

2010
January :: February :: March

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi Everyone,

Welcome to 2010! It seems like only yesterday the world was scrambling in anticipation of the year 2000. There were many people in 1999 that were gathering supplies and hunkering down because the failure of the world's computers was imminent, which meant complete chaos and collapse was all we had to look forward to. Well, hindsight... 20/20... we all know how that panned out. Now we have doomsayers running rampant again because 2012, according to them the beginning of the end, is right on our horizons and we best be scared! Good thing we have them to keep our adrenaline running! Or we could change our perspective and remember that, as Merri and I believe, the end of the world as we know it is not necessarily the end of the world. This end of what we know could be a great thing! And I, for one, am on board and ready! I was watching a show last evening that said exactly what I have often said, we can either take the end of the Mayan calendar, Nostradamus prophecies, and the dead sea scrolls and panic, and create the end of the world through our fears, or we can see it, as both Merri and I prefer to see it as a new beginning!

I am smiling right now because of two reasons, one is that I was almost done with this article early this morning, which would bring this newsletter to it's conclusion, when all of a sudden with no warning the computer shut down to do updates and I hadn't saved my article!... (I just took a second there to hit the save button), yes, I can smile now because how perfect was that message? Here I was, knowing I was coming to the end and knew where I was headed and bang, it all changed. My article, as I thought it should be, changed into what it needed to be. I didn't throw the computer out the window, (boy, it was close!) and I didn't give up. Good lesson for 2012 to 2014. Change might be a good thing! It might be all gone as we know it, but what might replace it might be better? The second reason I am smiling is a good friend knew I was writing about the end of the Mayan Calendar and he said, "Maybe the guy who was working on it died and no one wanted to finish cuz no one wanted to write a calendar that never ends?!" Perhaps it is just that, someone didn't finish the mother of all eternal jobs? Perhaps it was all designed to make us think a lot? It will be what it will be and our only job is to allow it and look at it with the perspective we choose. I say, with a smile.... Bring it on!

jms

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As you can see, our wonderful advertising professional, Donella Westphal has made some much needed and wonderful design changes to our newsletter! We were very excited to see the fresh new look and we trust you will like it too! The changes that we would like to make you aware of, beyond the looks, is that the practitioners are no longer on the calendar as there just isn't enough space to put all classes, events, and practitioner times on it, and still make it easily readable. They are still listed and their information such as times, dates, and fees are still available on page four. For more information on them please go to our website [www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com).

Also, there are some really great events coming up that we wouldn't want you to miss so here is your reminder to check them out! Everyone kept asking us to have a smaller version of our EXPO, but have it more often, and so in February we are having a mini EXPO called the Mind Body & Spirit Intuitive Arts Fair! We have new instructors teaching some great new classes as well as instructors teaching some old favorites with fresh perspectives. We are having a special visit from an author-astrologer-actor-teacher coming to us all the way from Cusco, Peru while he is on tour. See page three for special events. Check these out and much more in our newly revised and freshened up Kaleidoscope!

Namaste,  
Joan and Merri

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**Mind Body & Spirit**  
GIFTS & BOOKS

Downtown St. Cloud | 320.203.9630  
[www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com)

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

# Aventurine

Aventurine is the stone of luck and chance, often called the "gambler's stone". Two reasons for this are that it resonates with an individual's ability to take chances but helps keep one grounded enough so that unnecessary risks are not taken, creating better "luck". The second reason it is considered the gambler's stone is that the name aventurine is derived from the Italian words "a ventura" which means "by chance".

And gambler's win, for the most part, "by chance". It came to be called this in the 18th century when Venetian glass workers accidentally dropped copper filings into a batch of fused and liquefied glass, which produced glass that sparkled. (Interestingly this was also the same way Goldstone was discovered by monks elsewhere). Aventurine looks somewhat like the glass with copper sparkles as it is made up of mostly Quartz with mineral inclusions of Chromium Mica which create the sparkling affect called aventurescence.

Aventurine can be many colors such as green (most common), but can be purple, peach, brown, and blue, but solids only. It is mined in Europe, Asia, Africa, South America, and the U.S. It is truly a perfect heart aid as it encourages regeneration of heart muscle, helps to lower cholesterol levels, and has been known to help prevent arteriosclerosis. As it helps reveal what it is that makes an individual happy it also lifts stress which can induce heart attacks. For those who do not gamble, then again who doesn't gamble considering life itself holds much chance taking, Aventurine is the stone of comfort, bringing peace to the spirit itself.

jms

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**Anne Brady** Ph.D., C.T.C.I., M.T.  
320-250-9402 \* [www.oneholisticwellness.com](http://www.oneholisticwellness.com)

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*ONE Holistic Wellness is proud to sponsor*

**REIKI I**  
Saturday, February 6th, 2009

**REIKI II**  
Sunday, February 7th, 2009

**MASTER LEVEL CLASS**  
Saturday, May 1st, 2009

**INSTRUCTORS**  
Stephanie Robeck — [www.innersourcesolutions.com](http://www.innersourcesolutions.com)  
Anne Brady — [www.oneholisticwellness.com](http://www.oneholisticwellness.com)

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# Special Events

**WORLD HYPNOTISM DAY** | Monday January 4 | 12-6 pm | Karen Stashek & Marlana Reichert

On January 4, we will have our Certified Hypnotists (National Guild of Hypnotists) here to answer any questions about hypnotism, from noon on. Special discount coupons will be handed out, for discounts on private hypnosis sessions booked any time in 2010 at Mind Body & Spirit (320-203-9630). There will be various hypnosis classes this week, and continuing this month and after. For more info. on World Hypnotism Day go to Mind Body & Spirit's Website.

**AN ENLIGHTENING AFTERNOON** | Sat January 23 or Sat March 6 | 10am-1pm | \$40.00 | Val Medeiros & Chris Tonnar  
Join us for a combined 3 hour event. We'll start with "Just One More Chance" as Val Medeiros connects with your loved ones who have passed by doing gallery style medium readings. This will be followed by "Keepers of the Heart" channeling with psychic/facilitator Chris Tonnar and deep trance channel Val Medeiros. The Keepers of The Heart teach us how to open our hearts and bring us closer to our true essence of love.

**LIGHT ALLIANCE READINGS** | Sat Jan 23 and Sat Mar 6 | 2-5 pm | 30 min sessions \$60 | Val Medeiros & Chris Tonnar  
Val - medium readings (connecting with loved ones that have died), Chris - psychic/intuitive readings. For more information on Val or Chris and the wonderful work they do please go to the link below to their website: <http://www.lightalliancehird.com/CHANNELING-DEFINITION.html>

**INTUITIVE ART'S FAIR** | Saturday February 20 | 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.

**HUMA SPIRIT: HEALING FROM HEAVEN** | Saturday, January 16 | 1:30-3:30pm | \$20 | Mary Kay & Warren 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.

**LIVING BY THE MOON: A BOOK SIGNING & TALK by Dan Furst** | Wednesday, March 17 | 6-7:30 pm | Free  
Author of "Dance of the Moon" Dan has been a professional astrologer for over thirty years. He has written his immensely popular Universal Festival Calendar since 1998. He's an internationally respected authority on rituals and spiritual practices around the world. He has worked as a writer, actor, teacher and ceremonial artist in New York, Hawaii, Japan, India and Egypt, and lives now in Pisac near Cusco, Peru. For more information on Dan's book go to [http://www.llewellyn.com/author.php?author\\_id=4803](http://www.llewellyn.com/author.php?author_id=4803).

**READINGS WITH DAN FURST** | Monday - Thursday, March 15-18 | Call to schedule your appointment  
\$150 for Astrocartography, \$125 for birth chart and transits (both 90 minutes), tarot \$50 (30 mins) or \$80 (one hour). Astrology readings include an mp3 recording that can be played on any computer. Bring a flash drive, and you can take everything (mp3, chart and astrocartography maps) with you when we're done. For more information on Dan's reading go to <http://www.hermes3.net/astrology2.htm>.

*"Eagle Spirit"*



320-274-2270

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[www.freewebs.com/anjeni](http://www.freewebs.com/anjeni)

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- Reiki Master/Teacher
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# Intuitives, Psychics & Healers

Please call or check online services page for appointment availability. All appointments for the following practitioners can be made by calling 320-203-9630. Most practitioners are scheduled by appointment only. Some, though not all, take walk-ins. Please call ahead for availability if possible. More information about these practitioners can be found on our Web site at [www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com) Please access the services page for information. 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 appointments.

**ANIMAL COMMUNICATION WITH JOAN STOKES** (Available most Thursdays by appt, Emergencies other days) \$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. Over the phone and long distance readings available.

**HEALING THERAPIES WITH KAREN STASHEK** (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, Myofascial Release, Ear Candling. For more information on these therapies and fees go to [www.mindbodyspirit-online.com/karen\\_stashek](http://www.mindbodyspirit-online.com/karen_stashek). Sessions take place in the quiet solitude of the MBS studio.

**HEALING TOUCH WITH ANN DRAGSTEN** (Available Thursday 1/14, 2/11, 3/11, from 12-6pm ) \$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.

**INTUITIVE READINGS WITH BARBARA** (Available **Tuesdays** 1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 3/30 from 10-3pm and **Tuesdays** 1/12, 1/26, 2/9, 2/23, 3/9, 3/23 from 3-6pm, as well as **Saturdays** 1/9, and 3/20 from 10-2pm.) \$90.00 hour or \$50.00 1/2 hr 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.

**KINESIOLOGY WITH BOBBI RICE** (Available Saturdays 1/23, 2/27, and 3/13 from 11-4pm) \$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. After allergies are determined, Bobbi will then, if permitted, correct the allergy. This requires an allergy TAP or SET. For more information please call Bobbi Rice at 320-420-4176

**NAME & BIRTHDAY READINGS - NUMEROLOGIST DIANE WINTER** (Available Weds 1/13, 2/17, 3/17 from 11-2pm (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.

**PSYCHIC MEDIUM KELLI SPENCER** (Available most Mondays from 11-6pm by appointment) \$55.00 per 1/2 hour \$85.00 per hour  
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.

**PSYCHIC READINGS WITH PAULETTE LUCAS** (Available most Fridays from 11-6pm 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.

**READINGS WITH KATE ZIMMER** (Available Mondays 1/18 and 2/15 from 11-1pm by appointment) \$1/minute  
Kate is a clear and direct channel to receive loving guidance through her and your Spirit Guides, Angels, Ascended Masters, Totems, Fairies, deceased loved ones and past lives. She uses her skills in clairvoyance, clairaudience and clairsentience to relay messages, insights and answers to the many questions affecting you on your path. Kate is a Reiki Master and Certified Basic IET Practitioner.

**REFLEXOLOGY WITH MARGOT HAWK** (available Wednesday from 11-6 pm) \$65 session  
REFLEXOLOGY is a process of stimulating the reflexive points that release tension & stress, improves circulation, releases nerve impulses, improves lymphatic drainage & restores energy flow. We have approximately 7,200 nerve endings on our feet, which when worked stimulate these changes. Margot was the director & primary teacher of Professional Therapeutic Reflexology at Lehigh Valley Healing Arts Academy in Shimersville, PA for over 12 years. She also taught at both Blue Ridge Community College & James Madison University in VA, as well as having a private practice for over 30 years. Her approach is eclectic and wholistic, working with PEMS (physical, emotional, mental and spiritual) bodies & not just the reflex areas.

**SOUL COACHING WITH DEB PETERSON** (Available Sats. 1/09, 1/30, 2/13, 3/13, 3/27- 11-4 pm or special requests) \$35.00 1/2 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.

**TAROT & ASTROLOGY WITH TAMARACK** (Available most Wednesday's by appointment and Friday's 12-6pm) \$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 comes a deeper understanding of the individual within the whole. Allow minimum of 30 minutes for tarot. 1-2 hours minimum for astrology.

# January 2010

| 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.mindbody">www.mindbody</a></p> |                                                                             |           |                                                    |                                                          | <b>1</b><br>STORE CLOSED                                                        | <b>2</b><br>STORE REOPENS FOR THE NEW YEAR                                                                            |
| <b>3</b>                                                                                                                                   | <b>4</b><br>HYPNOTHERAPY DAY<br>12-6 pm<br>HOW TO ATTRACT SUCCESS<br>7-9 pm | <b>5</b>  | <b>6</b><br>STOP SMOKING<br>7-9 pm                 | <b>7</b><br>WEIGHTLOSS<br>7-9 pm                         | <b>8</b><br>MEET YOUR SPIRIT GUIDE<br>7-9 pm                                    | <b>9</b><br>AURA PHOTOS<br>12:00-4 pm<br>HYPNO-BIRTHING<br>4:30-7 pm                                                  |
| <b>10</b>                                                                                                                                  | <b>11</b><br>MEDITATION<br>7-7:45 pm                                        | <b>12</b> | <b>13</b><br>HEALING WITH ESSENTIAL OILS<br>7-9 pm | <b>14</b><br>CONNECTING WITH YOUR GIFTS #1<br>7-9:15 pm  | <b>15</b> <i>New Moon</i><br>COLOR THERAPY FOR HUMANS & ANIMALS<br>6:30-9:30 pm | <b>16</b><br>HUMA SPIRIT<br>Healing from Heaven<br>1:30-3:30 pm<br>HYPNO-BIRTHING<br>4:30-7 pm                        |
| <b>17</b>                                                                                                                                  | <b>18</b><br>MEDITATION<br>7-7:45 pm                                        | <b>19</b> | <b>20</b><br>HEALING WITH HUMOR & GRACE<br>7-9 pm  | <b>21</b><br>CONNECTING WITH YOUR GIFTS #2<br>7-9:15 pm  | <b>22</b>                                                                       | <b>23</b><br>AN ENLIGHTENING AFTERNOON<br>10-1 pm<br>Light Alliance Readings<br>2-5 pm<br>HYPNO-BIRTHING<br>4:30-7 pm |
| <b>24</b><br><hr/> <b>31</b>                                                                                                               | <b>25</b><br>MEDITATION<br>7-7:45 pm                                        | <b>26</b> | <b>27</b><br>IMMUNITY & YOU<br>6:30-8:30 pm        | <b>28</b><br>2012 A TIME FOR TRANSFORMATION<br>7-9:15 pm | <b>29</b>                                                                       | <b>30</b> <i>Full Moon</i><br>MASK MAKING<br>1-4 pm<br>HYPNO-BIRTHING<br>4:30-7 pm                                    |

# February 2010

| 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.mindbody">www.mindbody</a></p> | <b>1</b><br><br><b>MEDITATION</b><br>7-7:45pm             | <b>2</b><br><br><b>HYPNO-BIRTHING</b><br>6-8:30 pm  | <b>3</b><br><br><b>WOMEN'S SPIRITUALITY &amp; THE TAROT</b><br>7-9 pm  | <b>4</b><br><br><b>BASIC EFT</b><br>7-9 pm                   | <b>5</b>  | <b>6</b><br><br><b>FAMILY &amp; SPIRITUALITY WORKSHOP</b><br>10:30-2:30 pm<br><br><b>HYPNO-BIRTHING</b><br>4:30-7 pm |
| <b>7</b>                                                                                                                                   | <b>8</b><br><br><b>MEDITATION</b><br>7-7:45pm             | <b>9</b><br><br><b>HYPNO-BIRTHING</b><br>6-8:30 pm  | <b>10</b><br><br><b>WOMEN'S SPIRITUALITY &amp; THE TAROT</b><br>7-9 pm | <b>11</b><br><br><b>HANDS ON HEALING PART 1</b><br>7-9:15 pm | <b>12</b> | <b>13</b><br><br><b>FAMILY &amp; SPIRITUALITY WORKSHOP</b><br>10:30-2:30 pm                                          |
| <b>14</b> <i>New Moon</i>                                                                                                                  | <b>15</b><br><br><b>LET'S STRESS LESS</b><br>6:30-8:30 pm | <b>16</b><br><br><b>HYPNO-BIRTHING</b><br>6-8:30 pm | <b>17</b><br><br><b>HEALING WITH HUMOR &amp; GRACE</b><br>7-9 pm       | <b>18</b><br><br><b>HANDS ON HEALING PART 2</b><br>7-9:15 pm | <b>19</b> | <b>20</b><br><br><b>Mind Body &amp; Spirit's Intuitive Art's Fair</b><br>10-5 pm                                     |
| <b>21</b>                                                                                                                                  | <b>22</b><br><br><b>MEDITATION</b><br>7-7:45pm            | <b>23</b><br><br><b>HYPNO-BIRTHING</b><br>6-8:30 pm | <b>24</b><br><br><b>SHAMANIC JOURNEYING FOR BEGINNERS</b><br>7-9 pm    | <b>25</b><br><br><b>HANDS ON HEALING PART 3</b><br>7-9:15 pm | <b>26</b> | <b>27</b>                                                                                                            |
| <b>28</b> <i>Full Moon</i>                                                                                                                 | <b>1</b><br><br><b>MEDITATION</b><br>7-7:45pm             | <b>2</b><br><br><b>HYPNO-BIRTHING</b><br>6-8:30 pm  | <b>3</b>                                                               | <b>4</b>                                                     | <b>5</b>  | <b>6</b>                                                                                                             |

# March 2010

| 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.mindbody">www.mindbody</a></p> | <b>1</b><br><br><b>MEDITATION</b><br>7-7:45 pm                                                        | <b>2</b><br><br><b>HYPNO-BIRTHING</b><br>6-8:30 pm                                               | <b>3</b><br><br><b>SPRING CLEANUP</b><br>6:30-8:30 pm                                                        | <b>4</b><br><br><b>PAST LIVES &amp; REINCARNATION</b><br>7-9:15 pm | <b>5</b><br><br>                                     | <b>6</b><br><br><b>AN ENLIGHTENING AFTERNOON</b><br>10-1 pm<br><b>Light Alliance Readings</b><br>2-5 pm |
| <b>7</b><br><br>                                                                                                                           | <b>8</b><br><br><b>MEDITATION</b><br>7-7:45 pm                                                        | <b>9</b><br><br><b>REFLEXOLOGY CLASS PART 1</b><br>7-9 pm                                        | <b>10</b><br><br><b>HEALING WITH HUMOR &amp; GRACE</b><br>7-9 pm                                             | <b>11</b><br><br><b>GHOSTS &amp; SPIRITS</b><br>7-9:15pm           | <b>12</b><br><br>                                    | <b>13</b><br><br><b>REIKI LEVEL 1</b><br>11-5 pm                                                        |
| <b>14</b><br><br>                                                                                                                          | <b>15</b> <i>New Moon</i><br><br><b>READINGS WITH DAN FURST</b><br><br><b>MEDITATION</b><br>7-7:45 pm | <b>16</b><br><br><b>READINGS WITH DAN FURST</b><br><br><b>REFLEXOLOGY CLASS PART 2</b><br>7-9 pm | <b>17</b><br><br><b>BOOK SIGNING &amp; TALK</b><br>6:00 pm<br><b>DAN FURST AUTHOR OF "DANCE OF THE MOON"</b> | <b>18</b><br><br><b>READINGS WITH DAN FURST</b>                    | <b>19</b><br><br><b>DOWNTOWN ART CRAWL</b><br>5-9 pm | <b>20</b><br><br><b>REIKI LEVEL 2</b><br>11-5 pm                                                        |
| <b>21</b><br><br>                                                                                                                          | <b>22</b><br><br><b>MEDITATION</b><br>7-7:45 pm                                                       | <b>23</b><br><br><b>REFLEXOLOGY CLASS PART 3</b><br>7-9 pm                                       | <b>24</b><br><br><b>HEALING FROM THE INSIDE OUT #1</b><br>7-9pm                                              | <b>25</b><br><br><b>AURAS &amp; YOUR ENERGY</b><br>7-9:15pm        | <b>26</b><br><br>                                    | <b>27</b><br><br><b>AURA PHOTOS</b><br>12:00-4 pm                                                       |
| <b>28</b><br><br>                                                                                                                          | <b>29</b><br><br><b>MEDITATION</b><br>7-7:45pm                                                        | <b>30</b> <i>Full Moon</i><br><br><b>REFLEXOLOGY CLASS PART 4</b><br>7-9 pm                      | <b>31</b><br><br><b>HEALING FROM THE INSIDE OUT #2</b><br>7-9pm                                              | <b>1</b><br><br>                                                   | <b>2</b><br><br>                                     | <b>3</b><br><br>                                                                                        |



# Class Descriptions

## **2012 A TIME FOR TRANSFORMATION** | Thursday, January 28 | 7-9:15 pm | \$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.

## **AURAS & YOUR ENERGY** | Thursday, March 25 | 7-9:15 pm | \$20 | Bob Sullivan

Explore what an Aura is. Where your Aura is located and how to actually see it! Discover how your energy is affected by other people and by your own thoughts and feelings. Also learn how to protect and clear your energy and the spaces you live and dwell in....and much more.

## **AURA PHOTOS AND READINGS** | Saturdays 1/9 & 2/27 | 12:00 -4pm | \$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, February 4 | 7-9:00pm | \$25 | Karen Stashek

EFT is a psychological form of acupuncture, 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, January 15 | 6:30-9:30pm | \$40 | Karen Stashek

Color is the simplest and most accurate therapeutic measure yet developed for humans and animals, with no strain to anyone, assists 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, color tinctures, clothing, home and work environment, light therapy.

## **CONNECTING WITH YOUR GIFTS PART 1 & 2** | Thursday, January 14 & 21 | 7-9:15 pm | \$20 | Bob Sullivan

We are all different and we are all gifted...In this 2 part class we will help you open up your ability to feel and understand your unique gifts of connecting with spirit and your divine guidance. Connect with your intuition, your spirit guides and your higher self and learn how to use it to live in an enlightened way.

## **FAMILY & SPIRITUALITY WORKSHOP 2 PART** | Saturdays, February 6th & 13th | 10:30-2:30 pm | \$85 | Bob Sullivan

With the ever changing energy of our planet and our place in the universe, children and families have evolved into a new place. Join us for a 2 day workshop that will allow parents and their children to explore their roles together in this new energy. In this workshop we will examine: shifting dimensions, discovering personal gifts, partnering within families. Class includes interactive exercises. \$85 for 1 parent and up to 2 children. \$15- additional parent or child. (children need to be 8 or older)

## **GHOST & SPIRITS** | Thursday, March 11 | 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 ghost....and what to do if you want to get rid of your ghosts. Also, we will discuss Spirit attachments, Angels and much more...

## **HANDS ON HEALING PARTS 1, 2,& 3** | Thursday, February 11, 18, and 25 | 7-9:15 pm | \$20 | Bob Sullivan

Discover your ability to channel universal healing energy through healing touch and absentee healing. We will examine different techniques of sending energy to others; Using such things as touch, sound, color and vibration to heal and balance their energy. We will discuss working with different types of situations that clients, friends and family may have and examine how healing energy can help balance our clients physical, emotional and spiritual energy.

## **HEALING FROM THE INSIDE OUT** | Wednesdays March 24, 31, April 7, 14 | 7-9:00pm | \$75 for series of 4 | Kelli Spencer

Learn how to heal your body from all the effects of an unhealthy lifestyle. Do you feel lack of energy by the end of the day, or suffer from some sort of ailment or are you carrying around extra unwanted weight? By using a 3 step process, that I have designed, you will learn how to balance body, mind, and spirit, allowing you to implement healing into your life without struggle. You will also learn meditation techniques, how to implement intuitive kinesiology and vibrational lifting. More info: [www.kellispenner.com](http://www.kellispenner.com)

## **HEALING WITH HUMOR AND GRACE** | Wednesdays, January 20, February 17, March 10 | 7-9pm | \$25.00 | Deb 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.

## **HEALING WITH ESSENTIAL OILS** | Wednesday, January 13 | 7-9:00pm | \$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 how to select which essential oils would benefit your specific needs.

## **HOW TO ACHIEVE SUCCESS IN LIFE** | Monday, January 4 | 7-9:00pm | \$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.



# Class Descriptions (continued)

**HYPNOBIRTHING** | Sat. Jan. 9 - Feb. 6, 4:30-7:00 pm or Mon. Feb. 2- Mar. 2 , 6-8:30 pm | \$275 /5 sessions | Marlena Reichert  
HypnoBirthing® - The Mongan Method - is a unique method of relaxed, natural childbirth education, enhanced by self-hypnosis techniques. HypnoBirthing® provides the missing link that allows women to use their natural instincts to bring about a safer, easier, more comfortable birthing. Emphasis is placed on pregnancy and childbirth, as well as on pre-birth parenting and the consciousness of the pre-born baby. As a birthing method, HypnoBirthing® is as new as tomorrow and as old as ancient times.

**IMMUNITY & YOU** | Wednesday, January 27 | 6:30-8:30 pm | \$15 | Jane Reckow  
Learn how you can boost and improve your immunity using essential oils and other natural means. We will also cover what to do if you get ill and how to speed up the healing process. \$15.00 includes handouts and mini oils therapy (Please prepay and pre-register)

**LET'S STRESS LESS** | Wednesday, February 15 | 6:30-8:30 pm | \$15 | Jane Reckow  
In this class we will explore various methods for reducing stress. Essential oils for stress reduction will be experienced along with breathing, yoga, massage and other modalities for relaxation. Cost: \$15.00 includes handouts and mini oils therapy (Please prepay and pre-register)

**MASK MAKING** | Saturday, January 30 | 1-4:00 pm | \$55 | Joan Stokes & Merri Weis  
This 3 hour workshop is designed to help you create a representation of your true essence. When you look into a mirror you see what the world sees, when you look within, an image appears that creates a portal into your very soul. Come experience this workshop and witness your spirit revealed. Limited to 8 participants. All materials provided.

**MEDITATION** | Most Mondays (refer to calendar) | 7-7:45 pm | Donation | Margot Hawk  
Margot, 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, January 8 | 7-9:00pm | \$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.

**PAST LIFE REGRESSION & REINCARNATION** | Thursday, March 4 | 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.

**REFLEXOLOGY CLASS** | Tuesdays, March 9- April 13 | 7-9 pm | 6 week session \$120 | Margot Hawk  
Reflexology is a process of stimulating the reflexive points primarily in the feet that releases tension and stress, improves circulation, releases nerve impulses, helps balance the entire body, improves lymphatic drainage and restores energy flow. Margot's eclectic style shows variations, which each person can adopt. Her approach is holistic, working with PEMS (physical, emotional, mental and spiritual) bodies and not just the reflex areas. Learn how to use this effective tool for healing for yourself, family, and friends.

**REIKI LEVEL I & II** | Saturdays March 13 & 20 | 7-9:00pm | 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.

**SHAMANIC JOURNEYING FOR BEGINNERS** | Wednesday, February 24 | 7-9:00pm | \$25 | Kelli Spencer  
Learn the beginning basics of how to journey and access your power animals. You will need some sort of eye cover, and any type of blanket and pillow to make yourself comfortable. There are limited yoga mats available, if you have your own mat please bring it along. You will be lying down for this type of meditation. Bring paper and pen for journaling about your experiences.

**SPRING CLEANUP** | Wednesday, March 3 | 6:30-8:30 pm | \$15 | Jane Reckow  
We will examine cleaning – inside and out. I will show you how to reduce the toxicity in our homes and bodies through the use of some very simple and natural means. Let's do some spring cleaning and save our earth home in the process. \$15.00 includes handouts and samples

**STOP SMOKING** | Wednesday, January 6 | 7-9:00pm | \$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.

**WEIGHTLOSS** | Thursday, January 7 | 7-9:00pm | \$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.

**WOMENS SPIRITUALITY & THE TAROT PART 1 & 2** | Wednesdays, March 3 & 10 | 7-9pm | \$20/\$35 for both | Tamarack  
This two evening course will delve into the history and meaning of the Tarot, with an emphasis on how women's spirituality was and is recognized and respected as an integral part of the whole. A chance to examine and discuss the meaning of each card. Part 1: History and the Aether (Major) Arcana; Part2: the Elemental (Minor) Arcana. All welcome. Cost: \$20 for one evening, \$35 for both

# The Fairy Glen

I read a poll just recently that said that over 90 percent of people world wide believe in some sort of Angels; although, most of those people have never seen or heard them. And then I read something similar that showed that less than 30 percent believe in Faeries, even though quite surprisingly there are just as many stories of encounters with Faeries as there are Angels. It is interesting what we choose to have faith in? In November the "New Age" Realm lost a remarkable author, teacher, guide, and storyteller extraordinaire, Ted Andrews. Most of you may know him best as the author of the book "Animal Speak". Although his heart was almost always invested in the animals he dabbled in just about every aspect of the metaphysical. One of the last books that I had signed by Ted is the book, Faerie Charms, one of his Young Person's School of Magic and Mystery Volumes. It is an easy to read book for the young of all ages and if you get a chance, I highly recommend reading it. In this book the world of the Unicorn, Elves, and yes, Faeries, come alive with folklore and Tedlore. My favorite, above all in the magical world, are the Faeries!

Many people apparently, as told by Ted, thought he was, well... crazy. They thought this due to his wonderful beliefs in the magical and mystical worlds beyond where most beliefs end. He believed in faeries, and I do as well. I have never seen a fairy but I have heard their laughter and I have felt their playfulness around me and so I believe. I trust in magic and laughter and I am in good company as there are many others who share similar beliefs. I love how Ted puts believing into perspective when he said in his book Faerie Charms, "People will believe only what they want to believe. If you spend your time trying to prove to others, you will miss out on many joys and wonders. There are some things in life that we may never be able to prove or disprove to everyone's content, but some things are important enough to continue believing in whether we can prove them or not."

Throughout time and places, especially in Ireland where they are still called the "little people", stories abound about the small mischievous people who live in the woods and hide from the "big" people. One such story from Ireland translates that these little people came from a bright star that hovered over the land! Were these encounters from space? Who knows? I never say never! Apparently, the wee people lived side by side with the people of the Ire. The story continues with the English taking over Ireland and the little people running and hiding in the forests, and that is where they stay to this day. However they got here and where they came from is just another mystery. And I am sure that with some of you I have lost all respect, believing in the wee ones! But I have kept in good graces with the little people, and trust me, whether you believe in them or not, it is best to stay within their good graces! Yep, they can be nasty if you are not kind to them! They only love those who take care of their homes. Their home is the wilderness and they particularly love the low lands that are covered in moss and smell of fresh rain year around. If you sit quietly in the forest and breathe deeply and listen carefully you may just hear the barely audible giggles of the miniature lords and ladies of the woods.

Merri and I found a fairy glen once and we could feel a tangible magic all around us. It was as if the entire woods invited us to be a part of it. We knew we were among the faeries because the "feel" of them was there. Dragonflies darted about like sentinels. The flowers rose up to meet us and it felt like a waterfall of energy poured down on us. It was truly magical. There is no way to explain it to someone, it must be felt. We thought it was the only place to feel them and so we returned to that glen again and again. Then one day we were blocked from the path. We were quite sad that we would no longer be able to experience the magic of the glen. Then one day, as we were riding down a road on ATV's near a beautiful woods, quite by surprise Merri got a message, from the wee ones themselves. They said "we are everywhere". Now the magic is around us all the time, and we are young again. Little did we know, that the fountain of youth is believing, and not a fountain at all!

Ted says in his book Nature Speak that most people are amazed when miracles happen and he says that he would be amazed if they didn't. He said, "Magic and miracles are supposed to happen. And nowhere is this more evident than in the realm of Nature. Through the Green Kingdom, we discover once more that enchanted worlds exist and that magical possibilities still abound."

I am grateful for people like Ted Andrews who always believe in magic. I am thankful that they remind me to believe as well. Ted signed my book by saying, "May the faeries dance in your heart!" They do Ted. And my wish (cuz when you believe in Faeries, you can believe in wishes too), is that you are now dancing with the Faeries and that we might all get to join you someday. To all...happy believing!

jms



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## The Essentials of Lemongrass Oil

Lemongrass is found everywhere in a multitude of products such as a fragrance in cleaners, oil in personal soaps, cosmetics and much more. When any product is seen in so many different forms, or seen so often, it's sometimes taken for granted. But this oil should never be taken for granted as its uses are many. The smell of this oil could be likened to a lemony, cut hay or cut straw smell vs. a grass smell, as the name implies. This plant is grown throughout the world but the majority, distilled into oil, comes from Nepal, India, Sri Lanka, Madagascar, and Guatemala. Many plants that are distilled into oils can only be used as fertilizer, etc, as their "essence" is taken and their "use" is gone, but the lemongrass is different. Lemongrass still has enough nutrients left in the plant, after the distillation process, to be beneficial as a feed for cattle, making this a plant that truly serves ecological healthiness.

Even though it is multi-faceted and used as an anti-depressant, anti-fungal, anti-microbial, anti-parasitic, anti-septic, and an astringent, it serves best as an anti-inflammatory agent and an analgesic. I myself have worked with Lemongrass for pain in my hip, which served me very well! In fact, when I was told to use Lemongrass by an intuitive I thought, "Why would I use that instead of oils that have always served me like wintergreen or peppermint?" I was surprised to learn that although the wintergreen and peppermint were wonderful anti-inflammatory agents, they didn't have the long term healing qualities that Lemongrass oil does for my hip. Lemongrass does not "feel" immediately like it is working, as wintergreen or peppermint does, but given the proper time it is a wonderful pain reducer, and aids in the long term healing of connective tissues and ligaments. I didn't stop the use of wintergreen or peppermint but found Lemongrass to be a great addition. And finally, Lemongrass has a light sedative effect and wonderful aroma so it calms and lifts the spirit, clears the mind, and all the while helping to heal the physical body. It is a Mind Body & Spirit combination that is always a winner! *(For some individuals it can be irritating to the skin so dilution is recommended.)* jms



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"Nobody can go back and start a new beginning,  
but anyone can start today and make a new ending."

-Maria Robinson