

# Kaleidoscope

A Newsletter  
from  
Mind Body & Spirit

November  
December

2002

Hi Friends,

This time of year has long been regarded as a time of thanks. Many spend a lot of time thinking of others, and we are no exception. We certainly have been doing a great deal of thinking of the many of you that have been so good to us. We thank you dearly and trust that this season of giving and receiving find you and all of your loved ones blessed with health and happiness.

We had another great EXPO this year and much of it is due to the many who helped us make it such a great success. We have had wonderful feedback and it looks like we will continue with the tradition for next year, so those who didn't make it this year can get in on the fun then.

We also had a delightful visit from artist Melissa Harris and she loved Minnesota so much that she is considering coming back again someday. (Only not in the winter, she says she gets enough of the cold in New York, she doesn't need anymore of that!) We hope to have pictures of the beautiful artwork that was done for people, while she was here, up on our website soon. As always, keep watching our website for anything new.

We are investing our time in many more opportunities for the shop, including online shopping, and so we are stretched a little thin these days and have decided to make a couple of changes. One is that we are going to send our newsletter out on a quarterly basis from now on. Many of you understand how much we love to keep in touch with everyone through our newsletter and although we sometimes complain about the work load, as all humans do, we still love to send the newsletter out because it feels like writing a letter to a dear friend. Although we wish we could do the newsletter every month, even the every other month is too much for us. Remember, you can always check on the website for any and all updates on what's new here. Or you can stop in any time. We love to see you. We trust you will all understand that although our commitment to all of you is just as steady and we will continue to do our best to bring to you exactly what you have asked for and would like to see, we can no longer continue the 6 times a year newsletter. Thanks for your understanding and until next time we wish light, love, and happiness, to all.

Blessings,

Joan and Merri

*It takes a lot of courage to release the familiar  
and seemingly secure, to embrace the new.*

*But there is no real security in what is no longer  
meaningful. There is more security in the adventurous  
and exciting, for in movement there is life, and in  
change..... there is power.*

~~ Alan Cohen



Remember the sacred past, dream about your future, but live in the present, right here, right now. There is no more precious moment than this one.



Mind Body & Spirit

For information please call:  
(320) 203-9630  
www.mindbodyspirit-online.com  
Open Mon- Fri 10-7pm  
Saturday 10-5pm

### In This Issue:

Featured Stone: Malachite

Featured Article: Smudging

Featured Oil: Patchouli

Coupon: Everything in the Shop!  
(see last page for details and coupon)

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# Malachite

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Malachite is often called the "stone of transformation" because it assists one in changing situations that no longer fit in one's life, and provides for the transfer of sacred information from one realm to another that leads to spiritual evolution. It is named for the Greek word for "mallow", a green herb. Malachite is perhaps the oldest known pigment. Its banded light and dark green designs are one-of-a-kind, and give it a unique ornamental quality unlike that of any other stone. It is a wonderful stone to give as a sign of a unique one-of-a-kind relationship.

Malachite ranges from light to dark green and with its compact fibrous layered structure it has the appearance of a "green agate". This is a gorgeous stone that vibrates to the number 9 and its astrological signs are Capricorn and Scorpio. Come in and ask us more about the number 9 and why it resonates with those particular astrological signs.

Work with malachite to help clear repressed emotions, balance left/right brain activity, enhance creativity, dissolve blocks to spiritual growth, and increase wisdom. We have many forms of this wonderful green stone ranging from rough pieces for a mantle to polished stones to beautiful jewelry. It can be worn in pendants, earrings, or rings; it can be held in a pocket or kept under your pillow for peaceful sleep and wonderful dreams. Tumbled stones of malachite are possibly the most popular tumbled stones ever and are sold in literally every rock shop around the world. Carvings and figurines of malachite are almost as common. We have had many animals carved from malachite in our shop. A skilled craftsman can make the concentric malachite bands follow the curves of a work of art like contours on a rugged terrain. Although malachite art is not as precious as Jade; it is hard to argue that it is less beautiful. Because of its beauty and relative softness, polished, banded Malachite has been carved into ornaments and worn as jewelry for thousands of years. In some cultures it was thought to be a protection from evil if worn as jewelry.

Malachite has also been widely used as an ornamental stone. In Czarist Russia it was used to make the columns of St. Isaac's Cathedral in Leningrad. The original material, from which ornaments and jewelry were made since the earliest times came from an enormous deposit in the Ural Mountains of Russia, where massive globular specimens were found.

Malachite can be dangerous if not treated with caution. When it is stabilized or tumbled, it is extremely safe and like most stones can be carried or worn almost anywhere. Malachite is dangerous only in its original state when the powders are not stabilized. The dust from the malachite should never be inhaled nor should the stone ever be ingested. It is a stone that must be kept with care but the rewards are many!!! Pick up your stone of transformation today and your rewards will start tomorrow.

We just got in a shipment of awesome, wildly-banded malachite recently and it is definitely worth stopping in for. Come visit us and we'll talk more about this wonderful stone.

## Wish Box

We have a pretty unique selection here at MBS and it is so geared to individual tastes that it is difficult for some to shop for their loved ones here. People find themselves in the shop for hours and hours, and although this is a wonderful way to spend your time, sometimes you might not have a great deal of time.

We have a great way of letting you know exactly what your loved one wants from MBS and it doesn't get used near enough. Encourage each other to use our wish box. It has been a big help to those who have taken advantage of its use. Just have your friend write on a recipe card, their name and what they would like from MBS, and then pop it in the box in alphabetical order and when you come in, there it is. So simple, then you can still spend hours in the shop, but spend the time finding things for yourself, then don't forget to put your name in the wish box too!!!

"Giving presents is  
a talent;  
to know what a  
person wants,  
to know when and  
how to get it,  
to give it  
lovingly and well"

~Pamela Glenconner



Smudge before, smudge during,  
And smudge after the Holidays.

Healers often recommend smudging to change the "energy" of a place after an event has happened such as a death, an argument, or even gatherings of many people. Smudging is done to clear the air, quite literally.

**What is Smudging?** It is the burning of ceremonial herbs and/or wood, etc. to clear negative or cluttered energy from a space or person. This is not to say that gatherings of family and friends are negative but it is just too much energy for many spaces and can seem cluttered or like it is just too much. And regardless of how much love there is in these gatherings there is a great deal of "other" also. And it's the "other" we need to release in order to increase the flow of the overall energy.

**How does smudging work?** Our senses respond to vibrations, and there is a law of physics that makes vibrations want to start being harmonious, to be in synchronicity. In sound healing, the dissonant chord is gradually influenced by the harmonious cord and the disharmony changes to harmony over time. It works much the same with smudging. That which is negative energy will give way to positive energy with intention and burning of the sacred herbs, because the natural way of "being" is more harmonious. Even air has a vibration. The water of the humidity in the air would absorb the negative "vibe" of an argument, for example, and hold it. If you burn a healing plant, such as sage, in such an atmosphere, the humidity would then hold the energies of the healing plant, and bit by bit the dischordant energy of the argument would be influenced by the harmonious vibration of the plant smoke.

**What does one burn and where do you get it?** The herbs burned are usually sage (white in particular), sweetgrass, or cedar, although any dried herb is fine, even lavender. At MBS we have a selection of many herbs in bundles or loose to suit just about any scent taste. White sage is a good choice because the leaf clusters are very long, and the leaves will smolder for quite a long time, emitting smoke into the air. Sage is also known as a purifying herb. Sweetgrass burns very quickly, and is a great choice for emanating sweet smell into the air (and healers believe sweet grass brings a high level of spirituality and burns away negativity). Cedar is very strong, and is considered powerful for removing negativity. Buy your smudge sticks from those who honor the plants and bundle the herbs with sacred ceremony of appreciation. If you grow your own herbs, research making smudge sticks and honoring the plants.

**How do you smudge?** Get your smudge bundle and pull out just a few leaves, and light them. Once there is a flame, you blow out the flame. The herbs will smolder, and the smoke will waft into the home. Walk around with the sage and have a safe bowl of some sort or abalone shell under the sage. Walk to everywhere you would like a cleansing done. When you are done, let the herbs extinguish on their own or extinguish them yourself with water or sand.

**Step back and enjoy the fresh air. Happy Holidays & Happy Smudging!!!**

*"I am always doing that which  
I cannot do, in order that I  
may learn how to do it"*

*~ Pablo Picasso*



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THERAPY

with

Ann Dragsten

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November & December

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Mind Body & Spirit 320-203-9630 or call Ann 763-295-4836



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- \* Lost or Deceased Pets
- \* Spirit Guides
- \* Intuitive Medical Advice

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

## November 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<b>2</b> Intuitive Readings w/Barbara Noon-6pm	<b>3</b> Ann Dragsten Healing Touch Noon-6pm	<b>4</b> Spiritual Attunement 7pm-9pm	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Reiki Clinic 7:30-9:00pm	<b>10</b>	<b>11</b>	<b>12</b> Echoing Canyonsof Consciousness 2:00-3:00pm
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Angel Readings with Sharron 4pm-7pm  Reiki Clinic 7:30-9:00pm	<b>17</b> Ann Dragsten Healing Touch Noon-6pm	<b>18</b> Kate Zimmer Intuitive Readings 2:30-5:30pm	<b>19</b> Intuitive Readings w/ Barbara 10am-4pm
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Psychic Tiffany Johnson	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			

## December 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Ann Dragsten Healing Touch Noon-6pm	Kate Zimmer <b>2</b> Readings 2:30-7 Spiritual Attunement 7-9pm Ishaya's Intro.from 6:30-7:15. Full Course Cont. 7:30-10	<b>3</b> <i>Ishaya's Meditation Course 10am-5pm</i>
<b>4</b> <i>Ishaya's Meditation 10am-5pm</i>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Animal Totems 10:30- 12
<b>11</b>	<b>12</b>	<b>13</b> Angel Readings with Sharron 4pm-7pm	<b>14</b> Intuitive Readings with Barbara 12pm-6pm Reiki Clinic 7:30-9:00pm	<b>15</b> Ann Dragsten Healing Touch Noon-6pm	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Reiki Clinic 7:30-9:00pm	<b>22</b> Psychic Tiffany Johnson 11-2pm	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>28</b>	<b>30</b>	<b>31</b>
MBS Closed Dec. 25th thru Jan. 2 for the Holiday Season ~ Blessings to All!!!						

# 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.

## 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 Sept. 15th and Oct. 20th. Please call for appointment. Merri and Joan have had sessions done with Ann regularly and can attest to the wonderful healing they have experienced. Come see for yourself.

## 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. Call in for an appt. She has limited openings. Want more about Tiffany? Log on to [www.readingsbytiffany.com](http://www.readingsbytiffany.com)

## Ishayas Ascension Meditation Technique

The Ishayas' Ascension Meditation teaches a series of simple mechanical techniques, based on Praise, Gratitude and Love. These techniques allow us to go inward, reconnecting with our Divine nature. As a result of using the techniques our spiritual journey deepens, expands and accelerates, bringing newfound peace, ease and simplicity to life.

### **Free intro. Class on Friday 6:30pm-7:15pm.**

Full Course - Reconvene after the Intro. Class on Fri, Dec 2 from 7:30 - 10 pm; Class then continues on Sat & Sun, Dec 3 & 4 - 10 am - 5 pm

This is a **12 hour+** course for just \$300.00 per person.

Call MBS for more information or go to [www.ishaya.org](http://www.ishaya.org)

## Pranic Healing

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

Frank Sowada Please call for appointments.

## Animal Totems

Joan Stokes, animal communicator, will take you on a guided meditation to finding and recognizing your animal totems. Animal totems can be very powerful in our lives and when we ask them into our vision and ask them for assistance it can create great changes in our lives. Joan will help you to find your totems and sometimes she is able to "see" them around you. Come, feel and experience what is with you all the time. October 13th from 7pm to 8:30pm. \$5.00 per person.

## 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. Donations are encouraged and accepted. All are always welcome to attend.

**November:** Spiritual attunement for November 4th we will have Kathy Mehr presenting numerology. This will be a great introduction to basics of numerology with class participation in determining your personal numbers and deciphering their meaning.

Kathy will be presenting from 7pm - 9pm.

**December:** Spiritual attunement for December 2nd will be Arlys Sowada and Kathy Mehr sharing their knowledge and experience on Feng Shui. Feng shui is the art of object placement. By placement of colors and objects within your home, office, or scales as large as countries, one can change the call for health, prosperity, etc.

Arlys and Kathy will be presenting from 7pm - 9pm.

## Kate Zimmer

Kate is a Reiki Master and Intuitive who communicates with Spirit using several of her abilities. She speaks with spirit guides, deceased loved ones and pets, totems, angels and ascended masters in an easy going, straight forward manner so that you can work through issues in your life, get clarification on answers you may have and/or confirmations you are seeking on your path. Kate has a Bachelor's Degree in Applied Psychology and Communications and has worked in the human service field for the last 9 years. She also has come from an intuitive legacy including a Swedish great-grandmother who read coffee grounds and a Swedish great-grandfather who worked with the "water witch" to locate well water throughout the state. Kate is a mother of three active children who keep her busy on any "free" time. Kate continues taking classes on various topics in spirituality. She participates in the Reiki share doing intuitive readings on the 2nd and 3rd Wednesdays of the month at the Mind Body & Spirit Studio, as well as some scheduled dates each month at the Mind Body and Spirit Shop. Fees: \$1/minute MBS welcomes newcomer Kate Zimmer.

## Echoing Canyon of Consciousness

Saturday October 12th, 2:00 - 3:30 pm, Join Kim Voigt Certified Hypnotherapist and Ruth Beland for a chakra clearing meditation using hypnosis and the singing crystal bowls. The Echoing Canyon of Consciousness, followed by a meditation to merge with and meet the energy of your spirit guide. Hypnosis is used to guide participants into a deep state of relaxation. The singing crystal bowls are played systematically to clear and balance each chakra while participants imagine walking into a canyon and coming to areas of different colors of wildflower beds, each representing a specific chakra. Suggestions are given to release the most common causes of imbalance, followed by affirmations that enhance the energy flow. \$20 Pre-registration required.



# Check Out These Awesome New Products!



## Blue Trumpet



Colorful Lotus Tea Lite Holders & Stands

Gifts that lighten the heart.



Chakra Spirals & Tree of Life



Coventry Candles, Moldavite Bath Salts, Incense, and Oil, Wonderfully fun kits and games that make great gifts. Peterstone Jewelry (Unique, nationally known sterling silver) and Living Energies (tasteful sphere holders for your precious gems), and these are just to name a few of the many new choices here for you!!



## Peter Stone Jewelry Coming Soon!!!

Jewelry, created with passion, has the power to captivate its beholder. It is the reason some jewelry is passed down from generation to generation. The Peter Stone Company believes in passion, and each piece of jewelry made is a reflection of this.

After fully educating himself in the world of gemstones and jewelry Peter Stone opened his own company in 1992, and The Peter Stone Company was born. Peter opened his own factory in Bangkok, Thailand, where he resides. For Peter, this was immensely fulfilling. He was finally able to take his passion and design beautiful jewelry. It is this passion and creativity that continues to keep his company alive. Come in soon for jewelry you won't find anywhere else in the area. If unique is what you are looking for then Mind Body & Spirit is the place to be!!



**At Christmas time I believe the things that children do.**

I believe with English children that holly placed in windows will protect our homes from evil.



I believe with Swiss children that the touch of edelweiss will charm a person with love.

I believe with Italian children that La Befana is not an ugly doll but a good fairy who will gladden the heart of all.

I believe with Greek children that coins concealed in freshly baked loaves of bread will bring good luck to anyone who finds them.



I believe with German children that the sight of a Christmas tree will lessen hostility among adults.

I believe with French children that lentils soaked and planted in a bowl will rekindle life in people who have lost hope.

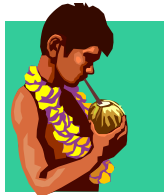
I believe with Dutch children that the horse Sleipner will fly through the sky and fill the earth with joy.

I believe with Swedish children that Jultomte will come and deliver gifts to the poor as well as to the rich.

I believe with Finnish children that parties held on St. Stephen's Day will erase sorrow.

I believe with Danish children that the music of a band playing from a strengthen humankind.

church tower will



I believe with Bulgarian children that sparks from a create warmth in human souls.



Christmas log will

I believe with American children that the sending of Christmas cards will build friendships.



**And I believe with all children that there will be, PEACE ON EARTH.**

~Daniel Roselle



*This is our blessing and wish to all of you:*

*That you too believe, as children throughout the world believe,*

*that we can change the world with love.*

*Namaste*



*A Few Essential Facts :  
About Patchouli*

- Patchouli is steam distilled from mint plant flowers from Indonesia, and is arguably one of the most popular oils from yesterday and today.
- It has been used widely as a relaxant, digestive aid, anti-inflammatory and anti-microbial agent.
- This oil also helps with prevention of wrinkles and chapped skin, eases itching and other skin conditions such as eczema and acne.
- The effects of fragrance inhalation on sympathetic activity of normal adults showed that it works as a relaxant that clarifies thoughts, allowing the discarding of jealousies, obsessions, and insecurities.
- Patchouli has a deep rich fragrance that may be, for some, a scent that needs time to learn to love and others want nothing else. It seems to be a scent that is a love/hate type of oil. Whether the scent is liked or not though this oil cannot be disputed in its wonderful influences on health.
- Its highly perfumed natural essences have been known since ancient times. Today, they constitute the most frequently utilized essences for perfumery and cosmetology. In addition to its fragrance, Patchouli oil has antimicrobial properties put to use in traditional Chinese medicine to treat the common cold!!

## *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**

*20% Off*

Any One Item

Offer good November 1st– December 24th ~ Coupon must be presented at time of purchase.  
One coupon per purchase and one coupon per person, thank you.

**Website!**

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



***Mind Body & Spirit***

***915 W. St. Germain St.***

***St. Cloud, MN 56301***

Our advice to you this Season comes from the words of John D. Rockefeller, JR.  
“Think of giving, not as a duty but, as a privilege”