

# Kaleidoscope

A Newsletter  
from  
Mind Body & Spirit

May  
June

2005

Hi Friends,

Welcome Spring!!! No matter how many times we see it we are still witnessing a miracle of rebirth!

About the time you are receiving this newsletter Merri and Joan are in California, or going shortly, for our last class in medical intuition. After four years of flying out every 4 months for a week long intensive study of esoteric philosophy and hermetic science, we are going for the final time. Thirteen trips and it seems it just started yesterday. We have learned so much and have enjoyed sharing what we have learned. So many classes are starting here since we started out there (Spirit of Being, Spiritual Attunement, SEND, etc). Ask about any of these at the shop. We have been amazed at how much this area has grown, blossomed, and is awakening. It's wonderful, keep going! We are going out this last time to get a few pointers on how to run a business! Finally, we may actually figure out what we are doing!!

We are introducing a new, fun thing for the kids this summer. We are starting a reading circle. We have some great children's books and would like kids to bring their parents in for a short reading time. Just check the schedule out and see when it is. And don't worry kids, you won't have to pay for your parents to come, it's free for them too!!

We are still hearing about the parking conditions. We know how difficult it is and we appreciate that you still come down here to see us. We have a new, **temporary** challenge ahead. Construction on the building across the street has commenced and it could be a while before we get the four spaces across the street back. Please don't stop coming because we need your support.

**Reminder:** We would like to once again let everyone know that there is a very nice ramp just at the back of the building that is convenient, safe, and cheap! Yes, cheap! It isn't like going to the Twin Cities for a show and paying some extravagant amount. It costs just \$.40 per half hour, \$.80 per hour, \$4.00 maximum for the entire day, and it is free after 6pm just like the streets!!! Also, just like on the street it is **FREE** on Saturdays. We realize it costs just \$.50 per hour on the street, but it's much easier parking in the ramp (no worries about plugging the meter in time!). The ramp has parking going up and coming down. Check it out, pay slightly more but save more time and lose less hair!

**FYI: Don't let the fuel prices get you down. Just get a clear quartz crystal and tape it to your fuel line for better gas mileage!! It helps the gas go further. Give it a try, nothing to lose and miles to gain.**

See what other great properties and wonders come from the amazing quartz in the article inside.

Blessings,

Joan and Merri



Mind Body & Spirit

For information please call:  
(320) 203-9630

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

Open Mon~ Fri 10-7pm

Saturday 10-5pm

### In This Issue:

Featured Crystal: Clear & Milky Quartz

Featured Article: Special Occasions

Special Guest: Robert Baca/Psychic Medium

New Classes: Intro to Shamanic Drumming

Reading Circle/Creating Sacred Space

Coupon: Earrings & Incense

(see last page for details and coupon)



## Clear Crystal Quartz



What is it that creates such a draw to the shiny purity of the clear quartz? Is it the way the light hits that causes the many prisms that draws us, or is there the draw of the energy that one feels the moment they hold a quartz in their hand? Since mankind has existed the draw to the “poorman’s” diamond has been powerful. What is this crystal all about and why do people have so many of these wonderful creations of Mother Earth? Just as many reasons as there are stones, I am sure. This list barely touches the beginning of the many facets of the clear quartz:

- The most powerful healing and energy amplifier on the planet, (absorbs, stores, releases, regulates, and unblocks energy).
- Enhances muscle testing (kinesiology), soothes burns
- Works on all levels of the body , harmonizes chakras , aligns the subtle bodies
- Attunes to a person’s vibration in order to heal more efficiently by bringing the energy back to what it was before the dis-ease.
- Deep soul cleanser, raises energy to the highest spiritual level
- Is a spiritual library working much like a computer
- Enhances spiritual energy and attunes you to your spiritual purpose
- Filters out distraction for meditation
- Most efficient for programming and aids concentration and unlocks memory
- Stimulates the immune system bringing the body into balance
- Dispels static electricity, protects against radiation
- Found in almost every watch made today for channel of energy.

Specialty quartz are crystals that have grown particular ways and have been given special names because of the way they look or what they each help us with. Some, such as those with natural rainbows, stimulate awareness of universal love while drawing out negativity. There are dozens of specialty quartz and these can be read about at the shop.

For use in healing of others, or self, a quartz should be held a certain way. If a quartz wand, point, or cluster is just sitting by itself it is always drawing from the environment. The quartz not only draws the negative energy out of the environment, it is always receiving information from the spiritual and other-worldly masters, teachers, and healers to bring to anyone who cares to access this information. All that is needed is to ask for the knowledge, it is there for us all. When not being held or when just sitting in the environment the points or tips are normally positive and receiving energy at all times. When a quartz is placed in the hand the points or tips become negative, thus, emitting energy which radiates from these points. This is how the quartz can then be used as a magnifier for channeling our own natural healing energy. Although the quartz is not necessary for healing, as we all have the ability to heal through our own hands, the quartz amplifies the energy making a much more powerful healing impact.

The quartz does so much and is so beautiful but a couple of very important properties, in my opinion, is that it can transform thought into sound for telepathic communication between beings. (Not just people, animals, etc. too!). Also all psychic abilities can be stimulated and amplified by working with and utilizing this mineral. It amplifies and enhances the properties of other stones also. Cleansing and clearing is essential in getting the most from the quartz, which only requires the sunshine and/or a short wash under running water and intention for the clearing.

“Snow” or “milky” quartz is comprised of firmly compacted grains of quartz. It exhibits most of the same properties of clear quartz; although, the energy is much more difficult to direct efficiently. It is an excellent stone for supporting one during the stages of “lesson learning”. And the best part is that this gift from Mother Earth is plentiful, especially to those of us in the St. Cloud and surrounding areas in Minnesota. It can usually be found right out your own back door. Gravel roads, fields, and rivers hold bountiful amounts of the snow white, milky quartz.

Quartz crystals must be used for the good of all. Misuse of the crystal quartz caused the downfall of the great civilizations of Lemuria and Atlantis. These crystals are very powerful, hold a great deal of information, and are to be of benefit to the collective. When they are “used” strictly for one’s own selfish reasons out of greed, want of power, need of fame, etc., they can cause power in the form of destruction, rather than good.

Come in and let a crystal choose you. Come in and feel their good vibrations!!!

## Special Occasions

It is that time of year when weddings, graduations, and even births are happening everywhere. These events are full of ceremony, symbolism, and ritual and that's right up our alley. We have some great things for these occasions that will not only be perfect but will be remembered long after the toasters with a brain. If these graduates, couples, and new parents need only the basic survival stuff like diapers, dishes, and towels, we are not the place to get that stuff. If it is a gift that is meant to be remembered and cherished, as a symbol of succeeding, loving togetherness, or special new beginnings, than we have just what you need. We all know those diapers are very important but throw a little something else in there for Mom to let her know how very special she is too. We have a few things that many Dads would find pleasant also. We do special orders quite regularly and if you tell us what you are looking for, with plenty of advanced notice, we will do our best to locate what you have in mind.

If you are short of time and need something quick don't hesitate to give us a try. We have been finding the perfect gifts for people for a few years now and we may be small but we have great ideas. Don't know what to get for them but know that they would love our shop? We have gift certificates ready to go and they always seem to be appreciated.

This time, give them what they need, and then, give them what they want!

## The Paradox of Our Age

WE HAVE BIGGER HOUSES,  
BUT SMALLER FAMILIES  
MORE CONVENIENCE, BUT LESS TIME.  
WE HAVE MORE DEGREES, BUT LESS SENSE;  
MORE KNOWLEDGE,  
BUT MORE JUDGEMENTS;  
MORE EXPERTS, BUT MORE PROBLEMS;  
MORE MEDICINES, BUT LESS HEALTHINESS.  
WE'VE BEEN ALL THE WAY TO THE MOON  
AND BACK,  
BUT HAVE TROUBLE CROSSING THE STREET  
TO MEET THE NEW NEIGHBOR.  
WE BUILD MORE COMPUTERS  
TO HOLD MORE INFORMATION  
TO PRODUCE MORE COPIES THAN EVER,  
BUT HAVE LESS COMMUNICATION.  
WE HAVE BECOME LONG ON QUANTITY  
BUT SHORT ON QUALITY.  
THESE ARE TIMES OF FAST FOODS,  
BUT SLOW DIGESTION;  
TALL MAN, BUT SHORTER CHARACTER.  
STEEP PROFITS, BUT SHALLOW  
RELATIONSHIPS.  
IT IS A TIME WHEN THERE IS MUCH IN THE  
WINDOW,  
BUT NOTHING IN THE ROOM.

**His Holiness the  
XIVth Dalai Lama**

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Lisa L. Owen

~Soul Portraits  
~Shadow Drawings  
~Readings  
~Reiki Classes~ Reiki Sessions



# Calendar at a Glance

## May

4-Wednesday	11am-5pm	Intuitive Readings with Barbara Bjorklund
6-Friday	7pm-9pm	Spiritual Attunement with Frank Sowada
10-Tuesday	10:30am-11am	Reading Circle (see next page for details)
11-Wednesday	7:30pm-9pm	Reiki Clinic
12-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
13-Friday	7pm-9pm	<b>NEW</b> Introduction to Shamanic Drumming with Steven Geske
14-Saturday	10am-6pm	Soul Portraits by Lisa Owens
	12pm-4pm	Intuitive Readings with Barbara Bjorklund
17-Tuesday	12:30pm-4:30pm	Empowerment of the Soul-Manifesting Your Truth in Life-L.Owens
18-Wednesday	3pm-3:30pm	Reading Circle (see next page for details)
19-Thursday	7:30pm-9pm	Reiki Clinic
24-Tuesday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
25-Wednesday	10:30am-11am	Reading Circle (see next page for details)
26-Thursday	7pm-9pm	<b>NEW</b> Introduction to Shamanic Drumming with Steven Geske
	10am-6pm	<b>NEW</b> Psychic Medium Robert Baca (Private Sessions)
	11am-2pm	Psychic Readings with Tiffany Johnson
27-Friday	7pm-? (2-4hrs)	<b>NEW</b> Psychic Medium Robert Baca Gallery
	10am-6pm	<b>NEW</b> Psychic Medium Robert Baca (Private Sessions)
	7pm-? (2-4hrs)	<b>NEW</b> Psychic Medium Robert Baca Gallery
28-Saturday	10am-5pm	<b>NEW</b> Psychic Medium Robert Baca (Private Sessions)
31-Tuesday	3pm-3:30pm	Reading Circle (see next page for details)

## June

1-Wednesday	11am-5pm	Intuitive Readings with Barbara Bjorklund
3-Friday	10am-6pm	Soul Portraits by Lisa Owens
	7pm-9pm	Spiritual Attunement with Frank Sowada
4-Saturday	12:30pm-4:30pm	Empowerment of the Soul-Manifesting Your Truth in Life-L.Owens
6-Monday	7:30pm-9pm	Creating Your Own Sacred Space with Joan & Merri
7-Tuesday	10:30am-11am	Reading Circle (see next page for details)
8-Wednesday	7:30pm-9pm	Reiki Clinic
9-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
15-Wednesday	7:30pm-9pm	Reiki Clinic
16-Thursday	4pm-7pm	Angel Readings with Sharron Jordan
	7pm-9pm	<b>NEW</b> The Shamanic Roots of Religious Faith with Steven Geske
17-Friday	3pm-3:30pm	Reading Circle (see next page for details)
18-Saturday	12pm-4pm	Intuitive Readings with Barbara Bjorklund
21-Tuesday	3pm-3:30pm	Reading Circle (see next page for details)
	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
23-Thursday	11am-2pm	Psychic Readings with Tiffany Johnson
	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
30-Thursday	10:30am-11am	Reading Circle (see next page for details)

# 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.

## 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.

## Pranic Healing

Bring the energies of Mind Body & Spirit into alignment by means of universal energy, filtered through an experienced practitioner. Call for appointments

## 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.

\*\*\*\***May's Session** – A special session! **Beginning at 5:30**, we will be showing the "What the Bleep Do We Know" movie. After the movie, we will hold our regular scheduled session and discuss the movie. All are welcome to attend watching the movie and/or show up for the discussion after the movie.

\*\*\*\***June's Session** – Call for more information.

## 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 May 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](http://www.readingsbytiffany.com)

## Empowerment of the Soul...Manifesting Your Truth in Life

In this workshop we will learn about what we need, want, & dream for our lives, to listen to the quite small voice of the mind, body, & soul, how to do good things for ourselves, and live in gratitude of the blessings we receive. We will explore the doors of faith, trust and truth using art, music, and movement to access this information. We all have Soul-Shine with soul work to do... Let's learn together and make it fun.... Lisa L Owen

This is a four hour workshop with a break Fee: \$55

Saturday, May 14th & Saturday, June 4th 12:30pm-4:30pm

## The Basics of Crystals and Stones

This class will cover the basics of crystals (what are they used for, how to program them, how to work with them, how to cleanse them, etc.) Several stones will be introduced and explored for their properties, the best books on rocks and crystals will be examined, and lots of time for questions and answers. Good class for those who are beginners in the realm of the gifts from Mother Earth.

Joan Stokes & Merri Weis Fee: \$5.00 each person

## 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

Barbara Bjorklund Fee: \$120.00 prepaid for 6 sessions or \$25/per session

## Introduction to Shamanic Drumming

This class will be experiential and exploratory in nature. It will include an introduction to the ancient world of Shamanism and an opportunity to experience the classic shamanic journey for oneself. This is offered from the perspective of "Core Shamanism" as developed by Michael Harter, founder of the Foundation of Shamanic Studies and author of "The Way of the Shaman." Unlike other shamanic training which borrows from a specific tradition of a native people, this approach respectfully builds on what all traditions have in common. Ample time will be given for questions and integration of the experience.

Steven Geske Fee: \$10.00

## The Shamanic Roots of Religious Faith

The world's main religions date back from 2000-5000 years ago. The nearly forgotten tradition of shamanism dates back nearly 40,000 years ago. This class will be informational in nature and will explore shamanism, not as religion, but as a foundational world-view that informs and enriches our understanding and experience within our own spiritual traditions. Since the instructor is a former Lutheran pastor, particular attention will be given to the roots of shamanism found within the Christian tradition. Steven Geske Fee: \$10.00

## Psychic Medium Robert Baca

Another gifted channel from the five-state area, Robert Baca, is known for his abilities in getting messages from those who have crossed-over to the other side. Even though our loved ones may be gone from this earthly, physical plane, they are still readily able to speak with us and want to speak with us. With the help of certain people known as channels they can. Robert will be available for gallery sessions (many readings in one room) and will also be available for a few private readings. Please call for appointments or reservations. Don't miss this rare event.

Fee for gallery seating: \$45.00 Private sessions: \$65.00 per person

**For more information on Robert Baca please go to [www.voicesfromheaven.com](http://www.voicesfromheaven.com)**

## Reading Circle

This is a fun time for children and their adults. (Any age child and any guardian, parent, grandparent, older sibling, etc.) We will spend time reading and acting through some children's books. Patience, tolerance, love, joy, and diversity will be some of the wonderful things in the children's books that will be explored. All books can be seen and fully screened up to the hour before each session by anyone wishing to do so. The book featured can be asked about by calling Mind Body & Spirit.

Readers: To be announced. Fee: **Free** for all!!

## Creating Your Own Sacred Space

This class will take each person through a room in their home (on paper) that they would like to create some sacred space in. (not religious, although religion of any kind can be a focal point for anyone) Each person will, with help, plan out their own space just the way they would like to see it. The planning will be on paper but will be a visual that can be used for the further process to be carried out at home. It will be like home decorating with a fun twist! Many ideas will be given and much fun will be had. Joan Stokes & Merri Weis Fee: \$4.00 per person

## Soul Portraits:

are a combination of a reading and soul growth experience. Lisa uses her clairvoyant and clairaudient gifts to communicate with your angels and guides, bringing forth information for the highest good of all concerned in the moment. She facilitates and communicates this information with discernment to insure the best guidance for a person's life path. The guides and the angels will project the image of your soul essence thru her third eye on to the black charcoal paper. Using soft pastels & paint she follows the lines shown to her by the spirit guides. Then information comes thru the drawing pertaining to the person sitting in front of her. Soul Portrait session last about 1 hour and can be a very moving experience The sessions can hold tools and direction on our life's journey for those compelled to have a Soul Portrait done.

Lisa Owens: Psychic Medium, Reiki Master, and Artist (On Sacred Ground)

Portrait Sessions....\$110

For more information go to [www.lisaonsacredground.com](http://www.lisaonsacredground.com)

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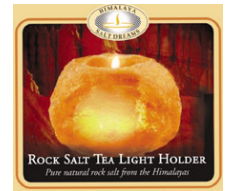
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WHAT IF.....

*What if*, after thousands of years of being told human beings were apart (separate) from God, humans found out that , in reality, the big book had said that everyone and everything ever created was in fact *a part* (a piece) of God.

*What if*, the reason this understanding of God became the truth for so many for so long, was simply because someone had read the word apart as being one word instead of two in the statement '*.... and of God, we are all a part*'? And no one had been allowed to question this person's interpretation.

Author Unknown



Judith Newby

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# YOGA & LIVING ARTS STUDIO

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

## May 2005 Schedule

Please watch for June schedule and changes at [www.yogalivingarts.cjb.net](http://www.yogalivingarts.cjb.net)

<i>Day/Time</i>	<i>Class</i>	<i>Teacher</i>
<b><u>Monday</u></b>		
5:30pm	Gentle Yoga	Jane
6:45pm	QiGong/Tai Chi*	Dee Ma
(*Please pre-register for this class by calling 656-8951.)		
<b><u>Tuesday</u></b>		
10:00 am	Morning Yoga	Jane
5:15 pm	Pilates	Twyla
<b><u>Wednesday</u></b>		
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.)		
<b><u>Thursday</u></b>		
3:45 pm	Mixed Level Yoga	Emily
5:15 pm	Intro to Yoga	Samantha
<b><u>Saturday</u></b>		
11:00 am	Mixed Level Yoga	Cristina
<b>Sunday</b>		
6:30 pm	Happy Hips! (Yoga)	Samantha
(This class will be offered in four week sessions. Pre-register by calling 224-9253 or sign up at the studio)		

### CLASS PRICES:

*Drop-in classes (no pre-registration required) are \$10/class.*

*Buy a Ten-Class Punch Card for \$80 (save \$20 off of the normal class price).*

*Punch cards expire three months after date of purchase.*

*Seniors & Students pay only \$6/class!*

*Classes are on-going (unless otherwise noted). Begin any time!*

**No Membership Fee or Joining Costs**

***New Students are welcome and encouraged!***

**\*Intro to Yoga:** We strongly recommend that new students attend at least six weeks of our Intro to Yoga class before advancing to intermediate classes. With questions about your level of experience and classes that are appropriate for you, please call 224-9253. Thank you!

**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 Sage Oil*

- \* Sage comes from the same botanical family as Mint.
- \* This oil is steam distilled from leaves and flowers, was known as the "Sacred Herb" by the Ancient Romans, and the word Sage is derived from "Salvation"
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- \* Dilute 1 part Sage w/ 1 part carrier oil and apply 2-4 drops on location, the chakras, directly inhaled, or infused.

**Avoid if epileptic. If you have any other health concerns please consult with your physician before use.**

## *Intuitive Readings*

*with Barbara Bjorklund*



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



**Make appointments through**

**Mind Body & Spirit 320-203-9630 or call Barbara at: 763-263-7952**



# Coupon

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# Website!

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



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*Janet Quinn "I am a woman finding my voice"*