

2013
January :: February :: March

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Greetings!

Why? That seems to be the theme lately. Time and again someone walks through the door and either shouts, cries, or quietly whispers why? And I find myself joining them. And suddenly the whys are weighing me down. All of you have been there before. Why did that person die so young? Why do bad things happen to good people? Why did I lose my job? Why did we lose our home? Why would someone hurt a child? Why do religions war against one another? Why? Why? Why? These questions are not questions that we want logical answers for. We don't want to hear that the young person was not skilled at driving a car and that is why they died. We understand, and are not looking for, we couldn't pay the mortgage and so the bank took the house. There are much deeper answers that we want. We want answers because we seek peace. And when one bad thing can happen and we don't understand it, we begin to feel the next bad thing might be around the corner and we can't stop it. There is no peace in that. If we had the answers, we might have some control over bad things?

I began to meditate on this and how we can understand it better. During this meditation an acronym for the word 'why', when used in a question that has no answer, appeared. It is "We Haul Yaks". About now most of you are probably confused. I was too! Then I became curious as to why something like this would come out? My first thought was it doesn't make any sense! We haul yaks? What could that possibly mean? My thoughts turned to kids and how the world is such a confusing place that really makes no sense. I thought about the world around me, as a child does, and discovered that 'why' is not bad. When we ask why as a child we learn about the world around us and how to accept life and all its wonders. But as children we learn that not every why has an answer and as children we move on to the next. This is because children don't need to seek peace in answers.

As adults we sometimes feel control will provide peace and so we want answers. So back to "we haul yaks". Seriously? That gets us no closer to answers and makes not one lick of sense! Then I understood. Some of the why questions will never make sense because there are no answers for them. There will never be answers to some of the worst questions we ever ask.

And then it dawned on me that the acronym shown to me was perfect. The yak is the animal that has the longest history recorded of carrying the heaviest of loads in extreme weather and terrain. And what perfect metaphor to have when it comes to us trying to ask difficult questions that may have no answers? Asking why questions that have no answers is like the metaphor of trying to carry a yak on our back. It is difficult because it weighs us down and it doesn't make any sense! The only place one should ever see a yak on our back is in a Dr. Seuss book!

So what do we do with those why questions that just won't leave our heads and hearts? Leave the heavy lifting to the yaks and put that weight down! When one of those why questions come up, simply set it down for a yak to pick up. The yak can climb to great heights and is thought to carry messages and prayers to God or (insert your higher power). It's their job. So call to this Spirit Animal's energy the next time one of those questions plague you and allow them to carry it away. Someday we will know, or access, the answers to every question but by then we won't need the answers to feel peace.

Peace to all in the New Year and beyond!
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



Glimpses of Our Last Drum Making Class:

Once again instructor Wayne Manthey had a successful class of drum making. The class was full of participants and full of fun. We were, as usual, amazed at the beautiful drums that were made by each and every student. All drum makers seemed to be glad of an experience that will not soon be forgotten. Another class coming this Spring! Check the next newsletter for dates, etc.

GANZ

*CAR CHARMS-POCKET CHARMS
PENDANTS.....AND
MORE!*



SIGNS & SYMBOLS

Many times customers leave without getting our cards explaining some of the items in our shop. It is nice to give a small description , especially when giving a gift to someone unfamiliar with such items, to explain the meaning behind it. Here is our information, off our cards, so that you have easy access to our information online anytime! Enjoy!

Chakra Stones (Not limited to these, & many of these do some overlapping of Chakras)

1st : Red Jasper, Ruby, Garnet, Mookaite, Red Tigereye, Onyx, Black Tourmaline

2nd : Carnelian, Orange Calcite, Sunstone, Smokey Quartz

3rd : Citrine, Yellow Jasper, Yellow Tigereye, Amber, Aragonite, Honey Calcite, Imperial Golden Topaz, Rutilated Quartz

4th : Aventurine, Malachite, Jade, Chrysoprase, Amazonite, Green Tourmaline, Green Calcite

(Higher Heart Stones: Rose Quartz, Rhodonite, Rhodocroisite)

5th : Angelite, Blue Lace Agate, Turq., Blue Chalcedony, Aquamarine, Blue Topaz, Celestite, Larimar

6th : Lapis Lazuli, Sodalite, Iolite, Azurite, Blue Sapphire, Aqua-Aura, Blue Tourmaline, Opal, Hawk's Eye

7th : Amethyst, Charoite, Sugilite, Purple Fluorite, Chevron Amethyst

8th : Clear Quartz, Herkimer Diamond, Clear Calcite, Danburite, Pink Tourmaline, Kunzite

Lotus Flower - Symbol of Beauty, Purity, and Eternity:

In Hinduism, it is believed that within each person is the spirit of this sacred flower. Though its roots are in the mud, the lotus emerges from the darkness, rises above the water and blossoms into the full beauty of daylight. With our own feet grounded in experience and our heads held high in the sun, we can attain the highest form of enlightenment and, in so doing, experience the liberation from instinct to spirituality. The Lotus symbolizes the radiant incorruptible essence of all things. A symbol of peace, enlightenment and transformation.

Lucky Bamboo: Bamboo has been a symbol of good fortune in Asian culture for more than 4000 years. It enhances the flow of "chi" (life force). Needing very little care, water, and low light, the lucky bamboo is able to thrive well in most environments. Care of the Lucky Bamboo: Use only filtered or drinking spring water, keep roots covered. Bamboo likes to be in very low indirect sunlight and does not do well in metal containers. Traditional: 3 yang energy (or 2 for yin energy) stalks: attract happiness, 5 (or 4): attract wealth, 7 (or 8): result in good health, 21: overall powerful blessing. (Yang: Masculine, Yin: Feminine)

Namaste - I honor the place, in you, in which the entire universe dwells. I honor the place, in you, which is of love, of truth, of light, and of peace. When you are in that place in you, and I am in that place in me, we are one.

Om (Ohm) is the sacred symbol which represents the infinite. Om transcends words & letters because it is the sound of creation. When repeated, Om is said to generate the mystic power that leads one's mind into meditation and into the highest states of consciousness. It is said by some to be "God's Voice". Supposedly if everything were to stop making sound, all at once, we could still hear the sound "Ohm". When you see the Om symbol, let it remind you of God, the creator, the un-manifest, and the true spiritual being that you are.

Om Mani Padme Hum - This mantra is a powerful blessing. A mantra is a type of prayer recited over and over not unlike the prayers of Christians and many other religions. This mantra loosely translated means "Hail the Jewel in the Lotus". It is an invocation of Avikiteswara (one manifestation of Buddha) who is the Protector. It is found inscribed on everything from rocks, to prayer wheels, and jewelry. It has been said that this mantra, in just a few words, contains the teachings of Buddha. His teachings of love, understanding, and peace. These teachings are so vast that the translation of The Jewel in the Lotus is "The Divine Within, or The God Within".

Pendulum - This is an extension of oneself to help one tap into the powerful, all-knowing, and intuitive voice within. It is a communication device between the conscious and the unconscious. One already knows the answer to every question one will ever ask, it is within. By relaxing, and then asking what a yes would look like, and then a no, watch what the pendulum does and this will be what you look for in your answer. Now, ask a question that can be answered yes or no. Watch what the pendulum does. The energy that moves the pendulum is you answering from within, it is moved with your energy, powered by your Higher self.

Rudraksha Seed – Mystic Power Bead: For thousands of years the Rudraksha Seed Bead has adorned Sages & Saints & any wanting to seek enlightenment. Hindu legend states that Lord Shiva became so compassionate after seeing the sufferings of mankind that He shed a tear and the tear from Shiva's eye grew into the Rudraksha tree. It is known also as the Seed of Compassion. This seed has been known to have magnetic properties & will align to North-South direction if suspended. It has been known to have a positive effect on the heart and nerves, relieves stress, anxiety, and depression. It also aids anti-aging & helps concentration. People with high blood pressure have benefited because of wearing the Rudraksha. Wear your own seed for self-empowerment and your continued journey towards enlightenment.

SPIRIT ESSENCE PORTRAITS BY
INTERNATIONALLY PUBLISHED ARTIST AND PSYCHIC

MELISSA HARRIS

APRIL 18-20, 2012 | SPACE IS LIMITED

Advance Registrations Are Needed to Ensure Her Visit

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.



Payment Required
at Registration

.....
\$195 Per Session
(BEFORE JANUARY 31)

.....
\$225 Per Session
(AFTER JANUARY 31)



Kelli Spencer

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

**1/2 HOUR AND 1 HOUR READINGS ARE
AVAILABLE IN PERSON OR VIA PHONE**

In person:

Home Office - 32315 70th Avenue Cushing, MN 56443

If you would like a session with Kelli at her home office, please call 320-240-6399 or visit www.kellispencer.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 to schedule an appointment. You can also contact Kelli at 320-240-6399 or visit www.kellispencer.com

By phone:

320-240-6399 If you would like a phone session with Kelli please call 320-240-6399 or visit www.kellispencer.com to schedule an appointment.

**Specializing in the body, the whole body,
Body, Mind and Spirit
Wholistic healing from the inside out**

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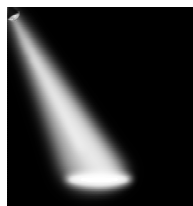
Mind Body & Spirit



Books & Gifts

915 West St. Germain | Downtown St. Cloud
320.203.9630 | www.mindbodyspirit-online.com

jewelry
stones & crystals
books & music
essential oils & herbs
candles & incense
unique gifts & artwork
Native American items
relaxation & meditation CDs
intuitive/psychic readings
body & energy work
guest speakers
classes & workshops



*You don't have to search for others
in the darkness.*

*You just need to stand in the light
until they find you.*



Healing Touch Classes, and Therapy

Instructor, Dana Spates, CHTP/I. 320-266-5476
dspates@mchsi.com

*Next Level one: April 20-21, 2013 Paynesville, MN
January 12-13, 2013 Bemidji, MN*

*Next Level 2: March 2-3, 2013 Paynesville MN
January 26-27, 2013 Bemidji MN*

Healing Touch Creates a Safe Space Within Which the Body can Heal Itself



Rebekah Knisely

Authorized Distributor

Phone: 763.923.5960

Rebekah.Honeysuckle@gmail.com

Reference #:

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 Temps	6 weeks
Freezer	Varied Temps	6 months
Deep Freezer	0 degrees F	8+ months

January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 JUREMA Psychic/Healing 11-6 pm	3 DIANE WINTER Numerology (Name/8-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	4	5 MERRY MAC Energy Healing 10:30 –4:30
6	7 KELLI SPENCER Psychic/Medium 3-6 pm	8 JUREMA Psychic/Healing 11-5 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	9 JUREMA Psychic/Healing 11-5 pm JODY TSCHIDA Energy Work 11-6 pm	10 DIANE WINTER Numerology (Name/8-day Readings) 12-5 pm AURA PHOTOS 2-6 pm STEPPING INTO THE METAPHYSICAL 7-9:00 pm "Third Eye "	11 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm New Moon	12 JENNIFER T. Tarot/Numerology 10:30 –4:30 ANIMALS AROUND US 3-5 pm
13 AWAKEN THE HEALER WITHIN 12-4 pm Part One	14 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	15 JUREMA Psychic/Healing 11-5 pm ANNE BRADY Intuitive Healing 11-4 pm	16 JUREMA Psychic/Healing 11-5 pm	17 DIANE WINTER Numerology (Name/8-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	18 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	19 INTERPLAY 10-12 pm MERRY MAC Energy Healing 10:30 –4:30
20 BETH HENNING Energy Work 12-4 pm	21 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	22 JUREMA Psychic/Healing 11-5 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	23 JUREMA Psychic/Healing 11-5 pm JODY TSCHIDA Energy Work 11-6 pm	24 DIANE WINTER Numerology (Name/8-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	25 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	26 JENNIFER T. Tarot/Numerology 10:30 –4:30 DRUMMING CIRCLE 7 –8:30 pm Full Moon
27	28 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	29 JUREMA Psychic/Healing 11-5 pm ANNE BRADY Intuitive Healing 11-4 pm STONES FOR BEGINNERS 7-9 pm	30 JUREMA Psychic/Healing 11-5 pm	31 DIANE WINTER Numerology (Name/8-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm		

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	2 MERRY MAC Energy Healing 10:30 –4:30
3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	4 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	5 JUREMA Psychic/Healing 11-5 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	6 JUREMA Psychic/Healing 11-5 pm JODY TSCHIDA Energy Work 11-6 pm	7 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm AURA PHOTOS 2-6 pm STEPPING INTO THE METAPHYSICAL 7-9pm "Mediumship"	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	9 JENNIFER T. Tarot/Numerology 10:30 –4:30 ANIMALS AROUND US 3-5 pm New Moon
10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	11 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	12 JUREMA Psychic/Healing 11-5 pm ANNE BRADY Intuitive Healing 11-4 pm BELLYDANCE 6-7:30 pm	13 JUREMA Psychic/Healing 11-5 pm	14 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	15 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	16 INTERPLAY 10-12 pm MERRY MAC Energy Healing 10:30 –4:30
17 BETH HENNING Energy Work 12-4 pm	18 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	19 JUREMA Psychic/Healing 11-5 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm BELLYDANCE 6-7:30 pm	20 JUREMA Psychic/Healing 11-5 pm	21 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	22 PAULETTE LUCAS Psychic/Intuitive 11-6 pm ANNE BRADY Intuitive Healing 11-4 pm	23 CONNECTING WITH YOUR SPIRIT GUIDES 10:30-4:30 pm
24 AWAKEN THE HEALER WITHIN 12-4 pm Part Two	25 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm ANIMALS AROUND US 7:15 –8:15 Full Moon	26 JUREMA Psychic/Healing 11-5 pm BELLYDANCE 6-7:30 pm	27 JUREMA Psychic/Healing 11-5 pm	28 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm		

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 MERRY MAC Energy Healing 10:30 –4:30
3 BETH HENNING Energy Work 12-4 pm	4 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	5 JUREMA Psychic/Healing 11-5 pm ANNE BRADY Intuitive Healing 11-4 pm BELLYDANCE 6-7:30 pm	6 JUREMA Psychic/Healing 11-5 pm	7 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	9 JENNIFER T. Tarot/Numerology 10:30 –4:30
10	11 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm New Moon	12 ACUPRESSURE CLINIC 1-3 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm BELLYDANCE 6-7:30 pm	13 JUREMA Psychic/Healing 11-5 pm STONES FOR BEGINNERS 7-9 pm	14 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm AURA PHOTOS 2-6 pm STEPPING INTO THE METAPHYSICAL 7-9 pm "Astral Travel"	15 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	16 MERRY MAC Energy Healing 10:30 –4:30 INTERPLAY 10-12 pm
17	18 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	19 JUREMA Psychic/Healing 11-5 pm BELLYDANCE 6-7:30 pm	20 JUREMA Psychic/Healing 11-5 pm	21 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	22 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	23 JENNIFER T. Tarot/Numerology 10:30 –4:30 INCARNATION The Re-birth Cycle 10:30-4:30 pm
24	25 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm ANIMALS AROUND US 7:15 –8:15	26 JUREMA Psychic/Healing 11-5 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	27 JUREMA Psychic/Healing 11-5 pm Full Moon	28 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	29 PAULETTE LUCAS Psychic/Intuitive 11-6 pm ANNE BRADY Intuitive Healing 11-4 pm	30 STONES FOR BEGINNERS 3-5 pm JENNIFER T. Tarot/Numerology 10:30 –4:30
31						

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.

ACUPRESSURE CLINIC | Tuesday, March 12th | 1-3 pm | \$45 | Beth Henning
Supervised clinic: four Acupressure therapists on site for one hour sessions only45.00 each.

ANNE BRADY | INTUITIVE HEALING Medical Intuitive/Energy Healing Combo \$105.00 (approx 60 -75minutes)

Intuitive coaching (readings) \$75.00 (approx. 45-60 min) | (Available select Tuesdays & Fridays by appointment)

Medical intuitive, Teacher, Intuitive Coach and Change Assistant! Anne combines her training as a medical intuitive, shamanic practitioner, life coach and hypnotherapist to provide insights and healing to individuals and couples in need. The body sometimes speaks to us using discomfort, dis-ease and dysfunction as a method of communication. Anne can help you decipher the messages and bring healing into your life, through body/energy work/intuitive combination sessions, intuitive reading and coaching sessions and unconscious mind shifting techniques. Anne can help you create the life you truly desire for yourself!

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) \$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.

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.

Class Descriptions & Special Events

*Please remember that ALL classes, with the exception of Monday night Meditations, **NEED REGISTRATION**. Walk-ins will sometimes be excepted 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!***

ACUPRESSURE CLINIC | Tuesday, March 12th | 1-3 pm | \$45 | Beth Henning **NEW**

Supervised clinic: four Acupressure therapists on site for one hour sessions only45.00 each.

For more information please contact Beth Henning at 320-253-8028 or email at beth@taoinstituteinc.com

ANIMALS AROUND US | \$25 | Joan Stokes | See Calendar for select Mondays, 7:15-8:15 (Participants: 6 Max, 2 Min) **OR**

Select Saturdays, 3-5pm (Participants: 8-10 Max, 4 Min) / 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, January 20, February 7, March 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.

AWAKEN THE HEALER WITHIN-PART ONE | Sunday, January 13 | 12-4 pm | \$50 | Bob Sullivan **NEW**

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 and examine how they show up in our bodies. We will work with the energy of things such as touch, sound, color and 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 and you will have the chance to start healing others as well as having others work on you.

AWAKEN THE HEALER WITHIN-PART TWO | Sunday, February 24 | 12-4 pm | \$50 | Bob Sullivan **NEW**

In this workshop we will delve deeper into the gift of healing and examine how to work with different types of situations you may face as a healer. We will look at working on animals, long distance healing, and the issues of attachments, cords, blocks and leaks within a client's energy system. We will be doing a lot of hands on work in both giving and receiving healing energy.

BELLY DANCE | Tuesdays, February 12th – March 19th | 6-7:30 pm | \$50 for 6 weeks \$10 drop-in | Jeana Rolseth **NEW**

Discover the fun and exciting world of belly dance. Where all bellies are beautiful, shimmies are wondrous, and giggly fun is the general goal. This is a beginner and beyond class perfect for everyone! Class will learn belly dance history and a step by step learning system for this empowering dance style.

Class Descriptions (continued)

CONNECTING WITH YOUR SPIRIT GUIDES | Sat, Feb 23rd | 10:30 am - 4:30 pm, 1hr break | \$65.00 reg. required | Jurema Silva **NEW**

Jurema is inviting you to learn and explore ways to use your innate intuitive gift to communicate with your Spirit Guide. You will discover how easy you can cross the spiritual bridge between worlds and increase your life with love, guidance, confidence, self-acceptance and wisdom. Jurema will teach you how to identify your Spirit Guide and listen to and trust the whispers that come from the spiritual world. You will learn about various spirit realms, where they come from and the purpose of their mission. You will be able to understand how to distinguish between your Guide's message and your own creative thoughts. This class will expand your self-awareness and internal belief, and will eliminate feelings of isolation and solitude. Reserve your space now to experience this fascinating class.

DRUM CIRCLE | Saturday, January 26th | 7:00-8:30 pm | \$5 | facilitated by Joanna Geppert, L.Ac., M.Om., CMT

A drum circle is where participants gather in a circle playing drums and other percussion instruments to awaken their tribal roots, connect with the Earth and Spirit, and have fun! 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, to enhance manifestation and for healing. 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, and an open mind and heart. This is a two part event. The first 60 minutes will be the drum circle. The last 30 minutes will be a drumming meditation. The pulsing of the drum will help those who find meditation difficult get into a meditative state. It also helps those who meditate easily get into there meditation faster. Come experience the freedom of the soul that comes with drumming!

INCARNATION: THE RE-BIRTH CYCLE- Saturday, March 23rd | 10:30am - 4:30 pm, 1 hour break | \$65.00 | Jurema Silva **NEW**

Spiritual Teacher and Medium Jurema brings to this class, a comprehensive study about Karma, Incarnation and the evolution of the Spirit. You will learn the fundamental purpose of the process of Incarnation such as the consequences of action and re-action (karma), the complex systems of personal connections and the social/cultural experiences that influence the spirit's various existences. You will understand the reasons of human being's social disparity, world conflicts and sufferings. A unique study that will help you to appreciate the meaning of life, understand your struggles, and also the logic behind your connections to others souls around you. This is a profound and ample analyses of the Incarnation process. Register now. Limited participants.

INTERPLAY-Unlocking the Wisdom of Your Body | Select Saturdays see calendars for dates and times | \$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.

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, January 10th | 7-9 pm | \$25 | Bob Sullivan **NEW**

JANUARY CLASS "UNDERSTANDING AND OPENING THE 3RD EYE" - In this class discussion, we will examine the idea of accessing our third eye and look at methods of accessing it, opening and closing it and how to develop it and use it in every part of your life.

STEPPING INTO THE METAPHYSICAL | Thursday, February 7th | 7-9pm | \$25 | Bob Sullivan **NEW**

FEBRUARY CLASS "MEDIUMSHIP & CONNECTING WITH THE OTHERSIDE" - In this class discussion, we will examine the idea of mediumship and connecting with spirits that are close to us. We will examine the methods used throughout history and experiment with them.

STEPPING INTO THE METAPHYSICAL | Thursday, March 14th | 7-9pm | \$25 | Bob Sullivan **NEW**

MARCH CLASS "ASTRAL TRAVEL & OUT OF BODY EXPERIENCES" - In this class discussion, we will examine the idea of soul travel while both conscious and unconscious. We will examine some methods to develop this gift and work through some exercises to further this ability.

STONES FOR BEGINNERS | Tue Jan. 29th 7-9pm, Wed Mar. 13th 7-9pm, Sat Mar. 30 3-5 pm | \$25 | Joan Stokes | Class Max is 10, Class Min is 4

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

YOUR *Beliefs* DON'T MAKE YOU A BETTER PERSON.

YOUR *Behavior* DOES!

CRAZY LACE AGATE

Found exclusively within the area known as Chihuahua, Mexico, this lacy agate is not only beautiful but has excellent healing energies as well. The Crazy Lace is sometimes referred to as The Mexican Agate. Since it is found only within Mexico it retains much of the energy of the area as well, especially carrying with it the tribal energies from ancient cultures that are still surrounded in much mystery. Found to be created during the cretaceous period, about 65-90 million years ago, this stone is considered young in comparison to many other minerals on earth.

There is evidence that this agate was worn as an amulet by the earliest inhabitants of what is now known as Mexico. Although no proof has been found to substantiate why these amulets were worn, whether ornamental or for healing, possible evidence in pictures may give clues. This stone was potentially worn by certain Aztecs for endurance and courage in battle and possibly worn by Mayans as a tribute or appeasement as well as protection from their god of lightning. Whatever the reasons for the wearing of these amulets, it is apparent that this stone was prized for its attributes in ancient civilizations as it is still prized today.

The Crazy Lace is usually found in two different color combinations. The most sought after for making cabochons is the wonderful combination of red, yellow, white and sometimes grey. It can be mostly red and white or mostly white and black as well. All, in my opinion, are spectacular. The best cabochon makers know exactly where to cut these stones to bring out the most stunning color and patterns. Today's metaphysical community, wear or carry these healing agates for various reasons. As with all agates, which are great for wound healing, these are potentially helpful in the repair of skin due to acne or eczemas, etc. Most lacy stones have some element of helping with creativity and the Crazy Lace is no exception. Even though not a blue stone, this agate helps with creative speech because it helps the speaker to focus and explain ideas to others especially when speaking about the earth or benefits to all man-(people)-kind.

This stone's help with focusing makes it a great stone for those with ADHD. It helps to increase one's energy and encourage concentration so that one can stay on task and complete goals much easier. It creates balance in those struggling with ADHD as it aids the balance between the emotional and mental capacities which helps one make decisions. And also, considering those who have been dealing with ADHD for many years tend to have a low self-acceptance because of years of trying to fit in and not succeeding, this stone also provides a nurturing, self-acceptance frequency in the heart.

It has been said by some to promote laughter, and provide protection against absorbing too much emotional pain. Because of its balance between having quartz and other lesser frequency components within the one entity it is able to be of help to many chakras at one time. So in addition to helping one ground, speak, and have creative speech, it also helps the heart muscle stay strong. And because of the often confusing patterns of quartz and other minerals within this stone it has been said to aid the wearer with self defense against those wishing to do them harm, especially of the emotional kind. Apparently, when another wishes to do harm to the wearer of this stone, the energy of the wearer will align with the quartz which then is "hidden" within the other minerals which provides a type of stealth "cover" of sorts. This is why those who wish to do harm sync with stones of a lower frequency. Because their thoughts are of a lower frequency the two energies cannot integrate, and the negative thoughts become trapped between the layers and then dissipated to the earth's energies.

It is a unique stone that demands more attention than it normally gets. Perhaps because of its "stealth" properties of alignment with energy, I apparently forget to tell people about this often "hidden" treasure. But those that need this stone have no trouble discovering it. Discover yours today! Whether wrapped and worn, or kept safely in pockets, this stone is one for all.

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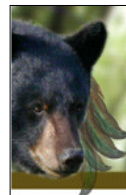
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