

2013  
April :: May :: June

# KaLeidoSCOPE

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi All,

We just got a few new books in a couple of days ago that speak somewhat to what I was originally writing about, grief. I had started an article on grief last October and felt like I had a great deal to say. After contemplating the idea and trying to write some more I had convinced myself that I don't know grief as some know it and who was I to write about it. I have come full circle now and I realize that everyone knows grief and everyone will experience grief. How deep the grief, is relative only to the person enduring it.

I believe that having another individual tell someone how they can grieve, how long they should grieve, and whom they are allowed to grieve for can be likened to having another tell us how to respond to pain. If someone has a broken leg for instance and after the pain, the itching, and the limits it puts on the individual, some kind soul comes up and says to them, "Well at least you don't have cancer!" There is a possibility that in some odd way the kind soul is trying to make the broken leg not seem so bad to help cheer up the person experiencing the broken leg. Not a good idea, because even if lying side by side with the exact same broken leg as another we cannot hope to truly understand **their** pain. So when someone is grieving, don't try to reason, or explain or even try to put yourself in another's shoes. It isn't truly possible. But the beautiful thing about human beings is that we have the potential for great compassion. Compassion does not have to come from a place of empathy or sympathy. It comes from a place of non-judgmental love for another.

Two of the books we recently received are written by someone who has spent many years working as a grief counselor and hospice worker. One of the books is a journal of sorts that helps with the grieving process in a way I have not seen before. I feel it is a treasure for those who not only need help with their grief but also for those who want to remember how much life they experienced with their loved one. The other book is called "Words to Live By" and it contains the last words of many of the people dying in the hospice that the author, Sarah Kroenke works at. These people each gave her one quote to teach others how they can live fully. It is a wonderful book and made me want to do a few things differently. I believe it will inspire you as well.

To finish this newsletter's front page I would like to share one further thing with you. I was sent this just recently from a friend on facebook and it was so heartwarming that I wanted to share it.

## **The Only thing that I can give – A dog's Last Will and Testament**

Before humans die, they write their last Will & Testament. They leave their homes and all they have to those they have left behind. If, with my paws, I could do the same...this is what I would ask. To a poor and lonely stray, I would leave my happy home. My bowl and cozy bed, soft pillows & all my toys. But mostly, the lap, which I loved so much. The tender, loving touch. The hand which stroked my fur and the sweet voice which called my name. I'd Will, to the sad, scared shelter dog, the place I had my human's loving heart. A heart which knew no bounds. So, when I die, please do not say, "I will never have a pet again, for the loss and pain is more than I can stand." Instead...go find an unloved dog. One whose life has held no joy or hope, and give MY place to him. This is the only thing that I can give...the LOVE I left behind. This is my inheritance! My Will and my last Testament!  
(Author unknown but came from this friend through the German Shepherd Dog Community on Facebook)

Not just a wonderful way to perceive how a dog would feel about having to leave this lifetime but also a truly beautiful reminder of how we have the potential ability to love again after hurt and loss. It is also a reminder to give what we can, when we can. Most important is the affirmation that nothing we leave behind will ever be as important as the time and love we give to others when we are alive. We sometimes have to work a little harder than dogs as they seem to give time and love with ease. I think perhaps if we remember that these become the strength and support that is leaned on when we are gone, it becomes much easier.

Take care until next time,  
Namaste,  
Joan (and 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

## POCKET CHARMS



Shells  
Owls  
Quotes  
Tree of Life



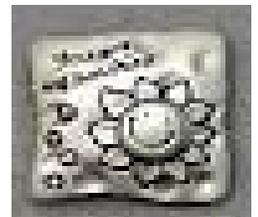
Hearts  
Acorns  
Turtles



The Perfect  
Gift When  
You Need  
A Little  
Something



Ohm's  
Buddha's  
Angel's  
St Francis



# MINI EXPO

Mind Body & Spirit | Downtown St. Cloud  
10 am - 5 pm | Saturday, May 18, 2013

animal spirit guide readings  
astrology  
tarot  
angel readings  
reiki  
integrated energy therapy  
reflexology  
shamanism  
meridian cleansing/balancing  
brazilian energy healing  
intuitive readings  
healing energy treatments  
channeling

**FREE**  
ADMISSION  
for individual  
services

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## HOTEI “THE LAUGHING BUDDHA”

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In over ten years of this business, the confusion about what Buddha actually looks like has come to my attention many times. It appears that most people think that the large, laughing, bald monk seen in many Chinese restaurants is Buddha. In essence this could be correct, but in actuality it is incorrect.

The laughing, or happy, Buddha was actually a monk who lived after the time that the original Buddha did. Buddha lived approximately 563 BCE – 400 BCE while Hotei lived approximately 830 CE – 902 CE. So, historical evidence shows that Hotei, the popular, big bellied monk, lived over a thousand years after Buddha. The name “Buddha” however, means “enlightened one”, and this is why it is not completely incorrect to call Hotei a Buddha as he was definitely enlightened.

Although not the original Buddha, he is considered to be an incarnation of Buddha or a Bodhisattva. This particular monk’s statues show him perpetually smiling. This is the way the people remember him, always laughing or smiling. In fact he laughed all the time at seemingly nothing at all. He never needed anything to start his laughter as it is said that his happiness came from the joy of life itself and the great contentment he felt. It is indeed difficult to keep from smiling when one looks upon the happy likeness of this ever popular monk.

One of the best stories I read many years ago about Hotei still sticks with me. I believe it is because it held such a strong message but was so very simple. From where I first read it, the story goes along the lines of the following; Hotei always carried a large bag with him. It was considerably heavy with items he distributed to the poor. When the question was posed to him, “What is the essence of Zen?”, the enlightened monk simply put his bag down on the ground. When asked the second question, “What is the actualization of Zen?”, the monk smiled a great smile, bent over, and picked the bag back up. I am not sure if my take on this is the lesson that he meant for us but I feel the story is symbolic of carrying all our joys and sorrows, or life in general. When we put down our load, we free ourselves from the world around us and become what we were in the beginning and we can just be. But to truly be of service and learn on our passage we must become a part of life and pick up what we have chosen to carry. So the actualization is in experiencing the journey, while the essence is allowing ourselves to just be.

I just read a quick comment recently about why the chubby Hotei is seen in restaurants in the western world instead of the original likeness of the actual Buddha. It said that it was an advertising or promotional ploy as much as anything. The gentleman goes on to say, “why would a restaurant choose a meditative, normal size man in a robe with his eyes closed over the abundant bellied monk who has an everlasting smile on his face”? So surely we correlate having a big belly with lots of food? And a smile with a big belly means lots of GOOD food? There is no saying this might be the case with some but there are other reasons we see him in so many restaurants.

As mentioned previously, Hotei always carried a very large bag with him and his name means literally ‘cloth bag’. This bag is said to have never emptied no matter how much food and drink he pulled from it to feed the hungry and thirsty. And his bag always had treasures and candy for children. (So he was a plump, jolly fellow who carried a bag full of gifts for children...Hmmm?) He has just recently been called the patron saint of restaurateurs and bartenders. Along with the legends that rubbing his belly or having his likeness around brings good luck and prosperity, I would be more inclined or prefer to think the restaurants have him out in front for these reasons.

Whatever the reason, this symbol of contentment, prosperity, hope and happiness is well worth having around as who couldn't use someone around who reminds us that laughter is so very important?! Hotei may not be the actual Buddha but he is certainly a symbol of the contentment that Buddha sought for all people.

SPIRIT ESSENCE PORTRAITS BY  
INTERNATIONALLY PUBLISHED ARTIST AND PSYCHIC

# MELISSA HARRIS

APRIL 18-20, 2012

ONLY A FEW SPOTS REMAIN. RESERVE YOURS TODAY.

Combining her background as a clairvoyant with her artistic abilities, Melissa tunes into you and creates a 7" x 10" watercolor painting of your unique essence as it appears to her in a semi-trance state. During your 90-minute session, she combines the elements of what she finds into your painting in a way that will be helpful for you in your path of development.

Payment Required at Registration | \$225 Per Session



## BOOK SIGNING & CLASS

WEDNESDAY, APRIL 17

5:45-6:15 p.m. | SIGNING  
6:30-8:30 p.m. | CLASS

Working with Spirit...  
Living on Earth

Call 320.203.9630  
to Register!



## Kelli Spencer

Channel for the Angels • Psychic Medium  
Vibrational Coaching • Shaman Practitioner  
Bach Flower Essence Practitioner • Certified Natural Health Professional

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### In person:

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If you would like a session with Kelli at her home office, please call 320-240-6399 or visit [www.kellispenner.com](http://www.kellispenner.com) to schedule an appointment.

Mind Body and Spirit - Mondays from 3:00 - 6:00 p.m.

If you would like a session with Kelli at Mind Body and Spirit, please call 320-203-9630 or visit [www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com) to schedule an appointment. You can also contact Kelli at 320-240-6399 or visit [www.kellispenner.com](http://www.kellispenner.com)

### By phone:

320-240-6399 If you would like a phone session with Kelli please call 320-240-6399 or visit [www.kellispenner.com](http://www.kellispenner.com) to schedule an appointment.

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**Jennifer Thompson Certified Tarot Intuitive**

# 320-292-9529

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Web: [royalreadings.intuitivetarot@facebook.com](http://royalreadings.intuitivetarot@facebook.com)

Readings in person at Mind Body & Spirit

Or by Phone and Video Chat

*Each morning we are born again.*

*What we do today is what matters most.*

~Buddha



Ask about the NEW Baby Food Storage Bags!

- ✓ Oxo-BioDegradable
- ✓ BPA-Free
- ✓ LeakProof
- ✓ Tamper Evident
- ✓ Wide Side Seals
- ✓ Double Zipper
- ✓ Pre-Sterilized

**The Most Economical and  
Strongest Breast Milk Bag  
on the Market!**

### Proper Storage of Breastmilk

Location	Temperature	Length
Room Temperature	66-72 degrees F	10 hours
Refrigerator	38-39 degrees F	8 days
Freezer w/in Refrigerator	Varied Temp	8 weeks
Freezer	Varied Temp	8 months
Deep Freezer	0 degrees F	8+ months

# April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>2</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>3</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANGELA JONES</b> Angel Messages 4-7 pm	<b>4</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm	<b>5</b>  <b>TAMARACK</b> Astrology/Tarot 11-6 pm	<b>6</b>  <b>INTERPLAY</b> 10-12 pm  <b>MERRY MAC</b> Energy Healing 10:30 -4:30
<b>7</b>	<b>8</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>MEDITATION</b> 7-8 pm	<b>9</b> <b>B. BJORKLUND</b> Intuitive Readings 2-6 pm <b>JUREMA</b> Psychic/Healing 11-5 pm <b>BEGINNERS BELLY DANCE</b> 5-6 pm <b>BELLY DANCE GYPSY SKIRT FUSION</b> 6:30-7:30 pm	<b>10</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANGELA JONES</b> Angel Messages 4-7 pm	<b>11</b>  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm  <b>AURA PHOTOS</b> 2-6 pm <b>STEPPING INTO THE METAPHYSICAL</b> 7-9:00 pm "Death, Dying, and "	<b>12</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm	<b>13</b>  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30  <b>THE SPIRIT REALM</b> 10:30-3:30 pm
<b>14</b>	<b>15</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>16</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>BEGINNERS BELLY DANCE</b> 5-6 pm <b>BELLY DANCE GYPSY SKIRT FUSION</b> 6:30-7:30 pm	<b>17</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>BOOK SIGNING</b> Melissa Harris 5:45-6:15pm  <b>WORKING WITH SPIRIT LIVING ON EARTH</b> 6:30-8:30 pm	<b>18</b>  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm  <b>ARTIST MELISSA HARRIS</b> Soul Essence Portraits 10-6 pm	<b>19</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>ARTIST MELISSA HARRIS</b> Soul Essence Portraits 10-6 pm	<b>20</b>  <b>MERRY MAC</b> Energy Healing 10:30 -4:30  <b>ARTIST MELISSA HARRIS</b> Soul Essence Portraits 10-4 pm
<b>21</b>  <b>BETH HENNING</b> Energy Work 12-4 pm	<b>22</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>23</b> <b>B. BJORKLUND</b> Intuitive Readings 2-6 pm <b>JUREMA</b> Psychic/Healing 11-5 pm <b>BEGINNERS BELLY DANCE</b> 5-6 pm <b>BELLY DANCE GYPSY SKIRT FUSION</b> 6:30-7:30 pm	<b>24</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANGELA JONES</b> Angel Messages 4-7 pm	<b>25</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm	<b>26</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm	<b>27</b>  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>28</b>	<b>29</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>ANIMALS AROUND US</b> 7:15-8:30 pm	<b>30</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>BEGINNERS BELLY DANCE</b> 5-6 pm <b>BELLY DANCE GYPSY SKIRT FUSION</b> 6:30-7:30 pm				

# May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANGELA JONES</b> Angel Messages 4-7 pm	<b>2</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm	<b>3</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm	<b>4</b>  <b>INTERPLAY</b> 10-12 pm  <b>MERRY MAC</b> Energy Healing 10:30 -4:30
<b>5</b>	<b>6</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>7 B. BJORKLUND</b> Intuitive Readings 2-6 pm <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>BEGINNERS BELLY DANCE</b> 5-6 pm <b>BELLY DANCE GYPSY SKIRT FUSION</b> 6:30-7:30 pm	<b>8</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANGELA JONES</b> Angel Messages 4-7 pm	<b>9</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>AURA PHOTOS</b> 2-6 pm  <b>STEPPING INTO THE METAPHYSICAL</b> 7-9pm "Aura's & Energy"	<b>10</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm  New Moon	<b>11</b>  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30  <b>DRUM MAKING</b> 11-3 pm
<b>12</b>	<b>13</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>MEDITATION</b> 7-8 pm	<b>14</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>BEGINNERS BELLY DANCE</b> 5-6 pm  <b>BELLY DANCE GYPSY SKIRT FUSION</b> 6:30-7:30 pm	<b>15</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANGELA JONES</b> Angel Messages 4-7 pm	<b>16</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm	<b>17</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm  <b>DRUMMING CIRCLE</b> 7-8:30 pm	<b>18</b>  <b>MBS MINI EXPO</b> 10-5 pm
<b>19</b>  <b>BETH HENNING</b> Energy Work 12-4 pm	<b>20</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>21 B. BJORKLUND</b> Intuitive Readings 2-6 pm <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>BEGINNERS BELLY DANCE</b> 5-6 pm <b>BELLY DANCE GYPSY SKIRT FUSION</b> 6:30-7:30 pm	<b>22</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANGELA JONES</b> Angel Messages 4-7 pm	<b>23</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm	<b>24</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm	<b>25</b>  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30  Full Moon
<b>26</b>	<b>27</b>  <b>CLOSED FOR MEMORIAL DAY</b>	<b>28</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>29</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODY TSCHIDA</b> Energy Work 11-6 pm	<b>30</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm	<b>31</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm	

# June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> <b>INTERPLAY</b> 10-12 pm  <b>MERRY MAC</b> Energy Healing 10:30 -4:30  <b>SELF-HEALING &amp; INTEGRATED MEDITATION</b> 2-4 pm
<b>2</b>	<b>3</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>4</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>5</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANGELA JONES</b> Angel Messages 4-7 pm	<b>6</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm	<b>7</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm	<b>8</b>  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30    New Moon
<b>9</b>	<b>10</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>MEDITATION</b> 7-8 pm	<b>11</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANIMALS AROUND US</b> 2:30-4:30 pm	<b>12</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODY TSCHIDA</b> Energy Work 11-6 pm	<b>13</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>AURA PHOTOS</b> 2-6 pm  <b>STEPPING INTO THE METAPHYSICAL</b> 7-9 pm "Understanding Ghosts"	<b>14</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm	<b>15</b>  <b>MERRY MAC</b> Energy Healing 10:30 -4:30
<b>16</b>	<b>17</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>18</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>BARBARA BJORKLUND</b> Intuitive Readings 2-6 pm	<b>19</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANGELA JONES</b> Angel Messages 4-7 pm	<b>20</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm	<b>21</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm  Summer Solstice	<b>22</b>  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>23</b>  Full Moon	<b>24</b>  <b>KELLI SPENCER</b> Psychic/Medium 3-6 pm  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>25</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>26</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODY TSCHIDA</b> Energy Work 11-6 pm	<b>27</b>  <b>DIANE WINTER</b> Numerology (Name/B-day Readings) 12-5 pm  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm	<b>28</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Astrology/Tarot 11-6 pm	<b>29</b>
<b>30</b>  <b>BETH HENNING</b> Energy Work 12-4 pm						

# 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](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 appointments.

**ANGELA JONES | ANGEL MESSENGER\*INTUITIVE** (Available most Wednesdays by appointment ) \$70.00 hour or \$40.00 1/2 hr  
Healing messages of encouragement, love, and light from your Angels and Guides are the center of a session with Angie. She connects with you and the angelic realm to bring healing messages from your divine team of light workers. Guidance is available for any area of your life you desire such as relationships, careers, family, spirituality, and health. Everyone has divine beings with them and they want to help you! All you need to do is ask. Find out what your Angels want you to know. Angie incorporates her abilities as a Clairsentient and Claircognizant and may use Healing with the Angels Oracle Cards during your session to enhance your experience. Whatever your current challenges or visions of the future may be, the Angels can help you overcome obstacles and manifest your visions into reality. They can guide you along your path of growth and living authentically.

**BETH HENNING | INTUITIVE HEALING** (Available select Sundays by appointment, check online calendar for availability) \$150.00 hour  
Beth has studied and been a shamanic healer for 30 years. Additionally she co-authored Acupressure for Emotional Healing, a self help resource published by Bantam Books 2003, is founder of Tao Institute Inc, School of Acupressure, Massage & Holistic Therapies 2000. Licensed by the state of MN & in private practice for 30 years, Beth offers a variety of healing methods to clients, including stones, esoteric procedures, journey, relaxation, & transforming negativity & old patterning to light. Beth is certified in 850 Acupressure Teacher Training, Herbs, Jin Shin Jyutsu, Yoga, Chi Kung, Cooking Vegetarian for Chronic Disease, Animal Acupressure Massage & Shotakan Karate, & Massage. She is a member of AMBP, and NCCAOM, national organizations to promote good quality practitioners & healers, & regularly inputs the State of MN & Veterinary Board on Acupressure Massage licensing & other practical issues in the field of healing.

**BARBARA BJORKLUND | INTUITIVE GUIDANCE** (Available select 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 \$90.00.  
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, plus handout. Discovering the energies your birth name and birth date may be attracting can open you up to treasures within you! Your reading will suggest such things as your primary life challenge, daily challenge, natural gift to the world, heart's desire, ultimate goal, and current personal year energies and ways to balance the traits in these energies. The handout includes a personal worksheet of all your number energies and a 2-page summary of your most important number.

**JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY** (Available select Saturdays by appt.) \$40.00 per 1/2 hr \$80.00 per hr  
Service Description : Jennifer is a Third Generation Clairvoyant and Clairaudient Tarot Intuitive. Blessed with the ability to influence a positive energy shift in any area of your life. Jennifer will begin your reading with a general flow of information using Tarot, Numerology and Intuition. From there she will delve into your questions using Clairsentient, Clairaudient and Empathic gifts to provide more detailed insight." My goal is to remove your fears and enable you to make choices with clarity and confidence."

**JOAN STOKES | ANIMAL COMMUNICATION & SPIRIT GUIDES** (Available select Thursdays by appt.) \$45.00 per 1/2 hr \$80.00 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. Joan also works with Spirit Animal Guides that she many times can "see" around an individual. Once an Animal Guide makes themselves known one can work with the guide for whatever purpose they have come in for. Joan helps one to identify, acknowledge and deepen one's relationship with those unseen guardians and guides that are with us every day.

**JODI TSCHIDA | HEALING TOUCH, REIKI, CRANIOSACRAL MYOFASCIAL UNWINDING** (Available select Wednesdays by appt) 1 hour 75.00  
Certified Energy Therapist specializing in Deep Healing. Jody incorporates Healing Touch, Reiki, and CranioSacral unwinding in a holistic energy-based approach to heal the whole person—physically, emotionally, mentally and spiritually.

**JUREMA SILVA | INTUITIVE READINGS & BRAZILIAN ENERGY HEALING** Intuitive Readings \$70.00 1/2 hour-\$100 hour | Energy Healing \$125 hour (Available most Tues, & Weds – by appt only) Jurema is a Brazilian healer, medium and a spiritualism teacher who brought to the U.S. an original combination of healing practices from her native country, Brazil. She transformed her spiritual knowledge and studies into this fascinating and mystic healing style that includes Intuitive Readings, Spiritual Counseling, Energy Healing Medicine, Reiki and more. Working with her spiritual guides and ascendant master, she will bring the hope and confidence that you need. (Consultations also available in Spanish and Portuguese).

# Intuitives, Psychics & Healers (continued)

**KELLI SPENCER | PSYCHIC MEDIUM** (Available most Mondays by appointment) \$70.00 per 1/2 hour \$110.00 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.

**MERRY MACKENZIE | ENERGY WORK** ( Available select Saturdays by appointment)

\$60 - whole body treatment (60 minute session) \$40 - 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 & that feeling good is our natural state of being.

**PAULETTE LUCAS | PSYCHIC INTUITIVE** (Available most Fridays & Mondays by appointment) \$70.00 per 1/2 hr and \$125.00 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 select 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. Feedback on Tamarack has been amazing. Set your appointment up today! Allow minimum of 30 minutes for tarot. 1-2 hours minimum for astrology.

## Class Descriptions & Special Events

*Please remember that ALL classes, with the exception of Monday night Meditations, **NEED REGISTRATION. Classes will need a payment at the time of registration to secure a place in the class.** 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. (Rarely, but in some cases the instructor will take payment at the time of class.) Classes are not refundable within 2 days of class time. Payment will be refunded in the event the instructor must cancel. All classes should be registered for by calling, or stopping by, Mind Body & Spirit. We do not have online registration as of yet. We accept cash, check, or credit cards. **Thank you and enjoy your classes!** (Classes are not necessarily endorsed nor are they operated by Mind Body & Spirit. MBS is merely the facility. Please contact instructors with any questions or concerns relating to any particular class beyond questions about time and payment. Thank you.)*

**ANIMALS AROUND US** | Monday, April 29, 7:15-8:30 (Max 5) | Tuesday, June 11 | 2:30-4:30 (Max 8) | \$25 | Joan Stokes

This is not a class but a gathering of animals. Spirit animals that have been traveling with you will be asked, in a short meditation, to show themselves. Then Joan will tell the group what she "sees" around each person and perhaps the room. This is a chance for a group of friends, (or group of potential friends as this kind of experience facilitates), to have spirit animal readings in a space that allows exploration into how the energy of these animals effect us and those around us. How do we interact differently when our animals within come out? A wonderfully casual and fun way to bring to light our spirit animals and what they mean for us. As always, Joan's gatherings are lighthearted, so bring only your playful side and ability to be open!

**AURA PHOTOS & READINGS** | Thursdays, April 11, May 9, Friday, June 14 | 2-6 pm | \$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! Please pre-register at least 24 hours in advance.

**BELLY DANCE** | The ageless art and dance of Raqs Sharqi or Oriental Dance, commonly known in the west as Belly Dance, has been part of everyday life in the East for centuries. It is a powerful tool for women to get in touch with their feminine strength, sensuality, grace, and joyful truths of womanhood. Belly dance enhances self-connection, core strength, and awakens innate flow of natural feminine energy. Created by women for women, belly dance is an ageless art form shared between mothers, daughters, grandmothers, and friends. The ancient art and flow of dance embraces the natural beauty of self as women gathered together to celebrate life, womanhood, and to strengthen communities.

**BEGINNERS BELLY DANCE** | Tuesdays, April 9 – May 21 | 5-6 pm | \$50 for 6 weeks \$10 drop-in | Jeana Rolseth

A fun introduction into belly dance for anyone who would like to begin or refresh on foundation moves. This class includes brief history, stories of dancers, folklore, and simple dance combinations. All foundation belly dance moves are shared with a interest in inspiring innate womanly flow and grace of beauty in dance. Drop-in available at any point during 6 week sessions. No need for prior dance experience.

**BELLY DANCE GYPSY SKIRT FUSION** | Tuesdays, April 9 – May 21 | 6:30-7:30 pm | \$65 | Jeana Rolseth

With a focus on gypsy style skirt dancing, Flamenco flavor, and Belly Dance this class is a fun and creative; aimed to enhance grace & beauty while embracing our sassy fun sides. (Limited to 6 unless student has a 25 yard skirt) Beginners belly dance is required for this class.

**DRUMMING CIRCLE** | Friday, May 17th | 7:00-8:30 pm | \$5 | facilitated by Joanna Geppert, L.Ac., M.Om., CMT

See website for more information

# Class Descriptions (continued)

**DRUM MAKING** | Saturday, May 11 | 11-3 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!

**INTERPLAY**-Unlocking the Wisdom of Your Body | 1st Saturday of the Month | 10 am-noon | \$10 | Donna Fromm

Interplay is a creative art form that uses movement, voice, stillness, and community to help people unlock the wisdom of their bodies. It integrates body, mind, and spirit. Interplay offers the opportunity to put the body and soul back together. Interplay uses an incremental method and simple tools that allow people to honor themselves by consciously choosing to do what feels right for their body. A trademark of Interplay is play...having fun! It is open to everyone; all sizes, ages, levels of flexibility and playfulness.

**MEDITATION** | 2nd Monday of the Month | 7-8 pm | Suggested Minimum Donation \$5 or More | Joan Stokes or Anne Brady

Monday Meditation will be lead by either Anne Brady or Joan Stokes. 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.

**SELF-HEALING & INTEGRATED MEDITATION** | Saturday, June 1 | 2-4 pm | \$20 | Jurema Silva **NEW**

Most people wonder how to release old suppressed feelings and past traumas to keep a constant balance. Well, here is your chance to learn. Jurema brings a simple and gentle meditation technique that is useful in your everyday life. She will teach you how easy it is to channel angelic energy to release blocked feelings, past traumas, negative thoughts, and other issues that cause pain, suffering, low self esteem and physical illness. This easy to learn self-healing meditation can be used anywhere any time. The first hour you will learn the causes of energy blockage, where they are located, and the physical consequences of stagnated energy flow. Learning how to release old traumas and suppressed emotions is a step into a quality life, full of joy and confidence. Practicing daily self-healing, through a simple to understand technique, brings you balance, peace and freedom to embark in a delightful life journey.

## 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! Class minimum 4.

**STEPPING INTO THE METAPHYSICAL** | Thursday, April 11 | 7-9:15 pm | \$25 | Bob Sullivan

**APRIL CLASS "DEATH, DYING & LIFE BETWEEN LIVES"** - Examine the dying process and discover how our soul's perspective of death is much different from our human perspective. We will look at the process we go through when choosing to leave this dimension and what happens to our soul when it reaches the other side. We will look at how to help a soul cross and discuss things that may keep a soul stuck.

**STEPPING INTO THE METAPHYSICAL** | Thursday, May 9 | 7-9:15 pm | \$25 | Bob Sullivan

**MAY CLASS "OUR AURAS AND THE ENERGY AROUND US"** - We will explore what an Aura is, where our Aura is located and how to actually see it. We'll examine the different layers of the Aura and the Chakra system. We will discover how our energy is affected by the things that surround us as well as by our own thoughts and feelings. Learn how to ground, protect and clear your energy and the areas you live and dwell in as well as how to raise your own vibration. The class will also cover a few exercises you can use to feel, see and experience Auras in new way.

**STEPPING INTO THE METAPHYSICAL** | Friday, June 14 | 7-9:15 pm | \$25 | Bob Sullivan

**JUNE CLASS "UNDERSTANDING GHOSTS & SPIRITS"** - This workshop will keep you on the edge of your seat as we examine the phenomenon of ghosts, spirit attachments, possession, ghost hunting and crossing ghosts over to the other side. Also, learn how ghosts can show up in your life, how to tell if you have a ghost & what to do if you want to get rid of your ghosts. Understand how to clear & protect yourselves from this earth bound energy.

**SPIRIT ESSENCE PORTRAITS** | Thursday, Friday, Saturday, April 18,19,20 | 10-6 pm | \$225 | Artist Melissa Harris

Combining her background as a clairvoyant with her artistic abilities, Melissa tunes into you and creates a 7" x 10" watercolor painting of your unique essence as it appears to her in a semi-trance state. During your 90-minute session, she combines the elements of what she finds into your painting in a way that will be helpful for you in your path of development. You receive the double benefit of learning what she "sees" and owning a Melissa Harris original painting. Appointments fill quickly, call for your appt today.

**THE SPIRIT REALM : LIFE GOES ON** | Saturday, April 13 | 10:30-3:30 pm | \$55 | Jurema Silva **NEW**

(In Jurema's experience, and her words) Did you know that after we die we are placed in a home (located in a city somewhere above Earth) where we eat and shower, and on top of that we've got to work? Jurema will explore the awesome reality of our spirit realm in great detail. She will disclose the locations, levels, structures, characteristics and the purpose of those places. You will learn what we are assigned and/or allowed to do, and who are the ones in charge of these communities. This exciting class will give you a clear knowledge that life, after the end of our journey as a physical being, goes on. It goes on in a very real way. Do not miss this event!

**BOOK SIGNING "PAINTING OUTSIDE THE LINES"** - **MEET & GREET** | Wednesday, April 17 | 5:45-6:15 pm | Free | Melissa Harris **NEW**

Stop in the store to meet the artist and have a copy of your book signed. (no purchase necessary - melissaharris.com for more on Melissa.) Don't miss your chance to meet **Internationally Published Artist and Psychic** on one of her rare visits from New York!

**WORKING WITH SPIRIT...LIVING ON EARTH** | Wednesday, April 17 | 6:30-8:30 pm | \$25 | Melissa Harris **NEW**

Learn to connect with & utilize direction from Spirit (God, Higher Power, Goddess) your angels and your spirit guides. Melissa will discuss ways of working with Source energy to; love & forgive oneself; integrate messages from one's higher self or guides into your life; understand how seemingly difficult situations can be transformed into gifts; and work with dreams to assist in self awareness. Melissa has been a professional psychic for over 30 years. A watercolor artist, she has recently published her first book, "Painting Outside the Lines."

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## SELENITE

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Selenite is one of the top 10 stones that we recommend for everyone. This lustrous, white mineral has a high vibration but feels much more subtle and calming than other minerals of similar vibration. It is worked with mostly for cleansing of other stones, environment, and people themselves but there is much more to this stone than providing peacefulness wherever it is placed. Selenite gets its name from the moon goddess Selene, most likely due to its white luster that is reminiscent of the moon.

Some stones resonate or have a vibration that works best with certain chakras. Selenite seems to be one of those stones that overlap chakras as one may find as many sources as types of selenite giving differing views on what chakra this stone resonates with. After reading dozens of books throughout the years it seems that there are three chakras that are mentioned the most. The third eye, crown, and 8th chakras are the three clearly in the lead which with my knowledge makes the most sense considering what a high vibration selenite has. All sources including my own agree completely that selenite provides the bearer with a sense of deep inner peace.

There are many different forms of selenite and it is one of the most abundant minerals in the earth. One form called Desert Rose Selenite had an article of its own about a year ago in our newsletter. Spar or Satin Spar selenite is a very clear type and Ram's Horn selenite is found in spirals. The more rare forms are clear selenites and also a type that grows in what is called "twinning". Basically it looks like it is growing in different directions rather than one as is usually seen. These very rare forms are called many nicknames such as "fish tail, swallowtail, or angel wing". The very large granular form, as can be seen in our store's selenite near our radiator, is called Alabaster. All forms are of the gypsum family and are very soft with a hardness of only 2. All forms bring the same sense of deep peace and most likely the reason our shop is so serene feeling is the abundance of selenite we have.

Besides clearing crystals, selenite can also be used to clear just about anything. I frequently put my jewelry on or by selenite to cleanse them of the energies they pick up. Selenite works differently than using quartz crystal to cleanse another stone as it brings another stone back to its original neutral state, meaning back to the energy it had before potential "programming". So the only crystals you may not want to put next to your selenite would be those that you have programmed or aligned with particular work as the selenite will erase that from the crystal and bring it back to its neutral state.

Besides the amazing cleansing attributes selenite possesses, it also aids peaceful dream states. It has been said that one should hold selenite just before sleep to instill restful lucid dreaming. It also helps one to remember the peaceful dreams with much more ease. The most remarkable of all its energy is perhaps the ability it is said to help people with in the arena of telepathy and tapping into the past and future. If wanting to try telepathy, apparently it will bring much more ease for each to be holding or wearing selenite. And although no one is granted complete access to future insight selenite helps bring glimpses of the future along with remnants of one's past to further make decisions in one's life a bit easier. In this regard it is sometimes referred to as the "stone of time travel". The more translucent the selenite the more clarity one receives.

Selenite has many attributes, but if only for the peaceful state that it provides for spaces and our inner selves, selenite is a stone for all. No matter the form that draws you, or the qualities you seek, Mind Body & Spirit will do its best to find yours today. See you soon!

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*"For what it's worth: it's never too late or, in my case, too early to be whoever you want to be. There's no time limit, stop whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you're proud of. If you find that you're not, I hope you have the courage to start all over again."*

- Eric Roth, The Curious Case of Benjamin Button

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