

Kaleidoscope

A Newsletter
from
Mind Body & Spirit

September
October

2002
2003

Hi Friends,

We couldn't believe how much attention the last, front page article of this newsletter got and since it got so much we were a little concerned about doing another one. We figured we would not be able to come up with anything else to write about that would affect so many like last time. I (Joan) was sitting and contemplating this when I looked down at my right hand and realized that the moldavite in my dragon ring had fallen out. It made me smile because just the day before I was telling Merri that out of all the moldavite jewelry I had, the stone in my dragon ring was one that I really didn't care for. I guess it was perfectly happy in departing after it got the ok. And here was our article, *Why do things and/or people, leave us?* This is something we do not spend as much time finding the blessing in, as we try to find blame in. Most of us start searching for whys in a different sense than perhaps we ought to? Instead of looking at why they were in our life, we ask why they left it? The why they left seems like an easy one-they were done. It is that simple, really. Why they were here is where the true value and wonder is.

Whether for what seems like good or bad, things and people come into our lives to teach, enrich, and help us to evolve. Sure it may be easy for us to sit here and write this when we don't currently have a loved one in the hospital that is terminally ill or someone we care about overseas in a battle. We have had people leave us due to these circumstances in our lifetimes though and at that time we would not have been strong enough to "see" what we are saying at this time. Why? Because we are spiritual beings having a human experience. If we were in our spiritual form it would be easy for us to understand. We just recently lost a second student from our class in California due to cancer. Last year we lost Jean who was just into her 80's and seems she had done what she wanted to do while here. In July, we lost another student, Connie, who was just our age and it really made us take a look at why one must move on so young? We don't know that we will ever have a "good" answer to that question except to simply say they were done. And when we are done, we will also be gone. Joan's moldavite was done and she must have known somehow because she all but asked it to leave. Losing a stone can't be compared to losing a loved one but we believe it left so that it could remind us of what we too, forget - Enjoy your special things and cherish your loved ones, but don't stop when they move on, because you don't want your loved ones to stop when you move on. Remember them and their energy and love are still with you.

I found a couple of truly insightful things that have no author listed but I thank them anyway.

*"Life is about constant movement so we must expect constant arrivals and constant leaving,
everyday prepare to arrive and everyday prepare to leave".*

And truly our favorite quote to share with you is "Don't cry because it's over, smile because it happened."

Blessings,

Joan and Merri

Things coming up: Look for in this newsletter.....

Artist Melissa Harris coming, our third Expo is on it's way, and we once again have acquired the space next door and have some plans.



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: Picture Jasper

Featured Article: Claddagh

Featured Oil: Lemon Oil

Events: Melissa Harris, MBS Expo

Coupon: Stone Pendants

(see last page for details and coupon)

Artist Melissa Harris Coming to MBS September 7th & 8th

New York artist Melissa Harris, who is well-known for such works as “Anything is Possible”, “Mysteries” and “Stand in Your Power” is coming to Mind Body & Spirit on Sept. 7th and 8th.

She is doing intuitive readings and original watercolor paintings for individuals who sign up for an appointment. We have her booked for 2 full days and she will try and change her busy schedule just for our customers if there are more calls for her. So call in soon and we will try and make this very RARE event longer for you.

A session (45-60 minute intuitive reading and original watercolor artwork just for you) with Melissa Harris costs just \$130.00. She will also be her doing signings of her prints, cards, etc. So please call and let us know ahead of time if there is anything you would like special ordered of Melissa’s for her to sign. Melissa will also have a small number of limited edition giclee prints along with her for sale!!!

Don’t miss out on this very

SPECIAL EVENT!!!



*Remember :
Anything is Possible!!!*



117 Lakeshore Drive
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Phone: 651-345-1299
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Email: sacred@onsacredground.net

Bamboo



Dos and Don'ts

Do give it plenty of water, the roots must be in water at all times.

Don't have the water level too high up the stalk as roots will start high on the plant.

Do make sure the water is fresh, spring or drinking water.

Don't use tap water if you live in the city, fluoride and chlorine kill bamboo rapidly,

(imagine what it does to us?)

Do give the bamboo some indirect sunlight.

Don't put them in direct sunlight because its shade loving and will die if in the sun.

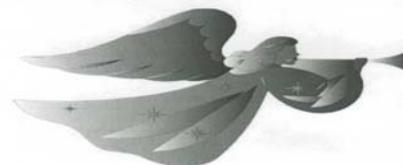
DO check with us soon to get your own bamboo. We have just gotten some beautiful new bamboo in ready for new homes to bring prosperity, luck, and happiness to.

Next newsletter we will discuss what the numbers of bamboo mean to you and your own Feng Shui.

The Studio

(Formerly the Yoga Studio)

We have again resumed responsibility for the space next door to us and the yoga instructors have decided to disband and teach at other various facilities. You can still reach the yoga instructors at their main number until the end of August to find out where yoga will be held. In the meantime, we have space and a couple of the yoga instructors may continue to teach a little at the studio next door and we will also be renting out the space to other events, etc. If there is an interest in renting our space for your event please give us a call and we'll set it up. Reiki will still be held in the Studio as well as many of our various classes and workshops. Look for new surprises possible for the space in the future.



ANGEL READINGS

*Listening to Messages
from Your Angels*

SHARRON E. JORDAN

*Certified Angel Therapy
Practitioner
Ireland 2003*

320 . 251 . 3490
after 3 p.m.

Picture Jasper

Picture Jasper is made up of several different minerals. It is actually a form of rhyolite that has many mixtures. Most Jaspers are made up of feldspar, quartz, and silicon dioxide just as Granite is. Both Granite and Picture Jasper are volcanic rock. Granite has larger granules whereas Jaspers have finer grains within the formation. There are endless color combinations of Jaspers and although not considered "gems" can be, in my opinion, much prettier than traditional gemstones. Picture Jasper received the name due to the beautiful pictures (mostly landscape looking) that are found in the stones. The way that this stone is formed is unique in the layering and cooling involved creates landscapes that any artist would be envious of. One of the Picture Jaspers that we have that is of a unique quality is the Mimbres Valley Picture Rock, also known as Apache Jasper. It holds the color of the southwest regions reds and dusty rose colors and exhibits the wonderful landscapes as the other picture jaspers do. As far as colors the Picture Jasper can have two colors or up to 11 colors in just one stone.

There is not a lot written about the Apache Jasper. It resonates to the number 4. Those with a numerology of 4 would do well to carry this stone for health and well-being. (To find your numerology number just add your entire birthday numbers together and then add until you have a single number. Example: My birthday is 11/15/1963. The numbers $1+1+1+5+1+9+6+3=27$. The number 27 must be added together to get a single number of 9. This tells me that my numerology number is 9. In most books this will also be called a 27/9 because there are other ways of getting to 9 that may create a different type of personality. Fascinating, right?! Once you have your number there is a world of info out there for you, just like in astrology and graphology, it is just another way to get to know yourself). Mimbres Valley Picture Jasper or Apache Jasper is a stone that is vibrationally compatible to the first chakra, the root. It has an energy that is about hard work and structure. Many shy from this but what it truly does is help one work towards their goals in a proficient manner. This stone will not allow you to simply give up on your goals or life dreams. This form of rhyolite makes us realize that in order to grow we must sometimes change.

A good meditation stone that will help one find the reason they are here, carry one today to help you realize your dreams and push you to your life goals. Picture Jasper is a subtle stone, its effects build up over time. Don't expect instant results with any kind of Jasper, just expect big results in time. Picture Jasper is a powerful healer but requires one to specifically charge the stone to the correct area for healing. Wearing picture jasper as a talisman will protect one during travel and although not a replacement for medical care is a must for making all medical care more effective. There are many forms of Picture Jasper and we have a good selection. The Mimbres Valley Picture Jasper will calm and sooth you. Come in today and choose the perfect picture jasper for you or a loved one today.



Claddagh

Mystery surrounds one of Ireland's unique treasures, "The Claddagh" but the stories all have one common theme: the claddagh is a symbol of Love, Friendship and Loyalty and is given to friends as well as lovers.

Some 400 years ago in a fishing village called Claddagh overlooking Galway Bay, close to the city of the Tribes, lived Richard Joyce a Master Goldsmith. It was he who crafted this now famous design that has become part of the IRISH heritage.

The beautiful emblem of the joined hands clasping a crowned heart was a traditional symbol of the inhabitants of the Claddagh village, an Irish village to the southwest of Galway City, once said to be the oldest and most beautiful fishing village in Ireland. In earlier times this design was the symbol, of the "Fishing Kings of Claddagh", meaning "let love and friendship reign". It was painted on the sides of fishing ships so that they could see from a distance whether it was friend or foe. Originally a symbol between people of one area of Ireland to signify friendship and community this symbol has come to be known today as a wedding ring passed only between lovers joined in marriage. In the 17th century the symbol was first depicted on a ring which became the fashionable exchange of friends and lovers. The ring was often an heirloom, passed from mother to daughter on the daughter's wedding day. The symbolism is as follows: The hands are there for friendship, the heart is there for love, for loyalty throughout the year, the crown is raised above. Tradition has it that if the Claddagh is worn on the right hand with the heart turned outwards, the world will know that the heart has not yet been won. If it is worn on the right hand with the heart turned inwards, it shows that friendship and love is being considered, and if worn on the left hand with the heart pointing inwards it signifies that the heart has been won. This symbol truly did not begin it's "life" as a symbol for lovers only instead it was a sign of love between friends. Since many marry their best friends this was probably the natural evolution of the symbology but can be given as a sign of friendship, love, and loyalty between any two people who care about one another.

September 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i>	2 Spiritual Attune 7-9	3
4	5	6	7 Artist <i>Melissa Harris</i> Intuitive Readings w/ Barbara	8 Artist <i>Melissa Harris</i>	9	10 Healing with Lisa (see events page)
11	12 Basics of Stones & Crystals 7:30-9pm	13	14 Reiki Clinic 7:30-9:00pm	15 Ann Dragsten Healing Touch Noon-6pm	16	17 MBS EXPO 10-8pm
18 MBS EXPO 11-4pm	19	20	21 Reiki Clinic 7:30-9:00pm	22 Robert Baca 11am-6pm Gallery 7pm	23 Spirit of Being I 9:30-11:30am Robert Baca 11am-6pm Gallery 7pm	24
25	26 Spirit of Being II 7pm-9pm	27 Ishayas Meditation 6:30-9:30pm	28	29 Psychic Tiffany Johnson 11-2pm	30 Readings w/Barbara Spirit of Being I 9:30-11:30am	

October 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Adv.Reiki 10am-3pm
2	3 Spirit of Being II 7pm-9pm	4 Ishayas Meditation 6:30-9:30pm	5	6	7 Spirit of Being I 9:30-11:30am Spiritual Attunement 7-9pm	8 Healing with Lisa (see events page)
9	10 Spirit of Being II 7pm-9pm	11 Ishayas Meditation 6:30-9:30pm	12 Reiki Clinic 7:30-9:00pm	13 Animal Totems 7pm-8:30pm	14 Spirit of Being I 9:30-11:30am	15
16	17 Spirit of Being II 7pm-9pm Intuitive Readings with Barbara 3pm-6pm	18 Ishayas Meditation 6:30-9:30pm	19 Angel Readings with Sharron 4pm-7pm	20 Ann Dragsten Healing Touch Noon-6pm	21 Spirit of Being I 9:30-11:30am	22
23/30	24/31 Spirit of Being II 7pm-9pm (24th)	25 Ishayas Meditation 6:30-9:30pm	26	27 Psychic Tiffany Johnson 11-2pm	28 Spirit of Being I 9:30-11:30am	29 4 Levels of Health and Healing 10am-12pm

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 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.

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.

~~Spiritual attunement for September 2nd, yes Labor Day weekend, will be presented by Frank Sowada. Our evening discussion will revolve around living in the heart and how to enter within the sacred space within the heart. All are welcome to attend from 7pm - 9pm.

~~October 7th we will have Ruth Burghardi presenting the works of Slim Sperling. Ruth will be presenting Light-Life-Rings, Light-Life-Tools, Acu-Vac Coil and Feedback Loop and Harmonizers. All tools developed under the direction of Slim. The tools support the work of environmental clearing, air pollution clearing, energy balancing, Water Improvement, Alternative Agriculture Methods, Insect Control without sprays, Beneficial Insect enhancement, Alternative Health Methods, Personal Self-Care, Computer Radiation Reduction, EMF Pollution Reduction, Personal Life Improvement as well as Business Improvement. Ruth will be presenting from 7pm - 9pm.

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

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 September 23rd.

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 September 26th.

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

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

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 Tuesday Sept. 27th 6:30pm.** The full course is 4 consecutive Tuesday evenings Oct. 4, 11, 18, & 25, from 6:30pm-9:30pm. A **12 hour course** for just \$300.00 per person.

Call for more information or go to www.ishaya.org

Advanced Reiki

Learn ways you can help your clients prevent future health problems by incorporating the four levels of health and healing. Must be a Reiki II or Master to attend.

\$45.00 (pd one week before start of class) Discount if you bring a massage table.

Oct. 1st. 10am-3pm (1/2 hour break for lunch) Marlene Bragelman

Four Levels of Health & Healing

The four levels of health and healing and their importance in your life. Oct. 29th from 10am-12pm \$30.00 (pd one week before start of class)

Melissa Harris

New York artist Melissa Harris, who is well-known for such works as "Anything is Possible", "Mysteries" and "Stand in Your Power" is coming to Mind Body & Spirit on Sept. 7th and 8th. She is doing intuitive readings and original watercolor paintings for individuals who sign up for an appointment. We have her booked for 2 full days and she will try and change her busy schedule just for our customers if there are more calls for her. So call in soon and we will try and make this very RARE event longer for you.

A session (45-60 minute intuitive reading and original watercolor artwork just for you) with Melissa Harris costs just \$130.00. She will also be her doing free signings of her prints, cards, etc. So please call and let us know ahead of time if there is anything you would like special ordered of Melissa's for her to sign. Don't miss out on this very SPECIAL EVENT!!!

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.

Healing Session with Lisa

She has three years of professional training in Integrated Kabbalistic Healing® and two years graduate studies in advanced healing and non-dual states of consciousness. Lisa holds a Bachelor of Science Degree in Sociology & Psychology. She has over twenty years experience as a Kabbalistic healer, teacher, psychotherapist, research and author. Soul healing. Call for more information.

Check Out These Awesome New Products!



Come and enjoy this inspirational new line of greeting cards!



We had a wonderful time during our trip to Denver in June. We saw many wonderful new products and took the opportunity to learn about much more. We have new things coming in weekly. Look for these new products: Amy Brown signature figurines, stained glass chakra goddesses, several new greeting cards, porcelain luminaries, new hanging glass balls with brilliant coloring to brighten any space, as well as many more fun and unusual items. We also have a new line of stone pendants in and pendulums for





Judith Newby
Spiritual Counselor
*To Release & Grow in Love & Truth
 To Let Your Spirit Soar with Your Soul*

Transmedium • Tarot Cards • Psychometry
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www.JudithNewby.com

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 by Joan




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(320) 203-9630
 Joan Stokes, AHT

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

Mind Body & Spirit Expo



A Celebration of Alternatives

Saturday, September 17th, 2005

10am-8pm

Sunday, September 18th, 2005

11pm-4pm

You are invited to share the Experience of: Reflexology,
Astrology, Numerology, Soul Visions, Aromatherapy,
Intuitive Readings, Feng Shui, Angel Readings,
Healing Touch, Tarot Readings, Animal Communication
and much more!

915 W St. Germain, St. Cloud, MN 56301
www.mindbodyspirit-online.com

For More Information Please Call (320) 203-9630

*A Few Essential Facts :
About Lemon oil*

- Lemon is not necessarily an oil, as other oils are, but an essence; therefore, its storage life is shorter than other "oils".
- Origin is California, Italy, Spain, South Africa, and Argentina. It takes 3,000 lemons to produce 1 kilo of "oil". (Taken from expression of the rind of the lemon.)
- Well known as a liver regulator and anti-vomiting agent. Widely used in skin care to cleanse the skin, reduce wrinkles, and combat acne.
- Can be used for the relief of motion sickness in all ages and works wonderful for easing nausea in pregnant women. Lemon is very good for children that are weakened by recurring infectious dis-ease.
- Improves memory, is used for relaxation, and is an immune stimulant that increases white blood cells. Has been used in the treatment of obesity, parasites, urinary tract infections, arteriosclerosis, hypertension, anxiety, and digestive problems.
- Lemon is rich in limonene (59-73%), which has been extensively studied for its ability to combat tumor growth in over 50 studies.
- Lemon promotes clarity of thought and purpose. In a clinical study in Japan, diffused lemon in an office environment resulted in 54% fewer errors.
- As with all citrus, avoid applying to skin that will be exposed to sunlight or UV within 24 hours, as burning/discoloration can occur.

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

All Stone Pendants

Offer good Sept 1st thru Oct 1 31st ~ Coupon must be presented at time of purchase.

Website!

www.mindbodyspirit-online.com



Mind Body & Spirit

915 W. St. Germain St.

St. Cloud, MN 56301

"A journey of a thousand miles begins with a single step."

~ Confucius