

Kaleidoscope

Quarterly Newsletter
from
Mind Body & Spirit

January
February
March

2009

Hi Everyone!

I am writing this article during the holiday season and I was thinking about kids the other day, and I was thinking about gifts as well. Not the store bought ones but those gifts we might not accept. Those gifts we don't remember.

During the holidays I often, as I am sure many do, watch the way kids seem to be seeing the world, and wish that I could remember that feeling of freshness and wonderment that I too had as a child. Do you remember that time in your life when you believed anything was possible? Santa, without any assistance, actually did go to each and every child's abode and did indeed leave gifts for them. Remember? It's a nice thing to have fun with and almost, if not all adults seems to go along with the idea of a Santa Claus for the little ones. So that made me wonder why so much time is spent aiding the Santa story for children, when those same adults hesitate when a four year old tells us that they just saw and spoke with their dead grandfather. Here is the kicker: Santa is a spirit of Christmas and frankly is not "real" except for the spirit of what he stands for. Now, I am no scrooge and I love Christmas, and I certainly do not think that we need to stop the "tradition" of Santa for the young. It is fun, it is certainly a part of childhood, and truth be told; we adults love it too! So nobody is saying to diss Jolly Old St. Nick! What I am questioning is our reasoning for telling children what they are seeing and what they are not seeing, what they "should" believe in and what they "should" not believe in?

Most, if not all, adults teach their children about God, or at least a supreme being with names such as God, Allah, Buddha, Great Spirit, Universe, Source, etc. We tell our little ones that God is there even if you don't always see God. And we tell them about Santa, who really isn't there, and we can't see him but believe in him, while you are little only. But then when they say they have seen Angels or perhaps Grandpa, that died three weeks before, many people tell them they probably aren't "really" seeing them? Does that mean they don't really exist or that they just can't see them? What a confusing world our little ones live in!

When a young child sits at a piano and starts playing a little, the parent might nurture the child's "natural" ability in music and buy a piano. If a small tot can throw a ball very early on then it is off to the ballgames very early preparing them for the big games they will play themselves. And many adults will say that these children have gifts from God. But a child that sees ghosts or spirits are told many times that they have an overactive imagination, they are just playing and really don't see anything but what is in their mind and it is just make-believe. *continued on page 9*

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A Series of Symbols - Totem Animals

I have taught an animal Totems class and I have billed myself as someone who can see animal Totems around people. This article is to explain why I have used the term Totem in the past and why I will be changing that in the future. And it is to educate all of us on how a very sacred term is used like wild-fire today.

A Totem, by definition, is a natural object or an animate being, as an animal or bird, etc., assumed as the emblem of a clan, family, or group. An alternate definition is anything serving as a distinctive, often venerated, emblem or symbol. The first time the word was logged was by a traveler from the early 1770's and it was from the Ojibway language. For many Native Americans the Totem is a symbol of their clan, much like a coat of arms in England would be a symbol of their family (which incidentally has animals on many of them also). A particular animal such as the turtle, bear, or eagle represent the group that they originate from. For some Native Americans, and many African tribes as well, it was a way, some believe, to determine who could marry whom in order to discourage procreation among family members. It has recently been discussed and observed that having a Totem for a group was also a form of early environmental protection, as it was and still is among some, bad luck or against the rules to hunt, kill, or eat the Totem for that group, thus supporting the protection of a species.

The Totem then is a sacred symbol of unity among a group or family, but many people use the term Totem interchangeably with what truly is Animal Essence or Animal Energies. This family symbol is very sacred for the Native Americans and for someone to say they have the turtle as a Totem or the Eagle as a Totem may be hurtful as it can seem as if we are choosing to steal a particular group's identity. Only those that are from the turtle clan can claim the turtle as their Totem. How do we change this? We can change with time and practice. We begin by using different terms and there are a lot of them out there. I will use the term Power Animals now and I will use the term Heart or Soul Animals for the ones that I see.

There are many beliefs around the world, from many different cultures, that we receive help and guidance from the energy of our brothers and sisters, the animals. Some, as I do, see animals around people. It is called "Animal Dreaming" in Australia. Sometimes it is just a whisper of light, sometimes it is a feeling of the energy or movement of a type of animal, and sometimes it is a vision so clear it appears that the actual animal is sitting upon the shoulder of someone I am speaking with.

I do not claim to see a person's Totem necessarily, although it could be a Totem, if they happen to be from that clan. I see what I call "Heart or Soul Animals" and it is the essence of the animal that I see and sometimes it takes the actual physical shape of that animal. This is my term and I call them this because I believe we may have one special or several special animal spirits or Power Animals that are with us

our whole lives which guide and watch over us, but there are others that come and go that give us assistance and these are called by many names besides Heart or Soul Animals. Some call them Guides, Teachers, Familiars, or Power Animals as Steven Farmer calls them. And just recently someone told me that they are also considered Helpers from the Spirit Animal Realm, ok that is a mouthful! All animals teach us. We receive lessons or messages from animals all the time and we must learn to be aware of these lessons, signs or what some call Animal Omens. *to be continued in the next newsletter.*

j.m.s.



paulette lucas
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Intuitive-Psychic Readings / Energy Healings

Animal Communication with Joan Stokes *Available most Thursdays by appointment*

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

Astrology Readings with Cathi Curen *Available most Thursdays by appointment*

Cathi Curen is a Family Astrologer, new to the Minneapolis area from Los Angeles, CA. She presents workshops and seminars on evolutionary astrology and consults with individuals and families to help them develop healthier relationships. Cathi’s purpose is to bring awareness to the natural reactions, personalities, and innate abilities of individuals so that they can create healthier relationships and more productive lives. As a counseling astrologer it is her goal to bring her clients to a higher level of awareness for a better quality of life. Cathi believes there is no stronger meaning to the phrase “knowledge is power” than when applied to the understanding of one’s self!

Channeling & Psychic Readings with Kelli Spencer *available most Mondays by appointment*

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: 40.00 per 1/2 hour and 70.00 per hour

Hands on Healing with Bob Sullivan *Call for availability*

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

Healing Therapies with Karen Stashek *Available most Wednesdays by appointment*

Therapies include: Hypno-Therapy, Integrated Energetics Reiki Transformational Healing (IERTH), Emotional Freedom Technique (EFT), Polarity Balancing Technique for Humans, CranioSacral Therapy, Myofascial Release, Ear Candling. For more information on these therapies, fees, etc. and more on Karen Stashek, including the compelling story of her journey towards healing, please go to the services page at www.mindbodyspirit-online.com.

Healing Touch with Ann Dragsten *Available select Thursdays by appointment*

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.

Intuitive Readings with Barbara *Available most Tuesdays by appointment*

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.

Name and Birthday Readings (Numerology) with Diane Winter *Available select Wednesdays by appointment*

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: \$30/ 1/2 hour

Past Life Regression with Bob Sullivan *Call for availability*

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

Psychic Readings with Paulette Lucas *Available most Fridays by appointment*

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.

Quantum Touch with Kimberlee Bluhm *Available select Fridays by appointment*

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.

Readings with Kate Zimmer *Available select Mondays and Saturdays by appointment*

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

January 2009

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
4	<p>5</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Quantum Touch Kimberlee Bluhm 10-2pm</p>	<p>6</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p>	<p>7</p> <p>Healing Therapies Karen Stashek 11-6pm</p>	<p>8</p> <p>Animal Communication Joan Stokes by appointment</p> <p>Healing Touch Ann Dragsten 12-6pm</p> <p>Astrology Readings Cathi Curen 1-5pm</p>	9	<p>10 <i>Full Moon</i></p> <p>Intuitive Readings Barabara Bjorklund 10-2pm</p> <p>Minding the Mandala Cathi Curen 1-3pm</p>
11	<p>12</p> <p>Psychic Channel Kelli Spencer 10-6pm</p>	<p>13</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p>	<p>14</p> <p>Name & B-day (Numerology) Readings w Diane 11-2 pm</p> <p>Healing Therapies Karen Stashek 11-6pm</p>	<p>15</p> <p>Animal Communication Joan Stokes by appointment</p> <p>Astrology Readings Cathi Curen 1-5pm</p>	<p>16</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p> <p>Qigong for Health & Happiness Mike Geppert 6-7pm</p>	17
18	<p>19</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Intuitive Readings Kate Zimmer 11-1pm</p>	<p>20</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p>	<p>21</p> <p>Healing Therapies Karen Stashek 11-6pm</p>	<p>22 <i>Animal...</i></p> <p>Ann Dragsten Healing Touch 12-6pm</p> <p>Astrology Readings Cathi Curen 1-5pm</p> <p>Healing Circle Bob Sullivan 7-9:15pm</p>	<p>23</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p> <p>Qigong for Health & Happiness Mike Geppert 6-7pm</p>	24
25	<p>26 <i>New Moon</i></p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Quantum Touch Kimberlee Bluhm 10-2pm</p>	<p>27</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p>	<p>28</p> <p>Healing Therapies Karen Stashek 11-6pm</p>	<p>29</p> <p>Animal Communication Joan Stokes</p> <p>Astrology Readings Cathi Curen 1-5pm</p> <p>Beginning Hands on Healing (1st in a series) Bob Sullivan 7-9:15pm</p>	<p>30</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p> <p>Qigong for Health & Happiness Mike Geppert 6-7pm</p>	<p>31</p> <p>Metaphysical Beginners Class Bob Sullivan 10-11:30am</p> <p>Aura Photos Bob Sullivan 12-4pm</p>

February 2009

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	<p>2</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Belly Dance Meredyth Johnson 7-8:30pm</p>	<p>3</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p> <p>2012 Time for Transformation Bob Sullivan 7-9:15pm</p>	<p>4</p> <p>Healing Therapies Karen Stashek 11-6pm</p> <p>Success in Life Karen Stashek 7-9pm</p>	<p>5</p> <p>Animal Communication Joan Stokes</p> <p>Astrology Readings Cathi Curen 1-5pm</p> <p>Beginning Hands... (2nd in a series) Bob Sullivan 7-9:15pm</p>	<p>6</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p> <p>Qigong for Health & Happiness Mike Geppert 6-7pm</p>	<p>7</p> <p>Minding the Mandala Cathi Curen 1-3pm</p>
8	<p>9 <i>Full Moon</i></p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Quantum Touch Kimberlee Bluhm 10-2pm</p> <p>Belly Dance Meredyth Johnson 7-8:30pm</p>	<p>10</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p> <p>Healing Circle Bob Sullivan 7-9:15pm</p>	<p>11</p> <p>Healing Therapies Karen Stashek 11-6pm</p>	<p>12 Ann Dragsten</p> <p>Healing Touch 11-6pm</p> <p>Astrology Readings Cathi Curen 1-5pm</p> <p>Beginning Hands on Healing (1st in a series) Bob Sullivan 7-9:15pm</p>	<p>13</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p> <p>Qigong for Health & Happiness Mike Geppert 6-7pm</p>	<p>14</p> <p>Metaphysical Beginners Class Bob Sullivan 10-11:30am</p> <p>Aura Photos Bob Sullivan 12-4pm</p>
15	<p>16 <i>Full Moon</i></p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Intuitive Readings Kate Zimmer 11-1pm</p> <p>Belly Dance Meredyth Johnson 7-8:30pm</p>	<p>17</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p> <p>Energetically Speaking One #1 Barbara Bjorklund 7-9pm</p>	<p>18</p> <p>Name & B-day (Numerology) Readings w Diane 11-2 pm</p> <p>Healing Therapies Karen Stashek 11-6pm</p>	<p>19</p> <p>Animal Communication Joan Stokes by appointment</p> <p>Astrology Readings Cathi Curen 1-5pm</p> <p>Advanced Nutrition Kelli Spencer 7-9pm</p>	<p>20</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p> <p>Qigong for Health & Happiness Mike Geppert 6-7pm</p>	<p>21</p> <p>Intuitive Reading Barabara Bjorklund 10-2pm</p>
22	<p>23</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Quantum Touch Kimberlee Bluhm 10-2pm</p>	<p>24 <i>New Moon</i></p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p> <p>Energetically Speaking One #2 Barbara Bjorklund 7-9pm</p>	<p>25</p> <p>Healing Therapies Karen Stashek 11-6pm</p>	<p>26 <i>Animal</i></p> <p>Ann Dragsten Healing Touch 11-6pm</p> <p>Astrology Readings Cathi Curen 1-5pm</p> <p>Advanced Nutrition Kelli Spencer 7-9pm</p>	<p>27</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p>	28

March 2009

Sun Mon Tue Wed Thu Fri Sat

<p>1</p> <p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>	<p>2</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Belly Dance Meredyth Johnson 7-8:30pm</p>	<p>3</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p> <p>Energetically Speaking One #3 Barbara Bjorklund 7-9pm</p>	<p>4</p> <p>Healing Therapies Karen Stashek 11-6pm</p> <p>Meet Your Spirit Guide Karen Stashek 7-9pm</p>	<p>5</p> <p>Animal Communication Astrology Readings Cathi Curen 1-5pm</p> <p>Ghosts & Spirits in the Material World Bob Sullivan 7-9:15pm</p>	<p>6</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p>	<p>7</p> <p>Minding the Mandala Cathi Curen 1-3pm</p>
<p>8</p>	<p>9</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Quantum Touch Kimberlee Bluhm 10-2pm</p> <p>Belly Dance Meredyth Johnson 7-8:30pm</p>	<p>10 <i>Full Moon</i></p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p> <p>Energetically Speaking One #4 Barbara Bjorklund 7-9pm</p>	<p>11</p> <p>Healing Therapies Karen Stashek 11-6pm</p> <p>Healthy from the Inside Out Kelli Spencer 7-9pm 1 of 4</p>	<p>12</p> <p>Animal Communication Joan Stokes</p> <p>Ann Dragsten Healing Touch 11-6pm</p> <p>Astrology Readings Cathi Curen 1-5pm</p>	<p>13</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p>	<p>14</p> <p>Metaphysical Beginners Class Bob Sullivan 10-11:30am</p> <p>Aura Photos Bob Sullivan 12-4pm</p>
<p>15</p>	<p>16</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Belly Dance Meredyth Johnson 7-8:30pm</p>	<p>17</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p>	<p>18</p> <p>Numerology Diane Winter 11-2 pm</p> <p>Healing Therapies Karen Stashek 11-6pm</p> <p>Healthy from the Inside Out Kelli Spencer 7-9pm 2 of 4</p>	<p>19</p> <p>Animal Communication Joan Stokes by appointment</p> <p>Astrology Readings Cathi Curen 1-5pm</p>	<p>20</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p> <p>Downtown Art Crawl 6-10pm</p>	<p>21</p> <p>Intuitive Reading Barabara Bjorklund 10-2pm</p>
<p>22</p>	<p>23</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Quantum Touch Kimberlee Bluhm 10-2pm</p>	<p>24</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p> <p>Healing Circle Bob Sullivan 7-9:15pm</p>	<p>25</p> <p>Healing Therapies Karen Stashek 11-6pm</p> <p>Healthy from the Inside Out Kelli Spencer 7-9pm 3 of 4</p>	<p>26 <i>New Moon</i></p> <p>Ann Dragsten Healing Touch 11-6pm</p> <p>Astrology Readings Cathi Curen 1-5pm</p> <p>Discover Your Past Lives Bob Sullivan 7-9:15pm</p>	<p>27</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p>	<p>28</p> <p>Intuitive Readings Kate Zimmer 11-1pm</p>
<p>29</p>	<p>30</p> <p>Psychic Channel Kelli Spencer 10-6pm</p>	<p>31</p> <p>Intuitive Readings Barabara Bjorklund 3-7pm</p>				

Class and Event Descriptions

2012 A time for Transformation | Tues. Feb 3rd | 7-9:15pm | \$20 | Bob Sullivan

In this class we examine the phenomenon of 2012. A time that many prophets have declared to be the end-time and others call the time of the Universal transformation. We will examine the different beliefs around this topic. The history surrounding the 2012 time and what this could mean for us.

Advanced Nutrition for Healing | Thursdays February 19th, 26th | 7-9:00pm | \$30 | Kelli Spencer

This class is designed to give you insight into what foods will do a better job to heal your body, not just provide you nourishment. If you are suffering from some sort of disease, ailment, or depression, there are definite foods that will improve your overall health.

Aura Photos and Readings | Saturdays Jan. 31- Feb 14 - Mar 14 | 12-4pm | \$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!

Beginning Hands on Healing | Thursdays Jan. 29 - Feb. 5 - Feb. 12 (series of 3) | 7-9:15pm | \$20 | Bob Sullivan

Discover your ability to channel universal healing energy through healing touch and absentee healing. We will examine different techniques of sending energy to others. Using such things as touch, sound, color and vibration to heal and balance their energy. We will discuss working with different types of situations that clients, friends and family may have and examine how healing energy can help balance our clients physical, emotional and spiritual energy.

Bellydance Begins | Mondays, Feb. 2 - Mar 16 (no class 2/23) | 6 Sessions | 7-8:30pm | \$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.

Discovering Your Past Lives | Thursday Mar 26th | 7-9:15pm | \$20 | Bob Sullivan

Explore the possibility of accessing your Past Lives. Learn about reincarnation, karma and how we can bring issues, talents and relationships with us from other lives. Discover how Past Life Regression can possibly reverse negative life patterns such as poor relationship choices, limiting beliefs, fears and phobias, blocked creativity, addictions and health problems that we may have brought with us from another life. You will also be able to watch a Past Life Regression take place and experience a Past Life Regression in a group setting if desired.

Energetically Speaking | Tuesdays Feb. 17, 24 Mar 3, 10 | 7-9pm | \$25 per session or \$80 prepay 4 sessions | Barbara Bjorklund

In this four-week series of classes, 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. With each class, you'll go deeper inside—unfolding the mystery of you.

Ghosts and Spirits in the Material World | Thursday Mar 5th | 7-9:15pm | \$20 | Bob Sullivan

Join Psychic and Ghost-buster Bobby Sullivan as he shares his experiences as a ghost buster in dealing with ghosts, haunting and possession. In this class we will examine the phenomenon of Ghosts and view various photos of ghosts and spirit energy. We'll also discuss how it looks and feels to encounter a ghost. Learn how to tell if you have ghost...and what to do if you want to get rid of your ghosts. Also, we will discuss Spirit attachments, Angels and much more...

Healing Circle | Jan. 22 - Feb. 10 - Mar. 24 | 7-9:15pm | \$15 | Bob Sullivan

Calling all Healers!!! This is a group that meets once a month to discuss and practice healing arts. Whether you are trained in Reiki, Hands on Healing, Healing Touch, Massage or any other discipline, we would like invite you to be part of our group that meets once a month. We will spend 1/2 the time having a discussion and the other half working on each other.

Healthy From The Inside Out | Wednesdays March 11, 18, 25 and April 1 | 7-9:00pm | \$75 for series of 3 | Kelli Spencer

Many of us walk around daily not even realizing that we are living a life far from being healthy. Do you suffer from some sort of illness, are you just plain tired or maybe you don't even realize how bad you really feel? Being healthy requires synchronicity of the whole - body, mind, and spirit. This class will help you learn how becoming healthy transforms your life, and will teach you steps to reach goals with intuition, meditation, vibrational lifting, and most important nutrition. Come learn some great ways to start the process of becoming healthy. Go to www.kellispenencer.com click on events and classes to register for this class.

Meet Your Spirit Guide (Guardian Angel) | Wednesday March 4th | 7-9pm | \$25 | Karen Stashek

This group-hypnosis class will teach you to learn a relaxation and "anchor" technique that will allow you to instantaneously go to alpha state and communicate with your Higher Self or Higher Consciousness. This is a very beneficial technique to use for meditation, as you can use this technique at home. You will learn how to meet and communicate with your Spirit Guide and how to continue to do this any time you want.

Metaphysical Beginners Class Saturdays Jan. 31 - Feb. 24 - Mar. 14 | 10-11:30am | \$15 | Bob Sullivan

This is an ongoing class for those who wish to learn more about various things in the world of spirit, energy and soul work. We will cover numerous topics such as healing, past lives, astral projection, ghosts, intuition and various other subjects. This is a class is for people who feel a pull to learn more about these topics and would like a safe venue to discuss and with like minded people.

Minding the Mandala Astrology Workshop Saturdays Jan.10 - Feb. 7 - Mar. 7 | 1-3pm | \$20 class or \$50 series of 3 (prepay) | Cathi Curen

Often when we go through challenging periods in our life we can get stuck, feel helpless or not know where to turn for answers. If you are dealing with a transition in your life whether it be; divorce, financial strain, changing careers, troubled relationships, or loss of a loved one, astrology can be your transformational tool to gain insight and understanding to your personal life cycles. Each month we will experience and have an opportunity to integrate the planetary energies, and create new meaning in our lives as we travel the path to now-here.

Prenatal Yoga | Call for Availability

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 with 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. 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.

Qigong for Health & Happiness | Fridays Jan. 16, 23, 30 Feb. 6, 13, 20 | 6-7pm | \$50 for 6 sessions | Mike Geppert

Balance and harmonize your life through the time-honored practice of intentional movement and breathing called Qigong. Stress, fatigue and discomfort will melt away as you tap into this limitless source of energy and life that is both within you and all around you. Bring a mat or cushion, water and an open mind and heart. Wear comfortable and loose fitting clothes. Please leave all cell-phones and other wireless devices elsewhere. No previous experience necessary. Open to all ages and ability levels. Qigong is for everyone. Course fee is \$50 for 6 sessions. Call (320)309-0892 to register in advance as space is limited.

Success in Life Class | Wed. Feb 4th | 7-9pm | \$25 | Karen Stashek

This group-hypnosis class will gently assist you to conquer fear, anxiety, guilt, or whatever blocks you from achieving what you would like to attain in life, whether personal or business related. This can even help with sports improvement or memory improvement. You will be taught how to continue clearing yourself of future blocks, and how to continue on the path of Success in Life.

Ocean Jasper

I wrote a short piece on Ocean Jasper once before but thought it was definitely a stone worth revisiting, of course I think they are all worth revisiting again and again. Some of the information may be repeated from previous articles, and some of it may be new, but there is no question that Ocean Jasper should be a part of everyone's collection. If they are interested in the world's most beautiful stones and everyone should have them for their wonderful healing qualities as well. This stone was just found at the turn of the century and can be put on the still "brand new" list as far as finds go. It is found in only one place in the world, a mine off the coast of Madagascar near Marovato on the Amboloboza Peninsula. It is called Ocean Jasper because it can only be reached by boat and can only be removed during times of low tide as it is otherwise covered by the ocean. It is a type of "orbicular jasper" because it most often has tiny spheres or "orbs" of color throughout the entire stone.

Ocean jasper resonates with the solar plexus and it can help one to release deeply buried feelings. It helps one feel safe while releasing these emotions that perhaps have been held onto for many years. It has been said to be one's anchor in the storm of life. When life is tossing one around, as if they are at sea during a typhoon, they will still feel steady and feel like they cannot drown. Once the old emotions are released to the surface, Ocean Jasper helps us look at them differently and helps us realize that they were not as important as they seemed when they were bottled up inside. Not everyone needs such deep emotional work and those who have done their heavy work and feel they don't need such work, at this time, will enjoy Ocean Jasper's soothing, grounding effect that has been said to help one with change and still gives one that feeling of being safe, and who doesn't want that?

We have always had some beautiful Ocean Jasper available at the shop but we just recently procured some real beauties that our "Rock Guy" almost wouldn't part with. Merri and I have had a very difficult time picking our own for our personal collections as they are all one of a kind and are striking and feel wonderful! We will be bringing out the beauties very soon, so keep watching for them! *j.m.s.*

continued from front page

Why can't this too be a gift from God? Sometimes, in fact, the "Gift" of seeing people who have passed is even considered evil and is grounds for punishment. The same adults who claim it is evil to see dead people think it might be ok if they are Angels. Is this because we think the deceased are evil? Or do we have more faith that Angels may not speak and tell us something we don't want to hear? Again, it is possible that telling children that what they see does not exist is because fear exists. It is exhausting realizing how much is present in our lives because of fear, but that is a whole other story.

One theory claims that children lose the ability to see spirits because they are told they don't, another perhaps that they no longer need the help and support of the "Guardian" that they have had, and yet another says that quite possibly our brains change and the part of the brain that allows us access to the "other side" shuts down. I feel all of these may potentially be true but why risk losing such an awesome gift if all it might take is listening, believing, and approving of them? A popular line from a movie called "The Sixth Sense" is when the little boy tells the adult man in a whisper, "I see dead people". It has been made fun of hundreds of times over in spoofs and it certainly says a lot that the little boy had to whisper it. We tell them again and again that they must believe in things that we do not see and then we tell them we don't believe in what they see! We need to start believing them! Quite possibly, if we believe in them they might not lose this "Gift" from God. And if we listen to them we might remember what it was like for ourselves as children and this may open or bring back that which was lost in ourselves! And what a wonderful gift that would be for ourselves and our children. And in my opinion, I think it would make God smile when we remember the "Gifts" that we lost, but chose to accept again.

Blessings and Peace Always,
Joan and Merri

Essentials of : Cold and Flu Season

Oils can be used not only in diffusers for helping one avoid or heal from a cold or the flu but can also be used as compresses or teas, and can be rubbed on feet or chests to relieve and ease our bodies fighting those nasty bugs off. Below are some good choices for the germs that try to get us down.

Avoiding it altogether: Young Living makes an awesome blend oil called Thieves that can be put on the feet or taken internally (I personally just throw a few drops down the back of my throat) the moment you have a tiny indication you might have caught something. If it doesn't knock it out completely it quite possibly will shorten the life of that bug considerably. Also an apple a day may keep the doctor away, and an orange helps to add vitamin C to help heal from colds and the flu, but a little lemon every day, whether in essential oils or the fruit, can help one avoid colds and the flu completely. And I thought those people who ask for water with lemon just liked the taste! Didn't know they were so smart!

Breathing Easier: Peppermint and Eucalyptus just can't be beat for helping one breathe easy. I like to add a few drops to hot water and put a towel over my head, (yes, just like our parents did) lean over the container and breathe deeply. Peppermint and Eucalyptus are safe to apply to the skin, especially the chest area for use throughout the day and night, without dilution but avoid the eyes, as they can sting!

Cold or Flu Quick Recovery: (Sunbathing in Tahiti, just thought I'd see if you were paying attention, doesn't that sound good?!) or using Peppermint, Tea Tree, Thyme or Rosemary as compresses or teas.

Congestion During: Ginger, Myrrh, & Sandalwood are wonderful for loosening up mucus membranes.

Immune Boost while fighting that cold: While our bodies are fighting those germs we are vulnerable to so many others and could get cold after cold. Use Cinnamon or Frankincense during a cold to help boost the Immune System and keep the other nasty bugs from finding a way in! Both can be taken internally if therapeutic grade, but inhaling cinnamon (as it is another "hot" oil and one should be careful as it can "burn" a little on the skin), or rubbing Frankincense on the feet are preferable.

Kick it: (Already discussed Thieves which can help one kick the cold or flu as well) Oregano is the tough guy but should be used with caution as it is considered a "hot" oil. Oregano should always be diluted, before use, with a carrier oil such as olive oil or other such "fatty" oils for protection of the skin. Apply to back, shoulders, or feet and keep away from face or throat.

And don't forget that the best, tried and true method of avoiding these bugs altogether is to wash, wash, and then wash again. Dry hands after washing so much? Don't forget, we have some Great, healing lotions for those poor hands at Mind Body & Spirit as well!

Blessings and Healthy Living!

j.m.s.

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The Perfect Companion is waiting for that Perfect Home!



Denali is sweet, loving, healthy, smart, beautiful, and sometimes lazy and sometimes full of playtime energy. She is a 6 ½ year old, spayed Schnoodle and is wonderful. She whines slightly at a door when it is time to go out and barks lightly when it is time to come in. She loves to dance for treats and knows sit, stay, come, and down. She is a snuggler! She will want to sleep right next to you when you are sleeping, reading, or watching T.V. She never tires of wanting to please. She loves people and loves to be with them but once in a while will seek out her own time in her kennel to get a little R & R. She needs professional grooming approximately 3 to 4 times a year plus occasional hair and nail trimming at home. She is almost perfect except for occasional noises under the table or next to you while you are eating, just to let you know she is still in the room and no one has dropped anything!

She truly is the perfect companion. She is the perfect companion for a QUIET household. We are looking for the best home for this little girl that we have loved greatly. We have an extremely busy household with too many people coming and going all day and actually two that work nights at different schedules and she feels it is her duty to let us know when the door opens. With consistent training she has gotten much better but it is hard to be consistent with so many people involved. She is VERY smart and we believe that she needs a home where someone can be consistent with her and she also needs a home without small children as they are too noisy and busy for her as well. If you have a quiet household that has room for an awesome little dog that will bring joy for many years to come then Denali is the one. She has lived with a cat before and has been living with another terrier. So other animals are probably ok. If you are looking for a great little friend who has very few vices, who will never let you feel lonely, and will love you til forever then Denali is the friend you have been looking for.

Please call 320-282-8746 or 320-493-4556 for more information.



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ONGOING CLASSES AND ACTIVITIES

- **Eckhart Tolle A New Earth Discussion Group** - Tuesdays at 2:00 pm, beginning January 20th
- **Deepak Chopra's The Third Jesus: The Christ We Cannot Ignore Discussion Group** - Wednesday Evenings at 7:00 pm, beginning January 7th
- **Transitions Support Group** - 2nd & 4th Thursdays at 7:00 pm, beginning January 8th
- **12 Week 4T Prosperity Class** - Tuesdays at 7:00 pm, beginning January 27th
- **Third Thursday of the Month Healing Service** - 7:00 pm
- **The Yoga of Jesus Class** - 2nd Thursday of the month, beginning in January
- **Ananda Meditation** - Last Thursday of the month at 7:00 pm

Visit www.UnityOfStCloud.org for further information



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"A Misty Morning Does Not Signify A Cloudy Day"

-ancient proverb