

2010

July :: August :: September

KaLeidOscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi Everyone,

It is summer, whether the calendar says it or not! Camping season is upon us. Even if not camping, most people start heading to lakes, forests, and backyards full of the wonderful world of insects, sunburn, bruises, blisters, and less than adequate sleep. We endure all of this so we can fully experience our Minnesota summer! With winter not that far behind us, we leap into the discomfort of the pesky little things about summer knowing we better enjoy every last minute we can before freezer burn returns! To prepare for the summer, we must update our first aid kits with certain essential oils so that we may accommodate healing when the fun is over. At the end of this article find a listing of some of the best oils for the "ailments" listed. (Some info may be a repeat from days gone by but there is new information too, so check page 10 for this listing. Everyone reacts differently to meds, just as everyone reacts differently to essential oils, so it may take a little experimentation to figure out the right recipes for effectiveness.)

I am going to share a story of my first tick experience of the season and essential oils: It was a Sunday morning, in early spring, and I had planned on sleeping a little late. I woke up to a very painful area at the back of my right leg. It was a female deer tick (black legged tick). I didn't know how long it had been attached but the area was aggravated and the tick was plump. Anyone grossed out yet? I probably should have warned you it would be icky but it is a tick story! There were already double red rings around the bite site. This was at Merri and Doug's cabin and so Merri was there to help. The tick was quite buried and might have been very difficult to remove. Merri put lemongrass oil directly on the tick and it immediately loosened its hold so she was able to pull it off. I called the nurse line to find out about the red rings being an indication of Lyme disease infection. She asked how I removed the tick and I explained about the lemongrass. She was almost shocked that I would use one of those "oils" that could be full of bacteria! (I am not entirely sure what kind of oils she is familiar with...perfume? Perhaps she could have asked questions about my expertise with oils. One who has a background in essential oils would have known that lemongrass oil is used extensively in the pharmaceutical industry! It is a tried and true aid in many health areas! And I was not carrying it in a filthy container. I was a little frustrated with her.) She warned to NEVER put anything on a tick to remove it but get to a doctor to remove any ticks! Okay. Seriously? Everyone needs to make their own call on this one, but I for one am not going to pay a doctor \$75.00 to remove a tick that I can get off myself! For all you medical personal out there; I am aware of the danger of diseases that those nasty little creatures carry. I also realize that when they have been on more than 12 or so hours, and/or you distress them, they will "spit" the disease into their host. Yep, yuck. But I am a lover of the outdoors and I get about 20 to 30 ticks a season on me! (Does that make me a "Tick Magnet"?!)

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front page continued

If you really don't think you can get a tick off yourself and are afraid the head might stay in and cause infection, etc, then by all means go to the Doc! But if you can remove one then I say remove it yourself! Well, I didn't listen to the nurse. I did put some more lemongrass on and added tea tree and lavender to it as well. I am not a doctor, but I still recommend these and many other oils because they have helped me. They work to help heal the bite wound, and they are anti-inflammatory agents as well as anti-bacterial aids. I would not be caught without them. By the next day I had no red rings, no pain, and might not have needed any treatment for lyme disease. However, I do believe that western medicine also has it's benefits when used with balance in mind, as everything should be. I took doxycycline to catch any development of lyme disease because in this case, with the rings, it seemed wise to do it all. I am sure the essential oils, along with my immune system, took care of any other possible bacteria and I would not hesitate using them again and again! With all of the great evidence out there that therapeutic grade essential oils help, why not?!

I told this story for two reasons: I trust you will read this and update your oils. Second, have a little trust in yourself to make decisions about your health. Take control of your health, you are your own best advocate. Listen to the professionals and then check in with yourself. Look for help on the outside of yourself but look for the truth within. If it resonates with you and feels right, then follow their advice. If not, do your research and go back to them with your questions. It is okay to question those who assist you in maintaining your body's health. There are some who will agree and those who may not, but ultimately it is your body and your decision. This is about you! Take your power back. Take care of yourself and be healthy!

From both Merri and I : Have a wonderful summer and we trust we will see you at MBS throughout the season!

Agates

Since writing the last article about agates and why they are given this name (or not), I have seen much confusion from those coming into the shop seeking stones. We will continue to be lost about "agates" until we first figure out why stones are different and how they are named. So I have written what I hope is an easy explanation of a sometimes complicated concept.

The \$64,000 dollar question is...What is the difference between Quartz and other stones such as Jasper and Agate that we have in the store? These all have the same basic makeup of SiO₂ but they still differ. If you ask an "expert" if something is an agate, you could get many different answers. Also, one person might say Ocean Jasper and the next says Ocean Agate. These stones are both mostly Quartz. So why don't we call them Quartz? Why don't we describe Ocean Jasper or Ocean Agate as Quartz with multi-colored circles from Madagascar? After all, why must we confuse everyone with fancy names? There is a great deal of confusion out there! Besides the fact that it is a mouthful referring to a stone that way, there is also the convenience of naming something so that one can easily picture what stone is being referred to. In addition, giving names to stones that reference where they are found can also make them much easier to identify. If you wanted to buy a Herkimer diamond for instance, you would not buy something called a Pakimer or an Arkimer. The reason is that the Pakimer, although very similar in vibration and healing attributes to the Herkimer, is from Pakistan. An Arkimer is from Arkansas, while the Herkimer actually comes out of Herkimer, New York. All three are wonderful crystals and perhaps have the same clarity, hardness, etc, but they are subtly different because of their origins and possible impurities.

We had an individual come in just recently and corrected us on our naming of a type of landscape jasper as Polychromatic Jasper. She said, "That is Mookaite" (or sometimes referred to as Mookaite, Mookite, Mookalite or Mookarite.) She was loosely right because it has the same make up as mookaite but does not come from Australia, it comes from Mexico. Considering that the jasper that she was looking at, called Polychromatic Jasper, comes from Mexico it could not be the same stone that comes from Mook Station, a ranch in Australia. Even though they have the same geological name they have slightly different colors and come from different parts of the planet so they have different energy. Confusing, I know.

Here is the analogy I use to explain to customers. A dog is a dog. Simply put, a Poodle is a dog and a Labrador Retriever is a dog. If the two breed, you get a dog. It may have the fancy new name of Labradoodle, but remains a dog all the same. All dogs have an element of wolf in them, just as almost all stones we have in the store have Quartz in them. All dogs have canine teeth but some are larger just as Quartz crystals have differing sizes in crystals and stones. Dogs come from different parts of the world and so display different attributes. In other words, the main components may be the same, but the size etc could be different. In stones, perhaps hardness is the same but the colors may differ. Why do the colors and patterns differ? We concluded that most all stones are quartz based. The difference is the size of the crystals and the impurities that make up the rest of the stone. A Jasper, for instance, is made up of tiny quartz crystals referred to as microcrystalline or cryptocrystalline if they are even smaller. These quartz crystals can only be seen with microscopes. As the crystals were growing, other minerals, or impurities, became caught inside or grew with the quartz creating one stone. Some examples of impurities seen commonly would be Chlorite, Copper, Lithium, and Iron. Iron is the impurity in Red Jasper and that is why it is red. There are approximately 4-5 thousand different mineral impurities such as these. Heat, water and so many other factors cause these mineral impurities to sometimes swirl together to make a myriad of colors and patterns that are truly wondrous and endless.

So finally, what does this mean on a metaphysical level? If the crystals are so similar why are there so many different attributes offered about them? Well, we already know that a clear Quartz crystal and a Red Jasper (for example), are both made with Quartz. Due to the almost pure-like state of quartz crystal, it has a much higher vibration associated with it. The Red Jasper is much denser as it is microcrystalline Quartz mixed with mostly iron impurities. The Red Jasper will have a "heavier" feel to it metaphysically because energy does not flow easily through the impurities. We also take into consideration where on the planet the crystal, stone, or mineral came from. Different parts of the world are going to carry differing energies. Whether something grew fast or slow, and yes, even the color (as color has vibration to it) can be factors in the overall "energy" of a stone.

I trust this was helpful for those just beginning or those that have found the subject to confuse them for a long time. It is a difficult concept to grasp, so don't feel badly if you need more time to get it all straight. I am by no means an expert. Even the experts that I have spoken with sometimes appeared confused as well. Stones and crystals have been worked with for thousands of years. The only difference between then and now is that people didn't know how many stone combinations there were. They just accepted the fact that they aided us in healing, and that's all that mattered. Times may have been simpler back then? But really the help that they offer is all that ever mattered. Until next time...enjoy your stones!



Jane Reckow
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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 7/29, 8/19, 9/16) \$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 by appointment) \$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 7/17, 8/14, 9/18) \$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.

DIANE WINTER/NAME & BIRTHDAY READINGS - NUMEROLOGIST (Available Weds 7/21, 8/18, 9/29 (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 most Wednesdays by appointment)

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.

JUREMA SILVA/HEALER FROM BRAZIL (Available Wednesdays & select Thursdays by appt.) \$50.00 to \$85.00 Also available in Portuguese & Spanish

Jurema adapted ancient mystic healing from her native country of Brazil with traditional Reiki. Holistic Reiki is a unique and fascinating complimentary healing for people of all cultures & ages. This therapy focus the attention on the body, mind & spirit as a whole, alleviating stress, muscle tension, sufferings and emotional blockages. It is a highly recommended therapy before and after surgeries. For those with a busy schedule, try Jurema's Energy Enhancement: a short session that will push away unwanted energies & muscle stress. Jurema also offers Spiritual Counseling, Grieving Support and Intuitive Readings. Jurema is also available by appt. on other days, call for availability.

KAREN STASHEK /HEALING THERAPIES (Available most Tuesdays by appointment)

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 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 7/15, 8/26, 9/17)

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 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 the first Friday of the month 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 comes a deeper understanding of the individual within the whole. Allow minimum of 30 minutes for tarot. 1-2 hours minimum for astrology.

July 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>JUREMA Reiki 11-6/by appt.</p>	<p>2</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 by appt.</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>CLOSED IN OBSERVANCE OF JULY 4TH</p>	<p>6</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>	<p>7</p> <p>JANE RECKOW Reflexology by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>8</p> <p>JOAN STOKES by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>9</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>10</p> <p>INTRODUCTION TO HERBAL MEDICINE 1-2:30 pm consultations by appt.</p>
<p>11</p> <p>New Moon</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 3-7 pm/or by appt.</p>	<p>14</p> <p>JANE RECKOW Reflexology by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>15</p> <p>JOAN STOKES by appt.</p> <p>KIMBERLEE BLUHM Quantum Touch 10-2 pm</p>	<p>16</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>17</p> <p>BOBBI RICE Kinesiology 11-4 pm</p>
<p>18</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/or by appt.</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>	<p>21</p> <p>DIANE WINTER Numerology 11-2 pm</p> <p>JUREMA Reiki 11-6/by appt.</p> <p>JANE RECKOW Reflexology by appt.</p>	<p>22</p> <p>JOAN STOKES by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p> <p>HEALING CIRCLE 7-9:15 pm</p>	<p>23</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>24</p> <p>AURA PHOTOS 12-4 pm</p>
<p>25</p>	<p>26 Full Moon</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/or by appt.</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>	<p>28</p> <p>JANE RECKOW Reflexology by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>29</p> <p>JOAN STOKES by appt.</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p>	<p>30</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>MEDITATION FOR PEACE 6:30-7:30 pm</p>	<p>31</p> <p>INTRODUCTION TO THE HUMAN SYSTEM 3-5 pm</p>

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>	<p>JANE RECKOW Reflexology by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>JOAN STOKES by appt.</p> <p>KIMBERLEE BLUHM Quantum Touch 10-2 pm</p>	<p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 12-6 by appt.</p>	<p>AMETHYST BIOMAT 10:30-3:30 pm</p>
8	<p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>10 New Moon B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p> <p>BASIC EFT 7-9 pm</p>	<p>JANE RECKOW Reflexology by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>JOAN STOKES by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>ART CRAWL 11-9 pm</p>	<p>BOBBI RICE Kinesiology 11-4 pm</p>
15	<p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>HOW TO TALK TO YOUR ANGELS 1-2 pm</p> <p>Angel Portraits by appt</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm</p>	<p>DIANE WINTER Numerology 11-2 pm</p> <p>JANE RECKOW Reflexology 11-3 pm</p>	<p>JOAN STOKES by appt.</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p> <p>HEALING CIRCLE 7-9:15 pm</p>	<p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>AURA PHOTOS 12-4 pm</p>
22	<p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>24 Full Moon B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>	<p>JANE RECKOW Reflexology by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p> <p>WHAT IS HEALTH KINESEOLOGY? 7-9 pm</p>	<p>JOAN STOKES by appt.</p> <p>KIMBERLEE BLUHM Quantum Touch 10-2 pm</p>	<p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>MEDITATION FOR PEACE 6:30-7:30 pm</p>	<p>28 HERBAL HOME MEDICINE CHEST 12-2 pm consultations by appt.</p> <p>INTRODUCTION TO THE HUMAN SYSTEM 3-5 pm</p>
29	<p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>B. BJORKLUND Psychic/Intuitive 3-7 pm</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>				<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>

September 2010

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<p>5</p>	<p>6</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>7</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>	<p>8 <i>New Moon</i></p> <p>JANE RECKOW Reflexology by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>9</p> <p>JOAN STOKES by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>10</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>11</p> <p>AURA PHOTOS 12-4 pm</p>
<p>12</p>	<p>13</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>14</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>	<p>15</p> <p>AMETHYST BIOMAT 2:30-6:30 pm</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>16</p> <p>JOAN STOKES by appt.</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p> <p>HEALING CIRCLE 7-9:15 pm</p>	<p>17</p> <p>KIMBERLEE BLUHM Quantum Touch 10-2 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>ART CRAWL 5-9 pm</p>	<p>18</p> <p>HERBS FOR YOUR BRAIN 1-3 pm consultations by appt.</p> <p>BOBBI RICE Kinesiology 11-4 pm</p>
<p>19</p>	<p>20</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>21</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>	<p>22</p> <p>JANE RECKOW Reflexology by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>23 <i>Full Moon</i></p> <p>JOAN STOKES by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>	<p>24</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>25</p> <p>MIND BODY & SPIRIT EXPO 9:30-6 pm</p>
<p>26</p>	<p>27</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>28</p> <p>B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p> <p>KAREN STASHEK Healing Therapies 11-7 pm/by appt.</p>	<p>29</p> <p>DIANE WINTER Numerology 11-2 pm</p> <p>JANE RECKOW Reflexology by appt.</p>	<p>30</p> <p>JOAN STOKES by appt.</p> <p>JUREMA Reiki 11-6/by appt.</p>		

Class Descriptions

AMETHYST BIOMAT & MULTI-DIMENSIONAL HEALING | Sat, 8/7 10:30-3:30 | Wed, 9/15 2:30-6:30 | \$20-50 | Jennifer Salness

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

HOW TO TALK TO YOUR ANGELS....THE EASY WAY | Tuesday, 8/17 | 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 | Tuesday, 8/17 | all day by appointment | 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

AURA PHOTOS AND READINGS | Saturdays 7/24, 8/21, 9/11 | 12-4 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 | Tuesday, 8/10 | 7-9 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.

DRUM MAKING ON THE FULL MOON | Saturday, October 23 | 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!

HEALING CIRCLE | Thursdays, 7/22, 8/19, 9/16 | 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.

HERBAL HOME MEDICINE CHEST | Saturday, 8/28 | 12-2 pm | \$25 | Liz Johnson

There are wonderful remedies for simple health issues, like splinters, scrapes, colds, and indigestion, that are easy to make and 100% natural. Come and learn how to make some of these natural healing teas, tinctures, and poultices. We will also go over how much and how often to take homemade remedies and what to do when a home remedy is not enough.

HERBS FOR YOUR BRAIN | Saturday, 9/18 | 1-3 pm | \$25 | Liz Johnson

How can herbs effect the brain? They can enhance mood, make us more alert, and even make us smarter! People have used herbs for all of these brainy reasons and more over the centuries. Learn how to learn better! Come and experience some of the herbs that effect the brain. Consultations available by appointment.

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Class Descriptions cont.

INTRODUCTION TO HERBAL MEDICINE | Saturday, 7/10 | 1-2:30 pm | \$20 | Liz Johnson

How to understand the basics of traditional and natural medicine. This is the perfect class to ask all those questions that seem too silly to ask! From, "My friend says that bathing in cayenne is good for the skin. Is that true?" to "I always eat garlic when I think I might get sick, is that a good idea?" Find out about safe, sane, and beneficial herbal use. We'll cover myths and facts about herbal medicine for simple health needs, from preventative healing to dealing with immediate health needs. Consultations available by appointment.

INTRODUCTION TO THE HUMAN SYSTEM | Saturdays, 7/31 & 8/28 | 3-5 pm | \$27 | Gita for the Masses (Myra Godfrey)

What is the process of dejection and when does it happen in the life of a spiritual seeker? What makes us unique as Human Beings? What is it that motivates our actions and behavior patterns? What are the obstacles in life that have to be dealt with and eventually overcome to find inner-peace? Join us for an exploration of the human system. Learn how the Bhagavad-Gita teaches us about who we are and the inner obstacles we have to overcome. This class will teach how the characters in the Gita relate to components of your psyche and how to fight the inner battles successfully to find the true Self within. Are you ready to know yourself? For more information, contact Myra at gitaforthemasses@gmail.com.

MEDITATION | Mondays | 7-8 pm | Donation | Practitioners Rotare

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.

MEDITATION FOR PEACE | Fridays, 7/30 & 8/27 | 6:30-7:30 | Donation | Gita for the Masses (Myra Godfrey)

The Earth is entering into a cycle of profound transformation. The Consciousness on Earth is changing, and with this change must come a transformation of our ideals and ways of life. The Earth will suffer many disasters and much of mankind will be in a state of upheaval, sorrow, anger and suffering. We can deflect much of this turmoil and devastation from our lives by coming into conscious connection with our own inner light. Light the lamp of knowledge, love and truth in your own heart, and its brilliance will not only transform you, but will shine as a beacon for all to see. Join us for a Meditation for Peace, where we will focus on bringing the cosmic light down into each of our systems. Meditating as a group will invite in and strengthen this universal force within each of us. This event is free to all! Loving offerings will be accepted, but are not required. For more information, contact Myra at gitaforthemasses@gmail.com.

WHAT IS HEALTH KINESIOLOGY? | August 25 | 7-9pm | Donation | Bobbi Rice

This class will cover what health kinesiology is and what kinds of things it can help you with in regards to health and wellness. We will also discuss how it can help you set up personalize nutrition plans. The final thing we will discuss is how health kinesiology tests for allergies and does allergy corrections. Class demonstrations will be included. Come check it out - you might be surprised at how many things people have found that health kinesiology has helped them with in their lives and health.



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Mosquito and Tick Repellents for the body: Most of these are first made with approximately 10% solution of essential oil to carrier oil. That solution is then added to approximately 1 cup of water. Put in spray bottle. As with ANYTHING one puts on their skin it should be tested by applying to small part of arm to check any reactions. Shake before each use as spray. This solution should be used in one day so plan accordingly and do not make more than you can use in a given day. (The reason for this is they do not have a preservative in them. It is the carrier oil and not the essential oil that could cause shelf life issues. Some people use vodka as a natural preservative. Instead of just water one would use 50% water and 50% vodka, giving the solution up to one month of shelf life.) These homemade oil solutions must be applied approximately every one and a half to two hours for effectiveness. Home remedies that are too concentrated can be irritating and strong-smelling. Everyone is different. Start with small amounts suggested and work up to stronger solutions. Once you have figured out the right recipe for you, keep it as you would any recipe and use it for years.

-Lemongrass and Geranium oils mixed with coconut and/or soybean oils.

-Lemon and Eucalyptus in Carrier Oil (Keep in mind that any time lemon or any citrus oil is used on skin, the sun should be avoided as it can cause more severe sunburn)

-Cedarwood, Lemongrass, and Citronella

Any and all of these can be mixed with Citronella for even better results. Citronella alone is not a good repellent but when mixed with essential oils it is dynamite to insects!

(If you do not want to make your own, check out these natural mosquito repellents: "Bite Blocker" made with Geranium Oil and Soybean Oil - over ninety minutes protection. "Buzz Away Extreme" - seven hours protection. Buzz Away ingredients: Active Ingredient: Citronella Oil 5%. Inert Ingredients 95%. Buzz Away also contains pure essential oils of Cedarwood, Eucalyptus, Lemongrass, Peppermint, Water, Denatured ethyl alcohol, Modified castor oil to make it water soluble. No petrochemicals, preservatives or other toxins. Also available is "Repel Lemon Eucalyptus" - 120 minutes of protection against mosquitos.) These store bought have the advantages of no preparation and better shelf life. The only disadvantage is that some have an ethyl alcohol added for preservation that may dry some skin.

Other Aid:

Lavender Oil can be used for skin irritations such as blisters and minor wounds, campfire burn, sunburn, sore muscles, and bug bites (for any of these "ailments" mix with aloe for even more soothing and for bug bites mix with tea tree for extra anti-bacterial protection)

Peppermint Oil is great when the body doesn't adjust well to the strange foods you eat while in the great outdoors. Best is to put about 5 or so drops, as everyone differs, in 4 oz of water and drink right down. Feel the relief immediately.

Lavender and Ylang Ylang are the best oils to use when having trouble sleeping. Perhaps the cot is too bumpy or the night is too quiet? A few drops of each added to a spray bottle filled with water makes a wonderful spritz for the tent or cabin. Doesn't hurt to drink a little chamomile tea just before bedtime as well. Night Night!

Eucalyptus Oil helps when warm days and cool nights create stuffy noses. Helps as an aid for breathing better during allergy time as well. And bonus, spiders don't like it either!

Both lemongrass and clary sage will help to ease those sore muscles after a long day of playing in the sunshine.

Any favorite oil for aromatherapy for stress. Yes, even vacation can be stressful and there is nothing like your favorite aroma to put you at ease. Don't have a favorite? Try the Lavender and/or Ylang Ylang as it seems to be a favorite of many.

Spend a lot of time with family and friends and play hard. Don't worry, your oils have got your back (and feet and arms and shoulders...) Have fun.

***All of the information that we compile here is what we do with essential oils or what our friends or colleagues do with oils and is not meant to be medical advice but be a guide as to how essential oils can benefit people. We only endorse the use of THERAPEUTIC GRADE ESSENTIAL OILS. If you do not know what a therapeutic grade is then please ask us! Just as with anything that one puts in, on, or around their body, these can cause reactions in certain people. Never put any oil full strength, without a carrier oil, on a child. Please see past articles for more information about children and oils. Also, start out slowly whenever trying anything new. Any other questions please call us!



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"You don't have to search for others in the darkness. You just need to stand in the light until they find you."