

# Kaleidoscope

Quarterly Newsletter  
from  
Mind Body & Spirit

July 2  
August 00  
September 8

Hi Everyone!

People visit the Mind Body & Spirit store for many different reasons. Some come in because they're feeling down and stressed. Many stop by to find a gift for themselves or a loved one. Still others drop in just to be uplifted by the energy, sounds, and smells of the shop. I would bet many of our visitors don't realize that they leave us with gifts as well. Merri and I do this work because of our relationships with customers and the knowledge we gain from them every day. So this article is about you—the special people in our lives, our customers, our friends.

One day, I was in the back working on an order and feeling just plain old cranky after a particularly bad morning. A woman came into the shop, and I kind of grumbled—mostly because I didn't want to expose my sourpuss attitude to this customer, who really didn't deserve it. I went out front and said "hi," with a less-than-enthusiastic smile before asking how she was. With a huge smile, she responded, "Really, really great!" Her smile and that answer turned me around in but a brief second of time. That woman, who just came in to look around and buy a card, gave me back a day of my life that I might have lost. I, in turn, accepted her gift. (We do have to do our part when such treasures come along, you know.)

On another day, a woman with a wonderful smile on her face and a baby boy in her arms dropped by. "This is my son," she said. "I wanted to bring him in so that you could meet someone that you helped." She continued, "You see, I was homeless and pregnant with this little guy last winter. It was cold, and we came in here. Even though you knew we would not be buying anything that day, you let us rest on your couch upstairs, read, and finally get some life-saving sleep. We stayed warm because of you. Now I have a wonderful home, a good husband, and, though we struggle at times, we are good. Thank you for taking care of us when we needed it most." Wow, what a gift she gave us with her visit and words. We will treasure this memory for a very long time to come!

People and moments like these are just as important to us as individuals who purchase a lot from our shop. Be we do rely on and would not be able to make it without those of you who continue to give us your business. Times are not easy right now, and money is tight for many. But that doesn't keep you, our customers, from stopping in every week to make some type of purchase in support of us and the store. We want you to know that no matter how much you spend—whether \$5 or \$500—you matter! We will continue to be here for you as you continue to be here for us. Together, the tough days are not so tough, and the good days are great! I often tell my children that the only wasted days are ones in which we do not meet someone new, spend time with someone we love, or learn something. As owners of this shop, we get to do all three every day!

"Thank you" seems inadequate, but we say it with sincere intention and much love. You mean the world to us. We wouldn't be here if it were not for you! Have a wonderful summer!

Blessings and Peace Always,  
Joan and Merri

## In This Issue:

Featured Stone: Spheres pg 9

Classes & Services: pgs 4/8

Calendars: pgs 5-7

New Products: pg 3

Feature on Oils: pg 10

Series of Symbols: pg 2



Mind Body & Spirit  
Books & Gifts

For information please call:  
(320) 203-9630

[www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com)

Open Mon~ Fri 10-7pm  
Saturday 10-5pm  
Closed Sundays

## A Series of Symbols - Ankh

The ankh is an interesting symbol in that literally no one knows what this symbol actually is. Scholars all over the world have argued about this symbol for as long as can be remembered. From what I have gathered it has been thought to be a sandal loop and tie (not likely as it is in the hands of every Egyptian god), it is also been said to be the cross section of a bull's vertebrae, (since the bull was considered a powerful representative of reproduction and since the ancient Egyptians thought semen came from the spine, it seems logical that bull's vertebrae would have been the ancient Egyptian symbol of life? I don't think so.) The other possibility, that seems much more plausible, was that it is a key.

I am convinced that the key theory is more accurate and what follows is my reasoning. It is possible that the idea of power over gates and doors came from the ancient Greek god Janus, the two headed god who could see both the past and the future at the same time, who was the keeper of the gates and doors and was shown frequently holding keys. Janus predates the ankh. The Egyptians knew about the Greek god Janus. What could possibly be more powerful than holding the keys to the doorways between life and death? The ankh has been shown in ancient Egyptian artwork to be in the hands of gods bestowing conception, which would be bringing new life through the gates and it has been shown in the hands of gods controlling death as well. The other places to see the ankh in Egypt is in the hieroglyphs and other artwork of Pharaohs holding them on both sides of their chests, which make sense if one is trying to prove power? Also the ankh is carved into sarcophaguses and found in the hands of mummies. This, of course, makes sense, as it was a way for the dead to have eternal life if they had the "keys" to the doorways between life and death!

Another fascinating thing is that the early Christian church of Egypt, called the Coptic Church, used the ankh as their symbol of the cross that Jesus was crucified upon. They did not know what the actual cross looked like (that is something still debated as well). But it makes sense that they would choose something already seeming to be a key. To this day Christians around the world see Jesus as their way or "Key" into heaven. Only through him can they get there. People the world over wear crosses and some wear ankhs. All possibly wearing symbols of keys to everlasting life?

It could be simply that since the Egyptians felt the sun was the most powerful thing there was at one time, and the sun god Ra was the most powerful god, then the ankh could be a symbol of the sun going across the horizon and holding the sun was powerful? I will stick with the key. Whatever it truly is, the debate goes on. There are other theories I did not mention that made less sense to me than the bull's vertebrae. (The circular part is a vagina and the other, well you know) One thing we know for sure. The ankh will continue to be a symbol of mystery and power, and a symbol of eternal life. And what is more powerful and mysterious than life, and what comes after the life we know here?



You met him in the pages  
of Elizabeth Gilbert's  
bestseller *Eat, Pray, Love*.

Now you can  
meet him in person.

Richard from Texas was—without a doubt—the most memorable character in Liz Gilbert's phenomenal success, *Eat, Pray, Love!* That's why, enchanted with his colorful, homespun wisdom, even the Big "O" invited him to appear on her show, not once but twice, along with Gilbert. Now you can learn about the nitty-gritty behind the scenes experiences between RFT and "Groceries" that you didn't read about or see on Oprah as well as his journey from despair to divinity.

Don't miss this opportunity to hear Richard deliver poignant, life-transforming insights in his Texas drawl. Reserve your spot today!

7-9 PM ★ THURSDAY, JULY 31  
CALL 320.203.9630 TO REGISTER  
\$25 PER PERSON



## Lucky Bamboo (botanical name; Draceana)

Bamboo has been a symbol of good fortune in Asian culture for more than 4000 years.

It enhances the flow of "chi" (life force).

Needing very little care, water, and low light, the lucky bamboo is able to thrive well in most environments. Care of the Lucky Bamboo: Use only filtered, drinking spring water, or tap water left to sit for a day (chlorine needs to evaporate), keep roots covered. Bamboo likes to be in very low indirect light from sun and does not do well

in metal containers.

Traditional:

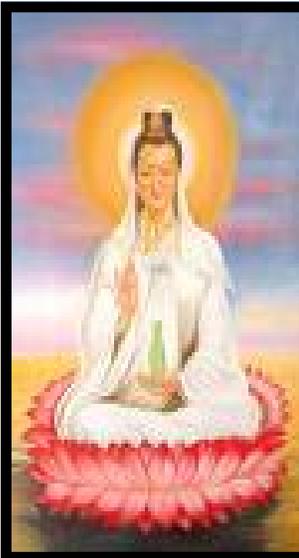
3 yang energy (or 2 for yin energy) stalks:

attract happiness,

5 (or 4): attract wealth,

7 (or 8): result in good health,

21: overall powerful blessing.



Where Magic Happens  
Coventry Creations 




*Judith Newby*

Transmedium • Clairvoyant • Clairaudient  
Tarot • Psychometry • Automatic Writing  
Pet Communications • Telephone Readings

*To Release & Grow in Love & Truth  
To Let Your Spirit Soar with Your Soul*

320-352-3625  
www.JudithNewby.com

Barbara Bjorklund  
barbarabjorklund.com 763.263.7952



**Teacher  
Intuitive  
Guide**

Intuitive Energy Readings • Workshops • Classes • Archetypal Charts

# Intuitive-Psychic Readings / Energy Healings

## Intuitive Readings with Barbara

An intuitive reading is a personal interactive session. Barbara takes one beyond the known into the unknown 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. \$75.00/hour \$40.00/1/2 hr.

## Readings with Kate Zimmer

Kate is a clear and direct channel to receive loving guidance through her and your Spirit Guides, Angels, Ascended Masters, Totems, Fairies, deceased loved ones and past lives. She uses her skills in clairvoyance, clairaudience and clairsentience to relay messages, insights and answers to the many questions affecting you on your path. Kate is a Reiki Master and Certified Basic IET Practitioner and has studied other various healing modalities. Fee: \$1/minute

## Angel Readings

Guidance from the Angelic Realm. Sharron Jordan 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 Angels, Sharron will help guide you. If you are looking for a little peace, maybe some enlightenment, or guidance, this is for you. Fees \$65.00/hour and \$35.00 per 1/2 hour

## Paulette Lucas

Paulette was a therapist for over 20 years and has traveled extensively, visiting power centers around the globe, to develop her spiritual awareness for herself as well as those she works with. Paulette is a Clairvoyant, trance medium, and empathic who has now "officially" been reading for 15 years. She works with spirit guides, angels, and deceased loved ones. Fees: \$60.00 per 1/2 hour and \$100.00 per hour.

## Kelli Spencer

Psychic medium: I connect you to your loved ones and guides. I am clairvoyant, clairaudient, claircognizant, clairalient, I am a medium, which means that I am a bridge between this world and the next. I work with individuals that need closure, validation, or peace of mind that their loved ones are ok on the other side. Fee: \$65.00 per hour

## Name and Birthday Readings (Numerology) with Diane Winter

Who are you? Why are you here? What does your future hold? Discovering the energies your name and day of birth may be *attracting* can open you up to treasures within you! Your reading includes a summary of your most important energy and a personal worksheet of all your major energies. Tape recording is welcomed! Fee: \$25.00 for 1/2 hour session

## Quantum Touch with Kimberlee Bluhm

The Quantum Touch Practitioner learns to focus and amplify life force energy. When the practitioner holds a high vibrational field of life-force energy around an affected area, through a process of resonance and entrainment, the client naturally matches the vibration of the practitioner, allowing one's own biological intelligence to do whatever healing it deems necessary. Fee: \$65.00 per hr.

## Healing Touch with Ann Dragsten

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. Please call for appt. Fee \$65.00 session.

## Reiki with Lisa Dempsey

Lisa is a Certified Reiki Master and Life Coach. Through the spiritual healing art of Reiki, she helps clients relax, clear negative energy, and move positive energy throughout the body for balance and clarity. A complement to traditional medicine and other healing/relaxing techniques, Reiki can lead to clearer thinking, increased energy, emotional release, enhanced creativity, stress relief, spiritual unfolding, and much more. 60-Minute Session | \$60

## Private Healing Sessions with ARia Joy

Healing Sessions with ARia are unique to individual needs and desires. Aria is a Transformational Facilitator, Shamanic Practitioner, Reiki Master, Sound Healer, Massage Therapist, and Energy Mover. A session could include use of a variety of instruments, energy and chakra balancing, intuitive guidance, and hands on or hands off experience, ceremony, and intention setting, and plan of action for further progression on your path. For more info. or to schedule an appointment with ARia please visit [www.ariajoy.com](http://www.ariajoy.com), call ARia at 612-408-0412 or email at [ariajoy@msn.com](mailto:ariajoy@msn.com) 90-Min Session | \$99 Suggested

## Past Life Regression with Bob Sullivan

Past life regression is a wonderful way to identify, process and transform unresolved issues, beliefs or attachments. In facilitating a regression, we examine current issues such as unfinished business, limiting vows, trauma or ungrieved loss ...and help the client reprocess the event and bring completion to it. Not all regressions need to be about problems - It is also possible to recall positive lifetimes...lifetimes of mastery, gifts, talents, safety, lovability, and worthiness. Sessions are 1.5 hours for \$65.00 **More Times and Dates To Be Announced —Please check Website!**

## Hands on Healing with Bob Sullivan

Channeling universal healing energy through hands on healing. Using such things as touch, sound, color and vibration to aid healing and help one to balance physical, emotional and spiritual energy. Sessions are 1.5 hours for \$65.00 **More Times and Dates To Be Announced-Please check Website!**

## Animal Communication with Joan Stokes

Joan has approximately 20 years experience working with animals at various Veterinary Hospitals and has "talked" to the animals ever since she can remember. She "talks" to the animals via feelings and pictures and then translates those feelings and pictures into human language. Over the phone and long distance readings available. Joan is available for appts most Thursdays, Emergencies other days. Please call 320-203-9630. Fee: \$40.00-1/2 hr. \$75.00-hour

### ***Personal Support While Learning Energy Healing***

Offering Reiki I, II, III, Integrated Energy Therapy (IET)

Basic, Intermediate and Advanced, Healing Angels  
& Vibrational Healing I & II classes...

or come unwind with a personal healing session!

Visit Bea at the Healing Share offered the  
2<sup>nd</sup> Wednesday of the month, 7-9 pm, MBS Studio

Call for the current energy class schedule

**Bea Monn (320) 255-0805, [pace\\_bea@yahoo.com](mailto:pace_bea@yahoo.com)**

### **Paulette Lucas**

### **Spiritual Counseling & Clairvoyant Readings**

Spiritual & Psychological Coaching

Guidance for the Inner Self

Group & Individual

Telephone or in Person  
For an appointment call  
320-203-7928

1051 29th Avenue North  
Saint Cloud, MN 56303

# July 2008

Sun                  Mon                  Tue                  Wed                  Thu                  Fri                  Sat

|  |   |  |  |  |   |   |
|--|---|--|--|--|---|---|
|  | <p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p> | 1  | 2  | 3<br><br>New Moon  | 4<br><br>Store Closed<br><br>Spiritual Attunement<br>7-9pm<br>Open Discussion | 5   |
| 6  | <p>7<br/>Psychic Channel<br/>Kelli Spencer<br/>10-6pm</p> <p>Angel Readings<br/>with Sharron<br/>3-7pm</p>                | 8<br><br>Intuitive Readings<br>Barbara 3-7pm   | 9<br>Name & B-day (Numerology)<br>Readings w Diane<br>11-2 pm<br><br>Intuitive Paulette Lucas<br>2-6pm<br><br>Healing Share<br>7:00-9:00pm | 10   | 11  | 12<br>Past Life Regression & Hands on Healing Sessions<br>10-11:30 or Noon-1:30<br><br>Aura Photos<br>2- 4 pm |
| 13   | 14<br>Psychic Channel<br>Kelli Spencer<br>10-6pm  | 15<br><br>Intuitive Readings<br>Barbara 3-7pm  | 16<br>Name & B-day (Numerology)<br>Readings w Diane<br>11-2 pm   | 17<br>Ann Dragsten<br>Healing Touch<br>11-6pm                  | 18<br>Quantum Touch<br>Kimberlee Bluhm<br>10-2pm<br><br><br>Full Moon         | 19<br><br>Intuitive Readings<br>Barbara<br>10-2pm<br><br>Trance Dance<br>7-9pm                                |
| 20<br>Private Healing Sessions<br>with ARia Joy<br>11am, 1pm, 3pm, 5pm | 21<br>Psychic Channel<br>Kelli Spencer<br>10-6pm<br><br>Private Healing Sessions<br>with ARia Joy<br>11am, 1pm, 3pm, 5pm  | 22<br><br>Intuitive Readings<br>Barbara 3-7pm<br><br>Group Shamanic Sound Healing & Harmony Attunement<br>7-10pm | 23<br>Basics of Stones & Crystals 1<br>1:30-3:30pm   | 24<br>Lisa Dempsey<br>Reiki Sessions<br>10-6pm                 | 25<br>Intuitive Paulette Lucas<br>10-6pm                                      | 26  |
| 27   | 28<br>Psychic Channel<br>Kelli Spencer<br>10-6pm  | 29<br><br>Intuitive Readings<br>Barbara 3-7pm  | 30   | 31<br>Eat, Pray, Love's<br>Richard<br>from Texas!<br><br>7-9pm |   |   |

# August 2008

Sun      Mon      Tue      Wed      Thu      Fri      Sat

|   |  |  |   |  |   |  |
|---|--|--|---|--|---|--|
|   | <p>For more detailed information on these events please see our online calendar.</p> <p><a href="http://www.mindbodyspirit-online.com">www.mindbodyspirit-online.com</a></p> |  |   |  | <p><b>1</b></p> <p><b>Spiritual Attunement</b><br/>7-9pm<br/>Akashic Records</p> <p>New Moon</p>                              | <p><b>2</b></p> <p><b>Readings with Barbara</b><br/>10-2pm</p> |
| <b>3</b>                                | <p><b>4</b></p> <p><b>Psychic Channel Kelli Spencer</b><br/>10-6pm</p>   | <p><b>5</b></p> <p><b>Intuitive Readings</b><br/>Barbara<br/>3-7pm</p>   | <b>6</b>  | <p><b>7</b></p> <p><b>Ann Dragsten</b><br/>Healing Touch<br/>11-6pm</p> <p><b>God is Not Three Guys in the Sky</b><br/>7-8:30pm<br/>Session 1</p>          | <p><b>8</b></p> <p><b>Intuitive Paulette Lucas</b><br/>10-6pm</p>   | <b>9</b>   |
| <b>10</b>                               | <p><b>11</b></p> <p><b>Psychic Channel Kelli Spencer</b><br/>10-6pm</p>  | <p><b>12</b></p> <p><b>Intuitive Readings</b><br/>Barbara<br/>3-7pm</p>  | <p><b>13</b></p> <p><b>Healing Share</b><br/>7:00-9:00pm</p>  | <p><b>14</b></p> <p><b>Lisa Dempsey</b><br/><b>Reiki Sessions</b><br/>10-6pm</p> <p><b>God is Not Three Guys in the Sky</b><br/>7-8:30pm<br/>Session 2</p> | <p><b>15</b></p> <p><b>Intuitive Paulette Lucas</b><br/>10-6pm</p>  | <p><b>16</b></p> <p>Full Moon</p>                              |
| <b>17</b>                               | <p><b>18</b></p> <p><b>Psychic Channel Kelli Spencer</b><br/>10-6pm</p>  | <p><b>19</b></p> <p><b>Intuitive Readings</b><br/>Barbara 3-7pm</p> <p><b>Seeing is Believing</b><br/>7-9:30pm</p> | <p><b>20</b></p> <p><b>Name &amp; B-day (Numerology)</b><br/><b>Readings w Diane</b><br/>11-2 pm</p> <p><b>Conversations with Michael</b><br/>7-8pm</p> | <p><b>21</b></p> <p><b>Ann Dragsten</b><br/>Healing Touch<br/>11-6pm</p>   | <p><b>22</b></p> <p><b>Intuitive Paulette Lucas</b><br/>10-6pm</p>  | <b>23</b>  |
| <p><b>24</b></p> <hr/> <p><b>31</b></p> | <p><b>25</b></p> <p><b>Psychic Channel Kelli Spencer</b><br/>10-6pm</p>  | <p><b>26</b></p> <p><b>Intuitive Readings</b><br/>Barbara 3-7pm</p>  | <p><b>27</b></p> <p><b>Animal Totems</b><br/>7-9pm</p>  | <b>28</b>  | <p><b>29</b></p> <p><b>Intuitive Paulette Lucas</b><br/>10-6pm</p> <p><b>Quantum Touch</b><br/>Kimberlee Bluhm<br/>10-2pm</p> | <p><b>30</b></p> <p>New Moon</p>                               |

# September 2008

Sun                  Mon                  Tue                  Wed                  Thu                  Fri                  Sat

|   |  |  |   |   |  |  |
|---|--|--|---|---|--|--|
| <p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p> | <p><b>1</b><br/> <b>Psychic Channel Kelli Spencer</b><br/>           10-6pm</p>  | <p><b>2</b><br/> <b>Intuitive Readings</b><br/>           Barbara 3-7pm</p>  | <p><b>3</b></p>   | <p><b>4</b><br/> <b>Ann Dragsten</b><br/>           Healing Touch<br/>           11-6pm</p>   | <p><b>5</b><br/> <b>Intuitive Paulette Lucas</b><br/>           10-6pm<br/> <b>Spiritual Attunement</b><br/>           7-9pm<br/> <b>World Disasters</b></p> | <p><b>6</b><br/> <b>Readings with Kate</b><br/>           11-2pm</p>       |
| <p><b>7</b></p>   | <p><b>8</b><br/> <b>Psychic Channel Kelli Spencer</b><br/>           10-6pm</p>  | <p><b>9</b><br/> <b>Intuitive Readings</b><br/>           Barbara 3-7pm<br/> <br/> <b>Energetically Speaking # 1</b><br/>           7-9pm</p>        | <p><b>10</b><br/> <b>Healing Share</b><br/>           7:00-9:00pm</p> | <p><b>11</b><br/> <b>Lisa Dempsey Reiki Sessions</b><br/>           10-6pm<br/> <br/> <b>It's all about Health, not being a Size 2</b><br/>           7-9pm</p>               | <p><b>12</b><br/> <b>Intuitive Paulette Lucas</b><br/>           10-6pm</p>  | <p><b>13</b></p>   |
| <p><b>14</b></p>  | <p><b>15</b><br/> <b>Psychic Channel Kelli Spencer</b><br/>           10-6pm<br/> <b>Prenatal Yoga</b><br/>           6-7pm<br/> <b>Belly Dance</b><br/>           715-845pm<br/>           Full Moon</p>            | <p><b>16</b><br/> <b>Intuitive Readings</b><br/>           Barbara 3-7pm<br/> <br/> <b>Energetically Speaking # 2</b><br/>           7-9pm</p>       | <p><b>17</b></p>  | <p><b>18</b><br/> <b>Ann Dragsten</b><br/>           Healing Touch<br/>           11-6pm<br/> <br/> <b>It's all about Health, not being a Size 2</b><br/>           7-9pm</p> | <p><b>19</b><br/> <b>Quantum Touch</b><br/>           Kimberlee Bluhm<br/>           10-2pm</p>  | <p><b>20</b><br/> <b>Mind Body Spirit Expo</b><br/>           (onsite)</p> |
| <p><b>21</b></p>  | <p><b>22</b><br/> <br/> <b>Psychic Channel Kelli Spencer</b><br/>           10-6pm<br/> <br/> <b>Prenatal Yoga</b><br/>           6-7pm<br/> <b>Belly Dance</b><br/>           715-845pm</p>                         | <p><b>23</b><br/> <br/> <b>Intuitive Readings</b><br/>           Barbara 3-7pm<br/> <br/> <b>Energetically Speaking # 3</b><br/>           7-9pm</p> | <p><b>24</b><br/> <b>Chakra Basics</b><br/>           1-2:30pm</p>    | <p><b>25</b><br/> <br/> <b>It's all about Health, not being a Size 2</b><br/>           7-9pm</p>   | <p><b>26</b><br/> <br/> <b>Intuitive Paulette Lucas</b><br/>           10-6pm</p>  | <p><b>27</b><br/> <br/> <b>Happiness 101</b><br/>           1-3pm</p>      |
| <p><b>28</b></p>  | <p><b>29</b><br/> <b>Psychic Channel Kelli Spencer</b><br/>           10-6pm<br/> <br/> <b>Prenatal Yoga</b><br/>           6-7pm<br/> <b>Belly Dance</b><br/>           715-845pm<br/> <br/>           New Moon</p> | <p><b>30</b><br/> <br/> <b>Intuitive Readings</b><br/>           Barbara 3-7pm<br/> <br/> <b>Energetically Speaking # 4</b><br/>           7-9pm</p> | <p></p>   | <p></p>   | <p></p>  | <p></p>  |

# *Class and Event Descriptions*

## **Animal Totems** August 27th | 7-9pm | \$20.00 | Joan Stokes

Animal totems can be very powerful in our lives, and when we bring them into our consciousness, and ask them for assistance, it can create great changes in our lives. Joan will help you to find your animals and sometimes she is able to “see” them around you. Playful, fun, empowering, and awakening!

## **Aura Photos and Readings** July 12th | 2-4pm | \$20 | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy and images and captures it onto a polaroid picture. Based on the color, clarity, position and amount of color, it is possible to get a read on the mental, emotional, physical and spiritual energy of the subject captured in that moment in time.

Bob uses his intuitive abilities to tap into the energy field of the photo and possibly identify your energy blocks, leaks, or other things about you. Enlightening!

## **Basics of Stones I** July 23rd | 1:30pm-3:30pm | Fee: \$15.00 per person | Joan Stokes and Merri Weis

This class is for the beginner's into the world of stones. Learn the best resources for knowing your stones. Learn some basics of some well-known stones and crystals and some not so well known. We will discuss taking care of and cleansing your stones and crystals, how to work with them, and “feeling” their energy.

Every person attending class leaves with a stone or crystal picked especially for them.

## **Bellydance Begins** September 15th | 6 Sessions | 7:15-8:45pm | \$55.00 | Meredyth Ludwig

Develop awareness about your body, condition your core, and celebrate your femininity as you learn the art of belly dancing and experience a great low-impact aerobic workout. To register, call 320-492-6112 or email [info@meredythjl.com](mailto:info@meredythjl.com).

## **Chakra Basics** Sept. 24th | 1pm-2:30pm | Fee: \$15.00 per person | Merri Weis and Joan Stokes

Think you are the only one who doesn't know much about the chakras? Think again. Join us for a basic look at the chakras, what they are, and why they are an important part of our health and who we are.

## **Conversations with Michael** August 20th | 7-8pm | \$20.00 | Linda - Channel | Nancy - Facilitator

Enjoy channeled conversations with Michael, a collective higher consciousness, and gain insights and tools for creating happiness, love, forgiveness and other states key to your well-being. These extraordinary group discussions take place at Mind Body Spirit. Once a month Michael will share a different tip on how to be happy, so join us often! Meet Michael and give yourself the gift of happiness! For more information go to [www.experiencehappiness.net](http://www.experiencehappiness.net)

## **Eat, Pray, Love's : Richard from Texas!** Thursday, July 31st | 7-9pm | \$25 | Richard (SEE AD PAGE 2)

## **Energetically Speaking** Tuesdays September 9, 16, 23, 30 | 7-9pm | \$25 per session or \$80 prepay 4 sessions | Barbara Bjorklund

In this four-week series, Barbara creates a safe space for you to explore and experiment with energy and intuition through experiential activities, guided visualization/meditation, and group interaction. You'll develop awareness of your energy in relation to others and the world, while embarking upon an inward journey that will lead you to discoveries about your authentic self and clear messages for how to give expression to your life as a unique individual.

## **God is Not Three Guys in The Sky** August 7th, 14th | 7-8:30pm | \$20 | Jeanette Blonigen Clancy

Christianity does not have to oppose other religions and spiritualities. It can link with even paganism and atheism if its history is known and its doctrinal language understood. Participants will receive information that overturns common assumptions, for instance, about the Goddess in the Bible. Terms such as “Christ,” “Trinity,” “Resurrection,” “Ascension,” “born again,” and “virgin birth” will receive new meaning.

## **Group Shamanic Sound Healing and Harmony Attunement** July 22nd | 7-10pm | Suggested donation is \$25 | ARia Joy

These sessions use various sacred ritual instruments to raise frequencies within your body and produce sound wave frequencies equivalent to alpha brain wave patterns moving you towards harmony. Alpha waves are associated with the state of deep relaxation and dreaming, enabling us to move beyond our logical mind to access the creative, intuitive imagination of the right side of our brain. This unique healing experience is very powerful. For questions or to reserve space please contact ARia at 612-408-0412 or email [ariajoy@msn.com](mailto:ariajoy@msn.com) More on ARia: [www.ariajoy.com](http://www.ariajoy.com)

## **Happiness 101 - Five Principle of Happiness** Sept 27th | 1-3pm | \$40.00 | Linda - Channel | Nancy - Facilitator

Learn what happiness is, understand why your happiness is an essential gift you give yourself and the world. Discover “the five principle of happiness” and gain new tools for creating and practicing happiness in your life. For more information go to [www.experiencehappiness.net](http://www.experiencehappiness.net)

## **Healing Share** 2nd Wednesday of the Month | 7-9pm | \$5.00 Practitioners \$10.00 Clients | Bea Monn

We come together to practice and talk about questions or concerns. The space is held for a relaxing, spiritual, loving, positive and serious practice, creating an environment of safety for those who wish healing and those who are helping them heal. We will work on anyone that is interested in experiencing an energy work session.

## **It's all about Health, not being a Size 2** September 11, 18, 25 | 7-9pm | \$40 for 3 sessions | Kelli Spencer

This class is about transforming your health using the body, mind and spirit. This class will cover concepts related to good nutrition and provide insights about how to transform your body back to the way God designed it to be. Although nutrition is not the only key to being healthy, it is the most important one. We'll explore how you got where you are and where you should start at this moment to get back to being healthy. Class must be paid for in advance. **To Register:** [www.kellispencer.com](http://www.kellispencer.com) or 320-240-6399 **Week 1** | First step to getting healthy? **Week 2** | How did you get where your at? **Week 3** | What is the right nutrition?

## **Prenatal Yoga** September 15th | 6 Sessions | 6-7pm | \$55.00 | Meredyth Ludwig

Prenatal Yoga helps with the mental focus and physical preparation for labor and delivery, as well as, contributing to a healthy pregnancy. Whether you are new to yoga, or an experienced yogi, you will learn the tools you need to face the physical and emotional changes of pregnancy with focus and grace! Meredyth is a Certified Prenatal & Postpartum Yoga Instructor, CMT, & Doula. If you have any questions about your specific pregnancy and concerns about this class, please contact Meredyth at 320-492-6112 or Email: [info@meredythjl.com](mailto:info@meredythjl.com). PLEASE bring a pillow, sticky mat, and wear comfortable cloths. Some mats available if you would like to try the class first. 6 weeks for \$55.

## **Seeing is Believing: Using the Aura Video Station** August 19th | 7-9:30pm | \$25.00 | Michele Bergh

This class is for those who want to see how different stones, oils, and healing modalities impact them directly. We'll use the Aura Video Station to experiment with different techniques. The Station shows the aura and the chakras, as well as your stress levels, how balanced you are and more. Everyone is unique so come see what works best for you. Includes basic information on the aura and chakras. For more information, please visit [www.aura.net](http://www.aura.net)

## **Spiritual Attunement** First Friday of the Month | 7-9pm | Cost is Donation | Facilitator is Frank Sowada

The intention of this gathering is to provide a safe place to seek answers to questions each of us have and provide an ongoing means to self discovery.

**July 4th: General Open Discussion** on topics related to mystic development. Bring your questions to a safe environment. **August 1st: Akashic Records:** meditation to allow access to your records. **September 5th: Spiritual Perspective of World Disasters:** Discussion of relationship of the current world disasters, what they mean, why they are happening, how we are reacting, and what it means to our development from a spiritual perspective.

## **Trance Dance-Ancient Shamanic Practice** July 19th | 7pm | Suggested donation is \$20 cash | ARia Joy

Trance Dance is a unique blend of healing sounds, dynamic percussive rhythms, transformational breathing techniques and the innovative use of a blindfold or bandana - together stimulating a 'trance' state that promotes spiritual awakenings, mental clarity, physical stamina and emotional well-being. It will take participants on an 'inner journey' not limited to our normal perceptions of space/time. For more read full description on web site. [www.mindbodyspirit.com](http://www.mindbodyspirit.com) Reserve with ARia at 612-408-0412 or [ariajoy@msn.com](mailto:ariajoy@msn.com)



Transcend Competition  
& Scarcity by  
Embracing Cooperation  
& Abundance in Your  
Business & Personal Life

[www.metaphysicalwisdom.com](http://www.metaphysicalwisdom.com)

### Promote Your Services

With easy to use online tools and support, you can have a website in less than a week for under \$20.

### Attract More Clients

By listing your website or contact information in our services directory you will increase traffic to your business.

### Network with Like-Minded People

Attend FREE Teleconferences with featured Metaphysical Teachers from around the world for a unique learning experience in the comfort of your own home.

### Receive the Metaphysical Museletter

Published every new and full moon, this FREE newsletter provides a heads up report on astrological and energy influences as well as special offers and community updates.

## Spheres



Many people like spheres and there are many who love stones and crystals, but some people are perplexed as what the spheres made from stones and crystals might be used for. What is it about the sphere? This is a love that starts early on. It is no wonder that one of the favorite toys of children is the ball. A ball is magical, it rolls and one can chase it or it can be held easily and gazed upon almost feeling as if one is holding the world in one's hands. Just cupping a sphere of crystal in both hands feels powerful. The combination of the feeling of the shape and texture, with the feeling the crystal itself gives, is sometimes just, well...Great!

Stones and crystals in the shape of a sphere is not new. It has been used for many centuries all over the world. The shape of sphere keeps energies moving and unlike a wand that only has one direction of focused energy, the sphere sends energy in many different directions, within and without, all at the same time. A sphere just like a circle has no beginning and no ending. The energy within a sphere is constantly moving and never fades but re-energizes itself as the momentum carries it on a continued cycle towards even more energy! Most people who have trouble "feeling" the energy of stones and crystals will feel the energy within a sphere. There are no stopping points within a sphere and this is why it has been used world wide as an instrument for scrying and "seeing" intuitive images within it's never ending bursts of energy.

A sphere of most stones, just as with wands or any other stones or crystals can be cleansed and then energized for specific healing or magic!

Whether one believes in the magic of the sphere because of memories of childhood, or believes in the magic of scrying, or believes in the magic and beauty of nature's treasures, the sphere of their chosen stone or crystal will be a welcomed and wonderful addition to their home.

*For those interested in scrying: Google Benjamin Rowe Scrying and enjoy! (pretty good!!!)*

*j.m.s.*

## *More of the Essentials of Using Oils for Children:*

***Oils For Older Babies to Toddlers: 1 year to 3 years*** (Always check with your doctor if symptoms are extreme or serious, these remedies may take some time to work and should be taken only as an aid or an addition to your doctor's advice or as alternatives to common and not serious children's issues. If conditions are serious, persist, or get worse contact your doctor!) All oils for children should be diluted in a carrier oil before placing on the body and any signs of allergic reaction should be watched for. As with all things, natural or not, allergies can occur. Carrier oils: Almond, Grape seed, Jojoba oil, and others.

### Common Ailment

*Anxiety and tension:*

*Asthma aid:*

*Calming and Sleep (insomnia):*

*Common cold or flu:*

*Constipation:*

*Cuts and scrapes minor:*

*Ear Ache:*

*Eczema Mild:*

*Fever:*

*Hives: (from minor allergies)*

*Insect bites (mosquito & gnat):*

*Insect bites (Prevention of):*

*Rashes:*

*Spider bite:*

*Sunburn:*

*Teething:*

*Tummy ache:*

### Oil

lavender (on feet)

eucalyptus (on chest)

roman chamomile, lavender (on feet)

Ravensara, eucalyptus, lemon, (on chest) cedar, rosemary, tea tree, ginger, orange, rosemary (on feet)

lavender (promotes wound healing directly on minor wounds)

lavender, tea tree, roman chamomile (on cotton ball placed in ear)

lavender (on affected area)

lavender or roman chamomile (use behind neck, on feet or behind ears)

chamomile (on feet or affected area)

tea tree, lavender (for soothing)

eucalyptus (put on exposed skin)

tea tree, eucalyptus (if not severe on rash)

1 teaspoon alcohol, 3 drops lavender, 2 drops Chamomile (on bite)

lavender (on burn)

chamomile, ginger, lavender, tea tree (on feet)

Ginger, Peppermint, **Di-gize** (on feet or tummy)

Oil seen in bold is made by Young Living Oils, (sold through distributors). Please ask in store for distributor information. Thank you to Aromatherapy for the Healthy Child, written by Valerie Ann Worwood (book can be ordered at Mind Body & Spirit), for information found in this article.



**BELLY DANCE, PRENATAL YOGA, &  
GENTLE/POSTPARTUM YOGA at MBS**

SUMMER -private/small group sessions  
available upon request. Contact Meredyth.

FALL - Regular 6-week sessions will resume.  
Details & registration available soon at  
[www.meredythjl.com](http://www.meredythjl.com)

**MEREDYTH JOHNSON LUDWIG**  
certified massage therapist (NCTMB & AMTA)  
birth doula (DONA)  
dance & yoga instructor

320.492.6112  
[www.meredythjl.com](http://www.meredythjl.com)

*Specializing in Pre- & Perinatal and Rehabilitative Bodywork Therapies*  
**inspiring change, CREATING BALANCE**

 Kelli Spencer

Wholistic Healing

Medical Intuitive

Psychic Medium

Channel for Kuan Yin

*Specializing in living a wholistic way of life*

320-240-6399

[www.kellispencer.com](http://www.kellispencer.com)



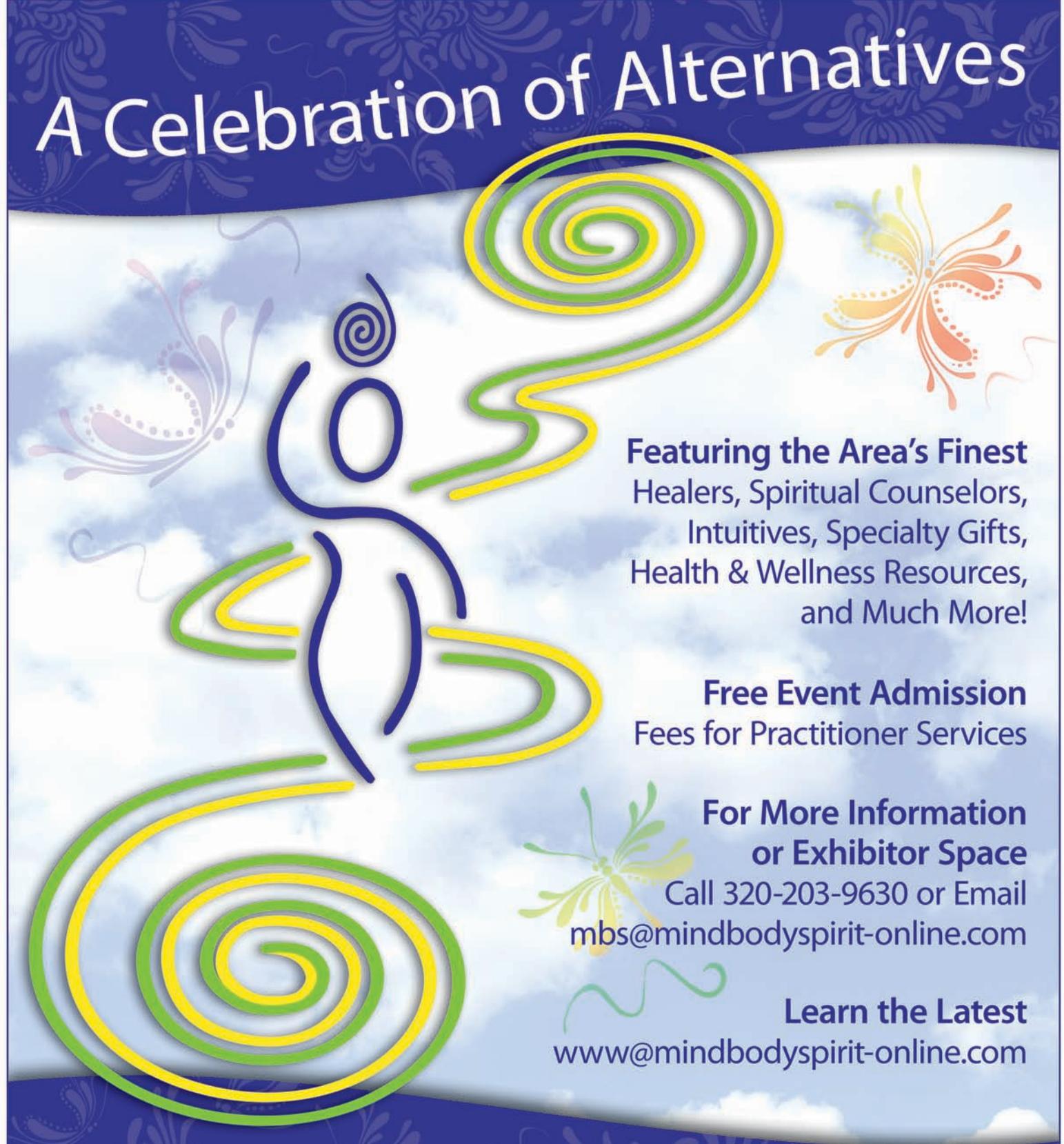
*Unity of St. Cloud*

**"Wherever you are on your spiritual path  
You are welcome here"**

Sunday Service: 10:00 am  
Children's Program/Child Care

320-255-9253 • 327 9th Avenue South • St. Cloud, MN 56301  
[office@UnityOfStCloud.org](mailto:office@UnityOfStCloud.org) • [www.UnityOfStCloud.org](http://www.UnityOfStCloud.org)

# A Celebration of Alternatives



**Featuring the Area's Finest**  
Healers, Spiritual Counselors,  
Intuitives, Specialty Gifts,  
Health & Wellness Resources,  
and Much More!

**Free Event Admission**  
Fees for Practitioner Services

**For More Information**  
or Exhibitor Space  
Call 320-203-9630 or Email  
[mbs@mindbodyspirit-online.com](mailto:mbs@mindbodyspirit-online.com)

**Learn the Latest**  
[www@mindbodyspirit-online.com](http://www@mindbodyspirit-online.com)

## Mind Body & Spirit Expo

10 am - 6 pm | Saturday, September 20, 2008

915 West St. Germain | Downtown St. Cloud



# A NEW EARTH Discussion Group

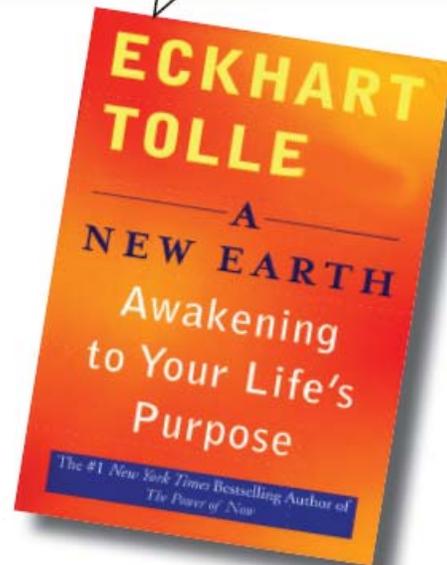


**Review the Eckhart Tolle/Oprah Winfrey Summer Session**

Millions have experienced Eckhart and Oprah's New Earth classes. They're transforming their lives and so can you.

Join with a group of *like minded* individuals as we review and explore each of the 10 video sessions. Wherever you are in your *Awakening Process*, you are welcome here.

Pre-registration recommended. A *FREE* book will be given to the first 10 registrants!



**Wednesday Evenings • 7:00 - 9:00 PM**

**UNITY OF ST. CLOUD**

327 9th Avenue South, St. Cloud • 320-255-9253

office@UnityOfStCloud.org • www.UnityOfStCloud.org



**Mind Body & Spirit**

915 West St. Germain Street  
St. Cloud, MN 56301

"When you lose touch with inner stillness, you lose touch with yourself.  
When you lose touch with yourself, you lose yourself in the world."

Eckhart Tolle