

Kaleidoscope

Quarterly Newsletter
from
Mind Body & Spirit

January
February
March

2007

Hi Everyone!

New Year's Resolutions! Arrgh! A new year is upon us and that means those wonderful and yet sometimes nasty resolutions. You know the ones, where you buy a membership to the gym because you will lose the weight? And then it becomes so stressful to get to the gym, and make good use of the money you spent on it, that you start eating to de-stress! Well, we have a resolution that will cause no stress and will help so much! I have never been one to seriously make resolutions but this is the year! Merri and I, along with many people, have observed the earth being damaged by global warming, and we are devastated as to the extent of the problem. We can look at the damage and shrug our shoulders and do nothing. We can say we are recycling and shutting off lights, etc, and that is enough. Or, we can make just one more non-painful change. We challenge all of you, as well as ourselves, to do just 2 things to help our earth in 2007. Watch the movie "An Inconvenient Truth", or read the book of the same title, and make just 5 tiny changes in your daily life listed below. A lot of little things are creating big things that will kill our earth. A lot of little things can and will save it! Look at your kids, look at your grandchildren, look into the faces of those you will leave behind. We are not talking about a little face lift for earth day to make us feel better about mother earth. We are speaking about saving mother earth for those that follow. What more important thing do you have on your agenda? If you have any questions on the 5 steps give us a call, we'll be glad to help.

Step 1: Change just 5 light bulbs in your home to the curly energy efficient light bulbs.

Step 2: Put a blanket around your water heater.

Step 3: Use reusable water bottles.

Step 4: Get a compost pile going, even if it's a community one.

Step 5: Do a home energy audit. You can do one yourself at www.energyguide.com.

There are those that say that global warming is really not a problem. We trust that there are some out there that will not wait until Manhattan, South Florida, and parts of California are under water. And we trust there are those who won't wait until Minnesota is 75 degrees on Christmas day. There are those like you that will make the difference. We will stop global warming and we will save our planet. Thank you.

Blessings,

Joan and Merri



Mind Body & Spirit

For information please call:
(320) 203-9630

www.mindbodyspirit-online.com

Open Mon~ Fri 10-7pm

In This Issue:

Featured Stone: Fluorite

Featured Article: Series of Symbols "Om"

Featured Oil: Wintergreen

Coming Attraction:

Movies: More Spiritual Cinema!

Fluorite

Fluorite is not only one of the most vibrant of crystals, it is also a protective stone that helps guard against psychic manipulation as it bounces back, or acts like a shield against, negative energy. This stone has been used to stabilize the aura and when used for healing directly on the human body, it draws negative energy from the body. It grounds and integrates spiritual energy. Fluorite brings groups together and reveals truth in situations. It helps increase self-confidence. It aids one in getting organized and helps to organize and process information.

Fluorite helps physically with balance and coordination and is great for athletes that need focus, particularly gymnasts, as it assists one in the attainment of the ultimate state of peak physical fitness. This is a powerful healing tool especially for regenerating skin; therefore, aiding in the removal of blemishes and wrinkles. It aids in healing mucus membranes particularly in the respiratory tract, and also heals ulcers and wounds. Excellent aid in alleviation of arthritis and spinal injuries. This stone brings order to chaos. It holds an energy which stabilizes order within the mental, physical, emotional, and spiritual systems. It is also a stone that can aid in dissipating colds and flu and aids in healing damaged DNA.

The best place to wear Fluorite is on or near the earlobes or one can choose to wear it around the neck on a chain. Fluorite is a sensitive crystal and must be cleansed often. This can be accomplished by running water, sunshine, or easily set next to a piece of selenite. If not cleansed when needed it has been known to crack or shatter.

Fluorite can be found in several colors, including a combination of a few colors in one stone or sculpture, and each color has it's own attributes as well as the general ones listed above. These are:

Blue Fluorite: Best for enhancing creativity, orderly thought, and clear communication. Also invokes spiritual awakening and promotes orderly record keeping.

Clear Fluorite: Stimulates the crown chakra, aligns all chakras, and stimulates improvement in sight.

Green Fluorite: Heart stone, dissipates emotional trauma, also dissipates obsolete conditioning.

Violet or Purple Fluorite: stimulates the 3rd eye, excellent for meditation, also assists in healing of bones and cellular structure.

Other colors in the Fluorite family include: pink, yellow, magenta, red, and black but less is known about these more obscure fluorite.

Something very interesting about the fluorite is that it not only has brilliant, beautiful color in normal light but it is also fluorescent! There are several ways that minerals can emit light, besides the light that is emitted from exposure to daylight or the light from normal light bulbs. Some of these ways involve special lamps that emit non-visible ultraviolet light (at least not visible to humans). The light from these ultraviolet lamps reacts with the chemicals of a mineral and causes the mineral to glow; this is called fluorescence. If the mineral continues to glow after the light has been removed, this is called phosphorescence. Some minerals will glow when heated; this is called thermoluminescence. And there are some minerals that will glow when they are struck or crushed; this is called triboluminescence.

The word fluorescent was derived from the fluorite because it was one of the first fluorescent specimens ever found. Most of the time fluorite will fluoresce blue but there are other colors that can be found when the colorful fluorite is put under fluorescent light. Some fluorite is also known to be phosphorescent.

Whether fluorite is used for protection, as a shield, or is used for ones own inner and outer organization, or is just something pretty to look at, this is a stone for everyone. Come in a see a fine sculpture, etc. of Fluorite today.

“It’s not so much that we’re afraid of change, or so in love with the old ways, but it’s that place in between that we fear....It’s like being between trapezes. It’s Linus when his blanket is in the dryer. There’s nothing to hold on to.”

Labyrinths



Wood or Recycled Newspaper



Secret Boxes



- Labyrinths -

The labyrinth pattern evolved from the simple spiral - a symbol for motion, water, and spirit. The spiral is found among our cave-dwelling ancestors' earliest designs. It is one of the most dominant patterns in nature - from sea shells to the helix pattern in DNA, to the shape of galaxies. The labyrinth is not just another maze for entertainment. In fact the labyrinth has no dead ends as one would find in a maze. The labyrinth is a symbol of our common human journey and all that entails. It is used as a smaller version of the process of ascension to one's divine power. This is done by following the path from the outside into the center, the ascension point. We pray or meditate during the entire journey, or we can just be. When we have found our answers or have found a little peace the journey then continues as we descend back out of the labyrinth by following the path back. It is a simple and ancient tool that brings peace, and couldn't we all use a little peace?

Pewter Talismans



Fan Pulls

Menorah's

Sun Catchers

The Essentials of Wintergreen Oil:

- Was chewed by Native Americans for increasing respiratory capacity when running long distances and/or performing aerobic work.
- It was used by settlers, especially their children, to prevent tooth decay. This was also by chewing the leaves.
- During the Revolutionary War it was used as a substitute for black tea.
- It's uses include aiding the alleviation of arthritis, muscle/nerve pain, hypertension, arteriosclerosis, and hepatitis/fatty liver.
- It has been known to be very effective for tendonitis or tennis elbow.
- Wintergreen has been used as a strong analgesic/pain killer since ancient times. It is invigorating and warming as it helps alleviate the pain of cramps and bone pain.
- Warnings; Avoid use if epileptic. This is also a strong vaso-dilator and anticoagulant and can have it's anti-coagulant properties enhanced by the use of other anticoagulants such as aspirin or Warfarin.

***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/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. 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 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.

January 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Bonnie Labuda (by appt)	3 Full Moon	4	5 Spiritual Attunement 7-8:30pm Karma	6 Zandora 12-5pm (by appt)
7	8	9 Bonnie Labuda (by appt)	10 Reiki Clinic 7:15-9:00pm	11	12 Quantum Touch K. Bluhm 10-2pm	13
14 Expiration Date the Movie 7-9pm @Unity Church www.expirationdatethemovie.com	15 Psychic Readings w/Kate 11-1pm	16 Bonnie Labuda (by appt)	17 Angel Readings with Sharron 3:30-7pm Reiki Clinic 7:15-9:00pm	18 Psychic Readings Tiffany Johnson 11-2pm <hr/> B.H.O.H. # 1 7-9pm New Moon	19 Zandora 1-6pm (by appt)	20
21	22	23 Bonnie Labuda (by appt) <hr/> Intuitive Readings with Barbara 2-6pm	24 Reader Paulette Lucas 10-5pm	25 Ann Dragsten Healing Touch 11-6pm <hr/> B.H.O.H. # 2 7-9pm	26	27
28	29 Psychic Channel Kelli Spencer (by appt)	30 Bonnie Labuda (by appt)	31			

February 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 B.H.O.H. #3 7-9pm <hr/> Full Moon	2 Quantum Touch K. Bluhm 10-2pm <hr/> Spiritual Attunement 7-8:30pm Spiritual Path	3 Intuitive Readings with Barbara 10-3pm
4	5 The Tapping Cure 7-8:30pm	6 Bonnie Labuda (by appt)	7	8 Ann Dragsten Healing Touch 11-6pm <hr/> A.H.O.H # 1 7-9:00	9 Expiration Date the Movie 7-9pm @Unity Church www.expirationdatethemovie.com	10 Zandora 12-5pm (by appt)
11	12 Reader Paulette Lucas 10-5pm <hr/> Meditation Series # 1 7-830	13 Bonnie Labuda (by appt) <hr/> Spirit of Being II 7-9pm	14 Angel Readings with Sharron 3-7pm <hr/> Reiki Clinic 7:15-9:00pm	15	16 A Time for Transformation 7-9pm	17 Healing through Self Portraits 1pm-3pm New Moon
18 Expiration Date the Movie 7-9pm @Unity Church www.expirationdatethemovie.com	19 Psychic Readings w/Kate 11-1pm <hr/> Meditation Series # 2 7-830	20 Bonnie Labuda (by appt) <hr/> Spirit of Being II 7-9pm	21 Reiki Clinic 7:15-9:00pm	22 Intuitive Readings with Barbara 2-6pm <hr/> The Power in You! 7-9pm	23 Quantum Touch K. Bluhm 10-2pm <hr/> Zandora 1-6 pm (by appt)	24
25	26 Psychic Channel Kelli Spencer (by appt) <hr/> Meditation Series # 3 7-830	27 Bonnie Labuda (by appt) <hr/> Spirit of Being II 7-9pm	28 A.H.O.H # 2 7-9:00			

March 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 The Power in You! 7-9pm	2 Spiritual Attunement 7-9pm Other Realms	3 Intuitive Readings with Barbara 10-3pm <i>Full Moon</i>
4	5 Meditation Series # 4 7-830	6 Bonnie Labuda (by appt) <hr/> Spirit of Being II 7-9pm <hr/> D.Y. P.G # 1 7-9 pm	7 Reiki Clinic 7:15-9:00pm	8 Intuitive Readings with Barbara 10am-6pm <hr/> The Power in You! 7-9pm	9	10 Zandora 12-5pm (by appt) <hr/> Aura Photos 11-2pm Aura Class 2-4pm
11	12 Meditation Series # 5 7-830	13 Bonnie Labuda (by appt) <hr/> Spirit of Being II 7-9pm <hr/> D.Y. P.G # 2 7-9 pm	14 Reader Paulette Lucas 10-5pm <hr/> Reiki Clinic 7:15-9:00pm	15 Ann Dragsten Healing Touch 11-6pm <hr/> The Power in You! 7-9pm	16 Quantum Touch K. Bluhm 10-2pm <hr/> "Illusion" the Movie 7 pm @Unity Church	17 Intuition Development Noon-4pm
18 New Moon	19 Psychic Channel Kelli Spencer (by appt) <hr/> Meditation Series # 6 7-830	20 Bonnie Labuda (by appt) <hr/> Spirit of Being II 7-9pm <hr/> M.W.Y.W. 7-9pm	21 Angel Readings 3:30-7pm <hr/> Discovering Past Lives 7-9pm	22 Intuitive Readings with Barbara 10-3pm <hr/> The Power in You! 7-9pm	23 Zandora 12-5pm (by appt) <hr/> T.F.E.H 7-9pm	24
25 "Illusion" the Movie 7 pm @Unity Church	26 Meditation Series # 7 7-830	27 Bonnie Labuda (by appt) <hr/> D.Y. P.G # 3 7-9 pm	28	29 I.C.S. C. 7-9:00	30 T.F.E.H 7-9pm	31 Psychic Readings w/Kate 11-1pm

Class Descriptions

Spirit of Being Level Two:

More Spirit of Being for those who have taken Spirit of Being Level One. Designed to further the recognition of your personal energetic system. This advanced course will help you move beyond the knowing into the living and appreciating what is. Learn how to be free, embrace and accept the gifts that you have to offer yourself and the world. Spirit of Being is a 6-session class.

The class is closed after the first session. This 6-session class begins Tuesday February 13th from 7-9pm. Barbara Bjorklund
Fee: \$120.00 prepaid for 6 sessions or \$25/per session

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 called "The Secret" that has been sweeping the nation. Although, as with any series, it would be most beneficial to come to every one in sequence, it is not necessary. This series will be 5 sessions long and will give people a chance to delve further into this phenomenon known as our power of deliberate intent. They say in the book, "The Secret", that the Universe holds out a catalog to you and you get to pick what you want. Barbara will teach you how to access and use this catalog that is available to all of us. If you liked "The Secret" and want more, then this is the class for you. Experiential, Meditation, and Discussion. Barbara Bjorklund This class begins Feb. 22nd and continues the next 4 Thursdays. Fee: \$25.00/per session.

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. February 15th 7-9pm \$15.00 Barbara Bjorklund

Healing through Self Portraits:

No preparation, no art skills whatsoever, no expectations, now that we've covered what you don't need, let's discuss what you do need. Bring an open mind, an open heart, and a willingness to learn a little about yourself. Everything needed is supplied. This is going to be a workshop about you. Pure and simple. Janelle Hinchley Fee: TBA Please call for details. Saturday, February 17th 1pm-3pm

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.

Indigo, Crystal and Star Children

In this class we will examine the different types of children that are incarnating on earth at this time. Why they have chosen now? What to look for in your child's personality? Examine different attributes of the various groups and how best to deal with them. March 29th 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) March 10th Photos 11-2pm Class 2-4pm

A Time for Transformation

In this class we examine the phenomenon of 2012, what many call the time of the universal transformation. We will examine the different beliefs around this topic, the histories surrounding the 2012 time and what this could mean for us. February 16th 7-9pm \$25.00

Discovering Past Lives

In this class we will explore the ability to access our past lives and discover how past life regression can reverse negative life patterns such as relationship choices, limiting beliefs, fears and phobias, blocked creativity, and addictions and health problems. Also in this class you will be able to experience a past life regression. March 21st 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. Class One: January 18th 7-9pm
Class Two: Jan. 25th 7-9pm Class Three: February 1st 7-9pm \$25.00

Advanced Hands on Healing

This class is a continuation for the Beginning Hands On Healing 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 advanced healing techniques and discuss some of the more difficult situations that a healer can encounter. February 8th and February 28th 7-9pm \$25.00

Developing your Psychic Gifts and Connection with Your Guides

In this series we will examine the four psychic gifts of clairvoyance, clairaudience, clairsentience, claircognizance, and clairgustance. We will demonstrate and practice different exercises that will allow you to 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.

Class One: March 6th 7-9pm Class Two: March 13th 7-9pm Class Three: March 27th 7-9pm \$25.00

Class Descriptions cont.

Manifest What You Want:

According to the Law of Attraction the focus of your thoughts creates your life. Manifesting an improvement in money, career, or relationships means you simply shift concentration from “what is” to “what you want”. Yes, it’s simple, but it’s certainly not easy. Fear, anger, or frustration may block you from manifesting your highest desires. Emotional Freedom Techniques (EFT) shown on CNN and Discovery channel is a proven method to eliminate stress. EFT also dissolves emotional blockages. Join us in this workshop to remove your blocks to personal success and manifest what you really want. March 20th 7-9pm \$10.00 Valerie Lis

Developing Intuition:

You will learn about the human energy system, how to develop and trust your own intuition, how to balance intuition in your daily life, meditation techniques, and ways to communicate with your spirit guides and loved ones on the other side. You will also learn about various tools to help you with your development such as cards, runes, pendulums, psychometry, crystals, and guided writing. Patti Ortyl is a Reiki Master/Teacher and Psychic Medium. She currently works at [The Crown Jewel Spa and Salon](#) in Grand Rapids, Michigan, where she practices and teaches many modalities and workshop/classes. To learn more about Patti, please visit: www.feelingforhealing.com March 17th 12-4pm \$45.00

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

January Session: January 5th 7-8:30pm Aspects of Karma

February Session: February 2nd 7-8:30pm ‘Why is there a longing to go home?’ and other symptoms of the spiritual path.

March Session: March 2nd 7-8:30pm Dimensions of the Etheric Realms and are there other realms?

Tips for Energy Healing:

These classes are intended for practicing energy healers. We will discuss the basics of many healing modalities, entertain questions, get to the root of issues, discuss the purpose of healing work, and share tips and tricks! It is important to come with some education in some healing modality and hold the intention of using it. March 23rd and March 30th from 7-9pm Fee: Donation Frank Sowada

Meditation Series:

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

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, February 5th from 7-8:30 pm \$20.00

Instructor: Michelle Bergh from Infinite Light Wellness Center

Dana Spates, Certified Healing Touch Practitioner, IET Practitioner, Registered Yoga Teacher, MS in Natural Health



Healing Touch

For more information or to set up an appointment
Call 320-266-5476
Paynesville MN

sharing your light

Take a journey of self discovery while sharing your wisdom with others

New group beginning in January 07!

Contact Anne Brady MT, CTC
Transformational Life Coach at
320-250-9402 for more info.

***Integrating Body, Mind and Spirit to
create the life you***

DESIRE

Meet like minded people who are willing to create the lives they dream of by developing a true understanding of themselves, gaining tools to move them forward and learning about those around them.

Website!

www.mindbodyspirit-online.com



A Series of Symbols



Om, Ohm, Aum

Sometimes things can't be described and this is the reason they are incomprehensible; so a symbol becomes almost mandatory to help us realize the Unknowable. In other words, a symbol can be used as a tangible object one can focus on or hold. This object then keeps one close to that which they do not understand so that one day they may. This series is about symbols, so that we can stop being afraid, of what we do not know, and instead of fearing them we can learn from them.

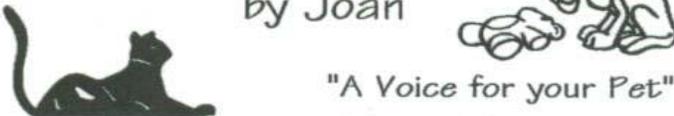
Om represents both the unmanifest and manifest aspects of God. That is why it is called *Pranava*, to mean that it pervades life and runs through our *prana* or breath. Although Om symbolizes the most profound concepts of Hindu belief, it is in use daily. The Hindus begin their day, work or journey by uttering Om. It is such a large part of the Hindu belief. Newly born children are ushered into the world with the Om symbol. After birth, the child is ritually cleansed and the sacred syllable Om is written on its tongue with honey. According to the [Mandukya Upanishad](#) "Om is the one eternal syllable of which all that exists is but the development. the past, the present, and the future are all included in this one sound, and all that exists beyond the three forms of time is also implied in it". Om is not a word but rather an intonation, which, like music, transcends the barriers of age, race, culture and even species. It is made up of three Sanskrit letters, *aa*, *au* and *ma* which, when combined together, make the sound Aum or Om. It is believed to be the basic sound of the world and to contain all other sounds. It is a mantra or prayer in itself. If repeated with the correct intonation, it can resonate throughout the body so that the sound penetrates to the center of one's being, the soul. There is harmony, peace and bliss in this simple but deeply meaningful sound. It is the symbol of omnipotence and likewise remains undefined. The syllable OM is not specific to Indian culture. It has religious significance in other religions also. The word Amen, used among Christians at the end of a prayer is also said to be derived from the syllable OM. Although OM is not given any specific definition and is considered to be a primordial sound, all sounds etc., Amen is said to mean 'May it be so'.

Here are drawings showing the evolution of the Om symbol since the beginning: Notice that the one component that is unchanged since the beginning is the presence of the sideways half circle with the dot, this is said to be the place that we all want to attain. Enlightenment is a common word for this, it could also represent oneness with one's God, or possibly even heaven with the rest of the symbol being the journey. The journey, symbolized by what appears to be the maze or mountains, etc. is that which we must go through; the joy, the pain, the struggles, etc. to learn and become enlightened to attain that which we most desire.



This symbol is being worn by many people today. It is worn by teenagers and adults alike who just like the way the symbol looks. There are those that like the way the symbol makes them feel when they wear it. And of course there are the Hindus who know of it's meaning and wear it because it is a part of their heritage, culture, religion, and mostly their lives. No matter the reason for wearing it this symbol, which embodies all that is good, cannot be bad for anyone to wear as long as with any symbol of such profound meaning; a symbol of the oneness we all share and a symbol of the manifest and unmanifest God, it is kept in reverence as a symbol of such.

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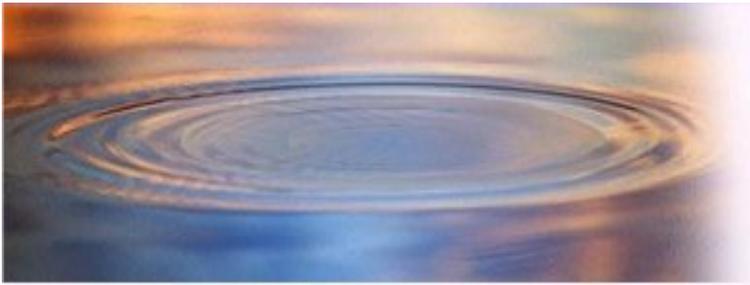
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About Spiritual Cinema: What is Spiritual Cinema? It is a group out in California who are trying to get little known films into the market place. These are not just any films, these are films with a message. The films that we are showing are world premiere movies, which means that they are not for rent, or for sale anywhere. At the time of showing we rarely have an idea when the film will be ready for sale, as we do not know when it will be shown in regular theaters. What Spiritual Cinema does, through us and many like us across the U.S., is find out if a movie can make it. There is no “big” money behind these films and they must prove themselves before being released. Unfortunately, many of these films have not made it into the mainstream and will only be viewed by a limited few. We, along with Spiritual Cinema, are trying to make a difference by getting good movies made. Every little bit helps. If you do not get the chance to come to the movies that we are showing, please ask when they will be released or sold because these truly are the great films that only a few lucky people will get the chance to see. Be one of those fortunate people, see the movies that will change you, just a little, but always for the good. The next film we will be showing is called “*Expiration Date*” (coming in January) and is one that actually is for sale right now on-line. This movie is being shown, by us, as a Fund Raiser for the Spiritual Cinema so that they may continue to have these films made. All of the films are a flat fee of \$10.00. This is set by the Spiritual Cinema. Come and enjoy these films with us. We look forward to seeing you!

A little re-run of the past films: The first one shown at the Paramount was “The Celestine Prophecy” and it was a remarkable film based on a book written several years ago that was definitely ahead of it’s time. It is a must see if you ever get the chance. The second film was “Conversations with God”, the true story of how Neale Donald Walsch changed his life and went on to write books to change the lives of many others. It too should not be missed. The third film, “Peaceful Warrior” is, in my opinion, the best yet. This was a film that I could see 10 times over and see something new every time. See this film when you can some day, that’s all I have to say.

Oh, and try and catch the ones coming up: “*Illusions*” (here in March), “One”, and many more. And with all of our help many, many more! Thanks!



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-George Eliot