

2010

October :: November :: December

# KaLeidoSCOPE

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi Everyone,

On the airwaves recently I heard a doctor (unfortunately did not get her name) who appeared to be representing the Center for Disease Control, say that the overuse of antibiotics is causing the creation of more "superbugs"! Those are the nasty little bacteria that can kill us! This doctor said that more docs are NOT giving out antibiotics and more people are seeking alternatives to antibiotics when they may not be needed. The great part-the docs are starting to recommend, what some of us have known all along; the use of alternatives like essential oils and herbs may save us!

STOP! DO NOT suddenly drop those antibiotics you got today for strep throat or Lyme disease because I said that! Antibiotics, when used sparingly for important reasons, are great aides to getting healthy. Unfortunately the bugs just simply adapt and grow stronger the more we use those precious antibiotics. So why would I tell you this if we are doomed anyway? If we curb the use of antibiotics as much as we safely can it will make a huge difference. If a bug is still acquired don't give up! Use alternative products along with antibiotics, when possible, and do all the other things that help immunity before getting sick, such as: getting enough sleep, keeping hydrated, exercising, eating in a healthy manner, (you know the drill). If we do these things we might just beat those super bugs out there!

Immunity seems to be the key! Immunity is not something that comes from a bottle. Good immunity comes from doing all the right things. Listen to your body. Listen to what it needs. Everyone is different but you know what you need...SO DO IT! There is someone out there who knows me thinking, "Joan is giving advice on health and she herself misses a little sleep and doesn't drink enough water." I do tend to be a night owl and wreck my night sleep patterns. And water and I do not always see eye to eye, but noone's perfect. So don't get too down on yourself. Just do better. And I will too.

The whole point of this article is that doctors are beginning to truly recognize the benefits of alternatives such as herbs, oils, and therapies as a viable compliment to conventional medicine. I love it! Don't you love it?! I love it when people start playing together well.

Thanks for reading! Until next time...smile, do something wonderful for yourself and be healthy!

jms

P.S. I am not a medical doctor and even though I might have some good advice please do not consider it to be in place of your own doctor's advice. Always question and ALWAYS listen to your own inner knowing on any health issue and then take your questions to a professional. And remember not every professional is the right one for you. You decide.

### Health News for Fun:

Studies show that not only do those that have pets or a spouse live longer but also those who keep household plants and fountains in their homes live longer. apparently salt lamps are one of the best ways to naturally change the air quality but plants and running water from waterfalls, even mini ones, will create negative ions for cleaner air also. That, in turn, helps humans live longer!

Some days...the spouse or...the spider plant? HmMMMM? Just kidding! Stay Healthy!

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

# The Beauty of Dragonflies



The dragonfly throughout time has been a symbol of survival. Since the days of the dinosaur the dragonfly has remained virtually unchanged. The only significant change has been the size of the dragonfly. It has become smaller to adapt to its needs and the needs of the surrounding environment. The core of what the dragonfly is has remained the same; therefore, this is symbolic of an individual's ability to survive many changes in their varied environments (work, home, nature, etc.) and yet remain true to who they are. This does not mean that we should not change but do so in a way that keeps our core intact. The dragonfly itself changes up to fifteen times within its lifetime, while remaining unchanged over many lifetimes. After living most of its life as a nymph it emerges into what we all know as the "Dragonfly".

Dragonflies have traditionally been one of a select few creatures that have been known to carry a deceased person's energy (soul) to their loved ones. Contact from one of these simple, yet splendid creatures brings peace to a grieving soul. A light touch reminds us that our loved ones are never that far away, even after death. They also teach us about the brevity of life, as most butterflies live a few hours to a few days. The same is true of the Dragonfly which lives up to a few short months. They also remind us of the beauty within that brevity. For beyond what we cannot see lies beauty as well.

The magical Dragonfly is also a symbol of protection. Besides the "fairy" tales of protection they offer to Faeries, they were given the name Dragonfly because of their fierce fighting skills when attacking other insects. The Dragonfly carries within its name the energy of the medieval dragons of lore. This dragon energy, although at times intimidating, has been accepted as that of protection. Protection of gems in a castle to gems within one's heart, the dragonfly will assist. The dragonfly protects the fairy lands and the dragonfly protects all who believe in themselves and who they truly are. Honor, protection, and trust are within the core of the Dragonfly's energy and beauty. jms

<p>\$10.00 OFF 1 Hour of Holistic Reiki with JUREMA SILVA Bring this coupon the day of your session Expires December 2010 Valid only at Mind, Body &amp; Spirit Store For appointments call</p>	<p><b>Jurema's Healing Garden</b> <i>"Healing Guidance from Brazil"</i></p> <p><i>Holistic Reiki Pain Relief Therapy Spiritual Counseling Grieving Support</i></p> <p><i>Crystal Healing Energy Restoration Natural Remedies Intuitive Readings</i></p> <p><i>Call For Distant Healing 320-260-7305</i></p> <p><i>Tratamiento Holístico</i>      <i>English, Español, Português</i></p>
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# Rutilated Quartz

This crystal and mineral combination seems to go somewhat unnoticed at the shop. It is most often a crystal that only gets asked for by those specifically searching for it. It seems odd that such a striking stone doesn't get seen very often? The Rutilated Quartz is a clear to sometimes Smokey Quartz that has a mineral called "Rutile" growing within it. Rutile can be a few different colors with red and gold being the most common. The gold Rutile is extremely fragile on its own but when it has grown within the barriers of a crystal it is not only beautiful but also held up and supported by the crystal making it stronger. This is a third chakra crystal and resonates with the power center known as the solar plexus. This is where personal power is held, grown, and nurtured.

The energy of this crystal combo is not by any means subtle. It has been known to almost "zap" its holder, energetically, much like feeling electricity. It channels energy very well making this stone a great amplifier as well as a great stone for energizing. The Rutile within the Quartz can be a few different colors with red and gold being the most common. The gold Rutile has been called the hair of Venus (Venus is, loosely known as, the goddess of love). For finding love one may consider Rose Quartz or perhaps Rhodocroisite, but for stabilizing and making a relationship stand the test of time you just can't beat the Rutilated Quartz. It resonates to a vibration that helps one find the solution to problems and situations that seem unsolvable, which many times is seen within relationships. This is the ultimate relationship stone to help with healing processes for those who wish for true healing to be done.

The beautiful, straw gold, glistening strands of Rutile have also been called Angel hair. When holding a Rutilated Quartz peace comes over the bearer and sometimes a sense of power is charged within the solar plexus. This is done to such a degree that the one holding the stone may feel as if they could indeed rule the world, in a very loving way of course! This perhaps may be the reason it is called Angel hair as it assists the bearer in feeling as if there is nothing that is impossible and they are guided and guarded unconditionally.

The Rutilated Quartz has been known to repel negative energy working much like a shield. If negative energy finds its way past the shielding then it is caught much like bad dreams caught in a dreamcatcher. It is then dissipated or sealed up until the crystal can be cleansed. In physical healing this crystal, at one point in history, was ground up and used as a type of poultice for wounds. It also historically has been known to help one understand the reasons behind the acquisition of dis-eases; therefore, giving one access to information that can be used to help one find healing. Some say that the Rutilated Quartz aids the understanding of advanced civilizations that give us insight into the cooperation among peoples of the world today.

This crystal is very important for balance and emotional calming especially when stressed by groups of people as the bearer will feel more "in tune" with those around them. This is an important stone for the new age to come as we all learn how to live, work and play on a planet which cannot be ruled over but instead must be shared in cooperation.

(Thank you to Melody's "Love is in the Earth" for a small portion of this information. Available for sale at Mind Body & Spirit)

jms

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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](http://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 Select Thursdays ) \$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. **Ann is offering a FREE 30 minute consultation with the purchase of a one hour session. Offer good through December 2010.**

**BARBARA BJORKLUND/INTUITIVE GUIDANCE** (Available most Tuesdays and Select Saturdays 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 the 2nd Tues of the month or by appt) \$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.

**DIANE WINTER/NAME & BIRTHDAY READINGS - NUMEROLOGIST** (Available Weds (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 Wed & select Thurs 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. **Jurema is offering a \$10 discount on all one hour sessions booked through December 2010.**

**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.

**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 more than 20 years. She works with spirit guides, angels, and deceased loved ones.

**TAMARACK/TAROT & ASTROLOGY** (Available most Fridays 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.

# October 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><b>1</b></p> <p><b>TAMARACK</b> Tarot/Astrology 11-6 by appt.</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b></p> <p><b>KELLI SPENCER</b> Psychic/Medium 11-6 pm</p> <p><b>MEDITATION</b> 7-8 pm</p>	<p><b>5</b></p> <p><b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm/or by appt.</p>	<p><b>6</b></p> <p><b>JANE RECKOW</b> Reflexology by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p>	<p><b>7</b> <i>New Moon</i></p> <p><b>JOAN STOKES</b> by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p> <p><b>QUIETING THE MIND</b> 6:30-8:30 pm</p>	<p><b>8</b></p> <p><b>TAMARACK</b> Tarot/Astrology 11-6 by appt.</p>	<p><b>9</b></p> <p><b>INTRODUCTION TO HERBS</b> 1-3 pm Consultations also available by appt.</p> <p><b>AURA PHOTOS</b> 12-5 pm</p>
<p><b>10</b></p> <p><b>10/10/10 CELEBRATION</b> 2-4 pm</p>	<p><b>11</b></p> <p><b>KELLI SPENCER</b> Psychic/Medium 11-6 pm</p> <p><b>MEDITATION</b> 7-8 pm</p>	<p><b>12</b></p> <p><b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm/or by appt.</p> <p><b>BOBBI RICE</b> Kinesiology 11-3 pm</p>	<p><b>13</b></p> <p><b>JANE RECKOW</b> Reflexology by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p>	<p><b>14</b></p> <p><b>JOAN STOKES</b> by appt.</p> <p><b>ANN DRAGSTEN</b> Healing Touch 12-6 pm</p> <p><b>THE LAW OF ATTRACTION</b> 7-9:15 pm</p>	<p><b>15</b></p> <p><b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm</p> <p><b>TAMARACK</b> Tarot/Astrology 11-6 by appt.</p>	<p><b>16</b></p> <p><b>AMETHYST BIOMAT</b> 10:30-2:30 pm</p>
<p><b>17</b></p>	<p><b>18</b></p> <p><b>KELLI SPENCER</b> Psychic/Medium 11-6 pm</p> <p><b>MEDITATION</b> 7-8 pm</p>	<p><b>19</b></p> <p><b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm/or by appt.</p>	<p><b>20</b></p> <p><b>DIANE WINTER</b> Numerology 12-2 pm</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p> <p><b>EXPLORING THE PENDULUM</b> 6:30-8:30 pm</p>	<p><b>21</b></p> <p><b>JOAN STOKES</b> by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p> <p><b>DEATH &amp; DYING &amp; THE OTHER SIDE</b> 7-9:15 pm</p>	<p><b>22</b></p> <p><b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm</p> <p><b>TAMARACK</b> Tarot/Astrology 11-6 by appt.</p>	<p><b>23</b> <i>Full Moon</i></p> <p><b>DRUM MAKING</b> 11-4 pm</p>
<p><b>24</b></p> <p><b>31</b></p>	<p><b>25</b></p> <p><b>KELLI SPENCER</b> Psychic/Medium 11-6 pm</p> <p><b>MEDITATION</b> 7-8 pm</p>	<p><b>26</b></p> <p><b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm/or by appt.</p>	<p><b>27</b></p> <p><b>JANE RECKOW</b> Reflexology by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p>	<p><b>28</b></p> <p><b>JOAN STOKES</b> by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p> <p><b>GHOSTS &amp; SPIRITS</b> 7-9:15 pm</p>	<p><b>29</b></p> <p><b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm</p> <p><b>TAMARACK</b> Tarot/Astrology 11-6 by appt.</p>	<p><b>30</b></p>

# November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>KELLI SPENCER</b> Psychic/Medium 11-6 pm  <b>MEDITATION</b> For Kids 7-8 pm	<b>2</b>	<b>3</b> <b>JANE RECKOW</b> Reflexology by appt.  <b>JUREMA</b> Reiki 11-6/by appt.	<b>4</b> <b>JOAN STOKES</b> by appt.  <b>JUREMA</b> Reiki 11-6/by appt.  <b>BOUNDARIES</b> 6-8 pm	<b>5</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-6 by appt.	<b>6</b> <i>New Moon</i>  <b>FREINDSHIP</b> The Art of the Practice 10:30-12 pm  <b>HEALING WITH CARDS</b> 1-3 pm
<b>7</b>	<b>8</b> <b>KELLI SPENCER</b> Psychic/Medium 11-6 pm  <b>MEDITATION</b> 7-8 pm	<b>9</b> <b>BOBBI RICE</b> Kinesiology 11-3 pm	<b>10</b> <b>JANE RECKOW</b> Reflexology by appt.  <b>JUREMA</b> Reiki 11-6/by appt.  <b>PSYCHIC PLAYGROUND</b> 6-9 pm	<b>11</b> <b>JOAN STOKES</b> by appt.  <b>ANN DRAGSTEN</b> Healing Touch 12-6 pm  <b>HANDS ON HEALING PT. 1</b> 7-9:15 pm	<b>12</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-3 by appt.  <b>AURA PHOTOS</b> 3-7 pm	<b>13</b> <b>B. BJORKLUND</b> Psychic/Intuitive 10:30-2:30 pm  <b>HERBS FOR A GOOD NIGHTS SLEEP</b> 1-3 pm Herbal consults by appt
<b>14</b>	<b>15</b> <b>KELLI SPENCER</b> Psychic/Medium 11-6 pm  <b>MEDITATION</b> 7-8 pm	<b>16</b> <b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm	<b>17</b> <b>DIANE WINTER</b> Numerology 12-2 pm  <b>JUREMA</b> Reiki 11-6/by appt.	<b>18</b> <b>JOAN STOKES</b> by appt.  <b>HANDS ON HEALING PT. 2</b> 7-9:15 pm	<b>19</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>ART CRAWL</b> 5-9 pm	<b>20</b>
<b>21</b> <i>Full Moon</i>	<b>22</b> <b>KELLI SPENCER</b> Psychic/Medium 11-6 pm  <b>MEDITATION</b> 7-8 pm	<b>23</b> <b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm	<b>24</b> <b>JANE RECKOW</b> Reflexology by appt.  <b>JUREMA</b> Reiki 11-6/by appt.	<b>25</b>  <b>Closed for the Holiday</b>	<b>26</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-6 by appt.	<b>27</b>  <b>BATH &amp; BEAUTY THE ESSENTIAL WAY</b> 1030-130 pm
<b>28</b>	<b>29</b> <b>KELLI SPENCER</b> Psychic/Medium 11-6 pm  <b>MEDITATION</b> 7-8 pm	<b>30</b> <b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm				<b>For more detailed information on these events please see our online calen- dar.</b>  www.mindbody spirit-online.com

# December 2010

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<p><b>5</b> <i>New Moon</i></p>	<p><b>6</b></p> <p><b>KELLI SPENCER</b> Psychic/Medium 11-6 pm</p> <p><b>MEDITATION</b> For Kids 7-8 pm</p>	<p><b>7</b></p> <p><b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm/or by appt.</p>	<p><b>8</b></p> <p><b>JANE RECKOW</b> Reflexology by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p>	<p><b>9</b></p> <p><b>JOAN STOKES</b> by appt.</p> <p><b>ANN DRAGSTEN</b> Healing Touch 12-6 pm</p> <p><b>PAST LIVES &amp; REINCARNATION</b> 7-9:15 pm</p>	<p><b>10</b></p> <p><b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm</p> <p><b>TAMARACK</b> Tarot/Astrology 11-6 by appt.</p>	<p><b>11</b></p> <p><b>INTUITIVE ARTS FAIR</b> 10-5 pm</p>
<p><b>12</b></p>	<p><b>13</b></p> <p><b>KELLI SPENCER</b> Psychic/Medium 11-6 pm</p> <p><b>MEDITATION</b> 7-8 pm</p>	<p><b>14</b></p> <p><b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm/or by appt.</p> <p><b>BOBBI RICE</b> Kinesiology 11-3 pm</p>	<p><b>15</b></p> <p><b>DIANE WINTER</b> 12-2 pm</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p> <p><b>HOLIDAY DE-STRESSER</b> 6:30-8:30 pm</p>	<p><b>16</b></p> <p><b>JOAN STOKES</b> by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p>	<p><b>17</b></p> <p><b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm</p> <p><b>TAMARACK</b> Tarot/Astrology 11-6 by appt.</p>	<p><b>18</b></p> <p><b>FORGIVENESS</b> 10:30-1:30 pm</p>
<p><b>19</b></p>	<p><b>20</b></p> <p><b>KELLI SPENCER</b> Psychic/Medium 11-6 pm</p> <p><b>MEDITATION</b> 7-8 pm</p>	<p><b>21</b> <i>Full Moon</i></p> <p><b>B. BJORKLUND</b> Psychic/Intuitive 3-7 pm/or by appt.</p>	<p><b>22</b></p> <p><b>JANE RECKOW</b> Reflexology by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p>	<p><b>23</b></p> <p><b>JOAN STOKES</b> by appt.</p> <p><b>JUREMA</b> Reiki 11-6/by appt.</p>	<p><b>24</b></p> <p><b>Store Hours</b> 9-3 pm</p>	<p><b>25</b></p> <p><b>Closed for the Holidays</b></p>
<p><b>26</b></p> <p><b>Closed for the Holidays</b></p>	<p><b>27</b></p> <p>_____</p>	<p><b>28</b></p> <p>_____</p>	<p><b>29</b></p> <p>_____</p>	<p><b>30</b></p> <p>_____</p>	<p><b>31</b></p> <p>_____</p>	<p><b>1</b></p> <p>●—————→ </p>

# Class Descriptions

**10/10/10 CELEBRATION** | Sunday, 10/10 | 2-4 pm | \$10 | Laura Albertson (Param Atma)

Come out to Celebrate the powerful energy of 10/10/10 with live music, Kirtan (call and response chanting) and mantra chanting (dancing is also encouraged!). In addition there will be an Earth healing meditation and gong relaxation to bring us to an elevated, blissful state! Help anchor Peace and Joy into this world and into your heart by celebrating together! You may wish to bring a meditation cushion and/or blanket to sit on for this uplifting event.

**AMETHYST BIOMAT & MULTI-DIMENSIONAL HEALING** | Sat 10/16 10:30-2:30 | \$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](http://www.crystallinelight.com)

**BATH & BEAUTY THE ESSENTIAL WAY** | Saturday, 11/27 | 10:30-1:30 pm | \$20 | Jane Reckow CMT, CNHP

In this class we will choose therapeutic grade essential oils to customize your own lotions, spritzers, bath soaks and scrubs. We will look at healthy recipes for cosmetics that do no bodily harm. Each person will take home 2 products with the option to buy more. Great ideas for gifts!!

**AURA PHOTOS AND READINGS** | Saturday 10/9, 12-4 pm | Friday 11/12, 3-7 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!

**BOUNDARIES** | Thursday, 11/4 | 6-8 pm | \$15 | Joanna Geppert

Learn how to make the necessary boundaries in your life to create and maintain healthy relationships at home and at work. Good boundaries not only help to protect yourself and others, but it also helps you to honor your integrity and convictions. I will teach you how to do this through love and compassion.

**DEATH DYING & THE OTHER SIDE** | Thursday, 10/21 | 7-9:15 pm | \$20 | Bob Sullivan

Do you think that life just ends when we die? In this class, we will examine the dying process and discover how our soul's perspective of death is much different from ours. We will look at the process we go through and what happens to our soul when it reaches the other side.

**DRUM MAKING** | Saturday, 10/23 | 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 make your own drum 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!

**EXPLORING THE PENDULUM** | Wednesday, 10/20 | 6:30-8:30 pm | \$20 please pre-register | Jane Reckow CMT, CNHP

In this class we will learn about pendulums and dowsing. This ancient practice can be utilized today to assist in making decisions, choosing products, and increasing your intuitive "knowing". Basic information will be given. Please bring your pendulum to class if you have one or use supplied materials to make one.

**FORGIVENESS** | Saturday, 12/18 | 10:30-1:30 pm | \$20 please prepay and pre-register | Jane Reckow CMT, CNHP

The goal of this class is to release old negative energy and clear it, creating and opening for healing and forgiveness. We will be working with therapeutic grade essential oils and the chakra system to raise ourselves to a new higher frequency. Please bring a journal to record in and wear comfortable clothing.

**FRIENDSHIP THE ART OF THE PRACTICE** | Saturday, 11/6 | 10:30-12 pm | \$15 | Laurie Ellis-young (Author)

This interactive author event will include Laurie Ellis-Young, yoga and breath-work teacher and the co-author of Friendship the Art of the Practice, sharing inspirational thoughts about FRIENDSHIP and how to be the best friend to yourself in order to be a better friend to others. Laurie will share simple practices that anyone can do and are encouraged to do with her such as:

\* Eye exercises that can help us learn to focus on the best in ourselves and the best in our friends. \* Simple techniques for relaxation and better communication between the brain and the body. The focus will be on the importance of communication with our own selves to communicate better with friends. \* Practices for letting go of irritations and the tendency to become easily irritated.

You'll also have a chance to visit with Laurie and photographer Nancy Chakrin as they share the inspiration behind their book and talk about the journey that took them around the world photographing friends, ages 10-100, practicing yoga and celebrating friendship! FRIENDSHIP The Art of the Practice is a perfect gift to share with friends new and old this holiday season!

**GHOSTS & SPIRITS** | Thursday, 10/28 | 7-9:15 pm | \$20 | Bob Sullivan

Do you see and hear things that you can't explain? In this class, we will examine the phenomenon of Ghosts... look at different photos of ghosts. Discuss how they look and feel. Also, we will discuss techniques on how to identify if you have ghosts. Learn what to do if you want to get rid of ghosts. Discuss Spirit attachments and much more.

# Class Descriptions cont.

## **HANDS ON HEALING** | Thursdays, 11/11, 11/18, 12/2 | 7-9:15 pm | \$20 per session | Bob Sullivan

In this series we will discover and develop the ability to channel universal healing energy through healing touch. We will examine different techniques and discuss various aspects of working with different types of healing.

## **HEALING WITH CARDS** | Saturday, 11/06 | 1-3 pm | \$25 | Jill Hendrickson

In this class you will discover how to connect with your inner wisdom using tarot and oracle cards. This hands-on class is for beginners and those that want to learn new techniques. Using cards to transform worry and stress into healing and peace has been around for hundreds of years. Come and explore how easily cards can help you. We will discuss many aspects of cards including: how cards work, types of decks, different layouts, and what they mean. You will experience your own reading. Use one of my decks or bring your own.

## **HERBS FOR A GOOD NIGHT SLEEP** | Saturday, 11/13 | 1-3 pm | \$25 | Liz Johnson

Come and join herbalist Liz Johnson to learn what sleep does, why it is so important, and how to achieve a better night's sleep. Tried chamomile and still not sleeping? This is a great class for you! Wondering what chamomile is? We will go over the basic sleep herbs as well as the lesser known ones, so join us and get ready for great sleep and wonderful days!

## **HERBS & AROMATHERAPY FOR STRESS** | Saturday, 12/4 | 1-3 pm | \$25 | Liz Johnson

Tired of Lavender oil? Looking for more options for sleep than stinky Valerian? Join Liz Johnson, herbalist, for a cup of relaxing herbal tea and great discussion of oils and herbs that can bring a new calm to your life. We will explore wonderful essential oils to use in diffusers, baths, even in teas. New herbs that have become available as well as old favorites for taking stress out of a hard day will also be discussed.

## **HOLIDAY DESTRESSER** | Wednesday, 12/15 | 6:30-8:30 pm | \$25 | Anne Brady

The holidays push our buttons and tie us in knots every year! Come and join me for a couple hours of contemplation and relaxation as we explore our values and priorities for the holidays and how to combat all that stress. This class is focused on fun and relaxation. Dress in comfortable clothes as there will be gentle movement segments.

## **INTRODUCTION TO HERBS** | Saturday, 10/09 | 1-3 pm | \$25 | 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.

## **MEDITATION** | 2nd, 3rd, 4th Monday of the Month | 7-8 pm | Suggested Donation \$5 or More | Practitioners Rotate

Monday Meditation will rotate among various practitioners, including Paulette Lucas, Kelli Spencer, and Bobby Sullivan. As in the past, the facilitator will lead you through various meditation techniques that can enhance your peace of mind, help you feel closer to Spirit, and provide answers to your issues. Each hour session will consist of time to learn a process and practice it.

## **MEDITATION FOR KIDS** | 1st Monday of the Month | 7-8 pm | Suggested Donation \$5 or More | Paulette Lucas

This meditation class is geared towards helping children and young adults, ages 6 years and older, learn relaxation and visualization techniques. These techniques will help with calming anxious feelings as well as helping them feel good about who they are as individuals. Research has shown that meditation for kids also helps develop their concentration levels so they can be successful in school and many areas of their lives. Children 6 years to 12 years must be accompanied by a parent or adult guardian. All ages 12 and older, as well as adults, are welcome to attend. (Please be advised that this meditation could be interrupted as there are younger children learning.)

## **PAST LIVES & REINCARNATION** | Thursday, 12/9 | 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 such as poor relationship choices, limiting beliefs, fears and phobias, blocked creativity, addictions and health problems that we may have brought with us from another life. You will also be able to watch a Past Life Regression take place and experience one in a group setting if desired.

## **PSYCHIC PLAYGROUND** | Wednesday, 11/10 | 6-9 pm | \$25 or \$20 if you bring a friend | Anne Brady

Ever get that "hunch" or "just had a feeling" about something or someone? The truth is, we're all intuitive! Come and explore your intuition; discover how your intuition communicates with you through fun filled exercises and guided meditations designed to help you open to your greatest potential. Use the guidance that is gifted to each of us. Please bring a small personal object that fits in the palm of your hand.

## **QUIETING THE MIND** | Thursday, 10/07 | 6:30-8:30 pm | \$20 | Anne Brady

Have you tried meditation only to believe you "failed" or believe "I can't do that"? This introductory class will help you find a style of meditation that WORKS FOR YOU. This experiential class offers an opportunity to try several styles of meditation to get you going in the right directions. We will discuss meditation; what it is, the beginners mind, how to start and grow your meditation practice. Please wear loose comfortable clothing, dress in layers and bring a mat if you choose to sit on the floor.

## **THE LAW OF ATTRACTION** | Thursday, 10/14 | 7-9:15 pm | \$20 | Bob Sullivan

In this class we will examine the art of creating what you want in your life. We will look at what is necessary for you to actualize the dreams that you have created and work on different techniques that will activate the law of attraction in your life.

# AWESOME GIFTS FOR LOVED ONES THIS CHRISTMAS AND BEYOND

Sometimes it's difficult picking out just the right gift for someone. Gift certificates are great too but so is the shopping! We have put together a short list of a few products that we sell that may help you decide on the perfect gift. (And maybe there will be something on the list that you didn't even know about for yourself! You can drop hints easier with our helpful list!) Here it goes:

**Salt Lamps:** Not just beautiful but beneficial too! Natural Himalayan salt neutralizes the positive ions, from electronics, etc, that create poor air quality by "putting out" negative ions which make our air quality better.

**Statuary:** From Buddhas to Kuan Yin, Isis to Pegasus, Dragons and Fairies, we got them all! Find that great conversation piece or the perfect center-piece for any altar.

**Stones and Crystals:** Beauties from all over the world in just about every conceivable shape and size! Need I say more?

**Artwork/Prints:** Brian Andres, Melissa Harris, Willow Arlenea and many more. Some spiritual, others just delightful!

**Books & CDs:** We have a small but diverse group of books and CDs that may surprise the most avid Barnes and Noble shoppers. We love our CDs and won't put anything on our shelves that we don't think you will love as well.

**Angel cards or Tarot Cards:** We stock our shelves with a variety of Oracle cards to delight, intrigue, enlighten, and entertain. Whether you like to pull an Angel card to bring joy to your day and maybe offer a little guidance or like to sit down and do full complicated spreads of divinatory cards, we have a great selection!

**Pendulums:** There are the special occasion pendulums (for the important stuff), and the altar pendulums (for the important stuff), and the pendulum that maybe you would borrow in a pinch. You can never have enough pendulums! They are kinda like kids pacifiers, one in every room and you still could use more!

**Pit & Pendulums:** These are those really cool meditation tools that have sand in the bottom (or pit) and a pendulum that makes wonderful designs in the sand. You start to focus on the patterns being made, your mind quiets, yep...you are meditating!

**Jewelry:** We have pendants, bracelets, necklaces and rings from all over the world. These are unique pieces hand-picked by Merri and Joan, and we are VERY picky! We pride ourselves on finding the very finest vendors with the quality you expect and deserve from Mind Body & Spirit.

**Singing Bowls, Tingshas:** Our singing bowls and tingshas come from Nepal where they are hand-made with the same metal alloy of 5-12 different metals including brass, copper, and sometimes silver, which create tones you won't believe till you hear! We have had both antique bowls and new bowls (made the same way as 2000 years ago) in stock.

**Flutes and Drums:** The flutes and drums we carry are made from the finest natural woods, etc and are made here in the U.S. High Spirits flutes made by Odell Borg and Frame drums made by Wayne Manthey. You will not be disappointed!

*As my Dad would say, "this was just a smidgeon" of the beauties at Mind Body & Spirit! Am I bragging? Yep! I am one of the owners and I know how much time and effort goes into getting our customers the best! And that's the truth!*

*Happy Searching for your gifts!*

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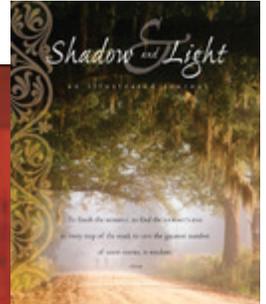
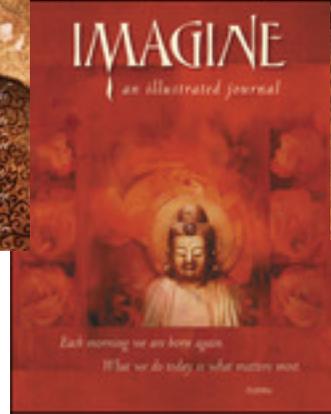


### Japa Mala Beads:

Many religions around the world have a type of "rosary" or string of beads for use in prayer. Japa Malas are made of many natural products such as lotus seed, sandalwood, Bodhi wood, and Rudraksha seed. Traditional 108 bead strings available as well as bracelet form for prayer anywhere. Come see our selection today!



## New Journals & Magnets from Brushdance



**Singing Bowls** are used for meditation, trance-induction, relaxation, and also spiritual practices. Our hand-made bowls are made in Nepal using thousands of years old traditions. Each of these bowls have a unique "voice" and no two are ever alike! Some have been marked with the chakra they attune to.

Your singing bowl may be here now.



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Visit [www.UnitySpiritualCenterSC.org](http://www.UnitySpiritualCenterSC.org) for further information



**Mind Body & Spirit**  
915 West St. Germain Street  
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***"Whenever you find yourself on the side of the majority, it's time to reform."***

Mark Twain