



A Newsletter
from
Mind Body & Spirit

March
April

MOON

Namaste,

We know everyone is busy in March and April, getting ready for spring breaks and "suffering" from spring fever, but we have some great classes coming up that you should put on your calendars, right now. We say right now because we feel that sometimes, in the time between the newsletter coming out and the class time, it has been forgotten. We are certain there are many who are missing out on some really awesome classes. Please let us know if there is anything at all that can be done to make the experience of our workshops and classes more enjoyable for all.

There is a highly asked-for class coming on Sat. April 23rd from 1-5pm, Drum making. We have had this class many times before with great reviews. Several times we have had people come in just a few days after the class has been given, and they want a drum making class, and then they have to wait a few months for it to come around again. Save yourself the heartache and call in right away and we will get you on the schedule. We will call those participating in the class a couple of days ahead so you don't have to keep track with all those hectic "other" things in life getting in the way. It is an outstanding class that you will remember for a lifetime and you leave with a drum that contains all of your loving energy immersed in the creation of it. Don't miss out, it may not come around again for a while. Also, we are thinking of doing a rattle making class. Anyone interested? Let us know.

We have new things in all the time. We try to keep the basics, sweet grass braids, sage, bamboo, incense, essential oils, and candles. We also try very hard to bring you the latest, most unique items we can find. If there are suggestions, as always, we are happy to hear from you. You can even email your ideas. If we don't hear anything we'll keep going, and do our best, to bring you our best. Thanks for your continued support, we could not do our chosen work without all of you!

One quick, last-minute class to announce (was scheduled after the Jan/Feb newsletter went to print):

Feb. 24th, Carol Ritberger will once again join us for conversations with Carol. Check the website for more details.

Blessings to all,
Merri and Joan

In This Issue:

Featured Crystal: Kunzite

Featured Article: Book Entitled:

"What Color is Your Personality"

New Classes: Applied Quantum Spirituality,
Spiritual Assessment, Emergency Herbal Kits, plus...

Coupon: Crystals, Rocks, & Stones
(see last page for details and coupon)



*There was never a King like Solomon,
Not since the world began.*

*But Solomon talked to a butterfly
As a man would talk to a man.*

Rudyard Kipling



Mind Body & Spirit

For information please call:
(320) 203-9630

www.mindbodyspirit-online.com

Open Mon- Fri 10-7pm

Saturday 10-5pm

Animal Communication

by Joan



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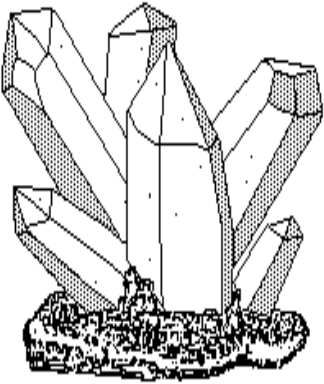
Joan Stokes, AHT

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

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

Kunzite (pronounced Coon-zite)

This is a beautiful high vibration crystal that produces unconditional love, radiates peace, and connects to universal love. Kunzite is a great crystal for those who find it hard to meditate, unblocking the way for deeper transitions into the meditative state. This is a protective crystal which shields the aura from unwanted energies. It allows for free expression of feelings, clears emotional debris allowing one to deal with “true” emotions, and aids in recovery of memories that have been blocked. Kunzite contains lithium and has natural mood-lifting effects which are beneficial for some psychiatric disorders such as depression. It is wonderful for reducing stress-related anxiety and excellent for alleviating panic attacks. Spiritually, Kunzite activates the heart chakra and aligns it with the throat and third eye.



Other health benefits offered by wearing Kunzite: it is helpful in strengthening the circulatory system and heart muscle, alleviates conditions associated with neuralgia, epilepsy, and joint pain, stimulates the immune system, and dispels negativity which blocks healing.

Kunzite can be green, clear, pink, or yellow. We carry a very beautiful and high quality pink, crystal Kunzite at MBS. The pink Kunzite is wonderful to wear and it helps to facilitate transitions of all kinds. Spiritually, Kunzite activates the heart chakra (4th) and aligns it with the throat chakra (5th) and third eye chakra (6th).

Information for this article came from “The Crystal Bible” by Judy Hall. Fantastic Book!!!

Featured Article

A glimpse into Carol Ritberger’s book “What Color is Your Personality?”

“To know thyself is the beginning of wisdom” ~ Socrates

It’s a natural tendency for us to want to know more about ourselves. Sometimes it is for the reason of helping to give ourselves more individuality or identification. Perhaps we would like to describe better who we are. Perhaps we feel we don’t know enough about ourselves. The more we find out about how we tick, the better able we are to work with, get along with, and love others. And let’s not forget one of the best reasons to know ourselves better-it’s fun!

Speaking of fun– Nationally known speaker, author, and medical intuitive, Carol Ritberger, has written just that. “What Color is Your Personality” is not about what color fits your personality, what color you should paint your kitchen walls or what colors you’d look and feel best wearing. Basing her work on the Meyers-Brigg’s work on personality and many years of her own research, Carol found that there are 4 “types” or “colors” of people. The colors are Red, Orange, Yellow, and Green. (No coincidence that these are the colors of the lower 4 Chakras in the human body).

“Our core personality traits define who we are, how we gather information, and how we make decisions. In this complex world of family, social, casual, and work-related interactions with people, we are constantly reminded that we are not all the same. The first step in recognizing that there are differences is to understand why those differences exist. The second step is to accept that differences are just that-differences-nothing more, nothing less.” (A direct quote from pg 69 of Carol’s book).

Are you practical, realistic, down-to-earth, sensible, and dependable? Maybe you’re a caretaker, loving sensitive, and highly concerned about basic human emotional needs? Perhaps you like a challenge and the words you would describe yourself as would be self-reliant, self-motivated, self-starting, and self-made? And finally there are those of you who “live in a world of hopes, dreams, and emotions, where the intangibles of life are the most important things, and your rich imagination thrives when you use your creative abilities focusing on what things could be rather than what things are.”

This is a tiny tidbit to entice you to come in and take a look at and probably own for yourself a book that will open your eyes, as well as the eyes of all you share it with.

Have fun, learn about yourself, and it doesn’t require heavy reading. What more could you ask for?

Attention: Author Carol Ritberger will be here for an encore visit from California on Feb. 24th from 6:30pm-9pm. Check our website for details–
www.mindbodyspirit-online.com



The Amazing Winstar Astrology Reports By Paul M. Olson

If you are interested in Astrology and want to have an interpretation of your birth or 'natal' chart, there is a way to get lots of information about yourself for a fraction of the price of hiring an Astrologer. I have joined together with Mind, Body & Spirit to offer personalized Astrological reports that are accurate and affordable. Being an astrologer myself, I was so taken by the reports I purchased the rights to offer these reports because they are a terrific value for the money!

I am going to devote the next several articles to explain why these reports are so darn good, This first article will talk about the report that I feel every novice and student of astrology will help them to understand themselves better - Astrotalk. Oprah Winfrey's chart is the one used for the sample reports that you can peruse to see for yourself what the reports looks like when you visit MB&S,

To clear up one point that can seem confusing, is that some charts have aspects that seem to say exactly the opposite meaning, and this dynamic is what I like to call a "teeter-totter". You may find that one seems right and the other is not you at all, but later in your life an event can change this dynamic, and you could find yourself identifying with the other aspect. Astrology explains energy that, if we are aware, we can either help to come into being, or being aware of upcoming challenging time, can take preventative measures to mitigate the event from occurring.

The Astrotalk report takes the basic information you provide to make a chart, namely the time and place where you were born. This report calculates the exact position of the Planets, the Sun and the moon in the heavens at the moment you were born. You get up to a 45 page report that in detail describes each planet's position and aspect of your chart.

The Life landscapes section describes major life periods, and a close up look at your current situation. The Burn rate explains how fast or slow the changes happen in your life, and if the majority of planets are in the past, present or future. Your soul type will tell you about the inner you and the outer personality, and what chart patterns are present. Your personal "hot Spot" is described. The Elemental Balance section explains what elements you have and lack.. Challenges and Abilities tells what aspects indicate areas of talent and where you need to be cautious. Interface nodes describe your innermost qualities, and House Activity and Emphasis explains the astrological Houses, Signs and Planets in Houses. The Major Transits section interprets what major outer planet transits has happened recently and tells you what transits are coming up, and when.

If there is only one report you need, this is the one, and it will amaze you. I will discuss the Asteroids report in the next issue, which explains the major asteroids and how they are interpreted. There are many report types available. Remember that if you buy two reports, you get a third report free.

Calendar at a Glance

March

1-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
3-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
4-Friday	7pm-9pm	Spiritual Attunement with Frank Sowada
5-Saturday	2pm-5pm	Gather the Women at St. Benedict's Monastery
6-Sunday	5:30pm-7:30pm	NEW Teachings of Applied Quantum Spirituality with Hanakia Zedek
8-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
10-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
12-Saturday	11am-2pm	Pranic Healing with Frank Sowada
13-Sunday	5:30pm-7:30pm	NEW Teachings of Applied Quantum Spirituality with Hanakia Zedek
15-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7:15pm-9:15pm	NEW How to make an Emergency Herbal Kit with Tina Jacques
16-Wednesday	3pm-6pm	Intuitive Readings with Barbara Bjorklund
17-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
20-Sunday	5:30pm-7:30pm	NEW Teachings of Applied Quantum Spirituality with Hanakia Zedek
22-Tuesday	2pm-4pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	4pm-7pm	Angel Readings with Sharron Jordan
23-Wednesday	5pm-7pm	Pranic Healing with Frank Sowada
24-Thursday	11am-2pm	NEW Psychic Readings with Tiffany Johnson
	2pm-6pm	Healing Touch with Ann Dragsten (by appointment)
27-Sunday	5:30pm-7:30pm	NEW Teachings of Applied Quantum Spirituality with Hanakia Zedek
29-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
31-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)

April

1-Friday	7pm-9pm	Spiritual Attunement with Frank Sowada
4-Monday	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
5-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7pm-9pm	Spirit of Being Level Two with Barbara Bjorklund
6-Wednesday	12pm-5pm	Intuitive Readings with Barbara Bjorklund
	5:30pm-7pm	Pranic Healing with Frank Sowada
7-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
9-Saturday	11pm-2pm	Pranic Healing with Frank Sowada
11-Monday	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
12-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7pm-9pm	Spirit of Being Level Two with Barbara Bjorklund
14-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
16-Saturday	10am-2pm	Intuitive Readings with Barbara Bjorklund
	1pm-3pm	NEW Balancing the Chakras/Color, Flute, Drum with Monica & Bruce W.
18-Monday	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
19-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7pm-9pm	Spirit of Being Level Two with Barbara Bjorklund
21-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
	7pm-8:30pm	NEW Assessing Your Spiritual Energy with Marty Meyer-Gad
23-Saturday	1pm-5pm	SPECIAL Drum Making with Wayne Manthey
25-Monday	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
26-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7pm-9pm	Spirit of Being Level Two with Barbara Bjorklund
27-Wednesday	4pm-7pm	Angel Readings with Sharron Jordan
28-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)

Calendar of Events

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 various Angels, Sharron will help guide you. Call for appt. Jan 20th /Feb 16th

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. Barb will be in the store on: Jan 5th & 15th Feb 2nd & 19th

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:

Tuesdays Jan 11/Feb15 & Saturdays Jan 22/ Feb 12

Healing Touch with Ann

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. Thursdays by appt.

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.

*******March's Session** -coming back in like a Lion-The return of Hanakia Zedek! Hanakia is an internationally respected: Shaman, Mystic, Magician, and Psycho-Spiritual Professional at the "Cutting Edge". From an overwhelming response due to January's session, Hanakia will be returning to speak more on Applied Quantum Spirituality. His teachings work with the aspects of programming and conditions, going beyond the limits of your own personal powers, as well as a look at space, time, and matter. All are welcome to attend. Monetary donations encouraged and accepted.

*******April's Session** -will be with Shirley Moore. Shirley is a highly sought Hypnotherapist, has extensively studied kinesiology with David R. Hawkins, the author of Power vs. Force and is an established coach for personal and professional development. Shirley will be sharing her expertise and experience with transformation or better known as Trance Formation! The evening will include an explanation of hypnosis, group participation, and time for questions and answers. All are welcome to attend. Monetary donations encouraged and accepted.

NEW Tiffany Johnson

Tiffany Johnson is an internationally known psychic, speaker, healer, and teacher. She has been a guest and co-host on various radio shows throughout the Midwest giving a humorous yet honest perspective of metaphysical subjects. She can be heard this same day on the Loon-FM Radio Station at 10:00am. Her book "Seeds of Thought, A Comprehensive Guide to the New Age" can be purchased here at MBS. She will be here on March 24th from 11am-2pm for private readings. Call in for an appt. She has limited openings.

Want more about Tiffany? Log on to www.readingsbytiffany.com

Spirit of Being Level One

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. Begins Jan. 18th
Barbara Bjorklund Fee: \$120.00 prepaid for 6 sessions or \$25/per session

Spirit of Being Level Two

More Spirit of Being for those who have taken Spirit of Being Level One. Designed to further the recognition of your personal energetic system. This advanced course will help you move beyond the knowing into the living and appreciating what is. Learn how to be free to embrace and accept the gifts that you have to offer to yourself and the rest of the world. Begins Jan. 19th
Barbara Bjorklund Fee: \$120.00 prepaid for 6 sessions or \$25/per session

Don't Miss This! Drum Making

Make your own frame drum for more meaningful drumming. This class will bring out the ancestral roots in anyone. It's a deeply moving experience to take a deer hide, cedar wood, and black walnut dye, and make a thing of beauty that will last years and years and will become a cherished piece to be passed between generations. It's a class you will remember for a lifetime. Nothing to bring Everything supplied. 13" is \$100 16" is \$125. Wayne Manthey.

NEW Assessing My Spiritual Energy

Bring a notebook and an openness to explore your spiritual beliefs and how they affect your life. Guided individual reflection will lead to an opportunity, for those who wish, to share. Believers or non-believers are welcome as individuals will focus on their internal spirituality and the joy within themselves.

Marty Meyer-Gad is a certified chaplain specializing in spiritual assessment; grief/loss rituals and consensus decision making.

\$5.00 April 21st

NEW How to Balance the 7 Main Chakras w/Color & the Vibration of the Flute & Drum

For many years it has been proven that color and the vibration of the flute and drum affects our emotional and mental balance; therefore, it not only creates balance on those levels but also on a physical one. We can teach you how to become more aware of the rhythm or flow of energy from the first to the seventh chakra. In this workshop you will experience healing, personal growth, and an increase in your spiritual wisdom. If you have an instrument you would like to bring, feel free. For those who do not we will have drums, bells, and rattles.

Monica & Bruce Weigle \$15.00 April 16th

NEW How to Make an Herbal Emergency Kit

Learn how to make a natural emergency kit for you and your pets whether you are traveling or for in your home, by using herbs and other natural products. Some materials supplied. Tina Jacques \$15.00 March 15th

NEW Applied Quantum~Spirituality

Advanced training for beginners to masters; featuring progressive techniques for breaking free from social, religious, and cultural conditioning and beyond. Understanding that in order to step fully into your personal power you have to move beyond who you think you are into the depths of truly being. We will take precise measures to ensure your mental, physical, and spiritual growth and evolution into the next/new levels of being.

YOU WILL ENJOY:

- * Creating a new world and reality for yourself.
- * Discovering and utilizing your Spiritual Gifts and Powers.
- * Coming to understand the mysteries of the Universe inside and out.
- * Understanding the power of Joy and personal responsibility.
- * The ability to shift, change, alter, effect; Space, time, matter, people, places things, situations and circumstances. And so much more

The idea is to create a sacred environment inside and out to insure the depth of the experience. We will begin approx. 5:30 Sun afternoons until approx7:30 in March.

The suggested donation is \$25.00 per session.

For more info call or e-mail 1-612-205-SEER hanakiazedek@yahoo.com

ART WORK
at
Mind Body Spirit



Mermaids & Fairies



by David Delamare



Visionary Art by Willow



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Melissa Harris



“Love who you want.
Dress how you choose.
Eat what you like.
And let your heart be your guide”
Melissa Harris

Feather



Prints



by Sandra Santara



YOGA & LIVING ARTS STUDIO

917 West St. Germain, next to the Paramount Theater: 224-9253

March/April 2005 Schedule

Classes are *on-going, begin any time!*

New students are always welcome and encouraged.

Please watch for schedule changes at www.yogalivingarts.cjb.net

<i>Day/Time</i>	<i>Class</i>	<i>Teacher</i>
<u>Monday</u>		
5:30pm	Gentle Yoga	Jane
6:45pm	QiGong/Tai Chi*	Dee Ma
(*Please pre-register for this class by calling 656-8951.)		
<u>Tuesday</u>		
10:00 am	Morning Yoga	Jane
5:15 pm	Pilates	Twyla
7:00 pm	Vinyasa Flow Yoga - <i>Intermediate</i>	Samantha
<u>Wednesday</u>		
12:45 pm	Pilates	Twyla
4:30 pm	Vinyasa Flow Yoga - <i>Intermediate</i>	Ana Maria
6:10 pm	Intermediate Yoga	Emily
7:30-9:30pm	Reiki Clinic*	Bea Monn
(*Reiki Clinics are held <u>only</u> on the 2nd & 3rd Wednesdays of each month. Please call 255-0805 for more info.)		
<u>Thursday</u>		
3:45 pm	Mixed Level Yoga	Emily
5:15 pm	Intro to Yoga	Samantha
6:45 pm	Kids Yoga! (class ends March 24th)	Cristina/Lara
<u>Saturday</u>		
11:00 am	Mixed Level Yoga	Cristina
Sunday		
6:30 pm	Happy Hips! (Yoga)	Samantha

CLASS PRICES:

Drop-in classes (no pre-registration required) are \$8/class.

Buy a Ten-Class Punch Card for \$70 (save \$10 off of the normal class price).

Seniors & Students pay only \$6/class!

Adaptive Yoga, & Pre-Natal Yoga: Helpful for those with disabilities, or for those who are expecting. For more info, and/or to schedule a private class, please call Ana Maria at 558-2726.

Need a small venue for an up-coming event? The general public is invited to rent our studio for small workshops and other similar events or needs. For more information or to reserve the space, please call 224-9253. Thank you!

*A Few Essential Facts :
About Cedarwood*

- Cedarwood is steam distilled from bark and is an ancient oil used traditionally in medicines, and cosmetics.
- It was used as medicine and incense in Tibet and used for embalming in Egypt.
- Calming & purifying properties used for many skin disorders such as hair loss, dandruff, psoriasis and acne.
- Cedarwood is mildly antiseptic and may be effective against tuberculosis and bronchitis, and other respiratory difficulties.
- It can reduce hardening of the artery walls as well as stimulate the pineal gland which releases melatonin (hormone associated with deep sleep)
- Stimulates the limbic region of the brain (the center of our emotions)



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



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Website!
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Mind Body & Spirit
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When the student is ready,
the teacher appears.