

2013

October :: November :: December

KaLeidoSCOPE

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hello Again,

I lost my wallet about a month ago. It had my credit cards, receipts, other sundries, and especially cash-\$63. But guess what? My wallet came back to me: to my house, in fact! It was hand-delivered by a guy who'd driven to my house. He'd seen the address, I guess on my driver's license, and returned my wallet. He is a good man, a very good man. He could have dropped it off at the Post Office, and still he'd be a good man in my eyes. But he went the extra mile, literally--probably before he went to his own job--and returned my wallet. And, by the way, the wallet had everything in it still, including my cash. Thinking through this experience, I was shocked at what rolled through my mind.

I was grateful--very grateful to this man, whom I didn't even know, for what he did. It struck me how caring he was, too, that he thoughtfully drove to my house. I really wish I'd been there to meet him, to thank him personally. Don't get the wrong idea, but my first thought was "Of course he brought it back!" (Positive thinking prevailed!) My head was in a good space, and my belief was spoken in that space. The night before, however, I was in a completely different space, a negative one: I was convinced I'd never see my wallet again, and even if I did it would be cleaned out. What? Yup. That's where I went automatically, into that very convincing negative space, worst- case scenario. We all do that, so I know I'm not alone here. But WHY do we do that so easily--begin with negativity, and WHY must we continue to WORK on our positivity?!? Shouldn't that be our regular space? In our shop, we teach and encourage positivity as much as possible. We spend a lot of time ourselves and with customers focusing on positive energy. "Positive thought brings positive outcomes." (You've heard that before)

So when I told people about this "wallet event," everyone was amazed and surprised. People called this good guy a "saint" or "Captain America." I guess we don't often experience such an act of kindness on a regular basis, so this story really sticks out to them. But wait...why should we NOT expect good acts, acts of kindness, done by good people? I know I would do the right thing and return the wallet; I know you would do the right thing, too. So why does it seem that human nature has us automatically jumping to the negative assumptions about people and events? Once we get over our initial action, we then begin working on the positive.

Incredibly we don't have to work on the negative. It's always there, waiting for us on a silver platter. Do we live in such a bad place; is our society that mean and untrustworthy? Kids don't think so; they see the positive in everything. Ask an animal (if you speak to them). Ask someone who is dying. Kids, animals, and the dying don't have to work at being positive. Why? Here's the answer that resonated with me: Perspective. Let's re-visit this idea: perspective is not about what is. Perspective is about how we see it. The reality is the same; our perceptions see it differently.

I am blessed to have the gift of communicating with animals. The other day I saw a truckload of pigs clearly headed to well...you know. I was afraid to tune into them fearing what I'd hear. Looking into their eyes, beautiful, thoughtful, intelligent eyes, it occurred to me I should

consider becoming a vegetarian. Three different pigs "spoke" to me through their eyes and into my heart. "It doesn't matter the life you are given, often full of tragedies, pain, fear, and heartache. It matters where your heart is. It matters how you see that life, and what you do with it. You are not the only one hurting, so it does matter that you make a difference. Don't look at us with pity; instead see us with honor and love. Do the same with the people in your life. Moments of true, unconditional love and understanding make up for a lifetime of cruelty and oppression. We are free because we choose it in our hearts. We no longer fear because there's no time left to fear, and we don't want to waste the time we have left fearing the outcome. This is what you must learn to do."

In This Issue

Featured Stone
page 2/3

Featured Products
Page 4

Event Calendars
pages 5-7

Practitioners
page 8/9

Classes
pages 9/10

Featured Article
page 11



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Continued on page 10

WHAT'S THE POINT?

This happens a lot. For some reason, we get waves of customers looking for the same information or the same crystal at the same time. Lately it's people looking for 'generator' crystals. Generator crystals are used most often to 'recharge' other crystals. The idea of a flow of customers seeking the same thing make perfect sense, People talking to each other, reading, searching, and finding their way to our door. Sometimes to the customers' dismay, they learn that we do not keep a large supply of a wide variety of crystals. Most people just want a nice quartz to work with regardless of its point type. Since they all run pretty close in vibration, you might wonder why some people become convinced that their crystal has to be an exact shape, or have a certain number of points? Some rely on these points for how the energy is dispersed, channeled, held, or directed. This article is devoted to education, as all my articles are. And this one is about types of points on crystals: the most commonly requested, special qualities they possess, and how they may be used.

Following up on the recent stream of interest on generators, I should really define what a generator is—in case you missed it up top. A generator crystal is used most often to recharge other quartz crystals. They are considered a strong power source for other crystals, kind of like a battery. They are usually a crystal with a large point, with six equal sides and six equal faces that lead to one point. They need recharging like any other quartz (putting them in the sun). So, since these generators contain the same qualities of any good quartz, and they still need to be recharged themselves, what's the big interest? Why have one? Gooooood question!

As all things, the reason began like any other. Different ideas, conversations, generations, sources—they all tell us there must be some logistical or ceremonial reason behind securing a generator. It wafts in and out, as a story changes with time. Perhaps particular believers deemed them necessary for a particular ceremony. Does that mean they are needed now? That is, as most things, a matter of opinion and belief. They are gorgeous crystals that direct and draw energy in a unique way. As with all of the different points (and there are many!!) a person must choose based on what he or she believes. I'm not here to decide for you, but instead provide information as a resource so that you can make the right choices for you!

As I always say to our customers—and I'm grateful to have so many wonderful customers---that the size of the crystal does not denote its power or its vibration. It is the innate crystal, big or small. A larger crystal may radiate its vibration to a wider range, but my research and belief is that all quartz crystals are very close to the same vibration, and they all carry life force energy. They can all be programmed, and they all amplify energy. There is a debate, though, between milkier and clearer crystals in regards to vibration, but it's not a big enough difference to really discuss. What matters are the points, etchings, attachments, damages, and other such things that lead us to work with certain crystals.

Points are the point of this article. What's a point? The point, is, literally, where the sides and faces of a crystal meet at the top. So while the following list may seem overwhelming, it's really only a brief run-down of different points and why they may be used.

Channeling: 7 sides on one face. Used for accessing information from guides, especially during meditation.

Double Terminated: points on both ends, not matter the number of faces. Used by healers, as energy flows both directions; also good for energy exchanges.

Dow: Looking much like a generator, but having a 6 faced pattern of 7 edges/3 edges, etc. Often referred to as the 7-3-7-3-7-3 Crystal. Heard to work for unity and balance, channeling and transmitting energy long distances. It is purported to hold secrets of reincarnation. Called the Alpha/Omega stone because of its many abilities.

“What’s the Point” continued from page

Generator: 6 equal sides and 6 equal faces meet at a point. Can charge other crystals, and can be used for healing.

Grounding: 8 edges on one face. The length doesn’t matter. Channels earth energy to keep focused. It can provide security as one pursues answers in a straight-forward way.

Isis: One face having 5 edges, two of which are the longest meeting at the point. Its intent is for nurturing, healing emotional turmoil, and providing strong Goddess energy and regaining feminine power.

Laser: Very thin crystal with small faces at one end. It’s considered the source of brilliant white light for healing. Used for energy healing when a strong focus is needed.

Sceptor: a crystal growing from what appears to be a rod of crystal below it. It directs energy very well and it’s used for ritual and healing.

Soulmate: Two crystals grown together in twin formation but NOT with a single base. Can be used to help heal heart relationships or reaching out to your soulmate.

Twin Points: Two terminations at one end beginning from one base. Good to create business partnerships and ability to see the other’s perspective.

Window: Diamond shaped face where below two larger faces intersect. As the name implies, it can assist in seeing oneself clearly, on the surface and from deeper, hidden places.

Here are other types of points you may want to be familiar with.

Cluster: Several points together on one matrix. Gifts: spiritual information from guides, breaking up negative energy, and bringing harmony and emotional wellness to an environment. Especially valuable for groups of people.

Druzy: Either tiny or very small broken points that shimmer like freshly fallen snow. It is used popularly for self or constant healing, especially when worn or carried.

ETs: (Extra Terminations) one point at one end and multiple points coming out of the other end of the same crystal. The energy comes through one termination and shoots out in multiple endings to carry in many directions. Can be used to correct imbalances.

Muse: 9 small crystals together. Can be used to enhance inspiration and creativity.

Quantum: Three crystals together: three sets of multiple crystals on the same matrix, but with obvious separate points. The mother lode. Or so it’s been said.

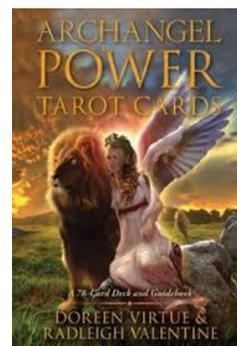
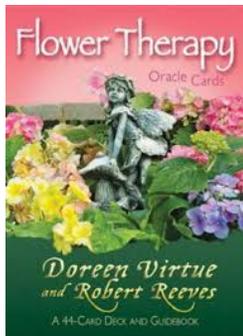
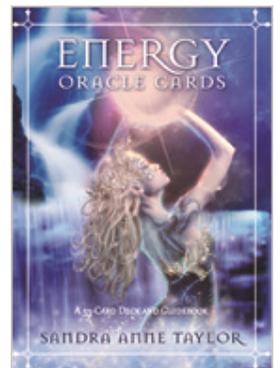
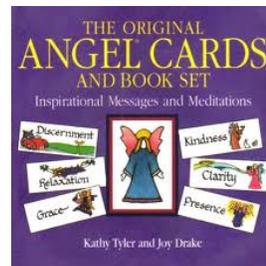
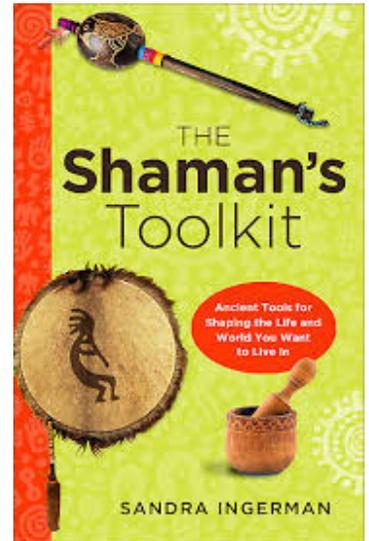
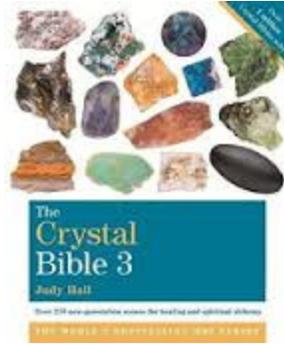
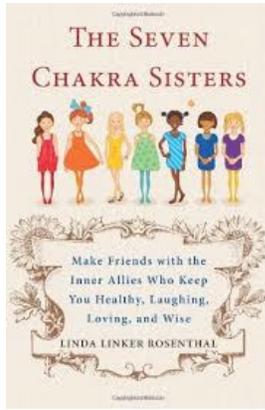
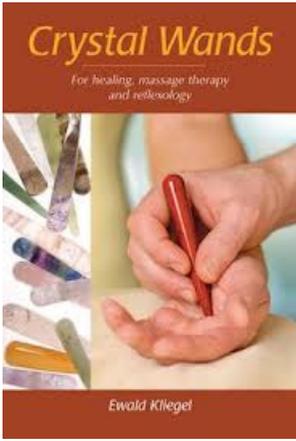
Well, there you have it. Can you imagine that this is just a starting place? If you’re interested in putting visual images to these descriptions, hop on the internet and use the names as the search words. You can always stop in to MBS to see what we have in the way of books, leaflets, or cards that accompany crystals. We don’t always have particular points labeled for you at the store, but you can check upstairs, too, in our book section for more pictures of the points you may be looking for.

As I learn more I’ll share more. That way, you can learn to search for new crystals or perhaps learn more about the ones you already own. And, just so you know....if you really need a certain crystal, the crystal often finds you! Happy healing!

*“All major spiritual traditions speak basically the same message...
love, compassion and forgiveness are the most important things
and they must be part of our daily lives.”*

Dalai Lama

WHAT'S NEW



Available Late November

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 3-6:30 pm	2 JUREMA Psychic/Healing 11-6 pm	3 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm New Moon	5 INTERPLAY Donna Fromm 10-12pm JENNIFER T. Tarot/Numerology 10:30-4:30
6 BEGINNING HANDS ON HEALING 10:30-3:30pm	7 KELLI SPENCER Psychic/Medium 3-6 pm	8 JUREMA Psychic/Healing 11-1pm BARBARA BJORKLUND Intuitive Readings 2-6 pm ANGELA JONES Angel Messages 3-6:30 pm	9 JUREMA Psychic/Healing 11-6 pm MEDITATION 7-8 pm	10 ANGELA JONES Angel Messages 3-6:30 pm	11 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	12 SHAUGHN ADKINS Angel Readings 10:30-4:30 ANGELA JONES Angel Messages 12-4 pm
13 BEGINNING HANDS ON HEALING 10:30-3:30pm	14 ANIMALS WE JOURNEY WITH 4:30-6:30 Full Moon	15 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 3-6:30 pm	16 JUREMA Psychic/Healing 11-6 pm	17 ANGELA JONES Angel Messages 3-6:30 pm	18 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	19 SELF HEALING & INTEGRATED MEDITATION 10:30-12:30 TILLY EVANS-JONES Palmistry 11-4
20 BETH HENNING Energy Work 12-4 pm	21 ANIMALS WE JOURNEY WITH 4:30-6:30 Full Moon	22 JUREMA Psychic/Healing 11-1pm BARBARA BJORKLUND Intuitive Readings 2-6 pm ANGELA JONES Angel Messages 3-6:30 pm	23 JUREMA Psychic/Healing 11-6 pm	24 ANGELA JONES Angel Messages 3-6:30 pm	25 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	26 JENNIFER T. Tarot/Numerology 10:30-4:30 ANGELA JONES Angel Messages 12-4 pm
27 BEGINNING HANDS ON HEALING 10:30-3:30pm	28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	29 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 3-6:30 pm	30 JUREMA Psychic/Healing 11-6 pm	31 JOAN STOKES Spirit Animals 11-3 pm AURA PHOTOS 2-5:45 pm ANGELA JONES Angel Messages 3-6:30 pm GHOSTS, SPIRITS.... 7-9 pm		

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	2 INTERPLAY Donna Fromm 10-12pm JENNIFER T. Tarot/Numerology 10:30 -4:30
3 New Moon	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm KELLI SPENCER Psychic/Medium 3-6 pm	5 JUREMA Psychic/Healing 11-1pm BARBARA BJORKLUND Intuitive Readings 2-6 pm ANGELA JONES Angel Messages 3-6:30 pm	6 JUREMA Psychic/Healing 11-6 pm	7 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm SOUL PORTRAITS Lisa Owen 10:30-5 pm ANGELA JONES Angel Messages 3-6:30 pm	8 SOUL PORTRAITS Lisa Owen 10:30-5 pm ART CRAWL 5-9 pm	9 HEALING WITH THE ANGELS 10:30-4:30 pm
10	11 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	12 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 3-6:30 pm	13 JUREMA Psychic/Healing 11-6 pm MEDITATION 7-8 pm	14 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	15 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	16
17 BETH HENNING Energy Work 12-4 pm	18 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	19 JUREMA Psychic/Healing 11-1pm BARBARA BJORKLUND Intuitive Readings 2-6 pm ANGELA JONES Angel Messages 3-6:30 pm	20 JUREMA Psychic/Healing 11-6 pm BEGINNERS STONES 7:15-8:45	21 ANGELA JONES Angel Messages 3-6:30 pm AURA PHOTOS 2-5:45 pm THE EGO & OUR SOUL 7-9 pm	22 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	23 JENNIFER T. Tarot/Numerology 10:30 -4:30 ANGELA JONES Angel Messages 12-4 pm
24	25 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	26 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 3-6:30 pm	27 JUREMA Psychic/Healing 11-6 pm	28 CLOSED FOR THE HOLIDAY	29 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	30

December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm KELLI SPENCER Psychic/Medium 3-6 pm New Moon	3 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 3-6:30 pm	4 JUREMA Psychic/Healing 11-6 pm	5 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	7 INTERPLAY Donna Fromm 10-12pm JENNIFER T. Tarot/Numerology 10:30 -4:30 SHAUGHN ADKINS Angel Readings 12:30 -4:30
8	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	10 JUREMA Psychic/Healing 11-6 pm ANGELA JONES Angel Messages 3-6:30 pm	11 JUREMA Psychic/Healing 11-6 pm MEDITATION 7-8 pm	12 ANGELA JONES Angel Messages 3-6:30 pm AURA PHOTOS 2-5:45 pm SOUL-MATES, SOUL GROUPS, & KINDRED SPIRITS 7-9 pm	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	14 JENNIFER T. Tarot/Numerology 10:30 -4:30 ANGELA JONES Angel Messages 12-4 pm
15	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	17 Full Moon JUREMA Psychic/Healing 11-1pm BARBARA BJORKLUND Intuitive Readings 2-6 pm ANGELA JONES Angel Messages 3-6:30 pm DRUMMING CIRCLE 6:30-8pm	18 JUREMA Psychic/Healing 11-6 pm	19 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	21 TILLY EVANS-JONES Palmistry 11-4
22	23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	24 OPEN 10-3PM	25 CLOSED FOR ANNUAL RESPITE	26 CLOSED FOR ANNUAL RESPITE	27 CLOSED FOR ANNUAL RESPITE	28 OPEN 10-5PM
29 CLOSED FOR ANNUAL RESPITE	30 CLOSED FOR ANNUAL RESPITE	31 CLOSED FOR ANNUAL RESPITE				

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 Tue/Thur, & select Saturdays by appointment) \$75.00 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 Clairvoyant 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 (Availability fluctuates call for appointments) \$30 for 1/2 hr, 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 & Fridays by appt.) \$45.00 per 1/2 hr \$80.00 per hr
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).

KELLI SPENCER | PSYCHIC MEDIUM (Available the 1st Monday of the month 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.

Intuitives, Psychics & Healers (continued)

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.

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) \$30/1/2 hr and \$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. Its 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 held 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!

AURA PHOTOS & READINGS | Thursdays, Oct/31, Nov/21, Dec/12 | 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.

ANIMALS WE JOURNEY WITH | \$25 | Monday, October 21 | 4:30-6:30 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)

BEGINNING HANDS ON HEALING | Sunday, October 13 | 10:30-3:30 pm | \$65 | Bob Sullivan

In this workshop, we will examine the foundation of becoming a healer. We will go through the basics steps that'll allow you to open up your gift of channeling healing energy and give you the experience to start working on others. We will look at how the energy system of Auras and Chakras function. We will work with the energy of 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 learn to ground and protect ourselves...You'll have the chance to start healing others as well as having others work on you.

BEGINNERS STONES | \$25 | Wednesday, October 20 | 7:15-8:45 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 | Tuesday, December 17 | 6:30-8 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!

GHOSTS, SPIRITS, & OTHER 4TH DIMENSIONAL BEINGS | Thursday, October 31 | 7-9 pm | \$25 | Bob Sullivan

We'll 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 and what to do if you want to get rid of your ghosts. Understand how to clear and protect yourselves from this earth bound energy.

Class Descriptions & Special Events (continued)

HEALING WITH THE ANGELS | Saturday, November 9 | 10:30-4:30 pm | \$65 | Jurema Silva **NEW**

This popular class will bring you close to the angelic realm and the healing power of angels and archangels. Jurema will teach you in great details the origin of the angels, who they are, and each of their specific purpose as messengers between earth and heaven. Discover how to sense the presence of an angel and interpret their signs. Learn how to transform the atmosphere of your home and create spaces that facilitate your connection with the angelic realm. Jurema will guide you to gain the confidence to become an instrument of light by channeling angelic energies to heal yourself and others. This amazing class provides a steady foundation that will open doorways into a life style full of love and compassion. Learning how to connect with angels is a direct pathway to a higher spiritual dimension. Don't miss this event!

INTERPLAY-Unlocking the Wisdom of Your Body | First Saturday of the month | 10 am -12 pm | \$10 | Donna Fromm

Interplay is a creative process for personal/community transformation. It uses a system of practices rooted in storytelling, movement, song, and stillness to help you gain access to your own "body wisdom" - what works best for you, what gives you purpose, what makes you fully alive. Donna enjoys engaging with others by witnessing, encouraging, mirroring, and sharing bits of wisdom. Through many life experiences she has learned the peace that comes in trusting the Universe. She is a Liturgist, Musician, Massage Therapist, Reiki Master, Interplay Leader, and Spiritual Midwife. She presently practices a belief that life is about creating, playing, and resting.

MEDITATION | 2nd Wednesday of the Month | 7-8 pm | Suggested minimum donation \$5 | Joan Stokes

Monday Meditation will be lead by 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, October 19 | 10:30-12:30 pm | \$25 | Jurema

Most people wonder how to release old suppressed feelings and past traumas, and keep a constant balance. Jurema is bringing back to Mind, Body and Spirit a simple and gentle meditation technique that is useful in your daily 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. 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, transforming your life into a delightful journey.

SOUL-MATES, SOUL GROUPS, & KINDRED SPIRITS | Thursday, December 12 | 7-9 pm | \$25 | Bob Sullivan **NEW**

We will examine souls group & how they are structured. We will look at the ways we travel into our lives with these souls & play different roles in each others lives. We will also do a past life regression in the class to examine members of our group & how they have.

SOUL PORTRAITS | Thursday -Saturday, November 7-9 | 10:30-5 pm | \$25 | Lisa Owen **SPECIAL GUEST**

Soul Portraits are a combination of a reading and a healing. Lisa uses her clairvoyant and clairaudient gifts to communicate with your angels and guides, bringing forth information for the highest good of all concerned in the moment. She facilitates and communicates this information with discernment to insure the best guidance for a person's life path. The guides and the angels will project the image of your soul essence, thru her third eye, on to the black charcoal paper. Using soft pastels she follows the lines shown to her and relays information coming through. Readings: 20 min \$50, Readings recorded: 40 min \$80, Soul Portraits: 20 min \$60, Soul Portraits Recorded: 40 min \$90. Call with any questions.

THE EGO AND OUR SOUL | Thursday, November 21 | 7-9 pm | \$25 | Bob Sullivan **NEW**

Understanding what the ego is and how it plays such a huge role in our journey. How our Ego is behind most of our thoughts, beliefs and action. We will examine what a healthy ego looks like and learn how to observe our Egos in a different way.

Continued from page 1

Warning: never speak disparagingly about pigs in my presence.

One last story about perspective. I was recently waiting in line at a grocery store, and an elderly man stepped in front of me in line. This was fine with me—he only had a newspaper and I had several items. The man suddenly moved out of line and said “Just a minute, I have to grab the other two newspapers I read.” No problem here. But then he said to me, “I read three papers a day because I have to keep up with all that’s going on in the world. And the world is one messed up place. I’m glad I’m at that age that I’ll probably die before it gets much worse.” WOW. WOW. Did he just say that? Why on earth would this man feel that way? It’s my belief that reading all those newspapers colors his perspective in a negative way. He can’t see the positive with his built-on armor of negativity. And yet, those pigs, off to slaughter...Wow. I mean, that we create our perspective has never been so clear.

So, back to the man who returned my wallet. I’m grateful to this guy. I appreciate he went out of his way to do an act of kindness. Now, as I remember this event, my perspective has changed. Common thinking would call this guy “outside the norm”...an unusually nice man, a random act of kindness. I say, with my new perspective, that he IS the Norm. It wasn’t random act of kindness. He chose to return my wallet! So instead of being shocked by a random act of kindness, we should be shocked & angry when a wallet doesn’t come back. Let’s get surprised when a bad deed is done rather than surprised when a good deed is done. Let’s not take kind deeds for granted, and continue to be consciously grateful for all the kindnesses given us. Change your perspective to positive. Work on it. Every day, see something positive in your world and make a note. Fill a notebook. Acknowledge all the positives in our world. There is goodness and kindness everywhere, there are good people who will help, volunteer, or share because they want to be part of a better world. Those add up, they help create the world we’re looking to inhabit! Be one of those people, whenever you can, and acknowledge goodness when you see it.

P.S. On those days when a positive outlook seems impossible, when negative stuff is coming at you from all angles, just find yourself a pig to talk to. They’ve got all the best answers. Until next time....Positive thinking brings positive results!

Namaste, Joan & Merri

THE ENERGY OF TREES

I have been thinking a great deal about nature lately, and especially trees. Through all the seasons—the bursting of buds in the spring, the last leaf that flies away in the fall, and even in the cold, dark of winter. Trees protect us in many ways, but they share energy, too. Anything living has energy, and trees are no different. You know that stones have energies (vibrations), although they are not technically “alive,” the minerals hanging in caves keep growing. And even though they keep growing, the vibrations remain the same—in the cave or in the store. The vibration remains the same. What about trees, when they are no longer wood? Petrified wood is considered a stone, so it no longer contains the tree’s energy. Just like the stones and the earth we walk on, live trees have an energy that we experience each time we’re in their presence. It’s my wish that this brief article will create your awareness of the trees around you.

So, we know wood holds energy easily, because of its cellular make up. This helps to explain the “haunted” feeling many wood houses contain. The house may not be truly haunted, there may not be spirits roaming around. It could likely be the wood of the home itself; it holds the memories lived within it. The good, the bad, the ugly, the sublime. We’ve read about, know about, or have even seen balls of energy that suddenly appear after a strong emotional occurrence—whether joyous or violent. They can change the feel of a space, as well; this is why we often “sage,” or “cleanse” a home to dispel, or literally clear the air. Homes of wood hold energies. What about the trees in our backyard, the parks we visit? Absolutely! They also make a difference in our lives as they give off energy. And we exchange our energies with theirs each time we share space.

Sometime I will share with you a book I read about specific trees, their energies, and the people that are drawn to them. It talked about personality types that resonate with specific tree energies. I believe this. There’s also a social component to this connection. Many of the earth-based, indigenous, or “tribal” customs have taught us to think about the power of trees. The Oak Tree. In our modern culture many of us associate oak trees with strength. What about the Weeping Willow? Wisdom is considered its energy perhaps because we believe that those who have wept have experienced a lot in life? The Linden tree has been linked with love and lovers for centuries. Most people will picture a palm tree as soon as “relaxation” is mentioned. The cherry tree, so often associated with George Washington’s famous “I cannot tell a lie...” And so the cherry tree has become, in America, anyway, a symbol of truth. And what of the cherry blossom? Life is beautiful, as beautiful as the cherry blossom, but just as fleeting. Truth. Energy, myth, legend, symbolism, history inform us about the roles of trees in our lives.

With all the traditions that have gone before us trees have been at the center of ritual, protection, and life force since the beginning. Their roots ground us to the earth, and their trunks, branches, and leaves mimic our own life’s cycle. The energies written about here have been generated by different elements: how each tree looks, where they live, and who has danced around them. The roots absorb the energy of the people who danced around them, further connecting living things. Before next time, I will be digging into metaphysical energies of trees, especially the ones in the St. Cloud area, so we can be ready upon their awakening in the spring. As most of us do, the trees, too, rest in the winter.

We share our memories in wood, and it, too, shares with us. Place your hands on a tree, and breathe deeply. Quiet your mind as you breathe. You may feel, or hear, or just have a sense of knowing Mother Earth. The energy of a tree evolves as it grows. Our ability to connect with them grows, too; they provide the air we breathe, we care for them, admire them, and believe they are part of the energetic world. They keep our secrets, too, and hold them for eons. Listen and the tree’s energy will speak to you. Now go hug a tree!



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