

# Kaleidoscope

Quarterly Newsletter  
from  
Mind Body & Spirit

April  
May  
June 2009

Hi Everyone!

Everyday we have several people who come in looking for a psychic to do a reading for them. The same question is posed many times over...can psychics really tell us our future? This article is one intuitive/psychic's answer to that question. (Be advised that this is not necessarily the opinion of any other psychics or intuitives).

The Merriam-Webster Dictionary defines a Psychic as one who is "sensitive to nonphysical or supernatural forces and influences : marked by extraordinary or mysterious sensitivity, perception, or understanding". There is no mention of being able to "see" into the future. But they can feel, see, and know things that others cannot which can help greatly in knowing what path to take next, even if they cannot see down the path. A psychic uses skilled interpretation of signs or symptoms to predict an outcome. When someone "predicts" ones future it is not much different than one predicting an eclipse. An eclipse is predicted using patterns and current data from the course of the solar system. If the solar system stays on its path, then an outcome can be predicted as to whether there will be an eclipse. But there are NO guarantees as any number of occurrences could change the outcome. A forecaster of the weather puts together data to predict, but just as the weather can change course, so too can the person a psychic is "reading" change course, or prevent information from coming through, which can change the outcome.

A psychic gets information from one's energy, one's guides, and other "data" from extraordinary or mysterious forces, pieces all of it together, and gives one that information in the form of a prediction. This is not telling someone EXACTLY what will happen. It gives one information as to the probability for their future, not the future itself. The data that a psychic gets can be blocked by conscious or unconscious forces within the person involved in the reading. This is a shared experience, not something done to them or for them but with them. The most common reasons people block information is that they are frightened that they will hear something that they don't want to hear, or they are not ready to hear the information no matter how much they think they are. Not everything in a reading will always be pleasant to hear, life isn't always pleasant. But coming to a reading with an open heart and mind is the best step to change for the highest good, no matter how easy or difficult the change might be.

So, can a psychic tell you what your future holds? Yes, and no. Yes, they get glimpses of what might be, and yes, they interpret the information they may get from extraordinary sources, so they may see one's possible future. But, this is my advice, if a person tells you that they can tell you exactly where you will be tomorrow, without fail, run the other direction! The real beauty of it is, when you have information, the future can be changed! See why psychics are so handy? Psychics or intuitives are blessings, but don't fear them and don't depend too much on them. You are in control.

Remember the first sentence in this article? People want a reading done for them? Well, now you know that a good intuitive reading is done with you, not for you. And as far as knowing the future? I, for one, am glad we are limited. It is the wonder of the unknown and possibilities that makes life grand, not the probabilities and certainties! By the way, you don't always have to wait for a problem to have a reading done. How about doing a reading someday just for plain old fun? But be aware that you might just learn something really amazing about yourself, in the present, and you might just want to leave the future where it belongs...tomorrow. jms

Peace and Blessings!

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Books & Gifts

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(320) 203-9630

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Saturday 10-5pm  
Closed Sundays

# Sodalite

Many people know that Sodalite is a great tool to aid meditation but not many know it is called the "Stone of Truth". The "Stone of Truth" is not an easy stone for one to carry if they intend to be anything but honest. This stone will simply not feel good to the bearer if they have any other intention other than truth, and if lies be told, it has been said that the bearer will feel a tightening in the throat chakra. Only with truth can this be healed.

It is very useful for emotional honesty and it has been known to help end arguments. It soothes hot tempers and brings calmness to a tense situation so that those involved can rationally see beyond emotions; therefore, this is one of the best stones to carry when entering into a discussion with someone that may lead to conflict. It might be wise if our world leaders would carry this stone at all times. Sodalite is not a rare stone, as the deposits seem to be many, with over 180 localities all over the world, including places such as Afghanistan, Greenland (where the Chameleon Sodalite is found, a green colored sodalite), Namibia, Canada, and the largest deposits found in Brazil and South Africa. With such a vast amount of sodalite found in the world, it makes one wonder if truth is needed in great abundance as well?

Sodalite is found in several different colors such as gray, yellow, and green but these are rarely seen in gem shows as they lack popularity. No matter the color they are still potent in the metaphysical arena. Sodalite is most well known in the deep blue coloring with white calcite "veins" seen throughout the stone. Sodalite has been called the "poor man's Lapis" as it is generally more abundant and much less costly than high quality Lapis Lazuli. Occasionally the white or gray calcite is more difficult to see in sodalite but it is still fairly easy to tell apart from another dark blue stone called Lapis Lazuli, as it rarely contains any pyrite, as Lapis does.

Most people think of second or sacral chakra stones for helping with one's sexuality and issues relating to one's sexuality but the Sodalite is a great stone for healing in this area. As we know one of the most important sex organs is the brain and this is where the Sodalite, as a 5th and 6th chakra, stone excels. To know and decide what we want sexually comes from the 6th chakra and then to express what we desire is sent out through the 5th chakra. When healing from abuse or dealing with other issues relating to one's sexuality, the Sodalite is an excellent stone to work with.

Sodalite is a wonderful stone for artists, writers, singers and those needing to "kick-start" their muse because it is believed to be able to promote inspiration for creativity. It also provides emotional protection for those afraid to show their talents because they fear rejection or fear putting their "souls" out there in the form of their artistry. This beautiful stone not only brings inspiration to your heart but can help you find your own inner peace. jms

## Introduction to Pranic Healing & Twin Hearts Meditation

Join us for a free Introduction to Pranic Healing class.

Pranic Healing is a simple, no-touch energy healing system created by Grand Master Choa Kok Sui. Learn how to use prana (life force) to balance and harmonize energies as well as accelerate the body's ability to heal itself. We'll also experience intense peace, stillness and bliss through a short guided Meditation on Twin Hearts, an easy to follow meditation aimed at achieving illumination or universal consciousness.

Please come and bring a friend.

Presented by  
Jason Calva - Pranic Healing Instructor  
Lisa Nicholson - Pranic Healer

**Thursday March 19, 2009**  
**7:00-9:00 pm**  
**Free Event/Love Offering**

**Unity Church of St. Cloud**  
**327 9<sup>th</sup> Ave South**  
**St. Cloud, MN 56301**



For more information about any of  
the Pranic Healing events contact  
Lisa Nicholson, (320) 309-2462 or  
[soultransformations@hotmail.com](mailto:soultransformations@hotmail.com)



## Superbrain Yoga, Intro to Pranic Healing & Advanced Pranic Healing

**April 3<sup>rd</sup> & April 4-5<sup>th</sup>, 2009**

**Holiday Inn**  
**Division Street & 37<sup>th</sup> Ave S.**  
**St. Cloud, MN 56301**

**Superbrain Yoga - April 3, 2009 4:30-6:30 pm (\$25 cash or check at door 4pm)** Chandan Parameswara (Associate Certified Instructor) will demonstrate how Superbrain can help children and adults with Autism, PDD-NOS, ADHD/ADD, Down Syndrome and learning disabilities. See before and after brain scans showing the positive effects.

- Takes less than 2 minutes per day!
- Increases and organizes brain activity
- Decreases disruptive behaviors while increasing test scores, class participation and social skills

This is a great class for students, parents, educators, special-education staff and college students planning to work with children! See [www.superbrainyoga.com](http://www.superbrainyoga.com) for more information.

### **Introduction to Pranic Healing – April 3, 2009 7:30-9:00 pm**

**(Free event)** Chandan Parameswara will demonstrate how prana (life force) can be applied for healing. Come do fun experiments to feel energy and learn basic self-healing and how to quickly recharge physically and mentally. Enhance your knowledge of the chakras and energy body!

**Advanced Pranic Healing, April 4-5<sup>th</sup> 2009, St. Cloud** – Learn to use colored prana for quicker, more effective healing results. Learn advanced scanning and healing techniques. Pre-requisite: Basic Pranic Healing. To register/information: [www.pranichealing.com](http://www.pranichealing.com)

## A Series of Symbols - Spirit Animals II

Ted Andrews, Scott King, Steven Farmer, and Victoria Hunt are just a few of the names that are commonly associated with those "in the know" when it comes to the meanings behind animal spirit guides or animal signs in nature. As each of us learn from each other we also grow separately and I too have my own interpretations of the animal kingdom. When I see spirit animals around people I encourage them to read all of the above author's books as well as explore for themselves the true meanings of the animals they have with them. This is done by learning everything they can about the animal. If one sees, feels, knows, or is told by another they have a panther walking with them I encourage them to read about the animal in the books, but more important is do the research on the animal's habitat, food, and overall life. To know one's spirit guide, one must immerse oneself in the animal, become one with the animal. I explain that as you learn more and more about the animal within and around you, you will learn about yourself and all that you can be. The above authors might inform us that the panther is an animal of great power and leadership. It is, but it is so much more. It is also an animal of stealth and balance. And don't forget that the panther loves the chase just as much as the catch, teaching one to love the journey, not just the destination. Whatever you learn in the books can be built upon by your own searching. A horse is not just about freedom but also about partnership. To anyone who has experienced the friendship of a horse they know this from looking into a horse's eyes and seeing themselves.

Some have spirit or power animals that come and go quickly, others remain for a lifetime. To know or find yours there are meditations from Ted Andrews' books or Steven Farmer's books which are excellent. I also encourage people to just pay attention. If a picture of an animal comes up again and again in your daily activities, pay attention. They don't all run across the road in front of us. We all live in areas that have restrictions on what types of animals we see in the wild but there are no restrictions when a spirit animal is trying to get our attention. So, watch, listen, and feel your spirit animal. If you need a little assistance please stop at the shop when I am in and I will help if I am allowed. A spirit animal is so much more than omens and signs, they can be lifetime helpers and partners. And remember, whether a humble ant or soaring eagle, cheerful duck (yep, this is one of mine!) or playful otter, our spirit animals are all mighty and all one of a kind when in partnership with our own spirits! jms

# Carol Ritberger, Ph.D.

INTERNATIONALLY RENOWNED MEDICAL INTUITIVE HAY HOUSE AUTHOR • RADIO HOST



### UPCOMING LOCAL EVENTS

#### An Evening Of Medical Intuitive Readings

Friday, May 15, 2009 | 7:00 - 9:00 pm | Kelly Inn, St. Cloud

Carol is able to literally see the human aura. She uses this ability to identify where there are energy blockages that are preventing the body from functioning properly and to uncover the hidden psychological meanings behind illness and life crises.

Cost: \$30 in advance or \$40 at the door (space is limited)

Register: Visit [www.ritberger.com/events](http://www.ritberger.com/events) or call 530.350.7461

#### The Metaphysics of Abundance

*A Three-Day Exploration into the Subtle Workings of the Law of Abundance*

Saturday - Monday, May 16-18, 2009 | 9:30 am - 5:00 pm | Kelly Inn, St. Cloud

Join Carol for this fascinating investigation into the metaphysics of abundance. Learn to create what you desire, whether it be prosperity, good health, loving relationships or quality of life.

Recognize that abundance is merely one thought away and you alone must create that thought.

Cost: \$395 (includes tuition and class materials only - meals and lodging not included)

Register: Visit [www.ritberger.com/events](http://www.ritberger.com/events) or call 530.350.7461 (DEADLINE: May 8)



# ***Intuitive-Psychic Readings / Energy Healings***

## **Animal Communication with Joan Stokes** *Available most Thursdays by appointment*

Joan has had over 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 human language. Over the phone and long distance readings available. Joan is available for appts most Thursdays, Emergencies other days. Please call 320-203-9630. Fee: \$40.00-1/2 hr. \$75.00-hour

## **Hands on Healing with Bob Sullivan** *Call for availability*

Channeling universal healing energy through hands on healing. Using such things as touch, sound, color and vibration to aid healing and help one to balance physical, emotional and spiritual energy. Sessions are 1.5 hours for \$65.00

## **Healing Therapies with Karen Stashek** *Available most Wednesdays by appointment*

Therapies include: Hypno-Therapy, Integrated Energetics Reiki Transformational Healing (IERTH), Emotional Freedom Technique (EFT), Polarity Balancing Technique for Humans, CranioSacral Therapy, Myofascial Release, Ear Candling. For more information on these therapies, fees, etc. and more on Karen Stashek, including the compelling story of her journey towards healing, please go to the services page at [www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com).

## **Healing Touch with Ann Dragsten** *Available select Thursdays by appointment*

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 appt. Fee \$65.00 session.

## **Intuitive Readings with Barbara** *Available most Tuesdays by appointment*

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. \$75.00/hour \$40.00/1/2 hr.

## **Name and Birthday Readings (Numerology) with Diane Winter** *Available select Wednesdays by appointment*

Who are you? Why are you here? What does your future hold? Discovering the energies your name and day of birth may be *attracting* can open you up to treasures within you! Your reading will suggest your primary life challenge, natural gift to the world, hearts desire, ultimate goal, major life period, and personal year. Tape recording is welcomed!

Fee: \$30 for 1/2 hour and includes a five page chart.

## **Past Life Regression with Bob Sullivan** *Call for availability*

Past life regression is a wonderful way to identify, process and transform unresolved issues, beliefs or attachments. In facilitating a regression, we examine current issues such as unfinished business, limiting vows, trauma or un-grieved loss ...and help the client reprocess the event and bring completion to it. Not all regressions need to be about problems - It is also possible to recall positive lifetimes...life times of mastery, gifts, talents, safety, lovability, and worthiness.

Sessions are 1.5 hours for \$65.00

## **Psychic Medium Kelli Spencer** *Available most Mondays by appointment*

As a Psychic Medium I channel your guides, angels, and also loved ones who have crossed over to speak directly with you to help you move on and deal with current life issues. Working closely with the Archangels, Ascended Masters, Angels and Goddesses, I give you insight as to what your guides want you to know and what direction you should be moving towards. Fee: 55.00 per 1/2 hour and 85.00 per hour

## **Psychic Readings with Paulette Lucas** *Available most Fridays by appointment*

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 15 years. She works with spirit guides, angels, and deceased loved ones.

Fees: \$60.00 per 1/2 hour and \$100.00 per hour.

## **Quantum Touch with Kimberlee Bluhm** *Available select Fridays by appointment*

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. Fee: \$65.00 per hr.

## **Readings with Kate Zimmer** *Available select Mondays and Saturdays by appointment*

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, clairsentience 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 IET Practitioner and has studied other various healing modalities. Fee: \$1/minute

# April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>For more detailed information on these events please see our online calendar.</p> <p><a href="http://www.mindbodyspirit-online.com">www.mindbodyspirit-online.com</a></p>		<p><b>1</b></p> <p><b>Healing Therapies</b> Karen Stashek 2-6 pm</p> <p><b>Success in Life</b> 11am -1pm</p>	<p><b>2</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Advanced Hands on Healing - Pt 1</b> 7-9:15pm</p>	<p><b>3</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p>	<p><b>4</b></p> <p><b>Intuitive Readings</b> Kate Zimmer 11-1pm</p> <p><b>Healing and Fluency w/ Worksop</b> w/ Juan Gonzalez 1-6pm</p>
<b>5</b>	<p><b>6</b></p> <p><b>Psychic Medium</b> Kelli Spencer 10-6pm</p>	<p><b>7</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>8</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Level 1 Reiki</b> 4-9pm</p>	<p><b>9</b> <i>Full Moon</i></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Advanced Hands on Healing - Pt 2</b> 7-9:15pm</p>	<p><b>10</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p> <p><b>Commitment Ceremony</b> 6:30-8 pm</p>	<b>11</b>
<b>12</b>	<p><b>13</b></p> <p><b>Psychic Medium</b> Kelli Spencer 10-6pm</p>	<p><b>14</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>15</b> <b>Name &amp; B-day (Numerology)</b> <b>Readings w Diane</b> 11-2 pm</p> <p><b>Healing Therapies</b> Karen Stashek 11-5pm</p> <p><b>Lakota Heated Stone Massage</b> 6-9pm</p>	<p><b>16</b> <b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Ann Dragsten</b> Healing Touch 12-6pm</p> <p><b>UFO, Aliens and other Life Forms</b> 7-9:15pm</p>	<p><b>17</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p> <p><b>Qigong</b> 6-7 pm</p>	<p><b>18</b></p> <p><b>Intuitive Readings</b> w Barbara 10-2pm</p> <p><b>Metaphysical Beginners Class</b> 10-11:30am</p> <p><b>Aura Photos</b> 12:30-4pm</p>
<b>19</b>	<p><b>20</b></p> <p><b>Psychic Medium</b> Kelli Spencer 10-6pm</p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p>	<p><b>21</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>22</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-6pm</p> <p><b>Meet Your Spirit Guide</b> 7-9pm</p>	<p><b>23</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Ann Dragsten</b> Healing Touch 12-6pm</p> <p><b>Book Signing</b> 5-7pm</p>	<p><b>24</b> <i>New Moon</i></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p> <p><b>Qigong</b> 6-7 pm</p>	<b>25</b>
<b>26</b>	<p><b>27</b></p> <p><b>Psychic Medium</b> Kelli Spencer 10-6pm</p>	<p><b>28</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>29</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Level II Reiki</b> 4-9pm</p>	<p><b>30</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Healing Circle</b> 7-9:15pm</p>		

# May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbody spirit-online.com</p>				<p><b>1</b></p> <p><b>Qigong</b> 6-7 pm</p>	<p><b>2</b></p> <p><b>Intuitive Readings</b> Kate Zimmer 11-1pm</p>
<p><b>3</b></p>	<p><b>4</b></p> <p><b>Psychic Medium</b> Kelli Spencer 10-6pm</p>	<p><b>5</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>6</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-6pm</p> <p><b>Basic EFT</b> 7-9 pm</p>	<p><b>7</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Discovering your Guidance &amp; Psychic Abilities</b> 7-9:15pm</p>	<p><b>8</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p> <p><b>Qigong</b> 6-7 pm</p>	<p><b>9</b> <i>Full Moon</i></p> <p><b>Drum Making</b> Wayne Manthey 11-4pm</p>
<p><b>10</b></p>	<p><b>11</b></p> <p><b>Psychic Medium</b> Kelli Spencer 10-6pm</p>	<p><b>12</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>13</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Level 1 Reiki</b> 4-9pm</p>	<p><b>14</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Ann Dragsten</b> Healing Touch 11-6pm</p> <p><b>Indigo &amp; Crystal Children</b> 7-9:15</p>	<p><b>15</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p> <p><b>Qigong</b> 6-7 pm</p>	<p><b>16</b></p> <p><b>Intuitive Reading</b> Barabara Bjorklund 10-2pm</p>
<p><b>17</b></p>	<p><b>18</b> <i>Full Moon</i></p> <p><b>Psychic Medium</b> Kelli Spencer 10-6pm</p>	<p><b>19</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>20</b></p> <p><b>Name &amp; B-day (Numerology)</b> <b>Readings w Diane</b> 11-2 pm</p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Level III Reiki</b> 4-9pm</p>	<p><b>21</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Healing Circle</b> 7-9:15pm</p>	<p><b>22</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p> <p><b>Qigong</b> 6-7 pm</p>	<p><b>23</b></p> <p><b>Metaphysical Beginners Class</b> 10-11:30am</p> <p><b>Aura Photos</b> 12:30-4pm</p>
<p><b>24</b> <i>New Moon</i></p> <p>_____</p> <p><b>31</b></p>	<p><b>25</b></p> <p><b>Psychic Medium</b> Kelli Spencer 10-6pm</p>	<p><b>26</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>27</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-5 pm</p> <p><b>Intuitive Healing with Essential Oils</b> 6-9pm</p>	<p><b>28</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p>	<p><b>29</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p>	<p><b>30</b></p>



# June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more detailed information on these events please see our online calendar.</p> <p><a href="http://www.mindbodyspirit-online.com">www.mindbodyspirit-online.com</a></p>	<p><b>1</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p>	<p><b>2</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>3</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-2 pm</p> <p><b>Level II Reiki</b> 4-9pm</p>	<p><b>4</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p>	<p><b>5</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p>	<p><b>6</b></p> <p><b>Intuitive Readings</b> Kate Zimmer 11-1pm</p>
<p><b>7</b> <i>Full Moon</i></p>	<p><b>8</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>9</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>10</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Level IV Reiki</b> 4-9pm</p>	<p><b>11</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>2012 A Time for Transformation</b> 7-9:15</p>	<p><b>12</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p> <p><b>Downtown Art Crawl</b> 6-10 pm</p>	<p><b>13</b></p>
<p><b>14</b></p>	<p><b>15</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>16</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>17</b></p> <p><b>Numerology</b> Diane Winter 11-2 pm</p> <p><b>Healing Therapies</b> Karen Stashek 11-4pm</p> <p><b>Sekhem-Seichim Reiki</b> 5-9pm</p>	<p><b>18</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Ann Dragsten</b> Healing Touch 11-6pm</p>	<p><b>19</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p>	<p><b>20</b></p> <p><b>Intuitive Reading</b> Barabara Bjorklund 10-2pm</p> <p><b>Metaphysical Beginners Class</b> 10-11:30am</p> <p><b>Aura Photos</b> 12:30-4pm</p>
<p><b>21</b></p>	<p><b>22</b> <i>New Moon</i></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p>	<p><b>23</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>24</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-5 pm</p> <p><b>Lakota Dew Drop Massage Technique</b> 6-9pm</p>	<p><b>25</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p>	<p><b>26</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>30</b></p> <p><b>Healing Therapies</b> Karen Stashek 10-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>				

# *Class and Event Descriptions*

**2012 A time for Transformation** | Thursday June 11th | 7pm -9:15 | \$20 | Bob Sullivan | In this class we examine the phenomenon of 2012. A time that many prophets have declared to be the end-time and others call the time of the Universal transformation. We will examine the different beliefs around this topic. The history surrounding the 2012 time and what this could mean for us.

**Advanced Hands on Healing - PT1** | Thursday April 2 | 7-9:15pm | \$20 | Bob Sullivan | 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. Also, we'll examine some important things when creating a healing practice and much more...

**Advanced Hands on healing - PT 2** | Thursday April 9 | 7-9:15pm | \$20 | Bob Sullivan | 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. Also, we'll examine some important things when creating a healing practice and much more...

**Aura Photos and Readings** | Saturdays 4/18, 5/23, 6/20 | 12:30 -4pm |\$20 | Bob Sullivan | The Aura Camera is a special device that reads the frequency of energy and images and captures it onto a polaroid picture. Based on the color, clarity, position and amount of color, it is possible to get a read on the mental, emotional, physical and spiritual energy of the subject captured in that moment in time. Bob uses his intuitive abilities to tap into the energy field of the photo and possibly identify your energy blocks, leaks, or other things about you. Enlightening!

**Basic EFT (Emotional Freedom Technique) Class** | Wednesday May 6 | 7-9pm | \$30 | Karen Stashek | Open to anyone. EFT is a psychological form of acupressure, stimulating certain meridian points to assist in releasing negative emotions linked to a particular problem. This technique assists in changing habits, attitudes, and negative thought patterns, allowing the body to heal, whatever the condition. This technique can assist with eliminating bad habits, phobias, anxiety situations. You will be taught how to improve your life by removing the blocks that are preventing you from reaching your goals.

**Bellydance Begins** | Call for class days and times | 6 Sessions | 7-8:30pm | \$55| Meredyth Ludwig | Develop awareness about your body, condition your core, and celebrate your femininity as you learn the art of belly dancing and experience a great low-impact aerobic workout. To register, call 320-492-6112 or email info@meredythjl.com.

**Commitment Ceremony** | Friday April 10 | 6:30-8 pm | \$49 per couple | Karen Stashek | A commitment to a loved one is one of the most meaningful moments in a person's life. A commitment ceremony is a great way to show your love and commitment to your mate. Whether you are already married, or in an open loving relationship, or just want to re-connect with a stronger bond and life commitment to your mate, join me in a fun celebration and special relationship teachings of love and life on this high energy day (full moon on the 8th). Officiated by Rev. Dr. Karen M. Stashek. Open to anyone (all age/gender). Pre-registration is required. Certificate of Commitment will be presented to each couple.

**Discovering your Guidance and Psychic Abilities** | Thursday May 7th | 7pm -9:15 | \$20 | Bob Sullivan | In this class, we will examine the four Psychic Gifts of Clairvoyance, Clairaudience, Clairsentience and Clairgustance. We will discover how we receive information from our guides, angels and deceased loved ones. You will have the chance to learn some different exercises that will help develop your abilities and practice them in a safe atmosphere of like minded students.

**Drum Making on the Full Moon** | Saturday May 9th | 11-4pm | 13" drum \$110/16"drum \$135 | Wayne Manthey | Make your own frame drum for more meaningful drumming. This class will bring out the ancestral roots in anyone. It's a deeply moving experience to take a deer hide, cedar wood, and black walnut dye, and make a thing of beauty that will last years and will become a cherished piece to be passed between generations. It's a class you will remember for a lifetime. Nothing to bring. Everything supplied. Reserve your space now!

**Healing Circle** | Thursdays 4/30, 5/21 | 7-9:15pm | \$15 | Bob Sullivan | Calling all Healers!! This is a group that meets once a month to discuss and practice healing arts. Whether you are trained in Reiki, Hands on Healing, Healing Touch, Massage or any other discipline, we would like invite you to be part of our group that meets once a month. We will spend time having a discussion and the other half working on each other.

**Healing & Fluency Workshop** | One day workshop Saturday April 4th | 1-6 pm | \$75 | JuanGonzalez | This is a hands on workshop. Juan is a shaman and master body worker. Discover how to access our truth in body, mind and spirit. Gain confidence in our abilities to support healing energy. Come together in community and support each other's growth. Feel free to bring your favorite healing tools – pendulums, bowls, tuning forks, drums, etc. More times and dates to be announced – Please check website

**Indigo and Crystal Children** | Thursday May 14th | 7pm -9:15 | \$20 | Bob Sullivan | Examine the different types of children that are incarnating on earth at this time. Why their unique souls have chosen now? What to look for in your child's personality. Examine the different attributes of the various groups and how best to parent and learn from these gifted beings.

**Intuitive Healing With Essential Oils Class** | Wednesday May 27 | 6-9pm | \$40 | Karen Stashek | Open to anyone. This class covers information to safely use essential oils for both humans and animals, when to use them, and how to use and blend them, for healing, aromatherapy, nutrition, cooking, and cleaning. Several methods will be taught how to select which essential oils would benefit your specific needs.

**Lakota Dew Drop Technique (Massage) Class** | Wed June 24 | 6-9pm | \$40 | Karen Stashek | Open to anyone. This class provides instruction to do this wonderfully relaxing and healing Lakota technique to humans and animals using essential oils, massage, and Vita-Flex. This technique assists eliminating virus and bacteria from the spinal column, and can assist correction of scoliosis, kyphosis, spinal misalignments, and chronic illnesses.

**Lakota Heated Stone Massage Class** | Wednesday Apr 15 | 6-9pm | \$40 | Karen Stashek | Open to anyone. This class teaches how to safely do chakra healing, massage, or general healing with the use of heated stones. This wonderfully relaxing and healing technique magnifies any healing modality used. You can do this technique to yourself, or to other humans or animals very easily.

**Meet Your Spirit Guide (Guardian Angel) Class** | Wednesday Apr. 22 | 7-9pm | \$25 | Karen Stashek | Open to anyone. This group-hypnosis class will teach you to learn a relaxation and "anchor" technique that will allow you to instantaneously go to alpha state and communicate with your Higher Self or Higher Consciousness. This is a very beneficial technique to use for meditation, as you can use this technique at home. You will learn how to meet and communicate with your Spirit Guide and how to continue to do this any time you want.

**The Metaphysical Beginners Class** | Sat 4/18, 5/23, 6/20 | 10am - 11:30am |\$15 | Bob Sullivan | This is an ongoing class for those who wish to learn more about various things in the world of spirit, energy and soul work. We will cover numerous topics such as healing, past lives, astral projection, ghosts, intuition and various other subjects. This is a class is for people who feel a pull to learn more about these topics and would like a safe venue to discuss and with like minded people.

**Qigong for Health & Happiness** | Fridays beginning April 17 thru May 22 | 6-7pm | \$50 for all 6 sessions | Mike Geppert | Balance and harmonize your life through the time-honored practice of intentional movement and breathing called Qigong. Stress, fatigue and discomfort will melt away as you tap into this limitless source of energy and life that is both within you and all around you. Bring a mat or cushion, water and an open mind and heart. Wear comfortable and loose fitting clothes. Please leave all cell-phones and other wireless devices elsewhere. No previous experience necessary. Open to all ages and ability levels. Qigong is for everyone. Call (320)309-0892 to register in advance as space is limited.



# *Class and Event Descriptions Cont.*

**Reiki Level I Usui (Beginning) Class** | Wednesday 4/8 or 5/13 | 4-9pm | \$75 | Karen Stashek | Open to anyone. Reiki is a gentle hand-touch healing system. "Rei" means God, and "ki" means life force energy. This energy heals on all levels: physical, emotional, mental, and spiritual. Reiki deals with the cause of the pain. A student is attuned by a Reiki Master to open the body's energy channels and clear obstructions. Reiki relieves pain, speeds the healing process, relaxes and rejuvenates, clears and balances the body's chakras and aura energy field. Reiki is a totally positive experience, and safe for use on all ages of humans and animals. In this beginning level of Reiki, you learn the history and principles of Usui Reiki, receive an attunement allowing you to receive and give Reiki energy, learn basic hand positions for both self-balancing and giving Reiki balancing to both humans and animals. You learn ways to recognize how the body communicates its problems, and how positive thought can assist healing. You learn the chakra system and auric field of humans and animals, and grounding.

**Reiki Level II Usui (Intermediate) Class** | Wednesday 4/29 or 6/3 | 4-9pm | \$125 | Karen Stashek | In Level II, you learn to send healing Reiki energy long-distance using traditional Reiki symbols, and learn techniques for assisting in clearing mental and emotional energy patterns that may be harmful or disruptive. You will learn to see auras. You receive an attunement allowing increased healing energy approximately double that of Level I, for healing yourself, other humans, and animals.

**Reiki Level III Usui (Advanced/Practitioner) Class** | Wednesday May 20 | 4-9pm | \$150 | Karen Stashek | In Level III, you receive one attunement, another increase in healing energy. Level III teaches information necessary to be a Reiki Practitioner for healing yourself, others, and animals using multiple energy balancing and healing techniques and symbols. You receive the traditional Usui Reiki symbols and advice for starting your business.

**Reiki Level IV Master/Teacher Class** | Wednesday June 10 | 4-9pm | \$150 | Karen Stashek | In Level IV, you receive one attunement, another increase in healing energy. Level IV teaches information necessary to teach Reiki to others and how to give attunements to humans, animals, and objects using traditional Usui Reiki Master symbols.

**Sekhem-Seichim Reiki Class** | Wednesday June 17 | 5-9pm | \$100 | Karen Stashek | Open to Master/Teacher Reiki students only. Sekhem, Seichim, and Reiki work together as a unified trinity of sacred healing energies to completely balance and harmonize a person's physical, emotional, mental, and spiritual bodies. This powerful attunement expands the individual's capacity to carry more light and love, and anchors the essential life force within your energy system. It is also known as Egyptian Reiki, and is more ascension-based energy. Four additional symbols are given.

**Success in Life Class** | Wednesday Apr. 1 | 11am-1pm | \$25 | Karen Stashek | Open to anyone. This group-hypnosis class will gently assist you to conquer fear, anxiety, guilt, or whatever blocks you from achieving what you would like to attain in life, whether personal or business related. This can even help with sports improvement or memory improvement. You will be taught how to continue clearing yourself of future blocks, and how to continue on the path of Success in Life.

**UFO, Aliens and Other Life Forms** | Thursday April 16th | 7pm -9:15 | \$20 | Bob Sullivan | Ever wonder if you were all alone? OR if you were from somewhere else? In this class we will discuss some of the different alien groups that are believed to be involved in our planetary system, why they are here... We will look at photos, symbology and discuss the important purpose the earth serves in the galaxy.



## *Jennifer Hoffman Comes to Minnesota!*

Book Signing April 23rd. 5-7pm Mind-Body-Spirit

Since introducing Miracle Coaching in 2004, Jennifer Hoffman has taught the principles of miraculous living to thousands of clients. A life-long intuitive and clairvoyant, Jennifer provides intuitive guidance and spiritual healing to an international clientele. She is recognized as a powerful transformational speaker, spiritual teacher and is the author of eight books. Jennifer travels internationally, teaching seminars and workshops on a variety of topics. Her internationally acclaimed websites are [www.urielheals.com](http://www.urielheals.com) and [www.enlighteninglife.com](http://www.enlighteninglife.com).

### **30 Days to Everyday Miracles**

Jennifer Hoffman, the Miracle Coach who has helped thousands create the life of their dreams and an authority on miracles will teach you how to create miracles in your life. While current events may create fear, this is the best time to step into our miracle creating power. Now is the time to learn how to step into your miracle creating ability, and we all have it, to create the life of your dreams, despite what is happening in the world.

**Date:** April 24, 2009  
**Time:** 7PM to 9PM  
**Place:** The Loft, St. Cloud, MN  
**Cost:** \$35 in advance, \$45 @ door

### **Heal your Heart, Live your Purpose, Command your Mastery**

Our life is a spiritual journey whose purpose is to help us heal, learn, transform and ascend into our spiritual mastery. But we lose track of this purpose and our life experiences can make us feel powerless and unsure. This class is a journey into your past, present and future, where you will learn the tools for healing to unlock your life purpose and allow you to become the master of your life journey.

**Date:** April 25, 2009  
**Time:** 9AM to 5PM  
**Place:** The Loft, St. Cloud, MN  
**Cost:** \$135 in advance, \$150 @ door

For more information call Shelley Roy 320-309-9133  
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## *Essentials of Therapeutic Grade Oils:*

*New: Mountain Rose Herb Products Coming to MBS*

*Watch future newsletters or stop in to see what's new!*

### What makes an essential oil therapeutic grade?

Standards have been developed by the Association French Normalization Organization Regulation and adopted by the International Standards Organization to distinguish true Therapeutic Grade essential oils from inferior oils merely used for fragrance. This is a growing concern as demand for essential oils increases due to health-conscious consumers desiring to ward off today's stressful lifestyles--thus diminishing the supply. True Therapeutic essential oils are immune-system stimulating, anti-viral, anti-infectious, anti-bacterial, anti-microbial, antiseptic, anti-tumoral and even anti-fungal.

#### Gas Chromatography Purity Testing

Gas chromatography is the scientific method employed to differentiate imposters from the real McCoy's. It measures whether basic components of an essential oil occur in a precise percentage. If only two primary constituents do not meet precise percentages, the oil cannot be AFNOR or ISO certified--although the oil may qualify as Grade A. Gas chromatography can also identify oils that have been synthetically manipulated. At Mountain Rose Herbs, we go the extra mile and request the use of a 50-meter column during gas chromatography testing. Most U.S. labs utilize a 30-meter column, which is adequate for vitamins or minerals--but is certainly not adequate for the chemical complexity of essential oils. An oil's purity can be affected by myriad environmental factors: geographical region, altitude, climate, soil, growing conditions and harvest method and season. Even the time of day the plant is harvested can affect the oil's purity! Producing genuine Therapeutic Grade essential oils is indeed a fine art. We do painstaking research at Mountain Rose Herbs, insisting on knowing harvest location, methods utilized to extract the oils, and data reports assuring the oil's character.

#### Proper Distillation

The distillation method also affects an essential oil's purity--and Therapeutic Grade oils mandate preserving as many of the plant's compounds as possible. Therapeutic Grade essential oils must only be distilled in glass, porcelain or stainless steel cooking chambers at the lowest possible pressure and lowest possible temperature. Glass and porcelain essential oil distillation is the most superior method employed today, however production is limited thus resulting in a slightly more expensive product. Extremely high temperatures, high pressure, or contact with chemically reactive metals such as copper or aluminum can quickly destroy delicate compounds. And the method of distillation is one of the most important steps in the production of essential oils. Every essential oil offered by Mountain Rose Herbs is 100% Pure Therapeutic Grade, and all of the essential oils we stock are obtained by steam distillation of the plant's volatile oils, with the exception of citrus oils which are produced using the cold pressed method. All of the oils are derived from the first distillation--never the second, third or fourth! The only exception to this rule is our Lavender 40/42, which is a blend of many different lavenders; and absolutes, which are extracted by alcohol. These oils may not be suitable for therapeutic aromatherapy, however they are intoxicating as a fragrance or perfume.

#### No Additives

The primary components of 98 percent of all essential oils in the market are synthetic. They should not be used for therapeutic applications, and they potentially carry risks. Only pure essential oils should be used for therapeutic purposes. At best, synthetic oils may not produce desired therapeutic results--at worst, they could possibly be toxic. Mountain Rose essential oils are 100% pure, natural plant oils. They are free of added water, alcohol, carriers or other diluents. No chemical solvents are added during distillation, and nothing is added to the oil after distillation. A very large selection of oils offered through Mountain Rose are certified organic through Oregon Tilth Certified Organic. Although organic certification is an intensely painstaking process that a few of our suppliers are still striving to attain, any oils we stock that are not yet certified organic are guaranteed to be free of pesticide and chemical residues. Mountain Rose Herbs essential oils are wholly suitable for aromatherapy, cosmetics, cooking and body application.

*Article used with permission by Mountain Rose Herb Company. We are excited to be a future supplier of Mountain Rose Herb Company products. MBS also carries Ravenwood oils, another line of high-quality, therapeutic grade oils. Please ask for assistance on oils at the shop.*



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"perhaps power is letting go of the grip of the past  
and standing empty handed  
facing the future "

-terri st. Cloud