

Kaleidoscope

Quarterly Newsletter
from
Mind Body & Spirit

January 2
February 0
March 6

Finding Gratitude

Hi Friends,

What is gratitude? Is it writing a card to a good friend or family member for something nice they have done for us or have given us, etc? Yes, partially. Is gratitude going to someone's home to help them out with a project because they helped you? Sure it is, partially. This thinking is pretty limited though; you see, the challenge in this way of thinking is that it leaves no space for simply living in gratitude for what we have and who we are in the moment, every moment of every day, no matter what that may look like. Merri and I were talking about the GoGratitude site (www.gogratitude.com) the other day and I became intrigued with gratitude. Merri had the idea to write about gratitude, but first I had to really "get it" before I could write about it. I looked for the definition of gratitude and I found "the state of being grateful". Ok, so what is being grateful? Grateful is "a feeling of thankfulness or appreciation". I then looked up thankful and found, "conscious of benefit received". The conscious part really got me. That being conscious part always gets me.

Merri and I were looking at gratitude again a couple of days later and we took a closer look at the enormously positive situation we have found ourselves in. Many of you know that I have just recently been divorced. Three years ago I moved out of my home and moved in with Merri and her husband, Doug. It was originally a place to stay while I got through the separation process. When I moved in, Merri had three daughters at home. Her twins, Amber and Nikki, were 18 and getting ready for graduation. The youngest, Stephanie, was 12 years old. When I moved away from the farm I also moved away from my own 2 daughters, Ami, just barely 13 and Laura, 10. Amber and Nikki moved out after graduation, leaving more room, and after almost 2 years, Laura decided to move and live in the same house with all of us. One year later, Ami decided to do the same. Now our home is filled. There are 3 teenage girls, Merri, Doug, 2 dogs (both female), and myself. Amber and Nikki are there quite regularly. (There is a lot of estrogen in that house! Wow!! Not kidding, in fact, we have jokingly said that the cat, who was male, couldn't take it, and died just to get out of all that estrogen!) It's a houseful when there are two families.

Now if we were in any one of several other countries that find multiple family households the norm, we would never have any questions about the way we live. I constantly have people who ask where I am going to live now that the divorce is final, etc. I say we are not moving. This seems to surprise many. Here's the deal. We all like it. We have sincerely become one family. In fact, we find ourselves wanting to ask others why they aren't doing the same thing?! We have one adult per teen, three adults to share expenses, plenty of room, and our daughters always have someone around if needed. We all have our arguments, crabby moments, and tears, like any family. We also have laughter, sharing, and love. It works because of a lot of communication, it works because of a great deal of gratitude. Oh, I am not trying to kid anyone, as I said we have our moments, but Merri and Doug have actually tried to get me to sign a 10 year lease, so that I can't leave. I guess that says a lot!

What did this story have to do with finding gratitude? Plenty.

(continue to page 2 for the conclusion of "Finding Gratitude".)

Blessings,

Joan and Merri

"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul."

~Rabbi Harold Kushner



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: Carnelian

Featured Article: Chakras

Featured Oil: About Oils

Coupon: Incense Holders

(see last page for details and coupon)

“Psychic Detective” Bill Mitchell

Nearly thirty years ago, Bill Mitchell decided to hang up his mainstream career (in Social Work) to become a private psychic consultant. Soon after he made this metaphysical commitment, his life took another turn when a high school friend was mysteriously murdered in the 80's. While he urged the police to check on leads that would point to the guilty husband, they saw him as a psychotic versus psychic and the case was simply closed unsolved. Over the years, Bill's reputation for accuracy grew and the police, FBI, and other investigative organizations regularly seek his intuitive advice. Much happened and after almost 20+ years later and two more murders the former husband was not only thrown in jail but was also sentenced to prison two days before his dead wife's birthday. Following the sentencing, Bill went to his friend's grave and released balloons in celebration. See our website at www.mindbodyspirit-online.com for countless other stories:

Bill enjoys a successful and eclectic career and has been heard and seen on countless mainstream and metaphysical radio and television stations nationwide as well as print media. He's studied many aspects of the psychic world, including clairvoyance, angelic intervention, Asian philosophy and divination, Native American shamanism, the human energy field known as the aura, Reiki Healing and many more topics.

Séance

Thursday, March 30th ~ 7:00 pm 9:00 pm

Communicating with the spirit world through ceremony or ritual has been done across a multitude of cultures in a variety of forms. Many search for the certainty of existence of life after physical death for those who have lost loved ones, to have one more chance to say "I love you... I miss you... I'm sorry...", etc. Bill has the gift to see, hear, and feel those who have crossed over and will share those communications with you during this spiritual meeting and will also share historical tradition, culture and mysticism surrounding seances. Multiple contacts will take place during class. Seance size limited to 25 people.

Individual Spiritual Readings

Friday and Saturday ~ 11:00 am 6:00 pm

This is a 30-minute psychic reading. See Bill if you want the straight, unedited truth. In this 30-minute psychic reading, Bill pulls from a pool of metaphysical capabilities to give an accurate reading including clairvoyance, angelic interaction, reading the human energy field known as the aura, astrology, psychometry and more.

Consumers have the option to bring personal recorder and tape. We hold the vision that all tape recordings work, but cannot guarantee the performance of electronic devices. Please take good notes for reference as well.

(Finding Gratitude, continued.....)

What it has shown us all is that because Doug, Merri, and Stephanie have not seen the girls and I as a burden or bother, we have turned out to be a blessing for them. Because I did not complain about not having a place of my own to live, I have found better than a place of my own. I have found a place filled with wonderful family that nourishes me and my daughters. Here is the key to the whole story of how we were living in gratitude. We didn't know we were living in gratitude. We were living in gratitude and it was rewarding us! Wouldn't it be great if that could happen all the time? Not having to do anything and there it is?! It rarely falls nicely together like that. It did fall nicely together for us but now we have to keep the gratitude in our hearts every moment or we will lose what we have gained. We found it and you can too!!!

We can live in gratitude every moment of every day and be conscious of it too! It takes a little work but the rewards are far and above worth it. It isn't really all that difficult and if we all start doing it the energy will travel to everyone and whoa, don't get me started!!! Baby steps is all it takes. Start out tomorrow morning with just one affirmation of gratitude. You can make one up or choose from the examples given below. Each day add one more. By the end of the month you will need all morning, possibly even all the way to work, to say them all. Then watch the changes!!! You will be amazed. I guarantee it. How can I guarantee it? Because anyone who cares enough to have gotten all the way through this article, cares enough! And anyone who cares enough can make amazing changes in their lives!!!

By the way, be sure and come in and tell us your stories of living in gratitude and how it has changed your life. We'll put a couple of the stories in the next newsletter. Blessings to you all as you Live in Gratitude for every moment of every day!

1. My daily attitude is one of gratitude 2. I AM grateful 3. I AM attracting good into my life 4. I Have a grateful heart 5. I AM an extraordinary person 6. I Have abundance all around me 7. I AM filled with happiness and gratitude 8. I AM learning each day to be grateful for those around me 9. Abundance comes to me because I AM grateful 10. I Live In Gratitude 11. I Appreciate all that I have 12. I AM thankful for the flow of the universe and all the good things it brings to me 13. I AM grateful for my health 14. This day I feel profound gratitude for all that I AM and all that I have 15. I know GRATITUDE is a daily choice and I choose to live in gratitude!!! (Now keep adding or start over- keep going!)

**“You simply will not be the same person two months from now after consciously having gratitude each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law:
the more you are grateful for, the more will be given you”**

*~ Sarah Ban Breathnach ~
“Simple Abundance”*

Carnelian

Carnelian (car-neel-yun) is a chalcedony (cal-sed-nee). Lake Superior Agate is also a chalcedony. These are very closely related. In fact, they are very difficult to tell apart at times. The highest quality carnelian comes from India and the highest quality Lake Superior Agate comes from, well, duh. The majority of Carnelian on the market today comes from Brazil and Uruguay. They both have a high iron content and this is why they have orange, yellow, red, and brown mixtures in their coloring. All agates are chalcedony but not all chalcedony are agates.

Now that I have confused you let's talk about Carnelian. Although usually associated with the 2nd chakra, Carnelian can actually be used in meditation and treatments for realignment and balancing of the 1st, 2nd, 3rd, and 4th chakras (to find out about chakras see our article on page 4). Since it can be used for all of the first 4 lower chakras and healing of those chakras it has a wide array of physical treatment.

Here are the essential physical uses:

Helps, assists, and/or has been used for: stimulation of metabolism, stimulating the absorption of vitamins, nutrients, and minerals in the small intestine, improving the quality of blood, alleviation of rheumatism, treatment of neuralgia, gall stones, kidney stones, pollen allergies, and the common cold, amelioration of dis-orders of the spleen, pancreas, and spine, an elixir to help heal cuts and abrasions, and healing of the ovaries and testes.

These are just a few of the physical dis-orders that have been treated with Carnelian. Since it is so good at improving the quality of blood in the body it is also a wonderful detoxification tool.

Some of the words associated with this beautiful, usually bright orange stone are courage, vitality, sexuality, confidence, action, and compassion. This is a stone that was found in the breast plates of the high priests at one time. Tomb offerings found in the Great Pyramids of Egypt prove its importance as a protective stone for the dead. And in the middle ages, Hildegard von Bingen, sainted healer and so much more, (1098-1179) recommended Carnelian for treatment of headaches and alleviation of pain in child birth. For centuries it has been believed to enhance emotional security and help enhance functioning of the reproductive organs.

Carnelian is a wonderful stone to have for any type of left brain activity because of it's ability to stimulate analytical capabilities and precision; therefore, an outstanding stone for students of math and science as well as anyone needing help in solving other problems quickly and pragmatically.

It has been believed for hundreds of years that Carnelian gives courage to its wearer, helping timid speakers become eloquent and bold; therefore, it is useful for those who are in theatrical presentations and those who need to speak in front of crowds.

Carnelian is also a great stone for building of ones confidence, passion, and power within themselves. Sexuality gets an extra boost from Carnelian; therefore, under the proper circumstances and with the right partner, this path of passion can lead to the house of ecstasy and Divine Union.

The strengthening and fortifying of the physical body that is accomplished, working with Carnelian, provides one with the extra stamina to take action in manifesting one's highest goals and dreams. It improves motivation, helps focus, and assists decision making. It has a great deal of strength in creating an idealistic attitude and a desire to stand up for a good cause. It helps to banish fear, sorrow, and anger from the emotional structure. It has also been used to dispel apathy and passivity. It provides protection from evil and brings on productivity and prosperity. When mixed with chlorite and ruby crystals, Carnelian becomes a powerful aid in assisting earth-bound spirits to move on.

Carnelian should be worn close to the skin for extended periods of time to be effective. As with all stones it should never be used as the only "cure". Stones and other alternative medicine should be used in conjunction with, and for the improvement of, modern western medicine.

Thank you to all sources used for this article: (and if you would like more wonderful information these books are outstanding as well as "The Crystal Bible" by Judy Hall):

"Crystal Power, Crystal Healing The Complete Handbook" by Michael Gienger, "Love is in the Earth" by Melody, "Sheryl's Guide to Stone Energies" by Sheryl Fisher, and "The Book of Stones" by Robert Simmons and Naisha Ahsian.



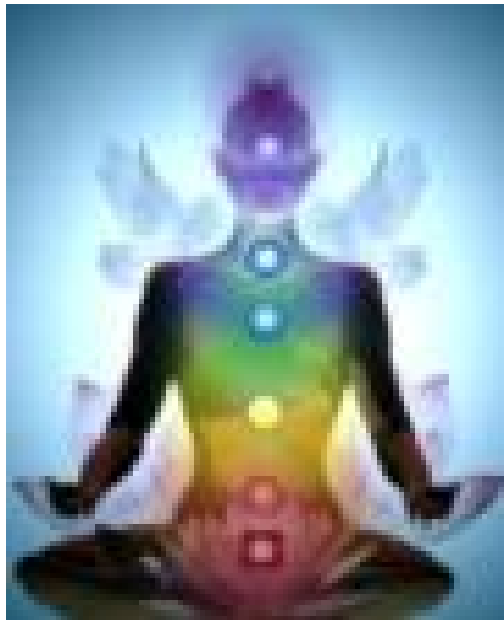
Chakras



Up until about 6-7 years ago I had never heard the word chakra. I had no idea I had chakras and that they might need clearing, cleansing, opening, etc. I also didn't know that they might not be spinning right (right direction, right speed, etc.)! I had a lot to learn, still do! I have since heard them called "shockers", "chalk-russ", "shock-rahs", "chalkers", and "cha-cha-cha..... energy centers"! I don't really think it matters if one says the word correctly. Pronouncing them one way or another does not determine how they work. Customers have come in and asked if we do Shock Therapy. The point is that it doesn't matter if you say any of it correctly, everyone has chakras and it's important to learn about them so that you can take care of them and keep them healthy as with any other part of the body.

What are Chakras? Simply, they are the energy centers of the body. Chakra is a Sanskrit (an ancient language that has been recently revived) word for "wheel" or "disk" which explains how the chakras move, in circular motion (like mini tornados that reach out and pick things up bringing them into our bodies and then sometimes they throw things out too). What we prefer is for them to bring in the "good" stuff and fling the "crud" out.

There are seven major chakras, and hundreds, perhaps even thousands of smaller less primary chakras, that are centers of activity for the reception, energies. The seven major chakras run ganglia, glands of the endocrine system, breathing, digesting, or procreating. physical body, they are not made of any doctor could not operate on a chakra and do affect us physically.



The seven major chakras that are the Sacral (Second), Solar Plexus (Fifth), Third Eye (Sixth), and Crown have been used in an attempt to make it they are located. Starting at the Root following up the body are orange, violet finishes the colors at the seventh

assimilation, and transmission of life along, and correspond to, major nerve and various body processes, such as While the chakras do exist within the physical components themselves. A anymore than an emotion, yet both can

most well known are the Root (First), (Third), Heart (Fourth), Throat (Seventh). The colors of the rainbow easier to identify the chakras and where or base chakra is the color red and yellow, green, blue, indigo, and finally, chakra. (see illustration).

We all learn about ions, protons, and neutrons, in grade school and how we are all made up of energy components. In grade school (well at least in my grade school) the fact of the aura and the chakras were left out. Every cell in human as well as animal bodies vibrate with energy. This has long been understood by traditional cultures around the world and is becoming more apparent to all of us because of confirmation by many of today's scientific advances and discoveries. We do consist of more than just the muscles, bones and blood of our physical bodies, there is a world all around us and in us to discover yet.

What does one do to heal or keep the chakras healthy? How does one know whether their chakras are closed or open and what to do if they are? How does each chakra effect the different parts of the body and what chakra effects what parts? How do you help balance the flow of energy through the chakras? How do I heal my body through the healing of my chakras? This and so much more can be answered by reading, reading, reading. And to get a start, we have a class coming up on January 31st that will introduce one to the many aspects of the chakras, including some great stuff on what archetypes correspond to what chakras, and we will address many of the questions posted here also. Come and begin to learn about you and that part of your body that they didn't teach you about in school.

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Renewal



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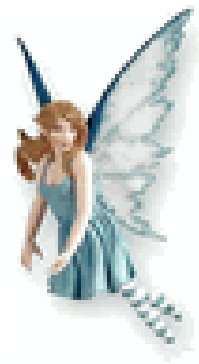
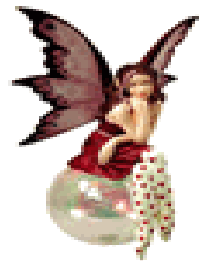
Just In!

Namaste Products

Amy Brown Faeries



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- Maroon
- Purple
- Forest



License Plate Frames, Mugs, Jean Shirts, T-Shirts, and more!

January 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Spiritual Attunement 7pm-9pm	7
8	9 Kinetic Training 1:30-3:30pm	10 Intuitive Readings w/ Barbara Noon-4pm	11 Reiki Clinic 7:30-9:00pm	12	13	14 Sacred Sexuality 10am-4pm Psychic Protection 10am-Noon Tiffany 1-3pm
15	16	17 Stones I 7-9:30pm	18 Angel Readings with Sharron 4pm-7pm Reiki Clinic 7:30-9:00pm	19	20	21 Realm of Sub. 1:30-3pm Intuitive Readings w/ Barbara 10am-4pm
22	23	24 Game Night 7-9:30pm	25	26 Tiffany 11am-2pm Ann Dragsten Healing Touch Noon-6pm	27	28
29	30	31 Chakras 7-8:30pm				

February 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Intro to Flower of Life 7-9pm	3 Spiritual Attunement 7-9pm	4 Sacred Sexuality For Couples 10-3 Intuitive Readings w/ Barbara 10am-4pm
5 When Love Addict 6-8pm	6 IM 1:30-2:45	7	8 Reiki Clinic 7:30-9:00pm	9 Ann Dragsten Healing Touch Noon-6pm	10 Ishaya's Intro.from 6:30-7:15. Full Course Cont. 7:30-10	11 Kate Z. 10:30-1:30 Ishaya's Meditation 10am-5pm
12 When Love Addict 6-8pm Ishaya's Meditation 10am-5pm	13 IM 1:30-2:45 Animal Totems 7-9pm	14	15 Reiki Clinic 7:30-9:00pm	16 Kinetic Training 7-9pm	17 Couples Massage 7-8:30	18
19 When Love Addict 6-8pm	20 IM 1:30-2:45	21 Intuitive Readings w/ Barbara 2-6pm Spirit of Being 1 7-9pm	22 Sacred Space 7-9pm	23 Psychic Tiffany Johnson 11-2pm	24	25
26 When Love Addict 6-8pm	27 IM 1:30-2:45	28 Spirit of Being 1 7-9pm				

March 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Animal Totems 7-9pm	3 Spiritual Attunement 7-9pm	4 Kinetic Training 1-3pm
5 When you love... 6-8pm	6 IM 1:30-2:45	7 Spirit of Being 1 7-9pm	8 Reiki Clinic 7:30-9:00pm	9 Ann Dragsten Healing Touch Noon-6pm	10 Ishaya's Intro.from 6:30- 7:15. Full Course Cont. 7:30-10	11 Intuitive Readings with Barbara 10-4pm Ishaya's Meditation 10am-5pm
12 Ishaya's Meditation 10am-5pm	6 IM 1:30-2:45 Stones II 7-9pm	14 Spirit of Being 1 7-9pm	15 Reiki Clinic 7:30-9:00pm	16	17	18 Kate Zimmer 10:30-1:30
19	20 IM 1:30-2:45	21 Intuitive Readings w/ Barbara 2-6pm Spirit of Being 1 7-9pm	22 Game Night 7-9pm	23 Tiffany 11-2pm Ann Dragsten Healing Touch Noon-6pm	24	25
26	27 IM 1:30-2:45	28 Spirit of Being 1 7-9pm	29	30 Séance with Bill Mitchell	31 (All Psychic Bill	Day) Detective Mitchell

Angel Readings with Sharron Jordan

Guidance from the Angelic Realm. Angel Therapy Practitioner, 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. **Angel Readings will be on January 18th only, Sharron will be taking a break in Feb. and March, so book your time soon! Next Angel Readings date will not be until April!**

Coming this Spring!!! "How to give an Angel Reading" Fun for family and friends! Watch for date in the April Newsletter.

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.

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

Animal Communication with Joan Stokes

Call for appointments with Animal Communicator Joan Stokes. She is available sporadically and only by appointment. Joan has approximately 20 years experience working with animals at various Veterinary Hospitals and has "talked" to the animals ever since she can remember. She "talks" to the animals via feelings and pictures and then translates those feelings and pictures into understandable language for us humans. Find out what is on your animal companion's mind today.

Fees: \$1.00/minute with a minimum reading of 15 minutes.

Readings with Kate Zimmer

Kate is a clear and direct channel to receive loving guidance from her and your spirit guides, Angels, Ascended Masters, Totems, Fairies, deceased loved ones and past lives. She uses her skills in clairvoyance, clairaudience and clairsentience to relay messages, insights and answers to the many questions affecting you on your path. She is an open and loving medium for the other side. Her ability for receiving clear and loving messages from Angels and spirit guides is incredible. She is also an amazing, natural healer. Kate is a Reiki Master and Certified Basic Integrated Energy Practitioner and has studied other various healing modalities including sacred geometry, chakra healing, energy medicine, meditation, Christ's Light Techniques, brain wave and vibrational healing. Join her for a time of love, healing, Divine light and a journey into the world of Spirit. Fees: \$1/minute

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.

Class Descriptions

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. 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.

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. \$5.00

The Basics of Crystals and Stones I

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. 15% discount on all stone related purchases on class night.

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

Basics of Crystals and Stones II

The continuation of the process of learning about the many stones that we have in our shop and what Mother Earth has to offer. Not a more advanced class, just more stones to look at that we don't have time for in Stones I.

Joan Stokes and Merri Weis Fee: \$5.00 per person

Game Night

Come and play new games with Joan and Merri. Join us for a FREE evening of friends just getting together to learn to play some of the new games we have acquired here such as Carolyn Myss' Sacred Contracts game, Doreen Virtue's Angel Guidance, and brand new "Gift of Enlightenment". We may even eventually get to the computer game "Journey to Wild Divine".

Chakra Basics

Think you are the only one who doesn't know much about the chakras? Think again. Join us for a basic look at the chakras and why they are an important part of our health. Merri and Joan Fee: \$5.00

(IM) Intentional Manifesting (IM)

Aligning with the Rhythm and Flow of Life.

Want to heighten your intuition? Focus? Creativity? Gain momentum on an intention? Increase your confidence? Become attractive to opportunities? Have greater optimism and enjoy yourself more? Synchronicity and meaningful coincidences are happening all the time. Intentional Manifesting will set an environment for you to become consciously aware of this reality. You will discover the power of your mind to attract more of what you desire -- maintain a state of calm -- enjoy a healthy balance -- contribute positively to others and to the world. **IM** sets the environment for intuition, inspiration, and insights. This opportunity is a must for anyone who chooses to proactively design their life rather than live a life subject to circumstances. This is a progressive 4 week experience with the option to continue on an ongoing basis. The **IM** concept was created for people who believe life is meant to be enjoyed, without the need to struggle.

Facilitated by: Cyndi Silva. 685-3291
4 Mondays in February 1:30 pm—2:45 pm \$33/ mo

Intro. To the Flower of Life-Merkaba:

This workshop is an introduction to the Flower of Life workshop in which you learn a meditation for the activation of your living Merkaba field. These teachings of the Merkaba were originated by Drunvalo Melchizedek. Mer-a specific kind of light with counter-rotation, Ka-individual spirit, Ba-manifestation of spirit or physical body. Define the MerKaBa and learn techniques for remembering who you are. Also learn how to breathe in a way that directs the prana through the pineal gland.

Jennifer Kunin Thursday Feb. 2nd from 7-9pm. \$10.00 per student.

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. 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's like home decorating with a fun twist!

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

Spiritual Attunement

The intention of this 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. Donations are encouraged. All are welcome.

January Session: Drumming and Drum Care

February Session: To be announced

March Session: To be announced

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 February 21st Barbara Bjorklund

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

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

Kinetic Training

Learn stress relief through Kinesiology (muscle testing). Learn about brain dominance and how to do stress release yourself anywhere and any time of the day. Held on Mon. Jan. 9th, Thurs. Feb. 16th, and Sat. March 4th.

The Realm of Substance

A manifestation meditation using hypnosis and the singing crystal bowls. Your outer world is a reflection of your inner world; whether abundant or lacking, it is a reflection of your inner consciousness. We form our reality by our thoughts, emotions, words, deed, and intention. Learn to create your own abundant reality and much more. Ruth Beland & Kim Voigt

\$20.00 Pre-registration and payment required. Late registration accepted up to date of workshop pending space availability.

When You Love an Addict

Alcoholism and drug addictions create havoc in a person's life. But they also wreak havoc in the lives of those who love them. This 5-week experience will use information, support, exercises and skill-building to help those affected by another's addiction. It will focus on: Basics of Addiction, Family Dynamics, Codependent Patterns, Assertiveness, Detachment and Self-Care.

Susan Holmen \$90 for series Sundays, Feb. 5, 12, 19, 26, March 5 6-8 p.m.

Couples Massage

Learn basic, simple techniques for relaxation and connection with partner, friend, or family member, etc. Friday evening Feb. 17th from 7-8:30pm. \$15.00 per person. Pre-registration by Mon. Feb. 13th.

Sacred Sexuality-the Goddess Within

This workshop is a rite of passage for women who choose to experience a personal connection to the Divine Feminine. This is accomplished through sharing of information, intuitive exercises, creative expression, music, dance, and ritual.

Sat. Jan. 14th 10am-4pm Instructor: Kimala Kai Fee: \$80.00 per person for day.

Sacred Sexuality for Couples

The best gift you could give your Valentine is to bring more love into your relationship. This workshop is designed to do just that. Call for details.

320-253-1696. Feb. 4th 10am-3pm Candy Hadsall, RN, Sexuality teacher and Founder of Ms. LaVie's School of Loving Arts in Minneapolis. More info call: 320-253-1696 or 612-823-1750

Tiffany on Hypnosis

Hypnosis probably isn't what you think it is. Honest. I'd like to address some common concerns and misconceptions about hypnosis and what can and may occur in a hypnotherapy session.

I think it may be best to first define a few terms in and around hypnosis. First – there is the definition of the process. Hypnosis is the by-pass of the critical factor of the conscious mind and the establishment of acceptable selective thinking. Now, you're probably asking yourself what the "critical factor" is. The critical factor is a term for a moment in time where your mind allows or disallows a suggestion whether under hypnosis or simply in life, to be accepted into the subconscious mind. A "suggestion" in hypnotic terms is the "script" that we use in our session to guide the outcome. For example a suggestion may be weight loss or smoking cessation.

Now, hypnosis isn't a "new age" thing. It's been around for thousands of years. Ancient indigenous tribes used varied forms of hypnosis to perform surgery, assist in childbirth and gain insight and visions. More currently, the Pope in 1955 proclaimed that "Women should have hypnosis for childbirth." And in 1958 the American Medical Association declared that "Hypnosis is a useful tool." As you can see, the practice of hypnotherapy is no passing fancy.

There are numerous misconceptions about hypnosis. First – you are **AWAKE!** You most certainly aren't asleep. In fact, your consciousness is actually *more* aware than you currently are right now. Secondly, you most certainly cannot be "stuck" in hypnosis. You can come in and out of hypnosis at will. Lastly, you cannot, no matter how good the hypnotist, be told to do something that you don't want to do. If you are dead set against something, there isn't any amount of hypnosis that will bring you around to doing it. Promise.

Any "normal" person can be hypnotized. In fact, the higher the intelligence, the more apt to take to hypnosis. Now, as said before, if you are dead-set against it, you won't relax into it. But, if you come into a session with an open mind, amazing things can be accomplished, no matter how analytical you may be.

There are unlimited goals that can be accomplished in hypnotherapy. Just to list a few: confidence; phobia release or management; pain control; natural childbirth; motivation; weight control; smoking cessation; past life regression; stress management; sports improvement; breast enlargement (I swear – I'm not making it up and it **REALLY** works!); cessation of bed wetting and **MORE!** Really, what hypnosis can assist with is only limited to our own minds.

I hope this has clarified any concerns or misunderstandings you have about hypnosis. It really is an amazing tool. If you have further questions, please don't hesitate to contact me and I'd be happy to answer any further questions you may have!

Contact Tiffany at:

www.readingsbytiffany.com



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For more information please contact:

Susan Holmen, CCAS, LCSW

sholmen@msn.com

"Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

~Melody Beattie

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SEND Institute: Creating the Life you Imagine

What Color is Your Personality: Unlocking the Power of your Neurology

Carondolet Center, St. Paul

Wednesday, January 11th, 2006 6:30 - 9:00 p.m. \$35.00

Civic Center, St. Cloud

Thursday, January 12th, 2006 6:30 - 9:00 p.m. \$35.00

Personality is the organizing principle that influences all aspects of people's lives. Understanding personality helps people understand how emotional, psychological, and spiritual energy can lie at the root of illness, disease and life crisis. Personality drives the way people gather information, make decisions, and interact with others. It determines people's work habits, stress points, and responses to change and conflict. Most importantly, however, personality points us toward the unique giftedness of each of the personality types and helps us to understand the strengths and competencies each personality has to offer in their relationships, in their workplaces, and in their sacred work in the world. Join us and unlock the power of your neurology.

The Light of the Body: Following the Pathway of the Soul

St. John's School of Theology, Collegeville

Saturday, January 21st, 2006 10:00 - 5:00 p.m. \$99.00 includes lunch

Join the SEND Institute faculty and special guest, Medical Intuitive, Hay House Author and Radio Personality, Dr. Carol Ritberger, and discover the pathway to the soul which calls us to remember the following:

- ~That we are all souls and spiritual expression is our primary purpose
 - ~That the soul uses our physical bodies, our minds, our talents and gifts to find expression
 - ~That the soul seeks to express creativity, love and service to others
 - ~That we live in a world of energy that connects us to each other and to the Divine
 - ~That we are always connected to divine wisdom and spiritual assistance
 - ~That intuition is our guide to the soul, and is an innate capacity that can be developed.
-

The Color of Money: Harnessing the Creative Energy of Money

St. John's University, Collegeville

Saturday, February 4th, 2006 10:00-4:00 p.m. \$89.00 includes lunch

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- ~Practical strategies for getting clear, getting started and moving forward
- ~How to begin to create the life you imagine

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- Diffusing oils may: improve concentration, alertness, and mental clarity, promote relaxation, relieve tension, help with weight management, reduce air-born bacteria, fungus, mold, and unpleasant odors.
- If diffusing oils begin with 15-30 minutes/day and increase up to 2 hours/day.
- The bottom of the feet is the most effective and safest place to use essential oils.
- Use Epsom salts or a bath gel base for all oils applied to your bath to disperse oils in the water.
- If you are pregnant, nursing, or are on any medications, please contact your physician before using any essential oils.
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"Just when the caterpillar thought the world was over, it became a butterfly"
- anonymous