

2013
July :: August :: September

KaLeidOscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hello Again,

It's that time of the year, when many people are moving or cleaning the winter gunk out of their space. And when these rituals, rites of passage, & life events happen we feel we must go deeper-- to cleanse our spaces of the ethereal gunk as well. This ethereal stuff that generally needs wiping out would be those "ever nasties" like stagnant energies, unwanted entities, & anything left behind that does not serve our highest good.

The decision as to what tools to use can be daunting! Common questions asked by those who want to know what the right way is: "I've been told that I should only use this..." or ... "I must have this to perform certain cleansings." Yes, there are tools you can use, and I've put together a list here for you. Before this, though, is something else, maybe even more important. I have one very simple suggestion that I believe will cut down on the "tool torment." Nothing need be exactly the way someone else tells you. That takes care of two of the above decisions. One need never have what they "should" use, nor is it required to have what one has been told they "must" have. Don't put yourself in a corner! Take should and must-have out of the equation--- the decision process will be easier and yet more difficult at the same time. It becomes difficult because YOU get to make the decision about what to use! Well, that was certainly helpful, wasn't it?

It's up to you how difficult you want this process, ritual, or cleansing to be. Some people are uncomfortable or overwhelmed when the decisions are in their hands. Are you one of them? If you are, then it's wise to listen to others before making your choice. If you're comfortable making your own decisions, listen to yourself. Wow, such power. Don't let it go to your head!

Okay, we have established your power. To cleanse any and all spaces, you just have to use it! You need only to believe in the power of your power and simply say, whether out loud or silently: the gunk will hear it either way. "Whatever is not for my/our highest good must leave." These words are only a suggestion as a way for you to get empowered. Notice I used the word "must" in that intention. That's where some of your own power comes in. If you choose to have something leave your space, don't ask politely for it to leave. Minnesota Nice is not necessary here! If it is affecting your highest good you have no choice but to make it vacate the premises!

So there you go. You have just cleansed your space. You say you didn't burn anything? That's right! And this is the kind of advice that could put Merri and myself out of business...because you don't need "stuff." The business part of us dies just a little when we say that, but truth is truth. We have said it before, and this won't be the last time either: none of you *need* anything that we provide in our shop. What we provide are helpers or tools to assist in your rituals. Spirituality comes from the Mind, the Body, and the Spirit, and our connection with our higher power. It does not come from a particular item we hold in our hands or exactly what we do with those items. Here are truths about any "rules," rituals or advice that you have heard from others: 1) they were made up by someone else, perhaps many years ago, or the person you are hearing it from now, who simply believed in their own power to establish them. 2) They were made up for very good reasons; belief, ritual, community, and so forth. Even still, there are no hard and fast rules when it comes to what your own soul needs. Ritual tools, are however, what our humanness needs. This is why we provide ritual items in order to assist our humanness to connection with our higher power. And those creating ritual, copying ritual, or changing ritual, are doing so to provide this same connection.

I've put together information on items we provide at MBS that can be burned in ritual. Many ask if there are certain herbs for certain rituals. Most have heard of sage, but there are many sacred herbs that one may use as well. This is why I put this list together for you...to help you empower yourself! Again, this list is a short offering of what we have but they are not the only tools. Merri and I trust that this list and its "uses" will provide help with your own ritual creating.

I leave you with this: believe in your own power. You may not be greater than your higher power, but your choice to be in partnership with your higher power can lead you to more meaningful rituals, a deeper heart connection with others, and most importantly accessing your own truth.

Until next time,

Namaste, Joan and Merri

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HERBS FOR BURNING: THE HOW, WHEN, & WHY

Most people think of White Sage as the quintessential herb to burn in cleansing rituals. You have many, many more options, and you can create specific traditions for yourself, your family, or workplace using different herbs. Here's an easy reference list of the most common herbs burned for a variety of outcomes. By no means is this complete or definitive! But it's important to learn that rather than just grabbing sage, you can use this list first, and know your intention for the ritual.

MBS carries most, if not all of these materials, & we're always happy to help answer questions you may have about these herbs and suggestions for burning them. We may be able to order a specific need, but remember, substitutions are common, and we can help with those as well.

Bearberry Leaf: Asking for visions, healing, releasing

Cedar Leaf: To bring "good" energy in after cleansing; attracting money; coming of age ceremonies

Chamomile Flower: Relaxation, relief, meditation

Cinquefoil: Psychic vision of possible outcomes to situations, protection

White Copal: Attract love, purification, divination, & initiation; also burned as a food source for departed relatives on Day of the Dead celebration.

Desert Sage: To drive out bad spirits, feelings or energies. Some traditions believe that where sage of any kind is present, negative forces of any kind cannot enter. Natural moth repellent.

Dragon's Blood: Repel negative or unwanted spirits

Frankincense: Protection, courage; removal of unwanted spirits; spiritual connection and communication

Jasmine Flower: Induce sleep, to bring about prophetic dreams, attract prosperity

Juniper Leaf: (Believed to contain the Spirit of the goddess, Artemis) Purification, protection (especially for newborns because they are most vulnerable) and exorcism rituals; protects against theft; potency in sexuality. The berries of the juniper are burned in households to protect from airborne illnesses

Lavender Flowers: Sleep, calming, balancing emotional states, increase clairvoyance

Mugwort: Increase psychic powers/abilities, helps one to open to their gifts, bad spirits will move away from its smoke; bad luck diminishes

Myrrh gum: Blessing objects, clarity and purification

Osha Root: Used in sweat lodges to open the throat for prayer and song, perfume

Paulo Santos: For cleansing negativity away, releasing emotional toxins, brings peacefulness

Pinon Pine Resin: Protection, clear unwanted spirits; protect one's money. Ash from burned Pinon Pine traditionally used in some sand art

Patchouli: Peacefulness, fertility, and as an aphrodisiac

Red Sandalwood: Cleaning, positive and loving feeling; spirituality and positivity; astral travel

Sweetgrass: To call in ancestors or other spirits that have passed; to find an elder to learn shamanism from, to find an apprentice to shamanic ways; purification; overall prayer

Vervain: Overall health and protection of health, sacred herb to the Druids, Egyptians, and Romans

White Sage: Purification, Cleansing (when one is done burning one can throw it eastward...the direction of wind or air to provide for more communication with the Divine)

Yarrow: some cultures burn to protect one from the "evil eye"

Yerba Santa: "the portable temple", guarded boundaries of protection around chosen areas, to create sanctuary within the circle where it is burned, clears psychic toxins that may keep one from using psychic powers.

There are also ways in which herbs can be combined in ritual use. This has been done for centuries in many different traditions. Here are some often used combinations:

Sweetgrass, Sage, and Cedar: Morning blessing in gratitude for the day ahead.

Sage and Sweetgrass: Ward off and eliminate frightening visitations during vision quests and used bad dreams.

Sage, Cedar, and Sweetgrass: Burn together for sweat lodge gatherings.

Blue Corn Meal and Sages: Can be placed on the embers after burning or around a burning for Gratitude, Blessings & Honoring of Great Spirit/God/Goddess or Ancestors

This list of herbs and their uses may seem overwhelming, but remember, it's all about what speaks to YOU. As mentioned, this list is intended to serve as a reference. Of course there are many other herbs, and as many other reasons to burn them. You don't have to worry if a particular herb is not available: substitutions are often made--they do not muddle the intention of the ritual. Approach ritual tools mindfully, by asking or reading, but don't feel as if your ritual has to be in a straight jacket! There are floating boundaries, such as intention, personal connection, and your own intuition. While we carry most of the herbs you would need for ritual burning, MBS might be able to order something not carried in the store.

Hopefully this list will be a starting place in those interested in creating or performing yearly or even daily rituals. And don't forget that no ritual is complete without prayer!

In Regard to Ritual:

*...Life needs its pauses, its chapter breaks,
if the soul is to have space to breathe.*

Jonathan Sacks



Mind Body & Spirit Expo

915 West St. Germain
Downtown St. Cloud
Saturday, September 14, 2013
10 am - 5 pm

*Featuring the Area's Finest Healers,
Intuitives, Spiritual Counselors,
Health & Wellness Resources,
Specialty Gifts and Much More!*



a celebration of alternatives

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CALL | 320.203.9630

Hellos and Good-Byes

Two of our wonderful intuitives/healers are leaving MBS, Kelli Spencer and Merry Mackenzie. Merry left us the first part of June and Kelli will no longer be at the store after June 30th.

Kelli Spencer has been working out of our shop for several years but moved a good distance away about a year or so ago and has decided to do things a little differently. She will be mostly working from home with much of it being through her computer. This is something Kelli thought about a long time and says she will miss seeing people at MBS but looks forward to her new way of doing things. She has been popular with many throughout the years and will be missed. Kelli can still be contacted through her website or home number! (see her advertisement on this page)

Merry Mackenzie has been a long time customer of MBS (one of our first customers in our first year). She began learning more and more about herself and discovered what the Universe knew all along...she is a gifted healer. After taking some classes, mostly for confidence in the process, she began doing chakra balancing and overall healing at MBS. We were amazed! She has enjoyed her time here but has decided to move out of state to pursue more of what her journey is leading her to do, we wish her abundance and safe travels.

Where the Universe creates room, it also fills it. We have two new readers starting at MBS this summer.

Shaughn Adkins has been with us at several of our EXPOS and is excited to spend a little more time doing some readings here. She has been doing Angel readings for many years and is Certified Angel reader through training with Doreen Virtue. Shaughn works with your personal Angels as well as any messages coming through her cards from Angels all around us. Her readings are fun and insightful. Sign up today!

Tilly Evans Jones has also been seen at two of our past EXPOS and does wonderful palm readings. Palm readings have been sought after here for quite some time so I trust we will keep her busy! Tilly has such an ease with people that it isn't difficult to have a great time in a reading while learning so much about oneself. She might see something that you have been searching for about yourself that will bring it all together, and it was there all along, right in the palm of your hand!

If you get the chance to send well wishes, (telepathically works!) to Kelli and Merry, please do so. And also join us when you get the chance in giving a warm welcome to Tilly and Shaughn.

And finally, it seems like we just said hello to Tamarack and she will be leaving us again before the next newsletter is written. So if you would like to get one of the warmest, most inspirational readings from a truly genuine and gifted reader, don't miss out, call for an appointment today. Those of you who don't get to see her before she leaves for the



Available at Mind Body & Spirit



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 AND SKYPE**

*Thank you for your support at Mind, Body, and Spirit!
I've enjoyed working with all of you over the years I've spent there.
In-person readings are now only available at my home office.*

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.

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

**Specializing in the body, the whole body,
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Wholistic healing from the inside out**

320-240-6399 www.kellispencer.com



July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	2 JUREMA Psychic/Healing 11-6 pm	3 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	4 CLOSED IN OBSERVANCE OF JULY 4TH	5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Astrology/Tarot 11-6 pm	6 SHAUGHN ADKINS Angel Readings 10:30 –4:30
7	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm New Moon	9 JUREMA Psychic/Healing 11-6 pm	10 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	11 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm AURA PHOTOS 2-5:45 pm NUMEROLOGY 7-9:15 pm	12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Astrology/Tarot 11-6 pm	13 JENNIFER T. Tarot/Numerology 10:30 –4:30
14	15 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	16 JUREMA Psychic/Healing 11-6 pm	17 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	18 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm	19 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Astrology/Tarot 11-6 pm	20 TILLY EVANS-JONES Palmistry 11-4
21	22 PAULETTE LUCAS Psychic/Intuitive 11-6 pm Full Moon	23 JUREMA Psychic/Healing 11-6 pm	24 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	25 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	26 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Astrology/Tarot 11-6 pm	27
28 BETH HENNING Energy Work 12-4 pm	29 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	30 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	31 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm			

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Astrology/Tarot 11-6 pm	3 SHAUGHN ADKINS Angel Readings 10:30 –4:30
4	5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	6 JUREMA Psychic/Healing 11-6 pm New Moon	7 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	8 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Astrology/Tarot 11-6 pm	10 JENNIFER T. Tarot/Numerology 10:30 –4:30
11	12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	13 JUREMA Psychic/Healing 11-6 pm	14 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm AURA PHOTOS 2-5:45 pm ARC ANGELS 7-9:15 pm	15 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Astrology/Tarot 11-6 pm PHYSICAL & EMOTIONAL ... 6-9 pm	17 TILLY EVANS-JONES Palmistry 11-4 MORNING OF HEALING 10-1 pm READINGS 2-5 pm GALLERY READINGS 6-9 pm
18	19 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	20 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm Full Moon	21 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	22 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm ART CRAWL 11-6 pm	24
25 BETH HENNING Energy Work 12-4 pm	26 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	27 JUREMA Psychic/Healing 11-6 pm	28 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	29 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	30 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	31 SHAUGHN ADKINS Angel Readings 10:30 –4:30

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED IN OBSERVANCE OF LABOR DAY	3 JUREMA Psychic/Healing 11-6 pm	4 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	5 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm New Moon	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	7
8	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	10 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	11 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	12 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	14 MBS FALL EXPO 10-5 pm
15 BETH HENNING Energy Work 12-4 pm	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	17 JUREMA Psychic/Healing 11-6 pm ANIMALS WE JOURNEY WITH 11-1 pm	18 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	19 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm AURA PHOTOS 2-5:45 pm HEAVEN AND OUR.... 7-9:15 pm Full Moon	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm DRUMMING CIRCLE 7-8:30 pm	21
22	23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	24 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	25 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 4-6:30 pm	26 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm BEGINNER'S STONES 11-1 pm	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	28 JENNIFER T. Tarot/Numerology 10:30 -4:30 SHAUGHN ADKINS Angel Readings 10:30 -4:30
29	30 PAULETTE LUCAS Psychic/Intuitive 11-6 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 (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. Practitioners handle their own payments and are unable to take payment by credit card, please be prepared with a cash payment, thank you.

ANGELA JONES | ANGEL MESSENGER*INTUITIVE (Available most Wednesdays by appointment) \$70.00 hour or \$40.00 1/2 hr
Healing messages of encouragement, love, & light from your Angels & Guides are the center of a session with Angie. She connects with you & 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 & Shotokan 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.

JUREMA SILVA | INTUITIVE READINGS & BRAZILIAN ENERGY HEALING Intuitive Readings \$70.00 1/2 hour-\$100 hr | Energy Healing \$125 hr
(Available most Tuesdays, & Wednesdays – 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).

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.

Intuitives, Psychics & Healers (continued)

SHAUGHN ADKINS | ANGEL READINGS (Available select Saturdays by appointment) \$45 per 1/2 hr and \$80 per hr.

I am an Angel Therapy Practitioner, Medium and Angel Card Reader certified by Doreen Virtue. Also I am a Reiki Master and Karuna Practitioner. I have come to realize that Angel Therapy, Mediumship and Reiki have melded together in my practice to act as a vehicle for healing within myself and my clients. Having enough life experience to know that change is inevitable, my mission is to help my clients to achieve change in a positive manner. It is my intention to use my gifts for the highest good of both my clients and myself, helping them to realize their spiritual truth, to hear their angel guidance and aiding in finding their place on this beautiful planet in this lifetime.

TILLY EVANS JONES | PALM READING (Available select Saturdays by appointment) \$30 per 1/2 hr and per \$60 hr.

Tilly has read palms since her youth. The science of palm reading fascinated her. She finds herself looking at people's hands and pondering their meanings at odd moments. Her readings incorporate all parts of the hand. It's shape, color, texture and markings. Using her knowledge of palms and hands and a strong intuitive sense she delights in the opportunity to talk with you about your life. A grandmother of two young boys she spends her time at her average south of St Cloud. There she gardens, writes, dreams of raising chickens and takes forays out into the world with her friend and life partner, John and their competitive chuck wagon. She believes that your life really is in the palm of your hands!

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!***

ANIMALS WE JOURNEY WITH | \$25 | Thursday, September 17 | 11-1 pm | Joan Stokes | (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 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 your playful side and ability to be open! (Not intended for children)

ARC ANGELS AROUND US | Wednesday, August 14 | 7-9:15 pm | \$25 | Bob Sullivan **NEW**

In this class we will examine the major Arc Angels that are spoken about in religious and historical texts. We will examine their purpose and how we can access them to show up in our every day lives. Class minimum 4.

AURA PHOTOS & READINGS | Thursdays, July 11, September 19 Wednesday, August 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.

Beginner's Stones | \$25 | Tuesday, September 26 | 11-1 pm | 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 some time of questions and play as we explore the world of stones!

DRUMMING CIRCLE | Friday, September 20 | 7-8:30 pm | \$5 donation | Joanna Geppert

A drum circle awakens our tribal roots, connects us with the Earth and Spirit, and it's fun! For thousands of years circle drumming has been 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. 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; 1st: 60 minute drum circle, 2nd: 30 minute drumming meditation. Come experience the freedom of the soul that comes with drumming!

HEAVEN & OUR LIFE BETWEEN LIVES | Thursday, September 19 | 7-9:15pm | \$25 | Bob Sullivan **NEW**

In this class, we will examine the concept of heaven and what happens to us when we return to our home. We will look at the dying experience, our soul contracts and the process of choosing our next lives. Class minimum 4.

INTERPLAY-Unlocking the Wisdom of Your Body | **Returning This Fall** | \$10 | Donna Fromm

MEDITATION | **Returning in the Fall** on the 2nd Monday of the Month | 7-8 pm | Suggested Min. Donation \$5 or More | Joan Stokes

NUMEROLOGY | Thursday, July 11 | 7-9:15 pm | \$25 | Bob Sullivan **NEW**

In this class, will examine the ancient art of numerology. Find out how your birth date and birth name can give you information about your life path, soul urge and karmic debt. We will look at a few styles of numerology and spend some time working through our data to discover what our number say about us! Class minimum 4.

TWO MEDIUMS, TWO DAYS, FOUR EXCLUSIVE EVENTS

Join Brazilian Healer, Medium and Teacher Jurema Silva and her special guest from the New York/New Jersey area, Medium and Metaphysics Practitioner Karen Oakley.

PHYSICAL AND EMOTIONAL EVENING OF HEALING | Friday, August 16 / 6pm – 9pm/ \$50/ Jurema Silva and Karen Oakley

The first event in a series of four, guided by Jurema Silva, and special guest from the New York/New Jersey area, Karen Oakley. This evening of healing is open to individuals of all ages, families and groups of friends who are dealing with physical and emotional pain. Jurema and Karen, both holistic healers and mediums, will offer guidance plus a series of techniques to successfully manage issues such as stress, negativity, anxiety, depression and much more. You will learn how to instill joy, happiness and confidence, and how to embrace optimism and self-assurance into your daily life. This powerful and exclusive healing session will give you the opportunity to transform your personal and professional life and the environment around you.

MORNING OF ENERGY HEALING | Saturday, August 17/ 10am – 1pm/ \$50 – 30 minutes per session

Brazilian Energy Healing/ Jurema Silva

Incorporating ancient energy medicine and various methods of hands on therapies, Jurema offers one of the most complete and effective approaches to energy healing. This powerful system will touch the deepest aspects of one's emotional, psychological and physical issues. She will outline any immediate changes the client may need regarding to lifestyle, diet, mental, emotional and physical issues. Brazilian Energy Healing restores, cleanses, recharges and purifies your entire energy field. It balances your chakras, clears blockages, decreases physical pain and alleviates emotional traumas from present and past lives.

OR (choose a practitioner)

IET – Integrated Energy Therapy (Angel Healing Therapy)/ Karen Oakley

Medium and Metaphysical Practitioner Karen Oakley is bringing IET to Mind, Body and Spirit. Experience one of the next generation, power energy therapy systems that get the "issues out of your tissues." IET is an energy healing method that uses the violet angelic ray, brought to us through the nine Healing Angels of the Energy Field. IET supports you in safely and gently releasing limiting energy patterns of your past, empowering and balancing your life in the present, helping you to reach the stars as you evolve into your future. It opens the flow of vital force within the human body and human energy field, by integrating suppressed feelings from cellular memory and clearing their associated energy blockages.

PSYCHIC READINGS | Saturday, August 17/ 2pm – 5pm/ \$50/ 25 minutes readings

Intuitive Readings and Spiritual Counseling/ Jurema Silva

Jurema is a Brazilian healer, medium, holistic healer and spirituality teacher. She has been assisting individuals seeking guidance and comfort in moments of indecision, pain and despair. Working with her ascendant masters and spirit guides, she will look into your energy field and become aware of your past, past lives, present and future. This is our opportunity to express and unload your concerns, feelings and fears and also ask important questions that you may have. Jurema opens the door to one's mind and spirit. Her reading session will provide the confidence and support that you are looking for.

OR (choose a practitioner)

Psychic and Medium Readings/ Karen Oakley

Karen Oakley is a metaphysical practitioner, medium and a Reiki Master. She is bringing her spiritual knowledge to our community for the first time to enhance and transform lives. Her readings are delightful, accurate and touching. Karen has been offering her service throughout the New York/New Jersey area for several years. Her spiritual awareness and natural intuition will assist you in all areas of your life, delivering the peace and optimism that you have been searching for. Empowered by the angelic realm and her spirit guide, Karen also channels messages from loved ones who have passed away. A great opportunity for those who are grieving, suffering from sadness and broken heart.

GROUP LIVE AUDIENCE READINGS

Saturday, August 17/ 6pm – 9pm / \$70/ Jurema Silva and special guest Karen Oakley

Jurema and Karen will interact with a live audience receiving and channeling messages from the spirit world. Everyone is welcome to participate and experience individual, couples and group messages regarding personal and relationship issues. The two mediums will also receive messages from deceased loved ones related to the participants during the first part of the event. The last portion will be open for questions and answers in regards to psychic mediumship, intuition, signs, messages and whichever makes you eager for spiritual knowledge. This is an exciting event and a unique opportunity to observe, experience and interact in this "gallery format" spiritual inter-communication. Start writing your questions now! Don't miss this event.

*“Sometimes our light goes out,
but is blown again into instant flame by
an encounter with another human being.”*

Albert Schweitzer

RHODOCROSITE

It wasn't too long ago that I wrote an article about pink "love" stones that included rose quartz, rhodonite and rhodocrosite. I really want to give you more information on rhodocrosite in a separate article of its own. Contrary to what can be read in several books on gemstones and crystals, rhodocrosite is not as easily found as it once was. Its availability changes based on the market but sadly, some vendors are selling "copies" of this stone! So, there can be abundance one year --the market becomes saturated --then the next year the mines are depleted, or somehow compromised. Beautiful pieces are now bought up in large quantities which can be wonderful, but it is becoming more difficult to call rhodocrosite a "common" stone. Many sources have called it "common," but through current research it sounds like it is more difficult to acquire. I say this because it is also a stone that is being copied and sold on the internet as rhodocrosite! Please, only buy from trusted sources. All stones have different vibrations. Lesser quality stones will have different energy due to other minerals that are included in the stone. Stones that are being sold under another name have the energies of the stone you bought---not the one you thought you were buying!

Please know MBS carries only the highest quality stones in our store. But now, you're reading this article, and you might be wondering what you could use it for. Read on! Rhodocrosite is definitely considered a "love stone" but is so much more. It assists those with evolution of sexual energy from lust to passion and then further to a deeper spiritual connection. It helps the bearer find trusting relationships, whether romantic, friendship, or business partnership. Similar to rose quartz, rhodocrosite teaches compassion and encourages us to love ourselves before we can fully love another. When that special person comes into your life, wearing or carrying rhodocrosite can give an extra boost of confidence to express love without fear of rejection. We all know rejection can and still does happen. However, when love is present and secure within, there isn't as much worry it will go away. Rhodocrosite is also known to help balance physical issues. It's known as a "circulation stone" as it assists regulating the heart, blood pressure, and easing breathing difficulties such as asthma. It has been known to help eyesight, headaches, (especially stress-induced migraines) and easing anxiety due to nervous system imbalances. Rhodocrosite possesses other healing qualities. It helps ease abuse trauma from this lifetime or previous lives. This beautiful and wonderful stone not only supports our life functions, but it's known to unblock psychic energy that balances emotions. Ultimately it not only helps the higher heart connect to the root chakra but also helps the crown connect with the higher heart.

Rhodocrosite is a meaningful addition to the stone collection or jewelry of blended families. It helps to alleviate worries about "not fitting in." Whether for home or workplace this stone is great for bringing people back to the heart center: it helps us to understand that each person is where he or she needs to be on personal journeys, and this in turn creates peace in that understanding.

*If you would like the highest quality rhodocrosite, MBS just received the beautiful carved hearts that we've waited five years to acquire! We will never see these beautifully carved hearts again as this stone has become highly sought after, as you now know. So it's likely our rhodocrosite hearts will not be available again unless a new mine is discovered. These are truly exquisite!

I'd like to leave you with one last thing I learned about rhodocrosite from "The Complete Crystal Handbook" written by Cassandra Eason. Rhodocrosite is utilized in helping find lost or missing animals! (Heart to heart connection.) Look for her book to learn about how this stone can help when you stop by to pick up your rhodocrosite. Don't miss out!

jms




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*“When I was 5 years old,
 my mother told me that happiness was the key to life.
 When I went to school, they asked me what I wanted to be when I grew up.
 I wrote down Happy.
 They told me I didn’t understand the assignment,
 and I told them they didn’t understand life.”*

John Lennon