

2012
January :: February :: March

KaLeidoScoPE

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

2012 here we come! Isn't it exciting! A whole new year to do well, make mistakes, screw up big time, or make dreams come true! Good luck with all of that and have an awesome year!

Ok, well I tried to do that in REALLY big font to fill up the page and make that the entire front page cuz I, just like all of you, am really busy this time of year! Well, it didn't fly with the editor and so I am back at it trying to figure out what to say to all of you. Then it hit me. I don't have to do it. I want to do it. That will be the theme of the next year. We do this because we chose it and we WANT to do it. We have been Mind Body & Spirit for ten years now. What has made us a success? Ok, yes...great customers that become more like friends to us. Those customers that keep comin' and lifting us up whether they have two dollars to spend, eighty dollars to spend, or just have some time to spend! Granted, we all know that the dollars are what pay the never-ending bills that pile up, but it takes all of you to make a shop like this, or actually a more proper name would be community like this, stay together. Enough about you! You're great...yada yada. The REAL reason for what hit me was that everyone can be a success if they find their passion. We found ours. Sure, it still isn't sunshine and roses all the time...ask us sometime when we are still typing away at 1 am some morning and the newsletter was suppose to be in two days before! Like this time! Between the laughter and the arguments, the tears and the fun, it gets done. I am certainly not saying that our passion is the newsletter! But the newsletter speaks to our passion, Mind Body & Spirit. It is our passion, we love it, and some days...we think about calling it quits but it is our passion and we know in our hearts it isn't time yet.

Passion. Both of my daughter's get frustrated because they have not found it yet. Well, they have a lot of passions but one that feeds your pocketbook as well as your soul isn't always just standing in front of you wondering if you're blind. Sometimes it plays hide and seek within yourself so that you have to discover so much more before finding your true passion. Some days it feels as if all you ever discover is what you don't like. Some days it feels like there is so much that you love that a starting place can't be found. And some days it all seems too much to even think about and so you act like a little kid and say you just don't want to play anymore! We all do it. Some might choose something for a lifetime while others choose something new every week. It doesn't matter. What does matter is the looking and not settling! Don't settle for what just pays the bills. Sometimes what pays the bills can be your passion and other times it needs to be supplemented. But always expecting that the "job" is going to cover everything is quite like someone expecting that just one person can provide everything they need in their lives. Wow, that's way too much pressure!

Our passions are stepping stones on our journey. If we follow them they will lead us on to more and more and more...If we ignore them we tend to get lost. You know that old saying about if you love something set it free? Well, no one ever says you can't follow it until you discover what you may have missed and were searching for all along?! It doesn't have to hit you like a ton of bricks. Most often it doesn't unless the Universe is tired of you being dense. It may be a whisper in your ear or a butterfly on your shoulder. But feel it and find what feeds your soul. Your passion will lead you to everything you want, a new job, a new friend, a new romance, a new discovery. Just go within, find it, and then live it! Live it good!

Happy 2012 to you all!

Joan & Merri

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Mind Body & Spirit
GIFTS & BOOKS

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

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

BACK BY POPULAR DEMAND!



Digital Zen Alarm Clock
The Digital Zen Clock is the perfect companion for a natural lifestyle. Its long-resonating acoustic chime set in a solid hardwood case adds tranquility and aesthetic pleasure to any environment or activity. Used as an alarm clock, its gradually-increasing chime progression sequence begins your day with grace and beauty. As a timing device the Digital Zen Clock's acoustic chime is unsurpassed for yoga, meditation, bodywork, or any practice.



Progressive Alarm
Interval Timer
Countdown Timer
Meditation Timer
Fully Portable
Chimes on the Hour

Happiness cannot be traveled to, owned,
earned, worn or consumed.
Happiness is the spiritual experience of living every minute
with love, grace, and gratitude.

- Denis Waitley

Jurema's Healing Garden
"Healing Guidance from Brazil"

| | |
|-----------------------------|---------------------------|
| <i>Holistic Reiki</i> | <i>Crystal Healing</i> |
| <i>Pain Relief Therapy</i> | <i>Energy Restoration</i> |
| <i>Spiritual Counseling</i> | <i>Natural Remedies</i> |
| <i>Grieving Support</i> | <i>Intuitive Readings</i> |

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Twyla Ethen
OWNER

CHIASTOLITE

Chiastolite is called the "Cross Stone" as it has a perfectly balanced cross of graphite through the center of it. The graphite creates protection during astral travel and sleep. This stone protects particularly at times of vulnerability and especially when one is not aware they are in need of psychic defense. There are contradicting theories on the vibration of this stone which are probably due to the graphite content. The surrounding mineral creates a higher vibration than that of the graphite. So this stone both works and resonates with the sacral and root chakras, and also helps the brain. Therefore a question arises about it resonating with the sixth or brow chakra as well. However, most believe that it should still be classified as a root or sacral stone as it helps the brain in grounding of unhealthy, scattered, or disjointed thoughts. So even though this stone helps the brain become more balanced it is not a true sixth chakra stone as the vibration is, for the most part, a lower one.

Because of the balanced cross within this stone it has been regarded as having a balancing characteristic to it as well. There has been debate over the cross having anything but the vibration of graphite for protection within it. Some have claimed the correlation with Christ, as almost everything that resembles a cross has been since the time of Christ. But this stone does not have the frequencies that other stones of the Christ consciousness have and so it may just be coincidence, if coincidence happens, that the graphite ended up being in a perfectly balanced cross. There is however a vibration that promotes harmony within this stone. And harmony usually has an element of balance associated with it. Since it brings clarity to situations it helps one understand why disagreements happen in the first place bringing quicker resolution. This understanding balances the perspectives which create harmony.

Chiastolite is wonderful for both temperamental animals and children. It has a calming effect on those not understanding of mankind's "rules". It can be especially difficult for both children and animals to understand the necessity of some rules that do not "fit" into their way of thinking. This does not necessarily make the animals or children "wrong", it means they are not understanding of the tribal rules. Chiastolite brings clarity to them as well in calming the brain enough to bring understanding, at least enough for harmony to happen.

This stone is great for anyone with rheumatism, blood disorders, blood circulation problems, and for those who need regulation for their blood pressure, whether too low or too high. It also has been known to help increase a woman's breast milk production in some cases.

This has also been considered as the "Stone of Travelers". The reason behind this, besides the astral travel protection, is that it helps one adjust and adapt to change, and enhances spiritual awareness which creates movement and travel of sorts. It also is a stone that helps one remember and understand the importance of life cycles, from birth to death and beyond, then back to birth again. We are all travelers within that cycle and it is important to remember that the journey never ends with death of the physical body. This is a comforting stone for those that are transitioning and getting prepared for death. It helps them to take comfort in this vibration that reminds them that death is just another step on their journey, that life continues.

The last thing I want to share about the Chiastolite stone is that because of its perfectly balanced cross it has been used as a stone of promises. It has many times been carved into the shape of a heart with the cross running right through the center to serve as a commitment stone for anyone who loves another, be it friends, lovers, or family. Definitely a stone to have in your home. Pick one up today because besides all of this, it's just pretty cool too.

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. 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 appointments.

ANN DRAGSTEN /HEALING TOUCH (Available Select Thursdays) \$70.00 session

Holistic energy-based approach to healing the whole person, physically, emotionally, mentally, & 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.

DIANE WINTER/NAME & BIRTHDAY READINGS - NUMEROLOGIST (Available most Thursdays by appt.) \$30 for 1/2 hour includes a 7 page chart.

Discovering the energies your name and day of birth may be attracting to you can open you up to treasures within you! Your reading will suggest your primary life challenge, daily challenge, natural gift to the world, heart's desire, ultimate goal or maturity, current personal year and major life period energies, and ways to balance the traits in these energies.

JOAN STOKES/ANIMAL COMMUNICATION (Available most Tuesdays by appt.) \$45.00 per 1/2 hr \$75.00 per 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/BRAZILIAN ENERGY HEALING & READINGS \$50.00 -1/2hr 95.00 -hour (On Tues. receive a \$10 discount on all 1/2hr & hour sessions) (Available select Tuesdays, Wednesdays & Thursdays. Consultations also available in Portuguese & Spanish).

Twenty years ago Jurema brought to the U.S. a unique combination of healing practices from the Amazon natives, the magical Yoruba, the Spiritism Doctrine, Christianity and from Eastern culture – all that found in Brazil. She transformed her spiritual knowledge into this fascinating and mystic healing style that includes Holistic Reiki, Spiritual Guidance and Readings, Brazilian Energy Healing, Grieving Support and more. Her practices are helping people of all beliefs and cultures to see themselves as whole, without fears.

KELLI SPENCER/PSYCHIC MEDIUM (Available most Mondays by appointment) \$60.00 per 1/2 hour \$100.00 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/ MASTER HERBALIST (Available select Saturdays by appointment)

Liz began her journey to herbalism and other "alternative" healing modalities in 1985. After having seen her father go through years of misdiagnosis and pain with heart disease, Liz was left questioning whether there were alternatives to his experience. This opened Liz to Traditional and Natural Healing. Along with several years of correspondence courses, etc, she apprenticed with Registered Herbalist, Matthew Wood (www.matthewwoodherbs.com). Liz continues with her education to this day, seeking out teachers, schools, and conferences to enhance her twenty years experience in the Traditional and Modern uses of herbs and other healing methods. These opportunities have included Australasian College of Herbal Studies, and with the American Academy of Acupuncture and Oriental Medicine. Liz has been in private practice since 1995. Liz does workshops and classes and also does individual consultations by appt.

MERRY MACKENZIE/ENERGY WORK (Available most Saturdays)

\$50 - whole body treatment (60 minute session) \$25 - basic chakra balancing (30 minute session)

Merry allows healing energy from the Highest Source (God, Creator, etc) to flow through her--simply acting as a conduit or facilitator to deliver the healing energy to another. Depending upon preference, she can focus on specific complaint areas that may need "spot energizing," or she can provide a more general overall treatment. Merry believes that healing should be a simple, uncomplicated process and that feeling good is our natural state of being. She has a special interest in working with individuals who feel they may be starseeds, contactees, walk-ins, or soul braids. (Sessions typically run approximately 45-60 minutes)

PAULETTE LUCAS/PSYCHIC INTUITIVE (Available most Fridays & Mondays by appointment) \$70.00 per 1/2 hr and \$110.00 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. 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 2012

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|--|---|
| 1 | 2 KELLI SPENCER Psychic/Medium 11-6 pm | 3 JUREMA Brazilian Energy Healing 11-2/by appt. | 4 JUREMA Brazilian Energy Healing 11-6/by appt. | 5 JUREMA Brazilian Energy Healing 11-6/by appt. DIANE WINTER Numerology 12-5pm | 6 | 7 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 |
| 8 DRUMMING CIRCLE 6:30-8 pm | 9 KELLI SPENCER Psychic/Medium 11-6 pm MEDITATION 7-8 pm | 10 JUREMA Brazilian Energy Healing 11-2/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. JOAN STOKES 2:30-6:30 by appt | 11 <i>Full Moon</i> JUREMA Brazilian Energy Healing 11-6/by appt. | 12 DIANE WINTER Numerology 12-5pm | 13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 14 |
| 15 | 16 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm | 17 JUREMA Brazilian Energy Healing 11-2/by appt. JOAN STOKES 2:30-6:30 by appt | 18 JUREMA Brazilian Energy Healing 11-6/by appt. | 19 ANN DRAGSTEN Healing Touch 12-6 pm DIANE WINTER Numerology 12-5pm | 20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-7 pm | 21 FORGIVENESS 10:30-1:30 pm MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 |
| 22 | 23 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm | 24 BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. JOAN STOKES 2:30-6:30 by appt POISED POSTURE FLUID MOVEMENT 6-8 pm | 25 <i>New Moon</i> JUREMA Brazilian Energy Healing 11-6/by appt. STEPPING INTO THE METAPYSICAL 7:00-9:30 "Shadow Side" | 26 JUREMA Brazilian Energy Healing 11-6/by appt. DIANE WINTER Numerology 12-5pm . | 27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 28 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 HERBS & STRESS 1-3 pm Consultations w/Herbalist Liz Johnson available by appt. |
| 29 | 30 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm | 31 JUREMA Brazilian Energy Healing 11-2/by appt. JOAN STOKES 2:30-6:30 by appt AN ASTROLOGICAL EVENING 7-8:30 pm | | | | |

February 2012

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|--|---|
| | | | 1 JUREMA Brazilian Energy Healing 11-6/by appt. | 2 JUREMA Brazilian Energy Healing 11-6/by appt. DIANE WINTER Numerology 12-5pm | 3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 by appt. | 4 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 |
| 5 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm INTERPLAY 6:30-8:30 pm | 6 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm INTERPLAY 6:30-8:30 pm | 7 JUREMA Brazilian Energy Healing 11-2/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. JOAN STOKES 2:30-6:30 by appt | 8 JUREMA Brazilian Energy Healing 11-6/by appt. PENDULUMS 7-8:30 pm | 9 Full Moon JUREMA Brazilian Energy Healing 11-6/by appt. DIANE WINTER Numerology 12-5pm | 10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 by appt. | 11 BEGINNING HANDS ON HEALING 10-2 pm |
| 12 DRUMMING CIRCLE 6:30-8 pm | 13 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm MEDITATION 7-8 pm | 14 JUREMA Brazilian Energy Healing 11-2/by appt. JOAN STOKES 2:30-6:30 by appt | 15 JUREMA Brazilian Energy Healing 11-6/by appt. STEPPING INTO THE METAPYSICAL 7:00-9:30 "The Art of Ghost Hunting" | 16 ANN DRAGSTEN Healing Touch 12-6 pm DIANE WINTER Numerology 12-3 pm | 17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-7 pm . | 18 INTRODUCTION TO THE TAROT 10-2 pm MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 |
| 19 WOMEN HEALERS ROUND TABLE 1-3 pm | 20 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm | 21 JUREMA Brazilian Energy Healing 11-2/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. JOAN STOKES 2:30-6:30 by appt | 22 JUREMA Brazilian Energy Healing 11-6/by appt. PERSONAL ALCHEMY 6:30-8:30 pm | 23 JUREMA Brazilian Energy Healing 11-6/by appt. DIANE WINTER Numerology 12-5pm NATURAL ALTERNATIVES FOR ADDD/ADHD/AUTISM 6-8 pm | 24 New Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 by appt. | 25 INTERPLAY 10-12 pm MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 DETOXIFYING W/HERBS 1-3 pm Consultations |
| 26 WOMEN HEALERS ROUND TABLE 1-3 pm | 27 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm | 28 JUREMA Brazilian Energy Healing 11-2/by appt. JOAN STOKES 2:30-6:30 by appt | 29 JUREMA Brazilian Energy Healing 11-6/by appt. ENERGY ANATOMY 6:30-8:30 pm | | | For more detailed information on these events please see our online calendar. www.mindbody spirit-online.com |

March 2012

| 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>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm</p> | <p>2</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> | <p>3</p> <p>INTRODUCTION TO ASTROLOGY 10-2 pm</p> <p>MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30</p> |
| <p>4</p> | <p>5</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>INTERPLAY 6:30-8:30 pm</p> | <p>6</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p> | <p>7</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> | <p>8</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm</p> | <p>9</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>AURA PHOTOS 2-7 pm</p> | <p>10 Full Moon</p> <p>WOMEN HEALERS 7-9 pm</p> |
| <p>11</p> <p>DRUMMING CIRCLE 6:30-8 pm</p> | <p>12</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>MEDITATION 7-8 pm</p> | <p>13</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p> | <p>14</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>STEPPING INTO THE METAPHYSICAL 7:00-9:30 by appt "Oneness"</p> | <p>15</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm</p> | <p>16</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> | <p>17</p> <p>INTERPLAY 10-12 pm</p> <p>MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30</p> |
| <p>18</p> | <p>19</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>BRAIN BALANCING 6-8 pm</p> | <p>20</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p> | <p>21</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>WORD POWER 7-8:30 pm</p> | <p>22</p> <p>DIANE WINTER Numerology 12-5pm</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p> | <p>23</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> | <p>24 New Moon</p> <p>MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30</p> <p>HERBS IN MAGICK & SPELLS 1-3 pm Consultations w/Herbalist Liz Johnson available by appt.</p> |
| <p>25</p> | <p>26</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> | <p>27</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p> | <p>28</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> | <p>29</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm</p> | <p>30</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> | <p>31</p> <p>MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30</p> |

Class Descriptions

Please remember that ALL classes, with the exception of Monday night Meditations, need registration. Walk-ins will sometimes be accepted if room is available. Please call in advance if you plan a walk-in as classes can be canceled. Many classes will need a credit card hold to secure a place in the class. Classes are not charged until the day of class and they should be paid in the store, even if you have left a credit card number with us. (Rarely, but in some cases the instructor will take payment) Classes are not refundable within 2 days of class time. All classes should be registered for by calling, or stopping by, Mind Body & Spirit. We do not have online registration as of yet. Please be at the store at least ten to fifteen minutes prior to class for payment time. We accept cash, check, or credit cards. Thank you and enjoy your classes!

AN ASTROLOGICAL EVENING A LOOK AT THE NEW YEAR 2012 | Tuesday, January 31st | 7-8:30 pm | \$5 | Tamarack **NEW CLASS**

Learn about the New Year's planetary movements and how they can affect us personally and as a global community with Tamarack Astrologer and Tarot reader. Come for an evening of an astrological look ahead at the New Year 2011. Learn more about your Sun sign, and about how the planets are lining up this year, for individuals and for us all, collectively and globally.

AURA PHOTOS & READINGS | Fridays 1/20, 2/17, 3/9 | 2-7pm | \$30 | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy and images & captures it onto a polaroid picture. Based on the color, clarity, position & 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 & possibly identify your energy blocks, leaks, or other things about you. Enlightening!

BEGINNING HANDS ON HEALING WORKSHOP | Saturday, February 11th | 10-2 pm | \$50 | Bob Sullivan **NEW CLASS**

Are you feeling the call to open up your Healing Abilities? Discover your gift to channel universal healing energy to others. In this workshop, we will examine the foundation of becoming a healer. We will go through the basics steps that will allow you to open up your gift of channeling healing energy & give you the experience to start working on others. We will look at how the energy system of Auras & Chakras function & examine how they show up in our bodies. We will work with the energy of things such as touch, sound, color & vibration to assist us in moving and clearing energy and discuss working with different types of situations that you may face as a healer. We will examine grounding and protection & you will have the chance to start healing others as well as having others work on you.

BRAIN BALANCING | Monday, March 19 | 6-8 pm | \$20 | Bobbie Rice **NEW CLASS**

We will discuss several ways in which we are contaminating our brains and slowing or damaging how they function. We will also discuss some ways to help improve brain function and bring some of it back into balance for improved functioning. Some hands on will be part of the class.

CIRCLE DRUMMING | Sundays, 1/8, 2/12, 3/11 | 6:30-8 pm | \$5 donation | Geppert L.Ac., M.Om., CMT

Circle drumming has been in existence for thousands of years in most tribal cultures throughout the world. It was done to celebrate the seasons, for giving thanks, for ceremonies, and for healing. Now this time honored practice is available to you. If you've been looking for an easy, uplifting spiritual practice, then drumming is exactly what you've been looking for. Drumming is for everyone. You need not have any previous experience to attend. Just bring a drum (or two if you have one to share), an open mind, and an open heart and experience the freedom of the soul that comes with drumming.

DETOXIFYING WITH HERBS | Saturday, February 25th | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

Did you make a Solstice or New Year's resolution to be more fit? Don't give up now! Take the Detoxifying with herbs class with Liz Johnson and learn how to cleanse your body and improve your chances of succeeding at a healthier you! We will deal with cleansing basics and the things that trick people into giving up new, healthier lifestyles, like sugar cravings, low energy, and more!

ENERGY ANATOMY | Wednesday, February 29th | 6:30-8:30pm | \$25 | Anne Brady

In this class participants will learn the basic anatomy of the body and how the energy body integrates with the physical body. We'll explore each energy centers vibration and touch on what changes in the energy field represent in each area. This is a great class for bodyworkers and energy-workers alike. Also for anyone with an interest in how their body functions as a whole.

EXPLORING PENDULUMS | Wednesday, February 8th | 7-8:30 pm | \$20 | Jane Reckow CMT, CNHP **NEW CLASS**

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. This is for the beginning dowser! Please bring your pendulum to class if you have one or use supplied materials to make one. Includes handouts (Please prepay and pre-register)

HERBS IN MAGICK & SPELLS | Saturday, March 24th | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

Learn traditional spells to attract wealth, love, and luck! Come and explore how to put together your own spells to weave magick into your life. Liz Johnson, herbalist, will talk about herbs with magickal reputations, the basics of using herbs in spellwork, and how to translate the traditional associations of herbs into information to help make magick happen in your life!

HERBS & STRESS | Saturday, January 28th | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

Have you ever had a day that just wouldn't end! Tired of being tired? Come to the Herbs & Stress class, an introduction to herbs that can take the edge off a rough day and help you handle tomorrow! Join us for a cup of tea and the information that makes life seem calmer and easier to handle. Liz is available by appointment before and after class for consultations.

FORGIVENESS | Saturday, January 21st | 10:30-1:30pm | \$35 | Jane Reckow CMT, CNHP

The goal of this class is to release old negative energy and clear it, creating an 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. (Please prepay and pre-register)

INTERPLAY-Unlocking the wisdom of your body | Days & times vary 2/6, 3/5*6-7:30 pm | 2/25, 3/17*10-noon | \$10 | Donna Fromm

Interplay is a creative process for personal/community transformation. It uses a system of practices rooted in storytelling, movement, song, and stillness to help you gain access to your own "body wisdom" - what works best for you, what gives you purpose, what makes you fully alive.

Class Descriptions cont.

INTRODUCTION TO ASTROLOGY | Saturday, March 3rd | 10-2 pm | \$30 for class-\$60 for your Natal (birth) chart | Tamarack **NEW CLASS**
How does Astrology work, and why? The movement of the planets, and how we are affected and assisted by exploring our birth charts. A chance for group discussion and an in depth look at your own chart. Additional individual sessions available separately on request. Pre-registration necessary by Feb 29, if you would like Tamarack to prepare your chart. If you have your own chart you are welcome to bring that.

INTRODUCTION TO THE TAROT | Saturday, February 18 | 10-2 pm | \$40 | Tamarack **NEW CLASS**
This course will cover the history of the cards, the meaning of the cards and how to use the Tarot for reflection on life's challenges and lessons.

MEDITATION | 2nd 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 Anne Brady. 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.

NATURAL ALTERNATIVES FOR ADD/ADHD & AUTISM | Thursday, February 23 | 6-8 pm | \$20 | Bobbie Rice **NEW CLASS**
Is ADD, ADHD or Autism a part of your life? Are you faced with medication and wish there was a different path to take? Bobbie will discuss several areas that could cause or effect ADD/ADHD/Autism and then share simple areas that can be changed/added to a persons life that may change, alter or eliminate symptoms of concern. We will discuss alternatives and how you can determine what options are best for you or your children. This class combines many different techniques into a simple program that is a safe, effective and chemical free way of working with children and adults that suffer from the symptoms of ADD/ADHD/Autism.

PERSONAL ALCHEMY | Wednesday, February 22nd | 6:30-8:30pm | \$25 | Anne Brady
This class is designed to teach people the age old alchemical process and how we can utilize this wisdom for our own personal growth. We'll learn the steps of alchemy and how to engage fully in the process of change in our lives.

POISED POSTURE, FLUID MOVEMENT | Tuesday, January 24th | 6-8 pm | \$20 | Andrea Fedele
Achieve more ease and fluidity of posture and movement in your life. Andrea teaches people how to use their bodies more efficiently so that they can do what they do better and more comfortably. The method she teaches, called the Alexander Technique, helps people to unravel tension patterns they've had for most of their lives and regain poised posture as well as fluidity and ease of movement. Through fun, experiential activities, you will be introduced in this class to the Alexander method for changing habits of the body in posture and movement.

STEPPING INTO THE METAPHYSICAL WORKSHOP SERIES

"Stepping into the Meta-Physical" Workshop Series-This is your chance to get a great deal of information, in a more compact form, without losing any essentials. Bob Sullivan has taken many of his most popular classes and put them in one series! Bob's classes are great but, for some, it seems like a huge commitment to take them all. In this series (any of which can be attended without attending the others and they need not be taken consecutively) Bob will take the student on a journey through each of the following shown below. These workshops have something for everyone! Each workshop in this series is only \$25.00!

STEPPING INTO THE METAPHYSICAL - JANUARY CLASS "THE SHADOW SIDE" | Wednesday, January 25th | 7-9:30pm | \$25 | Bob Sullivan
This class is on embracing our shadow side. You have only one self. It is the real you. It is beyond good and evil. The Collective Shadow is what makes up all of us. We will examine this principle and discuss ways of bringing light and balance to the shadow side of ourselves.

STEPPING INTO THE METAPHYSICAL - FEBRUARY CLASS "THE ART OF GHOST HUNTING" | Wednesday, February 15th | 7-9:30pm | \$25 | Bob Sullivan
In this class we examine the tools used by Ghost Hunters to detect para-normal activity in investigations. Bobby will also take people through his process of crossing ghosts over and clearing spaces.

STEPPING INTO THE METAPHYSICAL - MARCH CLASS "ONENESS" | Wednesday, March 14th | 7-9:30pm | \$25 | Bob Sullivan
This class is on discovering Oneness and examining the idea of ascending our souls in the new gateway provided by the 2012 opening.

WOMEN HEALERS | Thursday, March 8th | 7-9 pm | \$20 | Tamarack **NEW CLASS**
An evening of stories about women healers, from around the world and throughout time. The history of women, our spirituality, talents and abilities remains largely hidden. Come for an evening of a presentation of stories that describe a web of women healers, past and present, to be followed by discussion. What are we doing? What are we capable of doing?

WOMEN HEALERS ROUND TABLE | Sunday, February 26th | 1-3 pm | \$10 | Tamarack **NEW**
An afternoon of stories and sharing information. A chance to get to know each other and to strengthen the web of women healers, locally. What are we doing? What are we capable of doing?

WORD POWER | Thursday, March 21st | 7-8:30 pm | \$20 | Jane Reckow CMT, CNHP **NEW CLASS**
This class explores the power of language and how you can make it work for you. We will look into the use of words and what they say about you!! "Your words are your wand" let's use the wand to create a new reality. Come to class willing to explore and make changes! Includes handouts (Please prepay and pre-register)

A New Year, A New You! by Liz Johnson

A great new year is beginning to unfold right in front of us. This is a time when many of us try new things, and sometimes even find new habits. When those habits are healthy habits, we grow. We grow into healthier, happier people, a win for us and everyone we love! Detoxifying is trying on some new habits and finding a few that feel great and can become something we can do again and again...creating better health everyday. When we detoxify we remove built up toxins from the body. This brings better health and a better quality of life. There are many ways to detoxify the body and a combination of methods generally works best. That means we have a chance to try lots of new habits and find ones we love. These new habits could include herbs and foods to include in one's diet and baths, aromatherapy, exercise, and other cleansing practices. Some cleansing methods can be worked into a daily routine and work their subtle magic over time. No matter which methods are applied, great benefits can be achieved. Signs that the body can benefit from detoxifying include

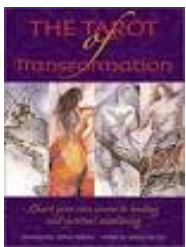
depression, tiredness, headaches, inability to concentrate, irritability, allergies, indigestion, constipation, PMS, menopausal problems, repeated colds and flu, cellulite, and more.

What can be used in a detox? A lot of things can be used for help the body cleanse. These include eating healthy, getting enough great sleep, exercising, and meditating, and herbs. Dandelion and burdock root are especially cleansing herbs for the liver and kidneys. The roots of each of these plants can be added to soups, stir fries, and roasted root vegetable dishes. Dandelion and Burdock roots also make good cleansing teas as can Milk Thistle seed.

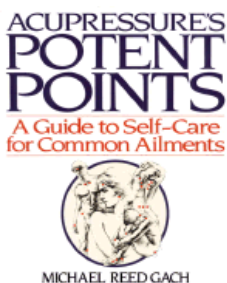
Using sage, rosemary, eucalyptus, or thyme essential oil in an aromatherapy diffuser or the herbs in a bath can help cleanse the body. Mullein leaf makes a lovely evening tea to help soothe the lungs and help them to remove waste blocking the function of the lungs. Mullein Leaf can effect concentration, so it is not a great tea for work.

There are some great options for a good cleanse, be it a few weeks of hard work or small changes over months building new, healthy habits. Each, or both, can make a healthy start to a new year. Now is the day, now is the time to start a new, healthy habit. Maybe just using a bit of eucalyptus essential oil in a diffuser or bath, or trying a cup of Burdock tea can be the next new healthy habit any of us can try. Check cautions and drug interactions before starting any new herbs or essential oils, or consult an herbalist who has all this information.

MBS PICKS



Willow Arlenea's Tarot of Transformation: After looking at and working with several (over a hundred) decks through the years, I seem to find myself still coming back to my favorite, the Tarot of Transformation developed by Willow Arlenea. This deck not only has beautiful artwork; it also has a very positive come from place which is truly refreshing. This is a traditional deck with major and minor arcansas that always gives the possibility of a neutral or positive outcome. This is the better way of envisioning life. Even though it is difficult at times to live that way it is refreshing to at least have cards that can give you that perspective. Fun, informative, and the deck I go to first. Check it out today!



Acupressure's Potent Points Michael Reed Gach: This book is one that I might have to get more of as our family uses it so much we may have to have one in every room. That is not overstating it. This book has such great illustrations that show step by step acupressure points to use for everything including pain, nausea, itching, congestion, or any number of minor and some major concerns. Instead of reaching for the medicine cabinet when in need it is comforting to know there are alternatives to try first. An easy book for anyone to understand and apply basic acupressure to themselves or loved ones!

CREATING RITUAL

part two

Cleansing: When speaking of some religious groups cleansing practices, one might think of incense, sages, or other such burning ritual. These have been used to create a space where the negative aspects cannot reside. Some Native Americans will cleanse with sage and then burn cedar to bring in positive energies. Remember that whenever you cleanse a space of energy, positive or negative, the space will fill again. This is because wherever a void is created something will try to fill it, positive or negative. In the religion that I was raised in, a great deal of incense was burned during "special" rituals, or designated special days of the year. Cleansing need not be achieved by burning alone though. Sound from bells or singing bowls are also effective. Prayer and intention are the cornerstones of all cleansing. If one only burns sage and has no intention, then one is just burning sage and not cleansing space.

The three primary parts of ritual can be followed or enhanced by several secondary parts of ritual such as; dance or other movement, objects for focus such as statuary, etc., or perhaps elements of nature such as crystals and stones, water of some sort, or other representatives of the earth. This is even seen within most churches. Water is used for baptism rituals. Plants fill many church buildings because it brings the Divine's beautiful nature inside. Candles are burned in many religious establishments to represent fire and air, which many times are said to be the Spirit. Once again, anything that speaks to your soul and gets you closer to the Divine is what should be applied to ritual. Then all that is left is to put it in some sort of order. Again, rules need not apply.

Here is a quick idea for creating ritual on a daily basis. Get up in the morning and go to your sacred space, whatever that may look like. Burn a stick of incense, a little sage, or sweetgrass, etc. Play a singing bowl and listen to it with your eyes closed until the bowl stops singing. Have a mantra or affirmation written on a piece of paper or memorized and say it out loud once, or begin repeating it as many times as feels necessary. Or just say out loud (or to yourself) anything that seems like the prayer needed for that time and place. Then follow up with a song to listen to, sing, or play on an instrument that follows with the intention of your prayer or mantra for that day. That's it! This takes less than ten minutes and you have created a daily ritual that will keep you centered, calm, and connected to your divine all day.

If wanting to create ritual for a group of friends, the same technique can be applied only add the secondary elements for a more meaningful ritual. Discover what the group is seeking, needing, or wanting to get from the ritual first. Proceed from there. You could find a poem that speaks to the group and form your entire ritual around that poem. Or a song that is important to the group that can be extended into ritual. Whatever the words are in the poem or song could extend into what is brought in to create the ritual. Even a goal that the group has for each other can be the catalyst for the ritual. Then apply the three primary components and add additional elements you feel help to support and establish what the group is wanting from the ritual. Finally, a gift of sorts to be given to or made by each member during special ritual times is important so that each individual can take the essence of the ritual home as a focal point for their own sacred space. This could be as simple as the words typed out on paper of the song or poem used in the ritual, or perhaps a pocket stone to remember the goal or essence of that particular ritual. It is just that simple. Be creative and enjoy it!

Lastly, laughter and fun are ok! I recall as a child that it was NOT ok to laugh in church. It was a somber place that required quiet and proper behavior. I grew up believing that God had no sense of humor whatsoever! But then I began to wonder why people laugh and play together if that was not ok to God? I guess, for me, church felt a little like practice for a funeral. The ONLY time it was acceptable to smile a little was when the preacher told a joke (which, as a kid, I never got anyway) or we could smile when we were asked to shake hands with our neighbor. Other than that, smiling and laughter were taboo! But what an important part of being human! It's the best medicine! It makes everything a little brighter! If something happens that is funny, with the exception of laughter at someone else's expense, smile or even laugh! The Divine will be laughing right along with you! That's where you learned how to laugh in the first place because we all start in this world with smiles on our faces. So, smile with the Divine and happy ritual to all!

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*Next Level one: January 14-15 – Paynesville MN,
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