

2010
April :: May :: June

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi Everyone,

I have had writer's block. It is a common ailment of people who can find no inspiration. Inspiration has been eluding me. I have been unable to find anything to write about that doesn't put me to sleep. So, I was sitting up late the other night, trying to think up something to write, & trying to stay awake, when I realized that it was the night that daylight savings begins. It was already about 1:52 am & I decided, because we all do crazy stuff when it's late, to watch my phone when the time change happened to, well, see what happens. Okay, anyone sleeping yet? Have you ever waited 8 minutes in the middle of the night for anything dumb? The time has NEVER gone so slow! I was literally wondering if anything could be so slow? My Dad saying something to the tune of "watching grass grow" came to mind. 1:54, 1:56.....1:58, well you get the idea. Then 1:59 was upon me. I was excited. I held my breath...the time switched...to 3:01am! Oh My Highest Power! I had just LOST one minute of my life! I got to thinking how much I could have done with that one minute! I thought I could have told my children, & most people in my closest inner circle, how much I loved them. I could have played with my dog. I could have read a page in my novel. I could have... again you get the idea! This was horrible. I didn't stop to even care about the minutes I wasted watching my phone because, frankly, I chose to do something stupid with my time. But that minute was just ripped from me, never to be seen again!

There I had my front page. Time. Once again it all boils down to time. I have written about time before but things not thought of started to surge up. Just a couple of days ago I wrote as my status on facebook, (for those not savvy, it is what is on your mind or what you are doing, etc) & that status was "not enough time just doesn't begin to say it". Then, there I was late at night, watching time drag on like there was no tomorrow. I had what seemed like enormous amounts of time. Then a minute gone was like time had sped up to mega fast proportions. And then it hit me. Time truly is an illusion. Time is perception.

I picked up Dan Furst's * book "dance of the moon" the other day, (a great book about Astrology and moon cycles and how they affect us) and it had something in it about 2012 and time, and it got me thinking. If you do enough digging there is a myriad of things about time and theories relative to time. Time travel. The true increments of time. And time as an illusion. I read there is a possibility that we messed up thousands of years ago and it might not really be 2010! It might be 2016 or 2003? We made up those numbers too! Time had no numbers. There is no certainty that we measured and laid it out correctly. There is only certainty that time exists, but how we measure time is the conundrum. Slow time doing something "icky" seems like a loss, but doing something fun can be quick time, and feel like a loss too, because it ended? We are funny creatures because either way we lose? We need to find a measurement to make us feel we have won. Fun time should be seen as a gain of time if "icky" time is seen as a loss?

I realize that having hours to a day may make our lives easier but that should not be the true measurement of time. A day at the beach is time well spent. Time balancing the checkbook is too but we don't treat it the same. It feels like time lost. It is time that has passed us by because we were doing something we must do, not something we wanted to do. So there it is. Time should not be measured by minutes, nor hours, nor days. It most certainly should be measured in laughter, and hugs, how many turns of a good book, and how many chews and swallows of a great meal. Those are the ways I feel we gain time. When we sit down to balance a checkbook, smile, because even if that section of time seems lost, there are so many places to regain it again. Time is continual, time does move on, but we have the power over perception of time. It only has as much power as we give it. Now, if you will excuse me, I have a minute to regain...and do something great with. *Jms*

*Dan Furst, is an author we are excited and honored to have at MBS this week, March 17 and 18. Dan lives in Peru but is on tour in the U.S. with his book. If you didn't catch him this TIME around maybe another. Watch for other upcoming authors at MBS soon!

In This Issue

Featured Stone
page 10

Special Events
page 3

Practitioners
page 4

Event Calendars
pages 5-7

Classes
pages 8-9

Where to Begin
page 1

Feature on Oils
page 11



Mind Body & Spirit
GIFTS & BOOKS

Downtown St. Cloud | 320.203.9630
www.mindbodyspirit-online.com

Monday - Friday | 10-7 pm
Saturday | 10-5 pm
Closed Sundays

Animal Communication



by Joan



"A Voice for your Pet"

- Emotional/Behavioral Issues
- Lost or Deceased Pets
- Totems & Spirit Guides
- Intuitive Medical Advice

320.203.9630

Joan Stokes, AHT

915 West St Germain, St. Cloud, MN 56303

"Eagle Spirit"



320-274-2270

karens@lakedalelink.net

www.freewebs.com/anjeni

Rev. Dr. Karen M. Stashek

- EPEX/SCIO Quantum Biofeedback
- Master Hypnotherapist
- Emotional Freedom Technique
- Reiki Master/Teacher
- Spiritual Intuitive
- Holistic Life Coach
- Officiant for Weddings, Baptisms
- CranioSacral/Myofascial Release
- Chakra and Polarity Balancing



**Universal
Sound
Therapy**

Dick Rhoades

P.O. Box 158

Verndale, MN 56481

Phone: 218.640.5303

Email: dick@universalsoundtherapy.com

www.universalsoundtherapy.com

Sound Heals!

Universal Sound Therapy provides you with a take home sound healing session.

The sounds produced in our healing modality are scientifically designed, computer generated frequencies that remind your body of its correct resonance.

From Asthma to Varicose Veins, we have the sounds to help you heal.

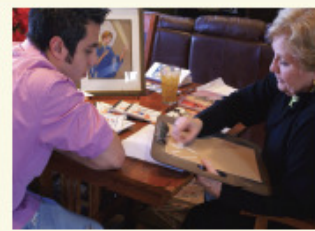
"The medicine of the future is sound"

Edgar Cayce

To learn more and place an order please call us or visit our website. Or you may sample the sounds and order in person at Mind, Body and Spirit.

Who is your

Angel!



Angel Portrait Session

9" x 12" Pastel - \$75



Also Available:

16" x 20" Oil - \$149

Schedule an **Angel Portrait Session** or host an **Angel Party**
Portraits take 45 mins | Discounts for Party Host

Call to reserve your date today: 763-546-4076

www.paulettesalo.com

**paulette
Salo**

Special Events

SOUL PORTRAITS | Wednesday, April 15 | 10:30-6 pm | Lisa Owen

Soul Portraits are a combination of a reading and a healing. Lisa uses her clairvoyant and clairsaudience gifts to communicate with your angels and guides, bringing forth information for the highest good of all concerned in the moment. She facilitates and communicates this information with discernment to insure the best guidance for a person's life path. The guides and the angels will project the image of your soul essence thru her third eye on to the black charcoal paper. Using soft pastels she follows the lines shown to her and relays information coming through. Soul Portrait session last about 1 hour and can be a very moving experience. (<http://www.lisaonsacredground.com/soulportraits2.html>) ½ hr session \$45/ 1 hr session with Soul Portrait taped \$60/ 1 hr session taped \$90/ 1 hr session, taped, with Soul Portrait \$121/ Shadow Portraits 1.5 hr taped session w/ Portrait \$230

SOUL BREATHING WORKSHOP | Sunday, April 18 | 6:16-9:15 pm | \$60 | Robert Winn

Soul Breathing is a powerful self-healing process that consistently generates profound physical, emotional & mental self-healing and deepens your connection with Spirit. Breath is the link between your body and soul. Soul Breathing works on the level of vibration to permanently release self-limiting emotions and thought patterns allowing you to instantly feel your deep connection to Spirit. Come, breathe yourself into emotional stability, freedom and joy. **To register call Terri 651-442-4623 or email: theconnecting-spirit@gmail.com.**

HOW TO TALK TO YOUR ANGELS....THE EASY WAY | Saturday, June 5 | 1-2 ish pm | Free | Paulette Salo

I will talk about how to talk to and listen to your angels, create a happy day, everyday, and how to rid ourselves of the negative thoughts we have. All so simple and easy!

ANGEL PORTRAITS | Saturday, June 5 | 10:30-4 pm | Paulette Salo

See your guardian angel as your angel paints their picture through my hands. I intuitively paint your angel's likeness for you. This includes your angel's name & a personal message from your heavenly messenger. My mission is to encourage people to talk with their angels so their lives are easier and it is so fun to know who they are! \$75 for a 9x12 pastel (2 or more are \$60 each) 16 x 20 oil portrait on canvas is \$150.00

JEWELRY REPAIR GUIDANCE & STONE WRAPPING | Wednesday, May 5 | 11-4 pm | Tai Salisbury

Tai is encouraging people to bring in their silver and stone jewelry questions to see if repair can be done or redone in some form. She is also a master at stone wrapping and is asking that you bring in that favorite stone, that you would love to wear, so that she may help you with the possibilities that can be done with it. Time allowing she may possibly help with a few stones and maybe show how stones can be drilled for wearing. Call if questions!!

INTUITIVE ART'S FAIR | Saturday May 15 | 10-5 pm | No cover charge | Mind Body & Spirit Practitioners

Many of you have asked for it; so here it is: A smaller slice of our EXPO with many of your favorite intuitives and healing practitioners. Come and get an intuitive reading or healing session and meet some of the area's finest metaphysical professionals. Fees for individual services.

AMETHYST BIOMAT & MULTI-DIMENSIONAL HEALING | Wednesday, June 9 | 2-7 pm | \$20-50 | Jennifer Salness

It's back! The Amethyst BioMat is a healing mat combining 30 pounds of Amethyst crystals with Far Infrared Heat, used to heal on all levels. Its various heat settings promote detoxification, stress reduction, cell regeneration, muscle and joint relaxation, as well as a deeper spiritual and energetic connection and "bump up" in energy. As an FDA approved medical device, it is assisting clients in many ways and we offer sessions with just the Amethyst BioMat or in addition to energy healing or therapeutic massage.

Multi-Dimensional Healing: new form of energy healing, bringing you to a new space of higher vibration and clarity. By simultaneously utilizing energy clearing, Reiki, sound healing, crystals, as well as multi-dimensional Angelic and Source energies, you are supporting your own personal intent for growth and are clearing any discordant energies that are not supportive of your highest good. The intent is to align you with higher vibrational energies to maintain health on all levels. www.crystallinelight.com

HUMA SPIRIT HEALING FROM HEAVEN | Saturday June 26 | 1:30-3:30 pm | \$20 | Warren & Mary Kay Holland

This is a two hour event to not only give psychic medium readings to the audience and learn more about guided information, but to receive the opportunity to experience Huma energy. This technique assists with awakening your spirit and your abilities. This is not just healing in a physical way with medical intuitive information, but healing the spirit to open and validate your own intuition by psychic insight. Two different abilities for one unique experience.

Magnets



Notepads



Curly Girl Designs



Cards

Journals



Intuitives, Psychics & Healers

Please call or check online calendar page for appointment availability. Appts for the following practitioners can be made by calling 320-203-9630. Most practitioners are scheduled by appointment only. Some, though not all, will take walk-ins if the practitioner is already available at the store. Call ahead for availability if possible. More information can be found on our Web site at www.mindbodyspirit-online.com (services page) It is extremely important that you PLEASE call if you cannot make your scheduled appointment (within an appropriate time) as most practitioners drive some distance to be at these scheduled appts.

ANN DRAGSTEN /HEALING TOUCH (Available Thursday 4/22, 5/13, 6/17) \$65.00 session

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.

BARBARA BJORKLUND/INTUITIVE GUIDANCE (Available most Tuesdays & Saturdays 4/3, and 6/12) \$90.00 hour or \$50.00 1/2 hr

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.

BOB SULLIVAN/PAST LIFE REGRESSION (Call for availability) Sessions are 1.5 hours for \$65.00.

Past life regression can help identify, process & 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, bringing completion. It is also possible to recall positive lifetimes...life times of mastery, gifts, talents, safety, lovability, and worthiness.

BOBBI RICE/KINESIOLOGY (Available Saturdays 4/24, 5/22, and 6/26) \$45.00 per 1 - 1 1/2 hour sessions

Health kinesiology is a simple and non-invasive way of balancing the body's energy system to improve overall mental, emotional, and physical health. It uses manual muscle testing which helps evaluate the imbalances in the body and then helps determine what the body needs at the time. Bobbi's sessions at this time are specifically for allergy testing and correction.

DEB PETERSON/SOUL COACHING (Available Saturdays 4/10, 5/1, 6/19 or special requests) \$35.00 ½ hr \$60.00 hr

Deb is known as the "The Humor and Grace Lady" and is an empath, intuitive healer and visionary. Soul coaching sessions explore perceptions, spiritual challenges, self-care, allies, and spiritual gifts. These sessions are interactive and engaging. Deb believes that healing can be gentle and doesn't have to be difficult; the art of healing is about stepping into the power of grace.

DIANE WINTER/NAME & BIRTHDAY READINGS - NUMEROLOGIST (Available Weds 4/14, 5/12, 6/16 (or as needed) by appt.) 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.

JANE RECKOW/ VITA FLEX FOOT MASSAGE (Available Wednesdays 4/7, 4/14, 4/28, 5/12, 5/19, 6/2, 6/9)

A form of reflexology that originated in Tibet thousands of years ago, even before acupuncture. Vita-Flex means vitality through the reflexes. Stimulation of vita-flex points can effect areas of discomfort without actually working on painful areas. This stimulation is done by connecting with the reflex points primarily on the feet. Use of essential oils will be included. Ear Candling and lymph work (facial neck and shoulders) also available.

JOAN STOKES/ANIMAL COMMUNICATION (Available most Thursdays by appt.) \$40.00-1/2 hr. \$75.00-hour

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.

KAREN STASHEK /HEALING THERAPIES (Available most Tuesdays by appointment- Day or Evening)

Therapies include: Hypno-Therapy, Integrated Energetics Reiki Transformational Healing (IERTH), Emotional Freedom Technique (EFT), Polarity Balancing Technique for Humans, CranioSacral Therapy, Sessions take place in the quiet solitude of the MBS studio.

KELLI SPENCER/PSYCHIC MEDIUM (Available most Mondays from by appointment) \$55.00 per 1/2 hour \$85.00 per hour

As a Psychic Medium Kelli channels 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.

KIMBERLEE BLUHM/QUANTUM TOUCH (Available Fridays 4/23, 5/14, 6/18)

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.

PAULETTE LUCAS/PSYCHIC INTUITIVE (Available most Fridays from by appointment) \$60.00 per 1/2 hr and \$100.00 per hr.

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 nearly 20 years. She works with spirit guides, angels, and deceased loved ones.

TAMARACK/TAROT & ASTROLOGY (Available most Wednesday's and Friday's by appointment) \$1 per minute

Tamarack is a seasoned interpreter of the Tarot and a skilled Astrologer. Many of you have been asking for an in-house tarot reader. Well, here you have it! Tamarack is an especially talented artist with Mother Earth's gifts. Along with the deep connection she has with the earth

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>				<p>1</p> <p>JOAN STOKES by appt.</p>	<p>2</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p>	<p>3</p> <p>B. BJORKLUND Psychic/Intuitive 10-2 pm</p> <p>REIKI LEVEL 1 11-2 pm</p> <p>REIKI LEVEL 2 2-6 pm</p>
<p>4</p>	<p>5</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>6</p> <p>B. BJORKLUND Psychic/Intuitive 10-2 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p> <p>HEALING CIRCLE 7-9:15 pm</p>	<p>7</p> <p>TAMARACK by appt.</p> <p>JANE RECKOW Reflexology 2-4:30 pm</p> <p>HEALING FROM THE INSIDE OUT #3 7-9pm</p>	<p>8</p> <p>JOAN STOKES by appt.</p> <p>LEARN EAR CANDLING 7-9 pm</p>	<p>9</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p> <p>MEET YOUR SPIRIT GUIDE 7-9 pm</p>	<p>10</p> <p>DEB PETERSON Soul Coaching 11-4 pm</p>
<p>11</p>	<p>12</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>13</p> <p>B. BJORKLUND Psychic/Intuitive 10-2 pm</p> <p>KAREN STASHEK Healing Therapies by appt</p> <p>INDIGO CRYSTAL CHILDREN 7-9:15 pm</p>	<p>14</p> <p>New Moon</p> <p>DIANE WINTER Numerology 11-2 pm</p> <p>JANE RECKOW Reflexology 11-3 pm</p> <p>HEALING FROM THE INSIDE OUT #4 7-9pm</p>	<p>15</p> <p>JOAN STOKES by appt.</p> <p>SOUL PORTRAITS Lisa Owen 10:30-6 pm</p> <p>BASIC EFT 7-9 pm</p>	<p>16</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p> <p>STOP SMOKING 7-9 pm</p>	<p>17</p> <p>DRUM MAKING 11-4 pm</p>
<p>18</p> <p>SOUL BREATHING 6:15 - 9:15 pm</p>	<p>19</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>20</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p> <p>Energetically Speaking #1 7-9 pm</p>	<p>21</p> <p>TAMARACK by appt</p> <p>ACHIEVING SUCCESS IN LIFE 7-9 pm</p>	<p>22</p> <p>JOAN STOKES by appt.</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p> <p>RAINDROP THERAPY 7-9 pm</p>	<p>23</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>KIMBERLEE BLUHM Quantum Touch 10-2 pm</p> <p>COLOR THERAPY FOR HUMANS & ANIMALS 6:30-9:30 pm</p>	<p>24</p> <p>METAPHYSICS 101 10-1 pm</p> <p>AURA PHOTOS 1:00-4:30 pm</p> <p>BOBBI RICE Kinesiology 11-4 pm</p>
<p>25</p>	<p>26</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>27</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p> <p>Energetically Speaking #2 7-9 pm</p>	<p>28</p> <p>Full Moon</p> <p>JANE RECKOW Reflexology 11-3 pm</p> <p>TAMARACK by appt</p> <p>WEIGHTLOSS 7-9 pm</p>	<p>29</p> <p>JOAN STOKES by appt.</p> <p>CRANIO-SACRAL 7-9 pm</p>	<p>30</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p> <p>HEALING WITH ESSENTIAL OILS 7-9 pm</p>	

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>						<p>1</p> <p>DEB PETERSON Soul Coaching 11-4 pm</p>
<p>2</p>	<p>3</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>4 B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p> <p>Energetically Speaking #3 7-9 pm</p>	<p>5</p> <p>JEWELRY REPAIR & STONE WRAPPING 11-4 pm</p> <p>CROCHETED STONE JEWELRY 5:30-7:30 pm</p>	<p>6</p> <p>JOAN STOKES by appt.</p> <p>ENERGY OF MONEY #1 7-9:15 pm</p>	<p>7</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p>	<p>8</p> <p>LOVE...WHAT'S PERSONALITY GOT TO DO WITH IT? 2- 5 pm</p>
<p>9</p>	<p>10</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>11</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p> <p>Energetically Speaking #4 7-9 pm</p>	<p>12</p> <p>DIANE WINTER Numerology 11-2 pm</p> <p>JANE RECKOW Reflexology 11-3 pm</p> <p>HEALING WITH HUMOR & GRACE 7-9 pm</p>	<p>13</p> <p>JOAN STOKES by appt.</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p> <p>ENERGY OF MONEY #2 7-9:15 pm</p>	<p>14 New Moon</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>KIMBERLEE BLUHM Quantum Touch 10-2 pm</p>	<p>15</p> <p>Mind Body & Spirit's Intuitive Art's Fair 10-5 pm</p>
<p>16</p>	<p>17</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>18</p> <p>B. BJORKLUND Psychic/Intuitive 10-2 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p>	<p>19</p> <p>JANE RECKOW Reflexology 11-3 pm</p> <p>TAMARACK by appt</p>	<p>20</p> <p>JOAN STOKES by appt.</p> <p>ENERGY OF MONEY #3 7-9:15 pm</p>	<p>21</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p>	<p>22</p> <p>Herbs & Women 7-9 pm</p> <p>BOBBI RICE Kinesiology 11-4 pm</p>
<p>23/30</p>	<p>24/31</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>25</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p>	<p>26</p> <p>TAMARACK by appt</p>	<p>27 Full Moon</p> <p>JOAN STOKES by appt.</p> <p>PAST LIFE REGRESSION & REINCARNATION 7-9:15 pm</p>	<p>28</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p>	<p>29</p>

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>		<p>1</p> <p>B. BJORKLUND Psychic/Intuitive 10-2 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p>	<p>2</p> <p>JANE RECKOW Reflexology 11-3 pm</p> <p>TAMARACK by appt</p>	<p>3</p>	<p>4</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p>	<p>5</p> <p>METAPHYSICS 101 10-12 pm</p> <p>HOW TO TALK TO YOUR ANGELS 1-2 pm</p> <p>AURA PHOTOS 1:00-4:30 pm</p> <p>Angel Portraits by appt</p>
<p>6</p>	<p>7</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>8</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p>	<p>9</p> <p>JANE RECKOW Reflexology 11-3 pm</p> <p>AMETHYST BIOMAT Jennifer Salness 2-7 pm</p>	<p>10</p> <p>GHOSTS & SPIRITS 7-9:15pm</p>	<p>11</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p> <p>ART CRAWL 5-9 pm</p>	<p>12 <i>New Moon</i></p> <p>B. BJORKLUND Psychic/Intuitive 10-2 pm</p>
<p>13</p>	<p>14</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>15</p> <p>B. BJORKLUND Psychic/Intuitive 10-2 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p>	<p>16</p> <p>DIANE WINTER Numerology 11-2 pm</p> <p>TAMARACK by appt</p> <p>HEALING WITH HUMOR & GRACE 7-9 pm</p>	<p>17</p> <p>JOAN STOKES by appt.</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p>	<p>18</p> <p>KIMBERLEE BLUHM Quantum Touch 10-2 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>19</p> <p>HERBS FOR CHILDREN 1-4 pm</p> <p>DEB PETERSON Soul Coaching 11-4 pm</p>
<p>20</p>	<p>21</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>22</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p>	<p>23</p> <p>TAMARACK by appt</p>	<p>24</p> <p>JOAN STOKES by appt.</p>	<p>25</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 pm</p>	<p>26 <i>Full Moon</i></p> <p>HUMA SPIRIT Healing from Heaven 1:30-3:30 pm</p> <p>BOBBI RICE Kinesiology 11-4 pm</p>
<p>27</p>	<p>28</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>29</p> <p>B. BJORKLUND Psychic/Intuitive 10-2 pm</p> <p>KAREN STASHEK Healing Therapies by appt day/eve</p>	<p>30</p> <p>TAMARACK by appt</p>			

Class Descriptions

ACHIEVING SUCCESS IN LIFE | Wednesday, April 21 | 7-9:00 pm | \$25 | Karen Stashek & Marlena Reichert

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, & how to continue on the path of Success in Life.

AURA PHOTOS AND READINGS | Saturdays 4/24 & 6/5 | 1:00 -4:30 pm | \$25 | 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 | Thursday, April 15 | 7-9:00 pm | \$25 | Karen Stashek

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, and anxiety situations. You will be taught how to improve your life by removing the blocks that are preventing you from reaching your goals.

COLOR THERAPY FOR HUMANS & ANIMALS | Friday, April 23 | 6:30-9:30 pm | \$35 | Karen Stashek

Color is the simplest and most accurate therapeutic measure yet developed for humans and animals. With no strain to anyone, it assists in restoring body functions, can cause specific physiologic or emotional effects to assist healing, and has been known to reverse age. We will cover Orgone energy as well as color in tinctures, clothing, home and work environment, and light therapy.

CRANIO-SACRAL & MYOFASCIAL RELEASE BASICS | Thursday, April 29 | 7-9 pm | \$25 | Karen Stashek

A light touch therapy that works on a structural level as well as emotional level. Relieves undue pressure on the brain and spinal cord, releases stored-up emotion and stress. Heals restrictions of central nervous system and fascia.

CROCHETED STONE JEWELRY | Wednesday, May 5 | 5:30-7:30 pm | \$40 | Tai Salisbury

Come learn to crochet beads into bracelets, necklaces, earrings with this simple technique. You can use small pearls, glass, plastic or crystal beads, or my favorite, small stone beads to make jewelry so pretty people will ask where you bought it. Supplies are simple- approx 10 feet of beading wire that will fit through your beads (very fine, fine or med), a 16 inch (or more) strand of beads, 6mm max, and 2 crochet needles, 1.5mm and 1.8mm.

DRUM MAKING | Saturday, April 17 | 11-4 pm | 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!

EAR CANDLING | Thursday, April 8 | 7-9 pm | \$25 | Karen Stashek

This class provides proper instruction for doing ear candling safely, including proper massage of head and neck and acupressure points for sinus and ear passage stimulation.

ENERGETICALLY SPEAKING | Tuesdays April 20 - May 11 | 7-9 pm | \$80 prepay 4 sessions | Barbara Bjorklund

In this four-week series of classes, Barbara creates a safe space for you to explore and experiment with energy and intuition through experiential activities, guided visualization/meditation, and group interaction. You'll develop awareness of your energy in relation to others and the world, while embarking upon an inward journey that will lead you to discoveries about your authentic self and clear messages for how to give expression to your life as a unique individual. With each class, you'll go deeper inside—unfolding the mystery of you.

ENERGY OF MONEY | Thursdays, May 5, 13, & 20 | 7-9:15 pm | \$25 | Bob Sullivan

The events of the last few years have presented most of us with opportunity to examine our relationship with money. Thing is, like everything else in creation, money is simply energy. Your thoughts about it and your relationship to it affect how money comes and goes from your life. The Energy of Money class is for people who want to explore how to build a powerful new relationship with money, we will help you clarify what you really want out of life and give you the tools to act purposely when you use money to move toward those dreams. Not only will you gain support in moving through the obstacles that keep you from feeling financially successful, but you will also bring more clarity, focus, ease and grace into your relationship with your money.

GHOST & SPIRITS | Thursday, June 10 | 7-9:15 pm | \$20 | Bob Sullivan

Join Psychic and Ghost-buster Bobby Sullivan as he shares his experiences as a ghost buster in dealing with ghosts, haunting and possession. In this class we will examine the phenomenon of Ghosts and view various photos of ghosts and spirit energy. We'll also discuss how it looks and feels to encounter a ghost. Learn how to tell if you have a ghost...and what to do if you want to get rid of your ghosts. Also, we will discuss Spirit attachments, Angels and much more...

HEALING CIRCLE | Tuesday, April 6 | 7-9:15 pm | \$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.

Class Descriptions (continued)

HEALING WITH ESSENTIAL OILS | Friday, April 30 | 7-9:00 pm | \$25 | Karen Stashek

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 on how to select which essential oils would benefit your specific needs.

HEALING WITH HUMOR & GRACE | Wednesdays, 5/12 & 6/16 | 7-9:00 pm | \$25 | Debra Peterson

Yes, healing can be fun and engaging! Sessions are designed to shift energy with discussion and interactive participation. You will have the opportunity to identify, shift limiting patterns, enhance self-awareness and ultimately have fun! Must have 3 or more participants for each class.

HERBS & WOMEN | Saturday, May 22 | 1-4 pm | \$25 | Liz Johnson

Herbs have improved women's health for centuries. While standard medicine has indicated that women are crazy, herbalists listened and found remedies that work with the body to improve PMS, pregnancy and childbirth, menopause, and other health issues that are unique to women. Come and learn how herbs can help you, and women you know, lead happier, healthier lives.

HERBS FOR CHILDREN | Saturday, June 19 | 1-4 pm | \$25 | Liz Johnson

Learn which herbs are ideal for children's health issues and how to measure a safe and effective dose for any child. We will explore herbs available in the kitchen, the yard, and at any store offering a few bulk herbs. From ear infections to fevers, boo boos to restlessness and even stubbornness, we will cover a wide range of health issues. Create a healthier world for your child.

INDIGO AND CRYSTAL CHILDREN | Tuesday, April 13 | 7-9:15 pm | Cost is \$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.

LOVE, WHATS PERSONALITY GOT TO DO WITH IT | Saturday, May 8 | 2- 5 pm | \$25 | Dewey & Lisa Klaphake

A Laugh Out Loud Edventure– Delve into how each personality expresses & interprets romance, intimacy, passion, sex, & communication, in a fun and informative environment that will leave you laughing.

MEDITATION | Mondays | 7-9 pm | Donation | Paulette Lucas

Paulette, who has practiced many forms of meditation, will lead you through various techniques. Practicing meditation will give you greater peace of mind, feelings of closeness to our Creator, and can help you get answers to your issues. Each hour session will consist of time to learn a process and practice it.

MEET YOUR SPIRIT GUIDES | Friday, April 9 | 7-9:00 pm | \$25 | Karen Stashek

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. Learn how to communicate with your Spirit Guide and continue to do this any time.

METAPHYSICS 101 | Saturday, April 24, June 5 | 10-noon | \$20 | 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.

RAINDROP THERAPY | Thursday, April 22 | 7-9 pm | \$25 | Karen Stashek

This class provides instruction to do this wonderfully relaxing and healing Lakota technique to humans and animals using herbal essential oils, massage, and Vita-Flex. This technique assists eliminating virus and bacteria from the spinal column, and can assist correction of spinal misalignments, and chronic illnesses.

REIKI LEVEL I & II | Saturdays April 3 | 11-2 pm & 2-6 pm | Level I \$75/Level II \$125 | Karen Stashek

Reiki is a gentle hand-touch healing system. In level I Reiki, you learn the history and principles of Usui Reiki, receive an attunement allowing you to receive and give Reiki energy, and learn basic hand positions and ways to recognize how the body communicates. In Level II, you learn to send healing Reiki energy long-distance and learn techniques for assisting in clearing mental and emotional energy patterns. You receive an attunement allowing increased healing energy approximately double that of Level I.

STOP SMOKING | Friday, April 16 | 7-9:00 pm | \$25 | Karen Stashek

Open to anyone. This group-hypnosis class will gently assist you to conquer the desire or need to smoke. Healthy alternatives will be suggested to assist you with this path. We will cover "all feelings are good". You will also learn kinesiology and acupressure methods that can be used to assist as well.

PAST LIFE REGRESSION & REINCARNATION | Thursday, May 27 | 7-9:15 pm | \$20 | Bob Sullivan

Explore the possibility of accessing your Past Lives. Learn about reincarnation, karma and how we can bring issues, talents and relationships with us from other lives. Discover how Past Life Regression can possibly reverse negative life patterns we may have brought with us from another life. Watch a Past Life Regression and experience a Past Life Regression in a group setting if desired.

WEIGHTLOSS | Wednesday, April 28 | 7-9:00 pm | \$25 | Karen Stashek

Open to anyone. This group-hypnosis class will gently assist you to lose weight in a healthy manner. Healthy alternatives and proper nutrition will be suggested to assist you with this path. We will cover "all feelings are good", and deal with cravings and eating habits. You will also learn kinesiology and acupressure methods that can be used to assist as well.

Agates

A stone created, by the earth's volatile past, up to 100 million years ago could possibly be called the "Stone for Today"! This is because the Agate has been worn throughout the ages for protection and to encourage individuals to find the positive out of what is perceived to be negative. Some would say that we have a volatile age happening right now as well. With all the uncertainties and instability that many are dealing with right now it seems that this stone, which traditionally brings courage, inspiration and protection, is just what was ordered.

There are hundreds of different types of agates but all have one thing in common, they are all beautiful. Agates can contain many colors or just a couple of colors. The colors found in agates include red, orange, yellow, green, blue, purple, pink and black, with blues and purples being rarer than the other colors. There are also black and white agates, such as the Mexican Crazy Lace, which can be red and white as well. The agates versatility comes mainly from the fact that it has so many colors and formations to it. Below is a list of the agates we have, or have had, and what they have been traditionally used for. This is only a very loose guide and is very brief for ease of use. Also, for your convenience, the subsequent chakras they align most to have been added. After this list we will consider the overall attributes of all agates.

Blue Lace (Throat Chakra) Joy, Truth, and Inspiration / Used most often for Angelic Connections

Botswana (Chakra dependent on color) Helps release repressed emotional issues and heal them / has been known to be used for fertility.

Lake Superior (Root and Sacral) Helps awaken one's natural talents and creativity. Protective stone for warriors in all walks of life.

Mexican Crazy Lace (Root) Helps increase laughter, release emotional pain, and increase stamina and energy. Helps many find themselves when they are lost, by first finding their roots.

Moss (Root & Sometimes Heart) Connects one to the natural world so that one may "hear" it.

Oregon Eye (Overall) Good for connecting with and understanding others motives and feelings.

Snakeskin (Overall) Helps with transitions in life, aids healing process of skin diseases, connects one to one's creativity, aids in balancing emotional ups and downs, and helps lift depression.

Tree (Root & Heart) Connection to Earth entities such as fairies and other wood sprites. Helps one with the ability to "see" it.

Turritella (Root) Aids self esteem, promotes acceptance of oneself and one's family as well creating more harmonious familial relationships.

The agate overall is the best stone for children in the sense that it is not overpowering. Children align better with gentle energies and although the agate is strength and protection, it is done with subtlety. One of the other reasons it is so wonderful for children is because it is a great stone to help one develop friendships and there is nothing more important, to all ages of children, as their relationships with others.

While being one of the best stones for help with stamina, strength and courage it has also been traditionally used for helping heal fractures, infections (esp. of the skin), and easing arthritic pain. This stone can aid with illuminating negativity so it can be diffused, increasing concentration, tribal strength and family ties, promoting good dreams while making one feel safe if bad ones occur, helps to calm fears and phobias, and finally, helps one to be less disagreeable and look outside of the box.

Lastly, the agate can be a wonderful aid in divination and meditation. Besides the comfort it provides, in just the feel of it, an agate can be used for gazing into for relaxation and meditation. The more bands, plumes, or eyes an agate has creates more beauty to be lost in, even if just for a moment. And sometimes a moment is all one needs to "see" something new or renew. Find the right agate for your pocket today.

Next time we will look at stones like Ocean Jasper, which is an agate, and Fire agate, which isn't truly an agate, and all those wanna-be and pseudo-agates. Till next time...

jms



Judith Newby

Transmedium • Clairvoyant • Clairaudient
Tarot • Psychometry • Automatic Writing
Pet Communications • Telephone Readings

*To Release & Grow in Love & Truth
To Let Your Spirit Soar with Your Soul*

320-352-3625

www.JudithNewby.com



Kelli Spencer

Channel for Goddess Kuan Yin
Psychic Medium • Medical Intuitive • Reiki Master
Vibrational Coaching • Holistic Healing

*Specializing in the body, the whole body,
Body, Mind and Spirit*

320-240-6399

www.kellispencer.com



The Essentials of Ginger Oil

Ginger – Zingiber officinale

Although Ginger oil, Ginger root, and all things Ginger are getting a great deal of press lately, it has been used as a medicine for many centuries. The Ginger plant seems to have its earliest origins in India and China but is being discovered in many more texts throughout some parts of Africa as well. Perhaps the first people who came upon this natural growing herb plant picked up that its peppery, spicy smell would make an excellent spice for cooking, but as time went by it would soon be treasured for so much more.

The name Ginger could be a derivative of the word Gingi, which is an area in India. India and all of Asia have been known for their teas and it is believed that Ginger was first used in tea to ease stomach discomfort, diarrhea, and nausea. It has been highly sought after in history as well as today for its pain killing properties and as an aphrodisiac. It has also been known to fight malaria and combat depression, as it lifts the mood. Put a little in lemonade as a mood brightener! The Chinese still today use extreme amounts of ginger both in oils and straight root herb in cooking, drinks, etc. for heart health.

In the past Ginger has been used for anything from fractures to rheumatism, to hangovers. Ginger oil is used today for so much more including easing cold symptoms, motion sickness, pregnancy related nausea, pain in muscles and joints, including arthritic pain.

Ginger is one of those rare herbs that have garnered respect by the medical community in recent years. In fact, the University of Maryland Medical Center, a very prestigious medical school, has since put out much information about the benefits of Ginger on their website and teach much along the lines of alternative herbal medicine. (We are starting to come full circle and getting back to our "Roots"!) I found this on the website for the UMMC, www.umm.edu. "health care professionals commonly recommend ginger to help prevent or treat nausea and vomiting associated with motion sickness, pregnancy, and cancer chemotherapy. Also used as a digestive aid for mild stomach ache, as support in inflammatory conditions such as arthritis and may even be used in heart disease or cancer." I highly recommend the U of Maryland Medical Center site as a reference for the latest dosages and recipes for both young and old. It can be used for any age after the age of two. And there are limitations as with anything, the key to all health is moderation! Happy Health to all!

jms

Beth Jacobson

M.A. Rehabilitation Counselor

320-217-5618

320-220-1742

Spiritual Counselor

Intuitive Myofascial Release

*Discover your journey
to self-acceptance and self-love*

Reiki Master

Specializing in Autism

beth@bethjacobson.com | www.bethjacobson.com

Essential  Elements
Nurturing Balance Creating Harmony

Jane Reckow

320.493.8494

Massage : CranioSacral : Myofascial Release : Yoga
YL Essential Oils : Reflexology : Reiki : Lymph Drainage

Web: janereckow.com Email: info@janereckow.com

paulette lucas
GUIDANCE FOR THE INNER SELF

Spiritual Counseling & Clairvoyant Readings

By Phone & In Person • Group & Individual
Call 320.203.7928 for an Appointment

**barbara
bjorklund**
intuitive • teacher • guide

barbarabjorklund.com
763.350.4020



Unity Spiritual Center



Wherever you are on your spiritual path you are welcome here

Wednesday Service • 7 pm
Sunday Service • 10:00 am
Child Care/Sunday School
327 9th Avenue South, St. Cloud
320-255-9253



At Unity Spiritual Center, you'll find a positive, uplifting, warm, open, non-judgmental and loving approach to life, and like minded people who gather to support each other on their personal spiritual journeys.

- ☺ Inspiring Guest Speakers
- ☺ Fabulous Concerts
- ☺ Uplifting Seminars
- ☺ Experiential Workshops
- ☺ Fun Family Social Activities
- ☺ Thought Provoking Classes
- ☺ Support Groups
- ☺ Special Healing Services
- ☺ Reflective Meditations
- ☺ 12 Step Group

If you resonate with the writings and teachings of people like Eckhart Tolle, Dr. Wayne Dyer, Deepak Chopra, Byron Katie, and Neale Donald Walsch, or the message of the "Secret" and "What the Bleep," Unity of St. Cloud may be just what you're looking for.

Visit www.UnitySpiritualCenterSC.org for further information



Mind Body & Spirit

915 West St. Germain Street
St. Cloud, MN 56301

"The mystery of life is not a problem to be solved but a reality to be experienced."

Aart Van Der Leeuw