

# Kaleidoscope

Quarterly Newsletter  
from  
Mind Body & Spirit

April  
May  
June

2002

Hi Everyone!

**The Secret.** This has certainly gotten a great deal of publicity lately, hasn't it? News people have complained that this is nothing new, that it is just a new package with a better wrapping and better media coverage. The author and others have already said this is old stuff. Perhaps no one was hearing it, or getting it before? Well, good for them for getting it out to the people! It can be as complex or as simple a concept as one wants it to be. Of course, it isn't new. It has been used since the beginning of beginnings. The only enemy of the secret is doubt. And we all have doubt. I think it starts when one is being squeezed through the birth canal, "I thought life was perfect, NOW, I got doubts!" The secret is not about the information as much as the practicing, living, knowing, and using that which we already knew.

Back to the "doubting Thomas" media people. You are right, it is silly to think that you will ever be able to change anything with this knowledge. Why? Because you don't believe it! Remember the only enemy to the Secret is doubt. No, it isn't new, and yes, we have always known it and yes it's a new package. But it's a package that works. Read it, see it, believe it!

I guess one could look at it this way, we know how to exercise, we know how to eat right, but sometimes it takes a recipe or chart to help us choose the right foods or a trainer to help with the exercise to keep us going. The Secret is kind of like these tools. It is something to help remind us, as a training manual would be, of how to do this work. We all need reminders sometimes because well, we are human. We sometimes need that training manual to refer to, when we get lost and forget what we already knew. The Secret is nothing more than that manual to help us remember and to help us when we lose our way. It reminds us that we do have the power to be, do, and have all things.

The Secret does work, it will change your life, it always has for those who know it to be true.

The Secret has never really been a secret. For those who doubt it, it will always remain a secret.

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We have a new event coming up on Saturday, June 16th, starting at 9am and going all day until 4:30 in the afternoon. It is a Metaphysical Forum (a variety of morning sessions to choose from, discussions, question and answer periods, etc.) called "Our Sacred Journey". See page 11 for details. This is going to be great! Tiffany Johnson, Bobby Sullivan, Barbara Bjorklund and others will be your guides as you all walk the Sacred Journey together for one whole day. Call with any questions!

Blessings,  
Joan and Merri

*"Journey to the Place that Feeds Your Soul"*

## In This Issue:

Featured Stone: Nebula Stone  
Featured Article: Symbols/Runes  
Feature on Oils: Diffusing Oils  
Movies: More Spiritual Cinema!



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Saturday 10-5pm

# Nebula Stone

I have had several people ask about Nebula stone since we have had it in our shop. I have always “felt” Nebula stone is special and I also knew it was unique unto itself, but I too have made the error of proclaiming it to be something in the same category as other orbicular jaspers like Kambaba. I have been seriously wrong, not about Nebula being unique and special, but it being anything near the same as the jaspers, it is not. I can’t describe it better than the wonderful folks we have met that actually discovered the Nebula stone. These two individuals are special in themselves, I am sure well before they discovered this gift to all of us. As I have told many people, Ron actually “feels” the energy of the stones to find them and Karen has much the same energy as the stone, a warm and gentle feel. I would say that the Nebula stone picked these two for “discovery” because they have much the same vibration as this feel good stone unlike any other. This is a gift that all should have. For more about the stone, I have gotten these words directly from the site of the discoverers of this wonderful healing stone;

**From [www.nebulastone.com](http://www.nebulastone.com):** “Hi, my name is Ron Nurnberg, my wife Karen and I are the Discoverers of Nebula Stone. We discovered it in Mexico. Nebula Stone is not a Jasper. There is NO Nebula Stone from Africa. There is NO Nebula Stone from Madagascar. Nebula Stone is found in only one Country and one location in the World...Mexico. Nebula stone is confused with Kambaba jasper often and Kambaba is sold as Nebula sometimes by those who either have wrong information or are being unscrupulous. Kambaba is a petrified algae rock, Nebula Stone is NOT petrified algae. Another stone that looks like Kambaba jasper is crocodile rock from Africa, they are not LIKE the Nebula, and do NOT have the same minerals as Nebula Stone. The American Museum of Natural History says "It is unlike anything we have ever seen". The Smithsonian Institute had classified it as a new orbicular Nephrite (type of Jade), and then said they were not sure what it is. Nebula Stone is an unusual combination of crystalized minerals; Quartz, Riebeckite, Aegirine, Acmite, Anorthoclase, Calcite, Zircon and other minerals with numerous microscopic terminated Quartz Prisms (points) in the matrix. It is interspersed with “nebula like” (swirling patterns) formations called spherulites, (the lighter green eyes) in the dark green, almost black background and looks much like the night sky with the lighter quartz as stardust and star trails. The predominate mineral in Nebula Stone is Quartz.

Nebula Stone is a Green Quartz, that is also much like Jade in hardness scales and it also carves much like Jade, although sometimes called a Jadeite and may be closest to Jade in it’s form, it’s still not technically a Jade. This stone is heralded by many as the premiere healing stone. We Discovered Nebula Stone in the Americas (Mexico) in 1994. If you desire more info on Nebula Stone or our Discovery Story ( The Enchantment of Nebula Stone ) go to [www.nebulastone.com](http://www.nebulastone.com)”

Nebula stone harmonizes ones energies and generates a feeling of comfort. It helps to create a more content feeling so that one feels complete in one’s life. It will help the wearer or holder to feel mentally more alert, and able, and will also provide one with the feeling of a greater physical strength and spiritual attunement. This is a very grounding stone that will also help one with past life memories, and activates the remembrance of Light within one’s cells drawing the Light into the physical body. Nebula stone carries the energy of the archetype of the Great Mother and assists one in recovering one’s own power. It helps one to clear any old emotional patterns or habits that stand in the way of one’s growth. To assist with continued growth on one’s spiritual path one need only hold the Nebula stone and repeat the mantra or affirmation “I choose and fulfill my highest spiritual path”. This stone helps one to carry a more expanded range of light frequencies and is supportive and encouraging as the Great Mother is. There is a nebula stone waiting for you to discover it today.

(Thank you to Ron and Karen Nurnberg for allowing themselves to be the ones to discover the Nebula Stone so a great gift was given to all of us, and to “The Book of Stones” by Robert Simmons and Naisha Ahsian.info. for the information on the metaphysical properties)

*From what we got we can make a living.  
What we give, however, makes a life.*

- Arthur Ashe



This ground-breaking feature length movie presentation reveals *The Great Secret* of the universe. It has been passed throughout the ages, traveling through centuries... to reach you and humankind. This is *The Secret* to everything - the secret to unlimited joy, health, money, relationships, love, youth: everything you have ever wanted.

In this astonishing program are ALL the resources you will ever need to understand and live *The Secret*. For the first time in history, the world's leading scientists, authors, and philosophers will reveal The Secret that utterly transformed the lives of every person who ever knew it... Plato, Newton, Carnegie, Beethoven, Shakespeare, Einstein.

Now YOU will know *The Secret*. And it could change your life forever.



***The Essentials of Diffusing Oils:***

Diffusion of oils is just the simple process of dissemination, or the spreading out, of the oils over a large area. The reason for diffusing is so that the benefits of the oil may serve a number of people at a time or may serve an area of one's living space. Many people use oils directly on areas of their bodies for therapeutic relief but there are other ways to get the therapeutic benefits, and one way is by diffusing. Many have heard of diffusing, and have seen diffusers but are not sure how to use them.

Cold air diffusing, which requires a cold air diffuser, atomizes a microfine mist of essential oils into the air where they remain suspended for up to several hours. Cold air diffusers can be special ordered from our shop or other representatives of therapeutic grade essential oils. Other ways of diffusing are to purchase one of the many diffusers on the market today that are simply a reservoir suspended over a heat source of some type. One must take care when heating essential oils as extreme heat can damage them, or burn them, causing them to lose their health benefits. Many of the diffusers on the market as seen in our shop, are heated with a tealite which is very little heat and works best. Other simple ways to diffuse oils around the home are; adding a few drops of the oil to cedar chips as a homemade potpourri, putting them on a cotton ball and placing them in a car or home air vent, placing a few drops of oil in a bowl of water and putting the bowl on a wood stove with low heat. Finally, dampen a cloth, apply essential oils to the cloth and place it near the intake duct of your heating or cooling system.

Now that you know how and why you diffuse, what are the benefits of diffusing oils? Diffusing oils help to reduce bacteria, fungus, mold, and unpleasant odors from your home. It is also a great way to create a more relaxing environment and a way for everyone to experience the health benefits of essential oils without much thought to the process, it is simply in the air that you are breathing and it is settling on you as you do yoga, daily chores, or just taking a nap. Essential oils in your environment will help to relieve tensions, relax the body, and clear the mind. It also produces negative ions which create better air and naturally cures the ozone, which creates better air for all of us to breathe. while bringing the health benefits that are a part of the essential oil of your choice in your diffusing. Now you too know what it is, how to do it, and why. Now go get the diffuser of your choice and start using those oils you've heard so much about!

\*\*\*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!

**Next issue: More ways to use your Essential Oils!**



## Intuitive/Psychic Readings:

### 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. 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 through 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 Angel Readings for Couples on Valentine's day also. This is a chance to get your best friend, partner, or significant other in for an angel reading that will bring insights into your relationship or give you a chance to find out a little more about one another. Whatever you learn it promises to be insightful, powerful, and fun. (Sharron will be doing her regular angel readings for those who want a single reading.) Sharron Jordan 3:00pm-7pm

### 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

### Paulette Lucas

Paulette was a therapist for over 20 years and has traveled extensively visiting power centers around the globe to develop her spiritual awareness for herself as well as those she works with. Paulette is a Clairvoyant, trance medium, and empathic who has now "officially" been reading for 9 years. She works with spirit guides, angels, and deceased loved ones. She has moved here to St. Cloud from New Orleans and is now available for private consultations. By Appointment Only, Paulette will be here Wed Jan. 24th 10am-5pm, Mon. Feb. 12th 10am-5pm and Wed Mar. 14th 10am-5pm. \$60.00 per 1/2 hour and \$100.00 per hour.

### Zandora

A spiritual advisor, 35 years of collected knowledge and experience has made Zandora a master in the realm of divination. Channeled readings through Tarot cards, palmistry, and astrology. A mystical medium specialized in ghost rescue and clearing hauntings. Also: Energy Healing and Energy Balancing. Instant results from pain and discomfort. Fee: \$75.00 per hour \$40.00 per 1/2 hour

### Kelli Spencer

Psychic medium: I connect you to your loved ones and guides. I am clairvoyant, clairaudient, claircognizant, clairalient, I am a medium, which means that I am a bridge between this world and the next. I work with individuals that need closure, validation, or peace of mind that their loved ones are ok on the other side. Fee: \$60.00 per hour

## Energy Healing:

### Bonnie Labuda

Bonnie practices Microdermabrasion (Precise exfoliation to remove facial blemishes) and Api-Therapy (Bee Sting Therapy), which is a treatment to relieve pain and inflammation, joint pain, arthritis, hips, back pain, immune building. For more info on this research: [www.apitherapy.com](http://www.apitherapy.com) She also is available for Herb consultations. Fees vary, please call Bonnie for more information, and appts at 320-252-5745

### Kimberlee Bluhm

Quantum Touch: (in a nutshell) The Quantum Touch Practitioner learns to focus and amplify life force energy. When the practitioner holds a high vibrational field of life-force energy around an affected area, through a process of resonance and entrainment, the client naturally matches the vibration of the practitioner, allowing one's own biological intelligence to do whatever healing it deems necessary. Kimberlee (as well as her Dad, as this seems to be a family affair), is a practitioner of Quantum Touch. Fee: \$60.00 per hr.

### 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. In fact we believe she is our best kept secret that we shouldn't keep a secret. Ask us just how good she is! Ann's fee is \$55.00 per session.

# April 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Meditation Series #8 7-8:30  Full Moon	3	4 Quantum Touch Kimberlee Bluhm 10-2pm	5	6 Intuitive Readings Barbara 2-6pm <u>Spiritual Attune...</u> 7-8:30pm Heart, Ego,	7 Psychic Readings w/Kate 11-1pm  Sacred Saturday 1-4pm TBA
8	9 Meditation Series #9 7-8:30	10 Developing Trust in Your Intuition 7-9pm	11 Reiki Clinic 7:15-9:00pm	12 Ann Dragsten Healing Touch 11-6pm	13 Movie @ Unity "An Inconvenient Truth" 7pm	14 Gather the Women @ St Ben's  Pow Wow @ SCSU
15	16 Meditation Series #10 7-8:30	17 Zandora 1-6 pm  New Moon	18 Reiki Clinic 7:15-9:00pm	19	20 An Evening About Ghosts, Spirits, and Angels 7-9pm	21 Intuitive Readings Barbara 10-2pm
22 Movie @ Unity "An Inconvenient Truth" 7pm Earth Day	23 Psychic Channel Kelli Spencer 10-5pm  Meditation Series #11 7-8:30	24 Death Dying and the Other Side 7-9pm	25 Angel Readings with Sharron 3:30-7pm  Reader Paulette Lucas 10-3pm	26 Psychic Readings Tiffany Johnson 11-1pm	27 Quantum Touch Kimberlee Bluhm 10-2pm	28 Channeling 12-3pm CHRIS TONNAR & VAL MEDEIROS
29	30 Meditation Series #12 7-8:30				2nd Saturday of the month is "SECRET" Saturday at Unity for more info. call 320.255.9253	

# May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Sacred Saturday 1-4pm TBA <b>May 5th</b></p>		<p>1</p> <p><b>Beginning Hands on Healing #1</b> 7-9pm</p>	<p>2</p> <p><i>Full Moon</i></p>	<p>3</p>	<p>4</p> <p><b>Spiritual Attunement</b> Deep Healing 7-9pm</p>	<p>5 <b>Intuitive Readings</b> Barbara 10-2pm</p> <hr/> <p><b>Personalized Relaxation Cd's</b> Michele Bergh</p>
<p>6</p> <p>Movie @Unity "Revolution" 7pm</p>	<p>7</p>	<p>8</p> <p><b>Beginning Hands on Healing #2</b> 7-9pm</p>	<p>9</p> <p><b>Reiki Clinic</b> 7:15-9:00pm</p>	<p>10</p> <p><b>Ann Dragsten</b> Healing Touch 11-6pm</p>	<p>11</p>	<p>12 <b>Readings w/Kate</b> 11-1pm</p> <hr/> <p>"Cherishing Sophia" <b>Book Signing</b> 1-4pm</p> <hr/> <p>Aura Photos 12-2 Aura's &amp; ...2-4</p>
<p>13</p>	<p>14</p>	<p>15</p> <p><b>Beginning Hands on Healing #3</b> 7-9pm</p>	<p>16</p> <p><b>Reader Paulette Lucas</b> 11-6pm</p> <hr/> <p><b>Reiki Clinic</b> 7:15-9:00pm</p> <p><b>New Moon</b></p>	<p>17</p> <p><b>Intuitive Readings</b> Barbara 2-6pm</p>	<p>18</p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p>	<p>19</p> <p><b>Celebrate the Power in You</b> 10-4pm</p>
<p>20</p>	<p>21</p> <p>Psychic Channel <b>Kelli Spencer</b> 10-5pm</p>	<p>22</p> <p><b>Zandora</b> 1-6 pm</p> <hr/> <p><b>Advanced Hands on Healing #1</b> 7-9pm</p>	<p>23</p>	<p>24</p> <p><b>Discovering Your Dreams</b> 7-9pm</p>	<p>25</p> <p>Movie @Unity "Revolution" 7pm</p>	<p>26</p> <p><b>Memorial Weekend</b></p>
<p>27</p> <p><b>Memorial Weekend</b></p>	<p>28</p> <p><b>Memorial Day</b></p>	<p>29</p> <p><b>Advanced Hands on Healing #2</b> 7-9pm</p>	<p>30</p>	<p>31</p>	<p><b>2nd Saturday of the month is "SECRET" Saturday at Unity</b> for more info. call <b>320.255.9253</b></p>	

# June 2007

Sun      Mon      Tue      Wed      Thu      Fri      Sat

		<p>2nd Saturday of the month is "SECRET" Saturday at Unity for more info. call 320.255.9253</p>			<p>1 <b>Spiritual Attunement</b> 7-9pm Imagination</p> <p><b>Full Moon</b></p>	<p>2 <b>Personalized Relaxation Cd's</b> Michele Bergh 1-4pm</p> <hr/> <p>Sacred Saturday 1-4pm <i>TBA</i></p>
3	<p>4 <b>Psychic Channel Kelli Spencer</b> 10-5pm</p>	<p>5 <b>Creating Miracles in your Life</b> 7-9pm</p>	<p>6 <b>Stones I</b> 1-3pm</p>	<p>7 <b>Intuitive Readings with Barbara</b> 10am-6pm</p>	<p>8 <b>Quantum Touch K. Bluhm</b> 10-2pm</p>	<p>9 <b>Psychic Readings w/Kate</b> 11-1pm</p>
10	<p>11 <b>Movie @ Unity "ONE"</b> 7pm</p>	12	<p>13 <b>Reader Paulette Lucas</b> 11-6pm</p> <hr/> <p><b>Reiki Clinic</b> 7:15-9:00pm</p>	<p>14 <b>Ann Dragsten</b> Healing Touch 11-6pm</p>	<p>15  <b>New Moon</b></p>	16
17	18	<p>19 <b>Discovering Your Dreams</b> 10am-11:30</p>	<p>20 <b>Reiki Clinic</b> 7:15-9:00pm</p>	<p>21 <b>Angel Readings</b> 3:30-7pm</p> <hr/> <p><b>Summer Solstice</b></p>	22	<p>23 <b>Intuitive Readings with Barbara</b> 10-2pm</p>
24	25	26	27	28	<p>29 <b>Quantum Touch K. Bluhm</b> 10-2pm</p>	<p>30 <b>Full Moon</b></p>

# Class and Event Descriptions

**New Offering: Personalized Relaxation CD's** Receive a personalized relaxation CD created with your feedback. Every one of us has unique needs and together we'll create a relaxation experience using your preferences in music, affirmations, and length of time. If you have had trouble in the past with relaxation CD's just randomly pulled off the shelf, then not working for you, this is your chance to get the CD that is made just for you, unique, just like you. Some areas that these CD's can help with are anxiety and stress reduction, ADHD, self-esteem, relaxation, visualizations, insomnia, addictions, creativity, chronic pain relief and much more. Get the personal touch. Saturday May 5th 1-4pm and Saturday June 2nd 1-4pm

**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. Donation/First Friday Every Month and facilitated by Frank Sowada

**April Session: April 6th 7-9pm** Discussion of the heart, the ego, and the personality, exploring these parts and how they interact and serve the path.

**May Session: May 4th 7-9pm** We will be discussing deep healing, and what is meant through healing and the depths of it.

**June Session: June 1st 7-9pm** This session will revolve around the imagination and there will be discussion on the vital role the imagination plays.

**Meditation Series** (Sessions #8-#12 continued from February and March)

This series will be held Monday evenings from 7-8:30pm for 12 consecutive Mondays. The meditation series is open to all over the age of 15, (exceptions may be made, please inquire if you do not meet the age requirement), If you have never meditated before this will be a great introductory, if you have meditated before, this will help you to refine your practices and possibly open your view to other meditation practices. The 12 sessions 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. Full Spirit Connection 11. Souls Purpose 12. Daily Life Instructor: Frank Sowada Fee: Donation of \$20.00

**Stones I** This class is for the beginner's into the world of stones. Learn the best resources for knowing your stones. Learn some basics of some well-known stones and crystals and some not so well known. We will discuss taking care of and cleansing your stones and crystals, how to work with them, and "feeling" their energy. Every person attending class leaves with a stone or crystal picked especially for them. Fee: \$10.00 per person June 6th 1-3pm

**Book Signing** Julie K. Lynch - This quote says it all: From Pamela McIntyre, PhD. Faculty Fellow, Filene Center for Work and Learning, Wheaton College, Norton, Maryland: "In *Cherishing Sophia*, Julie Lynch is our teacher, spiritual advisor, confidante, and playful best friend. She is passionate about women and committed to helping them find the courage to embrace their beauty and greatness. Her personal and professional 'epiphanies' are filled with wisdom and insight, knowledge gained from a life lived fully engaged and constantly searching. This book would be beneficial for women who are in transition, stuck, searching, or simply trying to find the courage to take the next big leap in their lives." Come and meet Julie Lynch on Saturday, May 12th, 1-4pm

**Discovering Your Dreams:**

In this class we will decode and discuss various dream symbology. Bring a dream to this class and we will work on decoding your own personal dream. You will receive skills to interpret your own dreams at home. Thurs. May 24th 7-8:30pm and Tues. June 19 10am-11:30am \$15.00 Barbara Bjorklund

**Celebrate the Power in You** This series is inspired by Ester and Jerry Hicks' book "The Law of Attraction", as well as the hit documentary/movie "The Secret" that has everybody talking. This all day workshop will give people a chance to delve further into this phenomenon known as our power of deliberate intent. If you liked "The Secret" and want more, then this is the class for you. Experiential Activities, Meditation and Visualization, and Discussions. Sat. May 19th, 10am-4pm with a one hour lunch break. \$65.00

## **Classes by Bobby Sullivan:**

Former 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.

**An Evening about Ghosts, Spirits and Angels**

Join Psychic and Ghost-buster Bobby Sullivan as he shares his experiences in dealing with ghosts, haunting and possession. 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 want to get rid of your ghosts. Discuss Spirit attachments, Angels and much more... Friday April 20th 7-9pm \$25.00

**Creating Miracles in Your Life**

In this class we will examine the art of creating what you want in your life. We will look at the what is necessary for you to actualize the dreams that you have created and work on different techniques that will guarantee that you can live a miraculous life.

Tuesday June 5th 7-9pm \$25.00

**Death, Dying and the Otherside**

In this class, we will examine the dying process and discover how our souls perspective of death is much different from ours. We will look at the process we go through and what happens to our soul when it reaches the otherside. Tuesday April 24th \$25.00

**Developing Trust in Your Intuition**

In this class, we will examine Intuition. Described in the Bible as "The Still small voice" inside each one of us. Learn how each and everyone of us possesses the gift of intuition. Learn how to tune in to it...Learn how Intuition can lead you to living life more powerfully. Learn how accessing your intuition can get you in the flow! Learn how our logical mind gets in the way of hearing the voice within. And most importantly how we can Trust the natural instinct that we all have. Tuesday April 10th 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. 3 Consecutive Tuesdays Class One: May 1st 7-9pm

Class Two: May 8th 7-9pm Class Three: May 15th 7-9pm \$25.00 each class

**Auras and Your 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) Class: Sat. 2-4pm \$25.00 **Aura Photos open to public from 12-2 (\$20.00)**

**Advanced Hands on Healing**

This class is a continuation for the beginning hands on course and all students must have either taken the beginning series or have completed equivalent course work in other forms of energy work. In this course, we will cover advance healing techniques and discuss some of the more difficult situations that a healer can encounter. Tuesdays May 22, 29 7-9pm \$25.00





# THE SPIRITUAL CINEMA CIRCLE™

THE HEART & SOUL OF CINEMA - BROUGHT HOME TO YOU

## Upcoming Films

**An Inconvenient Truth** Humanity is sitting on a ticking time bomb. If the vast majority of the world's scientists are right, we have just ten years to avert a major catastrophe that could send our entire planet into a tail-spin of epic destruction involving extreme weather, floods, droughts, epidemics and killer heat waves beyond anything we have ever experienced. With wits, smarts, and hope, An Inconvenient Truth ultimately brings home persuasive argument that we can no longer afford to view global warming as a political issue- rather, it is the biggest moral challenges facing our global civilization. This film exposes the myths and misconceptions that surround global warming. This film is not about fear. Fear doesn't bring change, but information does. This film gives us the tools, information, and heart to make those changes.

**Revoloution** From the writer of five-time Academy Award winning film, The Deer Hunter, Revoloution inspires young and old. Lou Benedetti is a gentle man who, at the hands of an abusive father develops a stutter that renders him almost speechless both as a boy, and later as a man. Lou feels that as a professional boxer he can communicate. As a head injury robs him of his boxing career, he is forced into the far corners of his life. Lou's only hope for a future is to become a trainer but he cannot speak enough to pull it off. Through an intense personal journey and recreation of his traumatic past on the streets of his neighborhood, Lou finds his own instantaneous transformation. What happens to Lou next will inspire and uplift even the most faint of heart as Lou breaks free of his negative past to discover his voice. He becomes a champion of the spoken word. Lou becomes a true communicator.

**ONE** I watched the trailer to this film and was asked to write a synopsis of what I saw on the trailer to entice others to want to see the movie. Well, all I can say is that there is a question asked in the film of a very prominent man in our world today to describe God and he just laughed. I think my response is the same in trying to describe this movie. I am going to watch it because it is about all of us. A man journeys all over asking a few simple questions of great "leaders"; authors, religious leaders, celebrities, scholars, and icons throughout the world. This film is made up of their answers. It promises to be awakening and enlightening. Some of the worlds "greats" (not that they would refer to themselves as that) of today are seen in this film such as Deepak Chopra, Thich Nat Hahn, Robert Thurman, and Ram Daas. A quote from the website of the film states, "One truly is about ordinary people like you and I, following our bliss and doing astonishing things. And, ultimately, taking our magnificent world to higher ground". What more does ONE need in a film?

Fee for "An Inconvenient Truth" will be a donation to go to an Earth Friendly Cause.

At this time fees for Revoloution and One are undetermined, please contact Mind Body & Spirit for fee schedule on these two films.

*"Wherever Life Takes Us  
There are always Moments"*

**Website!**

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

### **Animal Communication**



by Joan

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# A Series of Symbols

## Runes

A symbol is a picture of a concept, much as language is basically lines, etc. that convey a concept. Ancient languages are often used as symbols today. Sanskrit language is seen as symbols for the chakras, the symbol of Ohm is Sanskrit, etc. Another ancient language is Runes. The word rune actually means "mystery, secret, or whisper". Below is a little about the origin of the runes.

The mythology: Odin, the Norse High God of the Aesir, hung from the world tree, Yggdrasil, impaled on his own spear, for nine days and nights in order to gain the knowledge of runes. When the runes appeared below him, he reached down and took them up, and the runic knowledge gave him power. He later passed on this knowledge to the Vanir goddess Freya. She, in turn, taught him the magic of seidr. Heimdall, the god who guarded the Rainbow Bridge, taught the runes to mankind.

The science: Runic alphabets first appeared among German tribes in central and eastern Europe. Some runes symbols are likely to have been acquired from other alphabets, such as the Greek, Etruscan, and the Early Roman. The runes were made of straight lines to make the characters suitable for cutting into wood or stone. The earliest runic inscriptions on stone are dated to the late 3rd century AD, although it is probable that runic alphabets had been in use for some centuries before.

The Old Germanic Runic alphabet or "Elder Futhark" contains 24 runes. The first six runes of the alphabet spell out the word "FUTHARK". As the runes spread northwards into Scandinavia, some rune symbols were dropped and the alphabet was reduced to only 16 runes. Between 400 and 600 AD, three Germanic tribes, the Angles, the Saxons and the Jutes, invaded Britain. They brought the runes with them. The forms of several of the runes changed, notably the runes for A/O, C/K, H, J, S, and Ng. Also, changes in the language led to nine runes being added to the alphabet to compensate for the extra sounds, and several runes were given different corresponding letters. This alphabet, expanded to 33 symbols, has become known as the Anglo-Saxon Futhorc. The rune names themselves have been passed down relatively intact. Although no manuscript exists listing the names of the older, Germanic runes, the Anglo-Saxon and Scandinavian rune poems agree to such an extent that their common origin can be deduced.

One very interesting thing about runes is that the translation of one's given name into runes gives a glimpse into one's life of successes, challenges, etc. The runes carry an energy line that has been active since before the late 3rd century! That's a lot of energy! The time you were born affects your life and the name you were given affects your life in both numerology and energy lines that have existed since names were first used (always). But as with rune casting or divination with runes, nothing is truly "cast in stone". Just because there are things that influence what you do or what affects you in your lifetime, this does not mean that your life challenges, rewards, and outcomes are all predetermined, and cannot be changed.

Your name is just one more piece that gives you information about you and perhaps gives enough insight to figure out why your path has always been easy or seems to have a great deal of stumbling blocks in the way. Remember that challenge may be predetermined, illness may have some predetermination, and silver linings might be predetermined but the most important part of our lives is not what happens to us, but what WE DO with those experiences that change our lives and make us ultimately responsible for the outcome of who we are and what happens to us. Runes are just another clue into the great mystery we call life.

Available at the shop-coming soon! Your name and reading of your name in the ancient language of Runes. Inquire at the shop for details after April 1st.

### ***The Elder Futhark***

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**A Metaphysical Forum  
SATURDAY JUNE 16th**



An Afternoon of Metaphysical learning and discussion. Join Tiffany Johnson, Bobby Sullivan, Barb Bjorklund and more as they lead the group on a day of classes, private sessions and an open forum to discuss:

**"Our Sacred Journey"**

**Topics to include: - Discovering our souls perspective - How to find your guidance to navigate through life's roller-coaster ride - Transformation of ourselves and the world that is changing around us - 10 ways to get unstuck and create movement in our lives**

**The day will start with Breakout sessions from 9 - 11:30 with classes on the topics listed above. Private sessions with the guest speakers and other professionals from 12-2 Group Forum to openly discuss the topics around "Our Sacred Journey" 2:30 - 4:30**

**\*Cost is \$50 for the day which covers admittance to your choice of the breakout sessions and admittance to the Discussion forum \*Private sessions may require an additional fee based on time of session and the individual practitioner**

**CHANNELING WITH  
CHRIS TONNAR AND VAL MEDEIROS  
"LIGHT ALLIANCE"**

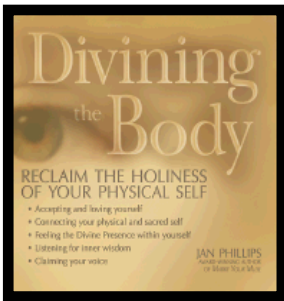
OVER 20 YEARS AGO I HAD A NEAR DEATH EXPERIENCE. WHILE OUT OF MY BODY I WAS GIVEN INSIGHT AS TO WHY WE ARE HERE ON THIS EARTH AND WHAT WE HAVE COME TO LEARN. OVER THE YEARS I HAVE WORKED IN THE FIELD OF METAPHYSICS AND BECAME INTERESTED IN HYPNOTHERAPY. WHILE WORKING WITH ONE OF MY STUDENTS, VAL MEREIROS, A MASTER BEING CAME THROUGH WHOM I RECOGNIZED AS THE ONE THAT WAS WITH ME DURING MY NEAR DEATH EXPERIENCE. WE HAVE SINCE BEEN WORKING EXTENSIVELY WITH HIM AND HIS COUNCIL OF MASTER BEINGS TO UNDERSTAND THE MESSAGE OF LOVE AND LIGHT THEY ARE TRYING TO BRING THROUGH. VAL AND I HAVE BEEN TRAVELING AROUND DOING THESE LIVE CHANNELINGS SO THAT OTHERS MAY HAVE THE CHANCE TO HEAR THEIR MESSAGE TOO! ONCE THE MASTERS ARE DONE WE WILL CHANNEL ARCHANGEL RAPHAEL FOR A GROUP HEALING! COME JOIN US AT MIND BODY SPIRIT ON **APRIL 28, 2007 12-3pm** FOR THIS LIVE CHANNELING!

**Divining the Body  
Healing Ourselves from the Inside Out**

A workshop presented by Jan Phillips,  
nationally-recognized author, artist and speaker

**Saturday, May 5, 2007  
9:00 a.m. - 4:00 p.m.**

**Presented by Bookin' It Bookstore  
with support from the CentraCare Breast Center  
Workshop Location: Initiative Foundation, Little Falls, MN**



How we feel about ourselves affects our emotional, spiritual, and physical health. This workshop explores our beliefs about the body – where they came from, how they affect us, and how we can free ourselves from their constraints. Through writing, video, storytelling and interactive exercises, participants journey inward, discover their own wellspring of wisdom and power, and learn how to live from this source.

For more information, and to register, contact **Bookin' It**,  
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"It's not the road you walk, it's the walking"