

2011
January :: February :: March

Kaleidoscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi Everyone,

Merri and I wanted an article about shopping local. We did not, however, want an article filled with whining about people who don't shop local. Instead, we wanted to give you solid reasons for why shopping at small businesses is good for YOU and your community! This article not only gives solid reasons for shopping local but also gives you something you can do that will make a real difference!

What does one mean by shopping local? Aren't the big box stores local? They are right down the road, right? But this is not quite what we mean. So what is local? Local is shopping at small businesses that give back to the surrounding community on a daily basis. This doesn't mean that some big box stores don't give back in some areas and it doesn't mean stop shopping there all together. This isn't about telling anyone where they should or shouldn't shop; it is about giving alternatives to create balance. One way some small businesses give back is by being there for you. There are several shop owners on St. Germain that would go out of their way to help people, and I don't just mean finding what you are shopping for. I mean actually listen to YOU! They actually go that extra mile to make your day a little brighter and a little less of a load. Another reason to shop at a small business is that they are just plain better for your health, your very well-being, and most of us really care about you, not just your dollar. When was the last time a big box store employee (and I am not picking on them) took the time to inquire how you were feeling? How your day was going? And they really wanted to know? It isn't only smiles you get from the small businesses. You get loyalty. And all the shop owners ask for in return... is the same.

How does buying local help you and your community? Here's the short list:

1. Helps maintain diversity in your town because different shop owners create an array of choices, rather than a chain that has the same thing in every town.
2. Dollars spent locally have more than three times the impact in your hometown as those spent at chains. 3. Local businesses tend to hire local. 4. Local businesses contribute to local charities and causes that get to your friends and neighbors.
5. Small businesses cause less damage to the environment by not needing their own roads, lighting, parking, etc. 6. Small businesses ensure lower prices for the long haul, not the short term, because it creates more competition.
7. Entrepreneurship helped to build America. It was the key to a successful economy as everyone had a chance to be their own boss and become successful. 8. Lastly, small businesses help build communities of people willing to help one another and support one another on this journey we call life.

HERE'S WHAT YOU CAN DO: A woman by the name of Cinda Baxter came up with a plan. A simple thing could save your local economy. It called the 3/50 Project. Here's how it works: Pick three locally owned businesses you'd hate to see disappear and patronize them each month. Spend \$50.00 per month in locally owned businesses. If half of the employed U.S. population did so, it would generate more than \$42.6 billion in revenue annually. For every \$100.00 spent in locally owned businesses, \$68.00 returns to the local community. When spent in a big box chain or franchise, only \$43.00 remains within the community. Purchases made online from distant businesses represent NO benefit to the local community. No benefit means no income tax, etc which means that your taxes go up. When your taxes go up then you likely spend less which creates a vicious cycle, a cycle we have the power to stop.

I recently read an article that said that today most consumers are starting to "blend" their online and off-line shopping practices; some prefer to try on clothes or shop for gifts in stores and then purchase them online. Anyone else see the problem with this? Where are they going to seek out their online purchases when the small business is gone? I don't know about you but shopping online with friends never seems as much fun to me.

Here's the thing; we all want to get a good deal once in a while. The problem with always going for the good deal is the loss on the other end. It's kind of like when we lose an endangered species; no one ever really notices until they are all gone. Many of you (and you know who you are), support the small businesses as much as you can. Others...just forget sometimes. Even I do. Let's all work this next year at being more aware of doing our part to create balance in our economy. There are a lot of small business owners waiting at their doors. They are waiting for YOU. See you there!

Namaste

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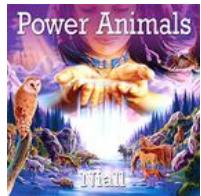
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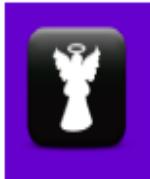
Some American Indian tribes think turquoise has the power to make one attractive to others.

In Feng Shui, crystals are used to bring good energy to an auspicious area of your home.

Rose Quartz is known as the heart stone.



Jodi Becker
Solomon Centre



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HK Practitioner

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Hematite

I have never written about Hematite mostly because it seemed that everyone knew what Hematite was. I could probably count on one hand how many times anyone came in and asked what Hematite looked like or what it was traditionally used for. Maybe you are one of those who know all about Hematite and don't need this article? Even if you think you know all there is to know about this wonderful addition to anyone's stone collection perhaps you may still learn something more? If one is looking for a great stone for grounding then Hematite seems to be the "go-to" stone. Why? And when one wants to feel protected, it is also one of the first stones chosen. Why? And why is this stone one of the most popular and yet one of the least liked stones we have? Let's take a closer look at Hematite to answer this and more.

It seems that most people tend to know that Hematite is called that because its name in Greek means something related to blood. But not all know why it was given that name. Although it makes sense to call Green Quartz, streaked and spotted with red, Bloodstone, it doesn't seem reasonable that Hematite, almost completely deep black when processed would have a name meaning blood. The reason for this is because when it is mined it generally has red streaks that run through it in rough formation. The red is caused by its iron content. Hematite is Iron Oxide and it is used as an iron ore. This makes Hematite a metal mineral rather than a gemstone. This is not necessarily evident when dealing with a piece of tumbled hematite or perhaps a simple pendant as the red is hidden beneath the layers. This teaches one that all is not as it seems. That is why this stone is great for those who are going to court as it helps one to see the truths that lie beneath. It is an exceptional stone for lawyers and those seeking justice!

Hematite has a beautiful grey black luster to it, when tumbled or made into jewelry, and if it were not for its weightiness and non-gem classification this would be the classy stone to wear. A surprising thing is that it really is a fairly fragile and soft stone, which at first glance does not seem to be the case as it looks quite capable of much abuse. This very heavy stone seems impermeable and strong as can be. In all actuality however, this stone is fairly easily broken in half when dropped on a hard floor. It rates 5.2 on the Mohs scale of hardness and it is used quite regularly for carving beads, stone animals, and jewelry of all shapes and sizes. This makes Hematite a wonderful stone for those who see themselves as impermeable to the connection of others. It teaches that the connection to others is what makes us human and weakness is not always weakness but trust.

Hematite is one of those top ten most popular stones at our shop and probably is throughout the metaphysical arena. But there are those who shun this stone. There are those who don't even want to hold it. They are the ones that never want to be grounded. They are the ones that want to do their work in the clouds, so to speak. This is ok, some of the time. Other times it truly is necessary, in order to actually do our work and help others, to ground ourselves and be able to bring what we know "down to the earth plane" to teach and heal. This is the perfect stone for those who are too "flighty" and want to learn but it is also for those teachers and healers who have so much work that they need assistance in regaining their connection to the earth. Let's face it, all of us like the feeling of flying with the Ascended Masters but we are here for a reason. If we never wanted to come down we wouldn't have come at all! How does it ground? It has a low, dense vibration and resonates with the first chakra. It has a high concentration of iron in it and iron is red. Red is the color of the first chakra and is tribal. The first chakra helps to ground us to Mother Earth. Mother Earth, as well as our "tribe" helps us to feel safe and secure, and through this security we feel connected to all. Did you learn anything new? I did. I learned that I don't have enough hematite around me. In fact I am getting one right now to put in my pocket! Get yours out today and happy grounding to all!

j.m.s.



Jane Reckow

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web: janereckow.com Email: info@janereckow.com



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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 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.

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 3rd Tues of the month or by appt) \$50.00 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. Gift Certificates available.

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 the 1st Wednesday of the month or 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 Candalng 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 select Weds & 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. She also offers Spiritual Counseling, Grieving Support and Intuitive Readings. **Special of \$1.00 per minute Healings & Readings on March 26th between 10:30am and 5pm.**

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.

LIZ JOHNSON/HERBALIST (Available for consultations select Saturdays after her classes at MBS)

Liz Johnson is a local herbalist and herbal instructor with nearly twenty years experience. She is also a Cupper, Aromatherapist, Moxibustionist, Usui Reiki Master, and experienced ear candler. She works with other health professionals and continues her education, currently working on a Masters degree in Traditional Chinese Medicine. Visit www.FireWind.com for more information about her practice.

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.

January 2011

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>MIND BODY & SPIRIT WILL BE OPEN SPECIAL HOURS TODAY FROM 10-5PM</p>					<p>1 CLOSED FOR NEW YEARS</p>
<p>2</p>	<p>3 KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION For Kids 7-8 pm</p>	<p>4 New Moon B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt. A LOOK AT THE YEAR AHEAD 7-8:30 pm</p>	<p>5 JANE RECKOW Reflexology 11-4 by appt.</p>	<p>6 JOAN STOKES by appt.</p>	<p>7 . .</p>	<p>8 B. BJORKLUND Psychic/Intuitive 10:30-2:30 pm</p>
<p>9</p>	<p>10 KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm</p>	<p>11 B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p>	<p>12 CREATING MIRACLES IN YOUR LIFE 7-9:15 pm</p>	<p>13 JOAN STOKES by appt. ANN DRAGSTEN Healing Touch 12-6 pm</p>	<p>14 PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>15 COLD & FLU REMEDIES 1-3 pm Consultations w/Herbologist Liz Johnson available by appt. AURA PHOTOS 12-5 pm</p>
<p>16</p>	<p>17 KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm</p>	<p>18 B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt. BOBBI RICE Kinesiology 11-3 pm</p>	<p>19 Full Moon DIANE WINTER Numerology 12-3 pm AURAS & OUR ENRGY 7-9:15 pm</p>	<p>20 JOAN STOKES by appt.</p>	<p>21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>22 FUTURE PROJECTION 2011 1-3:30 pm</p>
<p>23/30</p>	<p>24/31 KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm</p>	<p>25 B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p>	<p>26 DEVELOPING YOUR INTUITION 7-9:15 pm</p>	<p>27 JOAN STOKES by appt. ESSENTIAL BEGINNINGS 6:30-8:30 pm</p>	<p>28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>29 Vita-Flex Foot Massage 10:30-1:30 pm</p>

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 B. BJORKLUND Psychic/Intuitive 3-7 pm	2 JANE RECKOW Reflexology 11-4 by appt. DISCOVERING YOUR GUIDANCE 7-9:15 pm	3 New Moon JOAN STOKES by appt. JUREMA Reiki 11-6/by appt.	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	5 EXPLORING STONES 1-3 pm	
6	7	KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION For Kids 7-8 pm	8 B. BJORKLUND Psychic/Intuitive 3-6:30 pm/or by appt ENERGETICALLY SPEAKING #1 7-9 pm	9 JUREMA Reiki 11-6/by appt. 2012 & THE ASCENSION 7-9:15 pm	10 JOAN STOKES by appt. ANN DRAGSTEN Healing Touch 12-6 pm YOUR FACE SPEAKS TO YOU 6:30-8:30 pm	11 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	12 HERBAL APHRODISIACS 1-3 pm Consultations w/Herbalist Liz Johnson available by appt.
13	14	KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm	15 BOBBI RICE Kinesiology 11-3 pm B. BJORKLUND Psychic/Intuitive 3-6:30 pm/or by appt ENERGETICALLY SPEAKING #2 7-9 pm	16 DIANE WINTER Numerology 12-3 pm REINCARNATION & PAST LIVES 7-9:15 pm	17 JOAN STOKES by appt. JUREMA Reiki 11-6/by appt.	18 Full Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 1-5 by appt. SPIRIT RELEASEMENT 7-9 pm	19 B. BJORKLUND Psychic/Intuitive 10:30-2:30 pm AURA PHOTOS 12-5 pm
20	21	KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm	22 B. BJORKLUND Psychic/Intuitive 3-6:30 pm/or by appt ENERGETICALLY SPEAKING #3 7-9 pm	23 JUREMA Reiki 11-6/by appt. INDIGO & CRYSTAL CHILDREN 7-9:15 pm	24 JOAN STOKES by appt. JUREMA Reiki 11-6/by appt. SPIRIT ANIMALS 7-9 pm	25 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 1-6 by appt.	26
27	28	KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm				For more detailed information on these events please see our online calendar. www.mindbodyspirit-online.com	

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more detailed information on these events please see our online calendar. www.mindbodyspirit-online.com</p>		1 B. BJORKLUND Psychic/Intuitive 3-6:30 pm/or by appt. ENERGETICALLY SPEAKING #4 7-9 pm	2 JANE RECKOW Reflexology 11-4 by appt. GHOSTS & SPIRITS 7-9:15 pm	3 New Moon JOAN STOKES by appt. JUREMA Reiki 11-6/by appt. PSYCHIC PLAYGROUND 7-9 pm	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 1-6 by appt.	5
6	7 KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION For Kids 7-8 pm	8 B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.	9 JUREMA Reiki 11-6/by appt. DEATH, DYING, & THE OTHER SIDE 7-9:15 pm	10 JOAN STOKES by appt. JUREMA Reiki 11-6/by appt. WOMEN HEALERS 7-9 pm	11 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 1-6 by appt.	12 EGG DYING 11:30-12:30 HERBS FOR WOMEN 1-3 pm Consultations w/Herbalist Liz Johnson available by appt
13	14 KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm	15 B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt. BOBBI RICE Kinesiology 11-3 pm	16 DIANE WINTER 12-3 pm JUREMA Reiki 11-6/by appt. ALIENS, UFOS, & OTHER STUFF 7-9:15 pm	17 JOAN STOKES by appt. ANN DRAGSTEN Healing Touch 12-6 pm LOOKING YOUNGER 6:30-8:30 pm	18 PAULETTE LUCAS Psychic/Intuitive 11-6 pm ART CRAWL 5-9 pm	19 Full Moon B. BJORKLUND Psychic/Intuitive 10:30-2:30 pm AURA PHOTOS 12-5 pm
20	21 KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm	22 B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.	23 JUREMA Reiki 11-6/by appt. THE ENERGY OF MONEY 7-9:15 pm	24 JOAN STOKES by appt. JUREMA Reiki 11-6/by appt. VERY BASIC BELLYDANCE 7-8 pm	25 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 1-6 by appt.	26 "SPECIAL" Readings & Healings w/Jurema 10:30-5 pm
27	28 KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm	29 B. BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.	30	31 VERY BASIC BELLYDANCE 7-8 pm		

Class Descriptions

2012 & ALL ABOUT THE ASCENSION | Wednesday, 3/16 | 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 & what this could mean for us.

A LOOK AT THE YEAR AHEAD | Thursday, 1/4 | 7-8:30 pm | \$5 | Tamarack

Learn about the New Year's planetary movements & how they can affect us personally and as a global community.

ALIENS, UFO'S & OTHER STUFF | Wednesday, 2/9 | 7-9:15 pm | \$20 | Bob Sullivan

Ever wonder if you were all alone? In this class we will discuss some of the different alien groups that are believed to be involved in our planetary system, why they are here....We will look at photos, symbology and discuss the important purpose the earth serves in the galaxy.

AURA PHOTOS & READINGS | Saturday 1/15, 2/19 and 3/19, 12-5 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!

AURAS & OUR ENERGY | Wednesday, 1/19 | 7-9:15 pm | \$20 | Bob Sullivan

Can you feel a heavy or light vibe around people or maybe when you walk into a room? We will explore what an Aura is, where our Aura is located, How to see Auras, and How our energy is affected by other people, thoughts and feelings. You will also learn how to protect and clear your energy and the spaces you live and dwell in...and much more. Opportunity for Aura Photography taken prior to class. (additional fee \$20.00)

COLD & FLU REMEDIES | Saturday, 1/15 | 1-3 pm | \$25 | Liz Johnson

Come and join our herbalist, liz Johnson, and discuss ways herbs can fight and even prevent flu and colds! Learn the secrets of Calendula, why too much Echinacea is not a good thing, and what cooking with garlic and cayenne can do for you. We'll try an immunity enhancing tea or two as well as learn what to do when a cold or flu gets to you.

CREATING MIRACLES IN YOUR LIFE | Wednesday, 1/12 | 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 guarantee that you can live a miraculous life.

DEATH DYING & THE OTHER SIDE | Wednesday, 3/9 | 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.

DEVELOPING YOUR INTUITION | Wednesday, 1/26 | 7-9:15 pm | \$20 | Bob Sullivan

Described in the Bible as "The Still small voice" inside of us. Learn how each one of us possess the gift of intuition. Find out how to tune into it. Learn how Intuition can lead you to living life more powerfully. Discover how accessing your intuition can get you in the flow of life. Observe how our logical minds get in the way of hearing the voice within. And most importantly, how we can trust the natural instinct that we all have.

DISCOVERING YOUR GUIDANCE & PSYCHIC ABILITIES | Wednesday, 2/2 | 7-9:15 pm | \$20 | Bob Sullivan

In this class, we will examine the four Psychic Gifts of Clairvoyance, Clairaudience, Clairsentience and Clairgustance. We will discover how we receive information from our guides, angels and deceased loved ones. You will have the chance to learn some different exercises that will help develop your abilities and practice them in a safe atmosphere of like minded students.

EGG DYING | Saturday, 3/12 | 11:30- 12:30 pm | \$15 | Liz Johnson

Dying for a little color? Join us in this great hands on class! We will prepare and use herbal dyes for eggs. The lore of egg dying and its use in spring celebrations will be explored. Using herbal dyes to create unique stationary and fabric dying will also be discussed.

ENERGETICALLY SPEAKING | Tuesdays, Feb 8 -Mar 1 | 7-9 pm | \$95 for 4 sessions please pre-register | Barbara Bjorklund,

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

ESSENTIAL BEGINNINGS | Thursday, 1/27 | 6:30-8:30 pm | \$20 | Jane Reckow (Please prepay and pre-register)

This is an excellent class for the beginning essential oil users and for those who just want more information. Basic information will be covered to assist you in choosing appropriate oils for many health concerns. Come and learn how mans first medicine can be helpful with the many wellness concerns we have today!!

EXPLORING STONES | Saturday, 2/5 | 1-3 pm | \$20 | Joan Stokes

Have fun with stones, rocks, and crystals! Joan will discuss a wide array of stones and crystals and why many of us have a love affair with stones from the time we are kids. Why are they good for us? What should we look out for when looking for the latest "NEW" stone? And much more. This is a light hearted class with very little structure. Even as adults we tend to learn more while having fun. We might play like kids at this class but it is intended for adults only. Enjoy an evening of questions and play as we explore the world of stones! Limited space so please pre-register!

FUTURE PROJECTION – 2011 | Saturday, 1/22 | 1-3:30 pm | \$25 | Jill Hendrickson

Do you know what 2011 has in store for you? Come and find out how hypnotherapy can open the doorway into the future. We will work on with the Law of Attraction to learn how you can break old pattern and habits which are sabotaging your new year's resolutions. You will learn why future projection is so powerful and will give you a new focus on the year(s) ahead. You will be doing hands-on work and participating in a group hypnosis session with Master Hypnotherapist, Jill Hendrickson.

GHOSTS & SPIRITS | Wednesday, 3/2 | 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, techniques on how to identify if you have ghosts, learn what to do if you want to get rid of ghosts, and discuss Spirit attachments and much more.

Class Descriptions cont.

HERBAL APHRODISIACS | Saturday, 2/12 | 1-3 pm | \$25 | Liz Johnson

Damiana the way to a woman's heart? Does Horny Goat Weed Really work, and what about Yohimbe? Explore the romantic side of herbs and find out everything you ever wanted to know about aphrodisiacs! Liz will let you in on the secrets of the herbs of love.

HERBS FOR WOMEN | Wednesday, 12/15 | 6:30-8:30 pm | \$25 | Liz Johnson

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

INDIGO & CRYSTAL CHILDREN | Wednesday, 2/23 | 7-9:15 pm | \$20 | Bob Sullivan

In this class we will examine the different types of children that are incarnating on earth at this time. Why they have chosen now? What to look for in your child's personality? Examine different attributes of the various groups and how best to deal with them.

LOOKING YOUNGER | Thursday, 3/17 | 6:30-8:30 pm | \$20 | Jane Reckow (Please prepay and pre-register)

Learn techniques such as lymphatic stimulation and shiatsu (acupressure) that can be helpful for anything from anti- aging to sinus congestion. Focus will be on the face. Please come with a clean fresh face, no makeup, for the greatest benefit. Some use of essential oils will also be included.

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 | Wednesday, 2/16 | 7-9:15 pm | \$20 | Bob Sullivan

Explore the possibility of accessing your Past Lives. Learn about reincarnation, karma & 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 & 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 & experience one in a group setting if desired.

PSYCHIC PLAYGROUND | Thursday, 3/3 | 7-9 pm | \$20 | 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.

SPIRIT ANIMALS | Thursday, 2/24 | 7-9 pm | \$20 | Joan Stokes (Space is limited for this class so please pre-register!)

Joan Stokes, animal communicator, will teach you how you can find & recognize your own Spirit Animals. Spirit Animals can be very powerful in our lives, & when we bring them into our consciousness, & ask them for assistance, it can create positive changes in our lives. Joan is sometimes able to "see" them around an individual and she will share this with the group. Come, feel & experience what is unseen but with you all the time.

SPIRIT RELEASEMENT | Friday, 2/18 | 7-9 pm | \$20 | Jill Hendrickson

Come and find out what spirit attachments are and why you need to release them periodically. Possession is more common than you think and they aren't like the possessions you see in the movies. Learn the symptoms and how to safely release them while protecting yourself. You will experience a gentle group spirit release with Master Hypnotherapist.

THE ENERGY OF MONEY | Wednesday, 3/23 | 7-9:15 pm | \$20 | Bob Sullivan

This class is for people who want to explore how to build a powerful new relationship with money, we will help you clarify what you really want out of life and give you the tools to act purposely when you use money to move toward those dreams. Not only will you gain support in moving through the obstacles that keep you from feeling financially successful, but you will also bring more clarity, focus, ease and grace into your relationship with your money. The course meets once per week for 3 weeks

VERY BASIC BELLYDANCING | Thursdays, March 24-April 28 | 7-8 pm | \$36 for 6 weeks, \$7 walk-ins | Teresa Kangas

It is my belief that every woman is a bellydancer, it is only a matter of her "remembering" and easing back into it. In this class we will focus on the primary movements of bellydance. This class will get you moving and feeling more confident in your dancing abilities.

VITA-FLEX FOOT MASSAGE | Saturday, 1/29 | 10:30-1:30 pm | \$25 | Jane Reckow (Please prepay and pre-register)

Learn a form of Reflexology that originated in Tibet many 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. This class will focus primarily on the feet. Use of essential oils will be included as well. Bring a partner, clean feet, and a towel. (Please come even if you don't have a partner - we will pair up) Class includes essential oils & charts

WOMEN HEALERS | Thursday, 3/10 | 7-9 pm | \$20 | Tamarack

Our stories are so rarely told. This will be an evening of information about women healers, from around the world and throughout time. With Tamarack reader and astrologer.

YOUR FACE SPEAKS TO YOU | Thursday, 2/10 | 6:30-8:30 pm | \$15 | Jane Reckow (Please prepay and pre-register)

This class is based on Chinese medicine philosophy of looking to the face for information about your body. We will also examine the nails and tongue. Please bring a friend to share with. This is a fun class intended to teach the participant how to learn from the signals your body is giving you from the outside. * note information in this class is purely for educational benefit and not intended to diagnose or prescribe in any way.

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Why do we have little stone animals in our shop? Good question! We have a diverse group of animals carved out of a variety of stones for several reasons.

- They are cute!
- They represent Spirit Animals (or Totems if that's easier).
- They represent actual animals in our lives.
- They represent Chinese Astrology Animals (this is the year of the Tiger and next year is the Rabbit)

Let's start with the fact that they are cute. Who wouldn't want a sweet little red jasper monkey peeking out from a flower pot? How about a serpentine turtle sitting in a sand garden? Maybe an Opalite hummingbird on the windowsill? Wherever you decide to set one of these cuties it will make everyone who sees it smile!

The main reason we began having stone animals in our shop is to represent Spirit Animals in our lives. It has been common practice in Native cultures to carry a symbol of an individual's Totem or Spirit Animal with them wherever they go to remind them of the animal they carry inside and around them. It is also a reminder of calling on the Spirit Animals on our journey when we have struggles and forget how powerful we are. It is also a reminder that the Great Spirit or God connected us to the animals and that we are all one sharing this earth and to have respect for all. It isn't only the Native American's that have had this tradition as other cultures favored animal spirits as well. The Druids and the Pagan's have a long history of having familiars which is basically the same as Spirit Animals. They are the animals that walk with us on this plane whether in physical form or metaphysical to assist us.

Many people have more than just dogs or cats in today's world, so we also have snakes, iguanas, and turtles galore. Perhaps someone has lost their pet and they want a small reminder on their desk that will make them happy? Maybe carrying the animal in a pocket keeps them close to their furry companion when the days get long? Whatever the motive they make great little gifts for ourselves and those closest to us.

Reasons one would carry particular animals: A tiger eye horse would make an awesome gift for a child just learning how to ride as it is a protection stone as well. A black onyx raven might help one develop their intuition and magic. A rose quartz cat curled into a ball may remind us of the love we have in our hearts. A Unikite frog may help us leap into that business decision we have been struggling with. There's a chance a hematite dog may just give us that feeling of safety we have always looked for. And perhaps a goldstone eagle will give us the confidence to realize that abundance has no limits, if we just believe in ourselves!

We also have a wide array of dolomite animals (or soapstone, which is mostly dolomite). Dolomite is a stone that helps one to grieve and when the grieving is complete it also vibrates to an energy that aids one in letting go of the sorrow so they can go on. We have eagles that traditionally have been the messengers to God so they may represent messages to our loved ones that have passed. And there are dogs, cats, elephants, dolphins, owls, pigs, fish, whales, and so many more.

And if you are into Chinese Astrology animals we usually have one or more of each of the 12 signs. Some are with us for a while and others keep changing. Come on in and check out what we have for you today!

Herbs for Women

There are a lot of herbs that can improve a woman's reproductive health. In fact, there are so many that it can be confusing trying to decide between all of the choices nature lays before us. Manufacturers have begun putting out "one size fits all" herbal blends to help women deal with discomforts and health issues surrounding PMS/PMDD, menopause, pregnancy, and postpartum adjustments. While some of these products work well for some women, those who are not helped can be left feeling isolated, frustrated, and even scared. Putting together a remedy tailored to the individual becomes very important when these over-the-counter remedies fail. Let's look at a few herbs and how they can help bring the body into better balance.

One herb that helps many women with PMS/PMDD and menopause is Vitex agnus-castus, or Chaste Tree Berry. This has become a fairly famous herb in recent decades. Named Chaste for its effects on men, this peppery little Mediterranean berry can actually have quite the opposite effect on women! Those women who suffer from the kinds of hormonal imbalances that this herb addresses often suffer from decreased libido as well as mood swings, cramps, and even hot flashes. Chaste Tree Berry goes right to the pituitary and balances the hormones that signal estrogen and progesterone production, especially prolactin. Its effects on prolactin make this herb a no-no for pregnant and nursing women. Some studies suggest that it even affects dopamine levels, improving mood directly as well as improving mood by balancing the reproductive system. While there are a host of symptoms associated with Vitex agnus-castus, women who benefit most from this herb are often cold or have joint pain. It can cause mild itching so watch out for allergic reactions.

Viburnum trilobium, or Cramp Bark, is another well known herb for women. It does exactly what its name implies. It relieves all sorts of muscle cramps. These cramps are often accompanied by lower back pain. Unlike Vitex agnus-castus, this herb is best in those with a tendency to overheat. It is also great in pregnancy to prevent certain types of miscarriage.

Steamed Rehmannia glutinosa is a fantastic herb for one symptom of PMS/PMDD: weeping. It has done wonders for some who weep one week a month and even for a few who get angry instead. Almost always used in blends with other herbs, Rehmannia glutinosa is high in iron which accounts for some of its effects. This is a dose dependant herb, meaning that its actions change with the amount taken. Or example, small doses constrict blood vessels, while large doses dilate them. This is another herb that is off limits for pregnant and nursing women.

How are these herbs used? They can be taken in many forms, but infusion, or tea, is the simplest and in some ways the best way to use herbs since an infusion can be tasted. When an herb blend is right for the person taking it, the blend tastes acceptable and frequently tastes really good simply because it is what the body needs. Whereas, other people tasting the same blend may find it horrible because it's just not the right blend for them! As the blend is taken over the course of days or months, the taste often begins to change as the individual begins to recover good health. One or two ingredients usually become bad tasting to the person who thought that they were just fine a week or two ago. If this blend is an infusion it is easy to adjust the blend oneself, removing the now offending ingredient. If a new herb needs to be added, this can also be done with a taste test. Of course, it never hurts to get an expert opinion, but in a pinch these home tests can bring great results.

To make an infusion, start with a teaspoon of the herb or herbs desired. If four herbs are going to be mixed together, a 1/4 teaspoon of each is all that is needed, if equal parts are being used. Steep these in one cup of boiling hot water until the infusion is cool enough to drink and then enjoy it!

This is just a sampling of herbs that affect the health of women's reproductive system. Others include Agrimony, the Vervains, Partridge Berry Vine, Passion Flower Vine, the Cohoshes, and so much more. Each herb has its own effects, side effects, drug interactions, and other important information to understand. Check several references before using any herb and keep exploring with classes, books, and perhaps an appointment with a good local herbalist.

liz Johnson is a local herbalist and herbal instructor with nearly twenty years experience, Cupper, Aromatherapist, Moxibustionist, Usui Reiki Master, and experienced ear candler. She works with other health professionals and continues her education, currently working on a Masters degree in Traditional Chinese Medicine. Visit www.FireWind.com for more information about her practice and classes. Or reach liz at 952-846-7464.

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