)

Beautiful Batik Flags & Banners by Karuna Arts



**Universal Worship
Mandala**
Stickers & Banners



Mother Egg
Sticker



Chakra Flag String
Enhance meditation and healing work and help tune
each subtle energy center.



Unity Banner
A circle of people holding hands
face a sunrise mandala.
Banner & Stickers



Universal Worship Mandala Banner
A mandala of symbols of 16 of the world's
spiritual traditions, designed for honoring
all paths to truth. In the center is the one
light without form.

Om Mani Padme Hum

Tibetan Buddhists believe that all the teachings
of the Buddha are contained in this mantra. The
Mani mantra is the most widely used of all Bud-
dhist mantra, and is the mantra of Chenrezig. Om
Mani Padme Hum can not really be translated
into a simple phrase or sentence.



Chakra Banner
Enhance meditation
and healing work
and help tune each
subtle energy center.
5' x 1' Purple
8" x 2.5' White



Great Mother Labyrinth Banner
Outside the inner Labyrinth is a ring of
13 moons in phases, a ring of prehis-
toric Goddess images in a mandala, as-
trology symbols and seasonal images
around.


Triple Moon Goddess Banner
The Maiden in white, the Mother in red,
and the Crone in black complete the an-
cient image of the triple goddesses of
the moon.



*A Few Essential Facts :
About Tea Tree Oil:
(Melaleuca Alternifolia)*

- Tea Tree oil is steam distilled from the leaves of the myrtle.
- Highly regarded as an antimicrobial and antiseptic essential oil; therefore, it promotes cleansing and purity.
- Tea Tree oil is effective in treating gum disease, athlete's foot, fungal infections, bronchitis, respiratory infections, gum disease, rash, sore throat, sunburn, tonsillitis, and vaginal thrush.
- This oil may also help acne, burns, candida, cold sores, inflammation, ingrown toenails, warts, and wounds, (promotes healing).
- Diffuse or apply topically. Safe for use in children and pets.
- As with any oil, if pregnant or under a doctor's care, consult your physician before use.
- (Repeated use may cause contact sensitization.)

Animal Communication
by Joan



"A Voice for your Pet"

- * Emotional/Behavioral Issues
- * Lost or Deceased Pets
- * Spirit Guides
- * Intuitive Medical Advice

(320) 203-9630
Joan Stokes, AHT

915 W. St. Germain, St. Cloud, MN 56301

There are two ways
of spreading light:
To be the candle or
the mirror that
reflects it

~Edith Wharton

Website!

Have you seen it?

www.mindbodyspirit-online.com

Check it out!



Coupon

20% OFF
Golden Flax Seed
26 & 96 oz.

Offer good Sept 1st thru Oct 31st
Coupon must be presented at time of purchase.

Mind Body & Spirit
915 W. St. Germain St.
St. Cloud, MN 56301

LOVE AND IMAGINATION DO MANY THINGS

~RUMI