

# Kaleidoscope

Quarterly Newsletter  
from  
Mind Body & Spirit

October  
November  
December

2006

## Hi everyone!

Summer is almost over and, well, I don't want to talk about it, so let's think about something else. I just recently received this from a friend of mine via email and wanted to share it with all of you. It is political, but we believe in the message that it conveys, that the idea of America is a good one. A place where all "fit" no matter race, religion, etc. It is an idea that too many of us forget was the original plan for America, and we think it is a good reminder for all about what being an American truly is. We trust that one day this can be said about the world, not just a portion of it.

Here is the Australian article sent to me via email:

Written by an Australian Dentist....and too good to delete....

You probably missed it in the rush of news last week, but there was actually a report called "To Kill an American" that someone in Pakistan had published in a newspaper an offer of a reward to anyone who killed an American, any American.

So an Australian dentist wrote an editorial the following day to let everyone know what an American is. So they would know when they found one. (Good one, mate!!!!)

"An American is English, or French, or Italian, Irish, German, Spanish, Polish, Russian or Greek. An American may also be Canadian, Mexican, African, Indian, Chinese, Japanese, Korean, Australian, Iranian, Asian, or Arab, or Pakistani or Afghan.

An American may also be a Comanche, Cherokee, Osage, Blackfoot, Navaho, Apache, Seminole or one of the many other tribes known as native Americans.

An American is Christian, or he could be Jewish, or Buddhist, or Muslim.

In fact, there are more Muslims in America than in Afghanistan. The only difference is that in America they are free to worship as each of them chooses.

An American is also free to believe in no religion. For that he will answer only to God, not to the government, or to armed thugs claiming to speak for the government and for God.

An American lives in the most prosperous land in the history of the world.

The root of that prosperity can be found in the Declaration of Independence, which recognizes the God given right of each person to the pursuit of happiness.

An American is generous. Americans have helped out just about every other nation in the world in their time of need, never asking a thing in return.

When Afghanistan was over-run by the Soviet army 20 years ago, Americans came with arms and supplies to enable the people to win back their country!

As of the morning of September 11, Americans had given more than any other nation to the poor in Afghanistan. Americans welcome the best of everything...the best products, the best books, the best music, the best food, the best services. But they also welcome the least.

The national symbol of America, The Statue of Liberty, welcomes your tired and your poor, the wretched refuse of your teeming shores, the homeless, tempest tossed. These in fact are the people who built America, people from all different lands! Some of them were working in the Twin Towers the morning of September 11, 2001 earning a better life for their families. It's been told that the World Trade Center victims were from at least 30 different countries, cultures, and first languages.

So you can try to kill an American, if you must. But, in doing so, you would just be killing yourself. Because Americans are not a particular people from a particular place. They are the embodiment of the human spirit of freedom. Everyone who holds to that spirit, everywhere, is an American."

It speaks volumes and I really don't think I need to add anything except perhaps that what we might need, for all of those that need to have a label, is a different label for everyone who holds to the human spirit of freedom. You see Americans are just a group of people who didn't belong elsewhere and couldn't "fit" in. If we all work together maybe we can create space where all can and will "fit". Thanks for reading!

Blessings,

Joan and Merri



## Mind Body & Spirit

For information please call:  
(320) 203-9630

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

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Saturday 10-5pm  
Closed Sundays

### In This Issue:

Featured Stone: Protection Stones

Featured Article: A Series of Symbols

Featured Oil: Oregano

Coupon: 3 Different Months-  
Three Different Coupons!

Coming Attraction: "Conversations with  
God" the movie (see pg. 11)

# Protection Stones

We have had many people asking for protection stones recently. I personally feel that this comes from the feelings of insecurity that many are going through today because of the constant media coverage, etc. of terrorist acts, etc. This frightens people and then when we are focused on fear we tend to see all of the other things we feel we must be frightened of. Stones are great protectors for many different reasons and to carry a stone for peace of mind is certainly a wonderful way to keep those fears from taking over your precious time. Stones have been used since ancient times as amulets for healing and protection and below is a list for all of you that would like to feel a little extra security and it is a guideline for what stone suits your needs. When I have written “overall” protection this means that it can be used for the physical, mental, emotional, subtle, etc. but one must still feel that the stone’s vibration will be in harmony with the one carrying the stone. It is all about whether the stone will be your stone or not and this can only be chosen by you. This is a guideline for your intuition and should be treated as such. If the stone does not feel “right” to you then chances are it will not work well for you. If you are choosing it for someone else, you can still use your intuition for what that individual needs. Read the attributes and then “feel” for the perfect choice. These are in alphabetical order and the descriptions all pertain to what they guard against or are a protection for.

*Agate (Fire Agate)* - against ill-wishing, builds a shield around the body and returns the harm back to it’s source so that the source understands the harm it is doing.

*Amber* - powerful overall protector, absorbs negative energies and transmutes them into the positive

*Amethyst* - overall protective stone esp. for spiritual protection because of it’s high spiritual vibration

*Angelite* - for the physical body primarily

*Bloodstone* - helps one avoid dangerous situations by strategic withdrawal and flexibility

*Boji Stones* - overall protective stone

*Carnelian* - protects against envy, rage, and resentment, yours and other people’s

*Cat’s Eye* - (Form of Chrysoberyl) protects the aura from negative energies

*Chiastolite* - wards against ill-wishing and curses

*Jade* - protects from physical harm, brings harmony

*Jaspers* - provides protection by grounding one’s energies and provides safety in travel, both physical and astral

*Jet* - provides protection against violence and illness and protects during spiritual journeying

*Kunzite* - Dispels negativity from individuals and the environment

*Labradorite* - forms a barrier to negative energies shed through therapy, deflects unwanted energies from the aura and prevents energy leakage.

*Lasar Quartz* - overall protection for body and aura

*Malachite* - absorbs negative energies and pollutants easily, guards against radiation, people who live near a nuclear or natural radiation source should have malachite in their home.

*Onyx* - fortifies our self-confidence so that we are protected against those who tend to easily influence us or try to lead us, is probably the best stone for protecting children, being careful to avoid letting very young children put it in their mouths

*Opal* - protects against thought of suicide as it strengthens the will to live

*Prehnite* - seals the auric field in a protective shield of divine energy

*Pyrite* - protects all the subtle and physical bodies deflecting harm and danger

*Smokey Quartz* - overall protection, assists elimination and detoxification on all levels, brings in positive energies to fill the voids

*Sugilite* - protection for the soul from shock, trauma, and disappointment, protects sensitive people and light workers from becoming mired or despondent having to work in the physical plane at such low vibrations

*Tiger Eye* - carried traditionally by shaman, etc. as a talisman against ill-wishing, curses, and the “evil eye”

*Tourmaline* - forms a protective shield, protection during rituals is very strong

———*Black Tourmaline* - overall protection, protects against cell-phones, electromagnetic smog, radiation, psychic attack, spells, ill-wishing, and negative energies of all kinds. Defends against debilitating dis-eases. WHEN IN DOUBT ALWAYS CHOOSE A BLACK TOURMALINE FOR PROTECTION!

*Tourmalated Quartz* - excellent for neutralizing psychic or actual attack, replenishes chakras after attacks, and keeps negativity from returning

*Turquoise* - believed to change color when there is danger, especially of infidelity, guards against sadness and brings great joy

The list here is not all inclusive. It is compiled from traditional and modern information about protection magic lore with crystals and stones. We trust this list will help you choose the best crystal for your protection. If you have any other questions please never hesitate to ask us. Namaste

# Newest Images

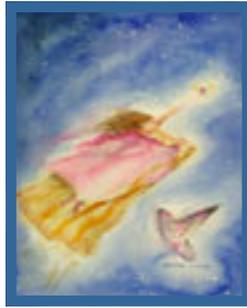
by Melissa Harris



"Medicine Woman"



"Intentions"



"Making Magic"



"Dance Your Dreams"



"Rejuvenation"

## WHAT'S NEW ?

- \* Candles \* Flute music by David Young \* Angels
- \* New Art by Jill Dubbledee-Kuhn
- \* Banners & Flags \* Prayer Flags

**Pewter Labyrinths**

These labyrinths are made of pewter and are designed to be used as a form of meditation and prayer. They are available in various sizes and designs, and are perfect for use in a home or office.

**3 in 1!**  
 • candle  
 • massage oil  
 • moisturizer

the original  
**"suntouched candle"**

**100% Natural**  
 environmentally friendly  
 petroleum free

made with soy, hemp  
 and vitamin e

3 new aromas/flavors:  
 •Skinny Dip •Dreamsicle •Lavender

**Himalayan Salt Lamp:**

Sculptures & Tealights

Globes & Bowls

**Intuitive Readings**  
 with **Barbara Bjorklund**

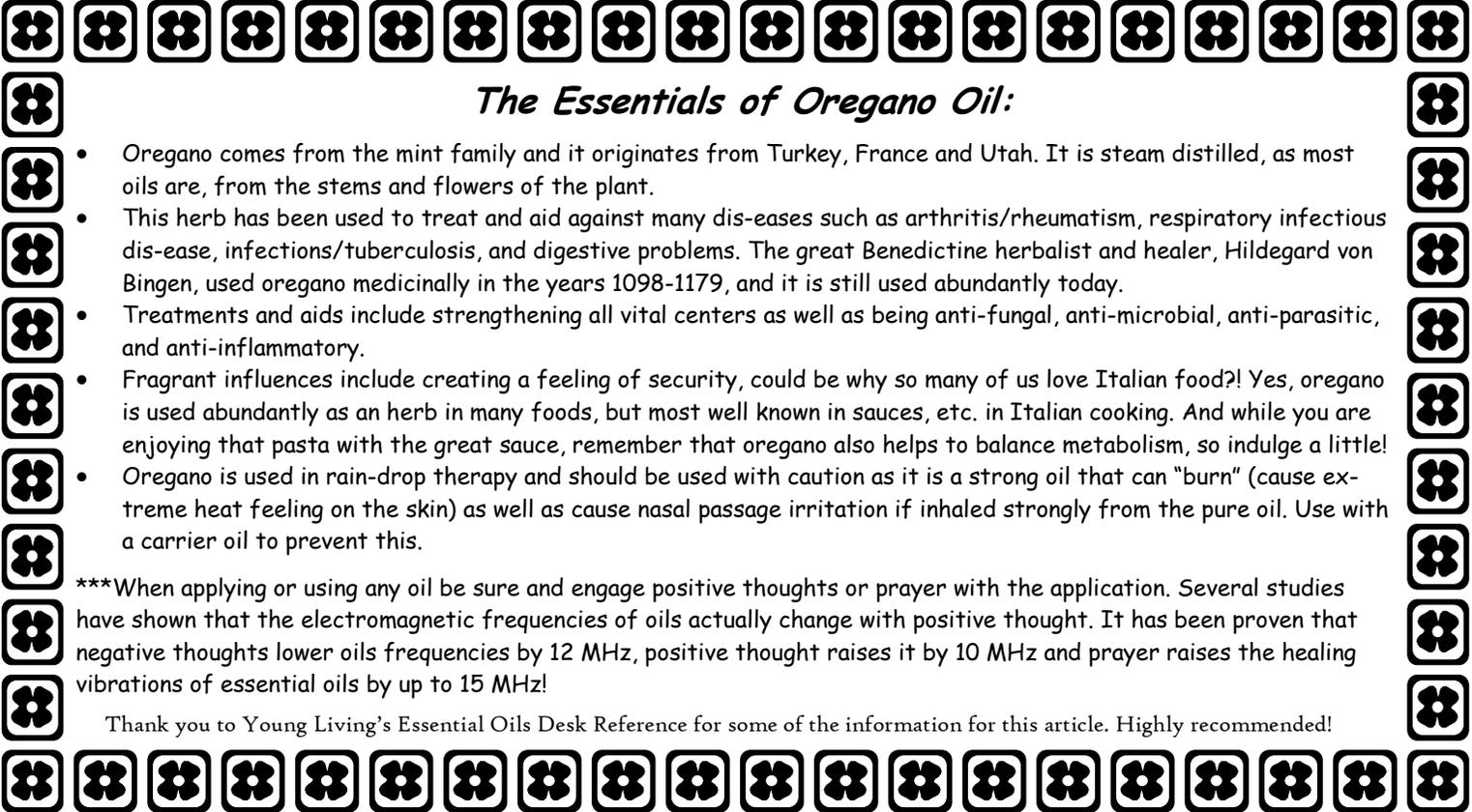
Creating an opportunity for you to release energetic blocks and clear the way for the next step.

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

**Walking Sticks**

**30% off**

**Mind Body & Spirit**  
 Good for the entire month of  
 October  
 One Coupon per Customer Please



## *The Essentials of Oregano Oil:*

- Oregano comes from the mint family and it originates from Turkey, France and Utah. It is steam distilled, as most oils are, from the stems and flowers of the plant.
- This herb has been used to treat and aid against many dis-eases such as arthritis/rheumatism, respiratory infectious dis-ease, infections/tuberculosis, and digestive problems. The great Benedictine herbalist and healer, Hildegard von Bingen, used oregano medicinally in the years 1098-1179, and it is still used abundantly today.
- Treatments and aids include strengthening all vital centers as well as being anti-fungal, anti-microbial, anti-parasitic, and anti-inflammatory.
- Fragrant influences include creating a feeling of security, could be why so many of us love Italian food?! Yes, oregano is used abundantly as an herb in many foods, but most well known in sauces, etc. in Italian cooking. And while you are enjoying that pasta with the great sauce, remember that oregano also helps to balance metabolism, so indulge a little!
- Oregano is used in rain-drop therapy and should be used with caution as it is a strong oil that can "burn" (cause extreme heat feeling on the skin) as well as cause nasal passage irritation if inhaled strongly from the pure oil. Use with a carrier oil to prevent this.

\*\*\*When applying or using any oil be sure and engage positive thoughts or prayer with the application. Several studies have shown that the electromagnetic frequencies of oils actually change with positive thought. It has been proven that negative thoughts lower oils frequencies by 12 MHz, positive thought raises it by 10 MHz and prayer raises the healing vibrations of essential oils by up to 15 MHz!

Thank you to Young Living's Essential Oils Desk Reference for some of the information for this article. Highly recommended!

### Intuitive Readings with Barbara

An intuitive reading is a personal interactive session. Barbara takes one beyond the known into the unknown 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. Barbara's fees are \$75.00/hour and \$40.00/1/2 hour

### 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 the fourth Thursday each month 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). Tiffany's fees are \$120.00/hour and \$60.00/1/2hour

### 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. Kate is a Reiki Master and Certified Basic Integrated Energy Practitioner and has studied other various healing modalities. Fees: \$1/minute

### 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. Sharron's fees are \$60.00/hour and 35.00/1/2hour

### 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. Ann's fee are \$55.00 per session.

### Aura Photos and Readings

Find out what your aura looks like that only special photography can uncover. Bobby Sullivan will "read" your photo and give you some insight into what your body is trying to tell you. This is fun and informative. Don't miss out on a chance to see the "real" subtle you. Photos \$20 each

# October 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <b>Intuitive Readings</b> with Barbara 2-6pm <b>Spirit of Being</b> 7-9pm	4	5	6 <b>Spiritual Attunement</b> 7-9pm <i>The Secret</i>  <b>Full Moon</b>	7 <b>WSC</b> Mankato, MN <b>Psychic Readings</b> w/Kate 11-1pm
8 Women's Spirituality Conference Mankato, MN	9	10 <b>Spirit of Being</b> 7-9pm	11 <b>Reiki Clinic</b> 7:15-9:00pm	12 <b>Ann Dragsten</b> Healing Touch Noon-6pm	13	14 <b>Book Signing</b> "A Land Beyond Forever" Author Tracy Flynn Bowe Illustrated by Jill Dubbledee Kuhn
15	16	17 <b>Spirit of Being</b> 7-9pm	18 <b>Reiki Clinic</b> 7:15-9:00pm  <b>Beginning Psychic Dev.</b> 7-9pm	19 <b>Intuitive Readings</b> with Barbara 1-5pm	20 <b>Drum Circle</b> 7:30-8:30pm	21
22 <b>Conversations with God the Movie</b> 7-9pm  <i>New Moon</i>	23 <b>Intro to Spirit Dance</b> 7-8pm	24 <b>Spirit of Being</b> 7-9pm	25 <b>Beginning Psychic Dev.</b> 7-9pm	26 <b>Angel Readings</b> with <b>Sharron</b> 4-7pm	27 <b>Ghosts &amp; Spirits</b> 7-9pm	28 <b>Spirit Dance Workshop</b> 1-4pm
29	30	31 <b>Spirit of Being</b> 7-9pm  <i>Samhain</i>				

# November 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>Beginning Psychic Dev.</b> 7-9pm	2 <b>Intuitive Readings</b> with <b>Barbara</b> 10-3pm	3 <b>Spiritual Attunement</b> 7-9pm <i>Ear Candling</i>	4
5  <i>Full Moon</i>	6	7 <b>Spirit of Being</b> 7-9pm  <b>Beginning Hands on Healing</b> 7-9pm	8  <b>Reiki Clinic</b> 7:15-9:00pm	9  <b>Ann Dragsten Healing Touch</b> Noon-6pm	10  <i>Edge Expo</i>	11 <b>Psychic Readings</b> w/ <b>Kate</b> 11-1pm  <b>Uniite Festival</b>  <i>Edge Expo</i>
12  <i>Edge Expo</i>	13  <b>The Tapping Cure</b> 6-7:30pm	14  <b>Beginning Hands on Healing</b> 7-9pm	15 <b>Angel Readings</b> with <b>Sharron</b> 4-7pm  <b>Reiki Clinic</b> 7:15-9:00pm	16  <b>Psychic Readings</b> Tiffany Johnson 11-2pm	17  <b>Drum Circle</b> 7:30-8:30pm	18  <b>Aura Photos</b> 11-2pm  <b>Auras &amp; Our Energy</b> 2-4pm
19	20  <b>Game Night</b> 7-9:30pm	21	22	23  <b>Closed</b>  <i>Thanksgiving</i>	24  <b>Intuitive Readings</b> with <b>Barbara</b> 10-4pm	25
26	27	28  <b>Beginning Hands on Healing</b> 7-9pm	29	30		

# December 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>Spiritual Attunement</b> 7-9pm <i>Angelic Realm</i>	2 <b>Psychic Readings</b> w/ <b>Kate</b> 11-1pm
3	4 <b>Movie Night</b> 7:30-9:30pm  <i>Full Moon</i>	5	6 <b>Meditation &amp; Relaxation</b> 7-9pm	7 <b>Intuitive Readings</b> with <b>Barbara</b> 10am-6pm	8	9
10	11	12 <b>Angel Readings with Sharron</b> 3-7pm	13 <b>Reiki Clinic</b> 7:15-9:00pm	14 <b>Ann Dragsten</b> Healing Touch Noon-6pm	15 <b>Intuitive Readings</b> with <b>Barbara</b> 10am-3pm <hr/> <b>Drum Circle</b> 7:30-8:30pm	16
17	18	19	20 <b>Reiki Clinic</b> 7:15-9:00pm  <i>New Moon</i>	21	22  <i>Solstice</i>	23  Extended Hours <i>Open until</i> <b>9-7:00pm</b>
24	25	26	27	28	29	30
31	MBS Closed Dec. 24th thru Jan. 2 for the Holiday Season ~ Blessings to All!!!					

# Class Descriptions

## Monthly Drum Circle

This gathering is meant for us to just pick up those drums that sit pretty in the corner, hang beautifully on the wall, or are stuck in the closet and have fun with them. They deserve this as much as you do. Let's get together and give our drums and ourselves some free, fun time to gather and create some rhythm, just like people have been doing for thousands of years! No need to have any drumming experience whatsoever! No need to register, just come on in and join us! (FYI-Even though there is no required registration it would be wise to call in to see if the drumming has been cancelled for any reason the day of.) Fridays from 7:30pm-8:30pm Oct. 20th, Nov. 17th, & Dec. 15th. Led by Kimala Kai

## Intro to Spirit Dance Workshop for Women

Wondering more about the upcoming Spirit Dance for Women Workshop on Sat. Oct. 28? Well, here is where you find out exactly what all the buzz is about before the commitment. Come to this first and alleviate all fears, etc. about the upcoming workshop so that you can join us for a fabulously fun and lively experience! Monday, October 23rd from 7pm-8pm \$5.00 The intro class is not needed to attend the workshop on Saturday. Instructor: Kimala Kai

## Spirit Dance Workshop for Women

Women have gathered in circles celebrating life through music and dance throughout the world since the beginning of time. Within every woman, is a dancing Goddess. Come with an open mind and open heart to experience more of who you are as a sensually alive woman. No dance experience necessary. Inviting all women, any age, any shape, and any size! We are all beautiful! Workshop will include: Group Sharing and sisterhood support, Guided imagery of opening into the Goddess within, moving to music, dressing up in scarves, veils, and fabrics provided for your personal expression. Wear comfortable clothing, wear a long flowing skirt if it pleases you. Please bring any drums and/or percussion instruments with you. Saturday, October 28 from 1pm-4pm Fee: \$45.00 The intro class is not needed to attend this workshop.

Instructor: Kimala Kai

## The Tapping Cure

Discover a method that allows you to alleviate emotional distress by gently tapping on specific points on your body that correspond to acupuncture meridians. This method may allow you to calm anger, ease anxiety, alleviate stress, overcome phobias, and more. Monday, November 13th 6pm-7:30pm \$20.00 Instructor: Michelle Bergh from Infinite Light Wellness Center

## 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 October 3rd Barbara Bjorklund  
Fee: \$120.00 prepaid for 6 sessions or \$25/per session

## Game Night

Join us for a FREE evening of friends just getting together to learn to play some of the new games we have here. We have had game night before and it was a blast. Fun is very spiritual! Come join us and just have FUN! Games to be played: TBA! We may even eventually get to the computer game "Journey to Wild Divine". Call with any questions. Monday, November 20th 7-9:30pm.

## 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. First Friday Every Month

**October Session: "The Secret" Movie and discussion (Oct. 6th)**

**November Session: Ear Candling (Nov. 3rd)**

**December Session: Hierarchy of the Angelic Realm (Dec. 1st)**

## Meditation and Relaxation

In this class we will examine and experience numerous types of meditation. We will also examine various techniques of relaxation that will allow people to open up to deeper levels of achieving the meditative state.

Instructor: Bob Sullivan December 6th, 7-9pm \$25.00

## Auras and Our Energy

In this class, we will explore what an Aura is. Where our Aura is located. How to see Auras. How our energy is affected by other people, thoughts and feelings. You will also learn how to protect and clear your energy and the spaces you live and dwell in...and much more

You will also have the opportunity to have an Aura Photograph taken.

(Additional Charge of \$20) November 18th.

Instructor: Bob Sullivan Photos 11-2pm Class 2-4pm

## Ghosts and Spirits in the Material World

In this class, we will examine the phenomenon of Ghosts...look at different photos of ghosts. Discuss how they look and feel. Also, we will discuss techniques on how to identify if you have ghosts. Learn what to do if you would like the ghosts to leave. Discuss Spirit attachments and much more.

Instructor: Bob Sullivan October 27th. 7-9pm \$25.00

## Beginning Hands on Healing:

In this series we will discover and develop the ability to channel universal healing energy through healing touch. We will examine different techniques and discuss various aspects of working with different types of healing.

Instructor: Bob Sullivan November 7th, 14th, and 28th, 7-9pm \$25.00

## Beginning Psychic Development

In this class series, we will examine the four Psychic Gifts of Clairvoyance, Clairaudience, Clairsentience and Claircognizance as well as Intuition. We will demonstrate and practice different exercises that will allow you to help develop these gifts. We will also look at how we communicate with our Guides, Angels and deceased loved ones. Each class will also include a time to practice the various development exercises with other students.

Instructor: Bob Sullivan October 18th, 25th, and November 1st 7-9 \$25

**Classes by Bobby Sullivan:** Assistant to Well-Known Author and Teacher, Echo Bodine, Bobby has studied with others such as Renowned Psychologist and Author Julia Ingram. Bobby ventured out on his own last year, leaving his job in Advertising for a Minneapolis Film and Video Production Company, to pursue a full time career of teaching and healing.

## Movie Night

We have linked up with a group, who have some wonderful films, called the Spiritual Cinema Group. We believe these films need more of a chance, movies such as "The Peaceful Warrior", and of course "The Celestine Prophecy", because they are just that good, and we have decided to start to show them in our studio. In the future we will announce the movie planned, but the first evening is TBA. You may call closer to the date to find out what movie we will be showing. This is a free movie evening but any donations toward the support of our studio would be greatly appreciated. Call with any other questions. Monday, December 4th 7:30-9:30pm.

## A Series of Symbols

Many people ask us about the symbols they see us wearing or the symbols in and around the shop quite often. Each newsletter we will try and explain one of these symbols. This newsletter we will look at the Triskele (Triple Aspect which represents threefold interconnectedness). My daughter wore this symbol to school and kids called her a "witch" (and not in a positive way). Well, it is true that today's witches do wear this symbol, but this symbol is also found in almost every culture, tradition, and yes, religions worldwide. The most common one seen today is the Celtic Triskele which shows the trifold in a celtic knotwork form. Another place that this is seen on a regular basis, and most likely the reason why my daughter was called a witch, is on the popular television show "Charmed". In this program there are three sisters who are witches, and they are the "charmed" ones. The symbol for them is the power of three. Although this symbol is a powerful symbol of three, it is certainly not just for witches.

The Triskele or Threefold Interconnectedness has many different meanings. It is multicultural and has no gender bias. In its feminine form it is the symbol of Maiden, Mother, Crone (Sage). In the masculine form it is Son, Consort (Companion or Partner), and Sage. It is a symbol of Holistic Health, representing Mind, Body & Spirit. It is also a symbol for everything living as it represents Life, Death, and Rebirth. In the Pagan culture the celestial bodies were very important. To these nature based souls, the significant symbology of the Triskele would be the Sun, Moon and Earth. This is a very powerful trinity which effects all life. In other cultures, and religions worldwide, it has come to be known as the symbol of Heaven, the Earthly Plane, and the Underworld. And finally for the Christians it is a sacred symbol for the Father, Son, and Holy Spirit.

Just another reason why one should not make a judgment about anything until one is educated. Many symbols are used today that have very different meanings, and we must first learn about these before we make a decision about someone who is wearing them. The Triskele is a universal symbol of the sacred interconnectedness that we all share and maybe, just maybe, it is a symbol we should all be wearing?





**Coupon**

**20% off**

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One coupon per customer, per month.

*Salt Lamps*

**15% off**

**MIND BODY & SPIRIT**

Good for the entire month of December  
One Coupon per Customer Please

**Website!**

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



## *Meditation Series*



led by Frank Sowada

The series will begin on Monday, September 25th and will be held for 13 weeks on Monday evenings from 7pm - 8:30 pm. (except for Nov. 6th, making it 12 Monday Sessions total) This will be held at Doug and Dana Peterson's "A Healing Spot" The meditation series is open to all over the age of 15. If you have never meditated before, this will be a great introductory. If you have meditated before, this will refine your practices and quite possibly open the view to other meditation practices. The intent of the series is to introduce different types of meditation including breath work, guided imagery, and daily living. Each evening will begin with discussion on the meditation practice for that evening, followed by questions, and finishing with an experiential practice. A donation of \$20.00 per evening is suggested and encouraged, but not required. Exceptions may be made. Please inquire if you do not meet the age requirement! For more information you may reach Frank @ 320-248-8034.

The 12 session series will include;

1. Breath work
2. Distractions
3. Chakra clearing
4. Self-healing
5. Peace within the heart
6. Past Lives
7. Holy Names
8. Blue Pearl
9. Kundalini
10. Extension - Spirit and grounding
11. Defining souls purpose
12. Daily life.



### **PLEASE JOIN US!**

Learn, explore, enjoy and celebrate diverse cultural healing methods & demonstrations, music, cultural performances, and ethnic foods at the **CULTURAL HEALING FESTIVAL**

**SATURDAY**

**NOVEMBER 11, 2006**

**TIME**

**9:00 am to 5:00 pm**

**LOCATION**

**Whitney Senior Center  
1527 Northway Drive  
St Cloud, MN 56303**

[Direction/Map to Whitney Senior Center](#)

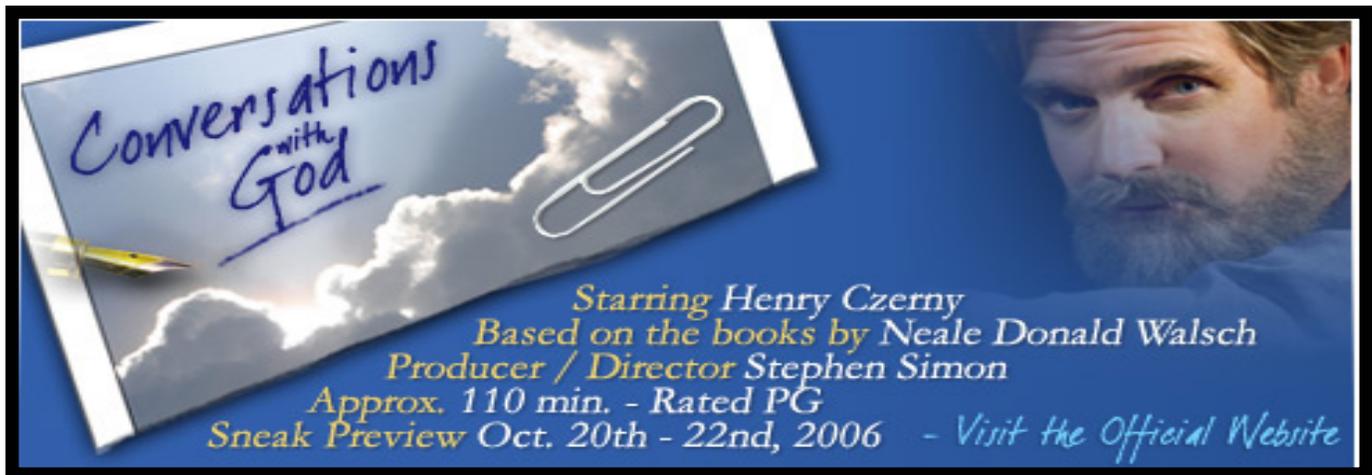
**FREE AND OPEN TO THE PUBLIC**

**FREE PARKING AVAILABLE**

**LIST OF PRESENTERS & DEMONSTRATORS**

Chandra Prakash, Richard Chandler, Ana Maria Studer, Diane Calabria, Dana Spates, Frank Chartrand, Barb Hanska, Dee Ma Chen, Frank Sowada & Joaquin Alves.

# Mind Body & Spirit presents



Adapted from the books by Neale Donald Walsch that inspired and changed the lives of millions worldwide, "Conversations with God" tells the true story of Walsch (Henry Czerny) who, at the lowest point in his life, asks God some very hard questions. The answers he gets from God/within become the foundation of an internationally-acclaimed book series that has sold over 7 million copies and been translated into 34 languages. The film chronicles the dramatic journey of a down and out man who inadvertently becomes a spiritual messenger and bestselling author.

"Conversations with God" is the first original film production of The Spiritual Cinema Circle and is both directed and produced by Stephen Simon. (Director of "What Dreams May Come", with Robin Williams as leading actor, and "Somewhere in Time". The film is 100 minutes and is MPAA Rated PG.

This movie will touch your heart and open doors you never knew were there! One show only Sunday, October 22nd at 7pm at the Historic Paramount Theater. This is a sneak preview with a special surprise guest. Don't miss the first chance to see this amazing film with your family and friends. Tickets available at Mind Body & Spirit and the Paramount Theatre.

## Showing at the Paramount Theatre Sunday, October 22nd at 7pm only

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*"Don't ask what the world needs. Rather ask—what makes you come alive?  
Then go and do it!  
Because what the world needs is people who have come alive"*

- Howard Thurman



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