

2014
April :: May :: June

KaLeidoSCOPE

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi All!

When springtime finally gets here there will be happy dancing going on in the streets of Minnesota! And we are getting so close now so hang on...we'll all make it!

I use to believe when I was much younger that those that bring up the weather as conversation were just not interesting people. The "weather talkers" were simply people who didn't lead interesting lives and quite frankly didn't have anything better to talk about. I felt it was so hum-drum and I found it frustrating. And then I got older and began to listen to things that were not always apparent and I learned a great deal. And I found out that people don't talk about the weather because they are not interesting. People talk about the weather because we all crave connection with one another, but we sometimes need to do that in the "safety zone".

It's a funny thing how weather is the great equalizer for all. When meeting a group of people we don't really know, or standing with a stranger anywhere, the one thing that we all know is safe to talk about is the weather. It is the "safety zone" for all. Why? Weather is the same for all of us. Sure there might be one that loves the snow while another doesn't and one that loves to walk in the rain while another walks only in the sun. But it is still something that we all understand. It treats everyone equally. We can all rely on it to be the one thing that everyone, regardless of where you have come from, understands.

There is a song by Snatum Kaur, that perhaps I have mentioned before that has the lines, "when it rains, it rains on everyone, it doesn't make choices" and "when the sun shines, it shines on everyone, it doesn't make choices". These words are metaphors for much more than the weather but when people talk about the weather it is more as well. It doesn't make choices about who it affects and it treats everyone equally. It is then up to us what we do with it. And we all feel equal in that understanding.

If we could then take this example of weather, affecting us all, and realize that it isn't just the weather that is an equalizer for us. Let's look at the words to the song again and change a few words; "We all cry, everyone, it makes us human. We all hurt, everyone, it makes us human". Or how about; "When we share, it spreads everywhere, cuz we're human. We all love, yes everyone, because we're human".

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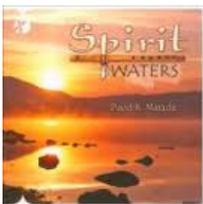
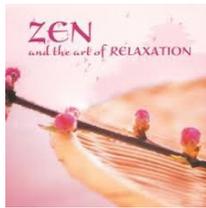
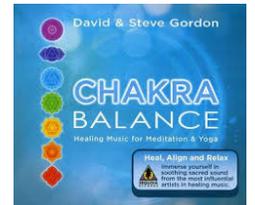
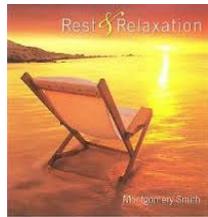
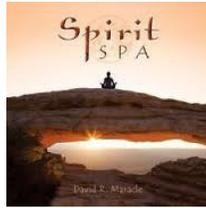
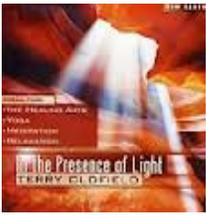
Mind Body & Spirit
GIFTS & BOOKS

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

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

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New Products at Mind Body & Spirit



(continued from front page)

So, if all the things that make us human are equalizers, why do we rely so heavily on just the weather to talk about? Because there is no investment of emotion in it. It is quick, it is easy, and we don't have to invest any part of us in a conversation about the weather. This non-investment keeps us safe because all of those other things, that make us human beings with emotions and equalize us, make us vulnerable and that's just not somewhere most are willing to go, even with someone they know well. The weather may be an equalizer for us but our great equalizer is simply having attributes that make us human. All of the things that make us beautiful, or sometimes not so beautiful, we understand. We all understand being human. But most of us also have the belief that if we are going to invest ourselves in a conversation then it is going to take time. And it seems none of us ever have enough time. A topic that we don't need investment of any kind in is the weather. To speak of what the weather is doing helps make a connection with another human. This connection is safe, time sensitive, and easy, but is still a connection. And connection is what it is all about.

It is so much easier on our schedules to get on an elevator with another and say, "Wow, it's a warm one out there, isn't it?" (Ok, I realize it has been so long since most of us have heard that, it's almost funny!) And the expected response is "It sure is!" or "Yeah, it's a cooker!" or something similar. There may be one or more other comments about the heat and memories from both about extreme highs and lows experienced, all dependent on the length of the ride and if anyone else joins them. Then both exit the elevator and go their separate ways. It goes on millions of times a day. And it is just one more thing that creates the connection we all crave as a human tribe.

So, how's the weather out there in your neck of the woods? I no longer think that speaking of the weather, or anything else that seems mundane, is not worthwhile. It is about making connections. And there is nothing mundane about that! Keep warm, spring is always on its way!

Namaste,
Joan (& Merri)

CRYSTALS FOR WELLNESS

WRITTEN BY CATHERINE VERRILLI

What a winter we're having! Is anyone feeling a little blue? Are you anxious to have this weather over and done with? Perhaps you've seen your doc and have been diagnosed with situational depression, which, while temporary, can be disheartening? It is very important that you work with your primary doctor, and decide together what works for you in traditional medicine. But you may also be interested or curious about adding natural and/or spiritual components to assist with what's ailing you. There are many different natural and spiritual things you can explore. One of them, and the focus of this article, is using stones and crystals. Each carries properties that may help keep you going through this very long winter. While this list of stones and their properties is very long, it can provide basic information and perhaps assistance to a variety of people and their individual energies. The best way is to read the list, check out the properties, and then look for those stones to wear on a necklace, bracelet, or even to carry in a pocket. Some people know which stones or crystals he or she needs for what's bothering them. You can approach this a couple of different ways. Put yourself in contact with them. Are you drawn to any? Don't discount that. Don't ask why, but why not? Carry it around the store with you, see how it feels in your hand, sense the energy it provides. Sometimes stones can accumulate the energies of others if they've been held a lot. If you are convinced this stone or crystal is for you, take it home and 'cleanse' it in the sunshine, sage or running water.

The other approach you might take is to get a book on crystals and stones. These are often books that show a picture of the stone or crystal and talks about its major properties, which will help you locate the stone for you. Stones can be worn on a chain, earrings, bracelets, or rings. You can wear them alone or in combination with others. Just be sure they are compatible. I once had an unfortunate experience of wearing 'contradictory' stones, for my energy, that had me speaking freely, but I spoke a little "too freely."

There are also people, both men and women, who choose a 'cocktail' of stones and they're kept in a pouch in one's pocket or purse. These kinds of stone/crystal mixtures are highly individual, so there's no one group that works for everyone. I am glad Joan looked at me one day and said: "Whoa, you got a lot going on with that necklace today!" And I told her what my day was like, and she just laughed, saying, "I could of told you that just by looking at the crystals on your neck!" A story to encourage you to do your reading and ask questions.

The diagnoses of anxiety and depression are on the rise. Most of us are living stressful lives. Some of our anxiety comes from the job we chose; sometimes our family lives seem to be on fast forward. Being anxious for a period of time can cause what's called "situational" depression, which is as it says—tied to what's going on in the present moment.

But more troubling are the rise in diagnoses of Major Depressive Disorder and Generalized Anxiety. This means the depression and the anxiety have decided to take up residence in your brain. You feel lethargic, like a failure, even hopeless. Your brain, especially at night, is in overdrive, with racing thoughts—many at a time that will not release us to the healing power of sleep. There are medications for this, and checking with your doctor to start this journey is a good way to get started on your path toward wellness. But there is much more you can do to support yourself.

In the second half of this article, I'll lay out the stones and the healing properties known to help. This is by no means a complete list, but it will hopefully provide a list that makes you curious to learn more. Speaking from my own experience of having Major Depressive Disease, Generalized Anxiety, and a list of autoimmune diseases, I thought about sharing the stones that work for me, but they may not for you. So instead, I encourage you to look at the list, the stone's vibrational energies, and let them speak to you. You can be a bit playful and try a few, based on the efficacy listed about a stone. The Internet will be a powerful resource, but do be careful of sites that only sell stones. Look for pages that discuss properties and even stones that perhaps you, as an individual, shouldn't create a "cocktail" from. I found this out the hard way. I was wearing peridot, jet agate, lithium quartz, and lapis lazuli. My energy didn't jive and I'd wacked myself up!

Joan put this incredible list together, and this is an excellent starting point for all of us. Certain stones can be worn together on a necklace when you are cognizant of their individual meanings; if they are not compatible, with your energy combined with theirs, you will likely feel that difference—feeling a bit wonky, that one is overweighing the other...in effect, they're fighting each other's properties. There are many good books on the properties of stones and crystals. For one, *The Crystal Bible*, by Judy Hall, is a comprehensive book for newbies and a great reference for those who have more experience.

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Mini Expo

10 am - 5 pm | Saturday, May 31, 2014

animal spirit guide readings

astrology

tarot

angel readings

reiki

integrated energy therapy

reflexology

shamanism

meridian cleansing/balancing

brazilian energy healing

intuitive readings

healing energy treatments

channeling



Mind Body & Spirit

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FREE
ADMISSION
for individual
services 

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 cash payment, thank you.

BETH HENNING | INTUITIVE HEALING (Available by appointment on request) \$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, and 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 consults with the State of MN & Veterinary Board on Acupressure Massage licensing & other practical issues in the field of healing.

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY (Available select Sat & Mon by appt.) \$50.00 1/2 hr | \$100.00 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 1/2 hr | \$80.00 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.

JODI BECKER

INTUITIVE HEALING (Available most Tuesday, Wednesday, & Thursdays by appt.) \$40 1/2 hour | \$75 1 hour

As a Touch Therapist, Intuitive and Reiki Master, Jodi Becker provides a positive and inspiring energy healing. Using her intuitive abilities, she will give you insight during the healing session to help you understand what your body is telling you. The healing also expands your Clairvoyance as many people "see" during the session. Jodi holds a loving and peaceful space for you to let go of the old, and move forward feeling clearer and at ease.

ORACLE CARD READINGS | Saturdays April 5th & May 17th | 11-4pm | \$25 30 min

Experience a fun way to connect with your Guides/Angels using Oracle Cards! Sign up for an individual 30 minute session with Reiki Master and Intuitive Jodi Becker. You will learn how to use and energize Oracle Cards, and then Jodi will intuitively pull a card for you on an issue or question you have. She is able to offer a healing for grounding also, if needed. This is a wonderful tool that you can use at home to connect to the Spirit realm!

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 & a spiritual teacher who brought to the U.S. an original combination of healing practices from her native country, Brazil. She transformed her spiritual knowledge & studies into this fascinating & mystic healing style that includes Intuitive Readings, Spiritual Counseling, Energy Healing Medicine, Reiki & more. Working with her spiritual guides and ascended 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 hour | \$125.00 per hour

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 hour | \$80 per hour

I am an Angel Therapy Practitioner, Medium & Angel Card Reader certified by Doreen Virtue. I have come to realize that Angel Therapy, Mediumship & Reiki have melded together in my practice to act as a vehicle for healing within myself & 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 & myself, helping them to realize their spiritual truth, to hear their angel guidance & aide in finding their place on this beautiful planet in this lifetime.

Intuitives, Psychics & Healers (continued)

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

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 aide in finding their place on this beautiful planet in this lifetime.

TAMARACK/TAROT & ASTROLOGY | Available select Fridays by appointment, between 6/13-8/15 | \$1 per minute

Tamarack is a seasoned interpreter of the Tarot and a skilled Astrologer. Tamarack is an especially talented artist with Mother Earth's gifts. Along with the deep connection she has with the earth comes a deeper understanding of the individual within the whole. Feedback on Tamarack has been amazing. Set your appointment up today! Allow minimum of 30 minutes for tarot. 1-2 hours minimum for astrology.

TILLY EVANS JONES | PALM READING (Available select Saturdays by appointment) \$35 per 1/2 hour | \$60 per hour

Tilly has read palms since her youth. The science of palm reading fascinated her. She finds herself looking at peoples 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 acreage 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 Wednesday 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 | Tues April 29th or Wed June 4th | 7:15-8:45 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)

AURA PHOTOS & READINGS | Fridays, 4/25, 5/16, & 6/27 | 2-6:30 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.

BEGINNERS STONES | \$25 | Friday May 2nd | Noon-2 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, March 17 | 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!

Class Descriptions & Special Events (continued)

DRUM MAKING | Saturday, May 10 | 11-4 pm | 13" drum \$120/16" drum \$145 | Wayne Manthey

Make your own frame drum for more meaningful drumming. This class will bring out the ancestral roots in anyone. It's a deeply moving experience to make your own drum that will last years and will become a cherished piece to be passed between generations. This is a class you will remember for a lifetime. Nothing to bring. Everything supplied. Reserve your space now!

ENERGY HEALING MEDICINE FOR ALL | Saturday, June 21 | 10am – 6pm | 40min./\$60 | Jodi Becker and Jurema Silva **NEW EVENT**

Join Energy Healer Practitioners Jodi Becker and Jurema Silva for a Saturday of Energy Healing. Jodi and Jurema will be offering 40 minutes sessions for individuals in need of physical and emotional healing. Energy Healing is an alternative therapy that can transform, enhance, empower and re-charge the invisible force that surrounds your physical being, the aura. Each practitioner will be using her intuitive gifts to provide a positive healing specific to your needs. Jodi and Jurema have treated individuals dealing with difficulties, ranging from physical illness, emotional and psychological distress, behavior dependency, depression, stress and other related problems. Energy Healing provides physical, mental and emotional health by balancing and opening blocked chakras and meridians, supplying a flow of powerful and vibrant energy. This method also can decrease physical pain and alleviates emotional trauma from present and past lives. During this event, individuals of all ages, including children, will be able to experience the benefits of Energy Healing and meet these two delightful and gifted practitioners. Space is limited. Choose a practitioner and make your appointment today!

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.

ORACLE CARD READINGS | Saturdays April 5th & May 17th | 11-4pm | \$25-30 min **NEW EVENT**

Experience a fun way to connect with your Guides/Angels using Oracle Cards! Sign up for an individual 30 minute session with Reiki Master and Intuitive Jodi Becker. You will learn how to use and energize Oracle Cards, and then Jodi will intuitively pull a card for you on an issue or question you have. She is able to offer a healing for grounding also, if needed. This is a wonderful tool that you can use at home to connect to the Spirit realm!

PRACTICING MINDFULNESS MEDITATION | Saturday, June 7 | 1:30 pm - 3:30 pm | \$25 | Jurema Silva **NEW CLASS**

Learn how to transform the way you perceive things and improve your life by practicing mindfulness meditation. In this crazy digitally dependent society, most people are wishing to achieve a balanced, focused and peaceful life. This revolutionary self-help technique will put that desire into action. Over the past decades, scientific studies have shown that meditation helps individuals to cope with depression, anxiety, stress, illness and physical pain. Over time, meditation combined with mindfulness brings long-term changes in mood and levels of happiness and well being. It not only prevents depression, but it also positively affects the brain patterns, underlying daily anxiety, stress and irritability. Plus, regular "meditators" see doctors less often and spend fewer days in the hospital. Memory improves, creativity increases and reaction times become faster. Jurema will guide you step by step from the meaning of meditation and mindfulness until the actual technique/practice that you can easily integrate into your daily routine. This class will change the way you see and practice meditation and will give your mind a sense of direction. It will lead you to a conscious state of self-awareness, compassion and self-healing.

SOUL PORTRAITS | Thursday –Saturday, April 17-19 | 10:30-5 pm | See Below for Pricing | 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 POWER OF YOUR INTUITION | Saturday, April 12 | 11-4 pm | \$50 | Jurema Silva **NEW CLASS**

How intuitive are you?, Can you distinguish between your own thoughts and your intuition? How much do you trust your intuition? Jurema will be holding a special interactive class/seminar to answer questions about intuition, psychic and mediumship powers. Learn what intuition is, how it works, how to develop, manage and control. Jurema will explain the difference between psychic, medium, clairvoyant, and other specialties. This event will give you a great opportunity to clarify questions that you might have about your intuition abilities and share your own experiences. Come to learn how the power of intuition can transform your life and bring you self- trust, joy, enlightenment and much more. Don't miss this exciting event. Space is limited.

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 JODI BECKER Intuitive Healing 1-5 pm	2 JODI BECKER Intuitive Healing 1-6:30 pm	3 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	5 INTERPLAY Donna Fromm 10-12 pm JENNIFER T. Tarot/Numerology 10:30 -4:30 JODI BECKER Oracle Card Readings 12:30-4:30 pm
6	7 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JENNIFER T. Tarot/Numerology 10:30 -4:30	8 JODI BECKER Intuitive Healing 1-5 pm	9 JODI BECKER Intuitive Healing 1-6:30 pm MEDITATION 7:15-8 pm	10 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	11 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	12 TILLY EVANS-JONES Palmistry 10:30-4:30 THE POWER OF YOUR INTUITION Jurema Silva 11-4 pm
13	14 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	15 Full Moon JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	16 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm	17 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm SOUL PORTRAITS Lisa Owen 10:30-6 pm	18 PAULETTE LUCAS Psychic/Intuitive 11-6 pm SOUL PORTRAITS Lisa Owen 10:30-6 pm	19 JENNIFER T. Tarot/Numerology 10:30 -4:30 SOUL PORTRAITS Lisa Owen 10:30-4 pm
20	21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	22 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	23 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm	24 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	25 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-6:30 pm	26 SHAUGHN ADKINS Angel Readings 12:30-4:30
27	28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	29 New Moon JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45pm	30 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm			

May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm BEGINNERS STONES Joan Stokes Noon-2pm	3 INTERPLAY Donna Fromm 10-12 pm JENNIFER T. Tarot/Numerology 10:30 -4:30
4	5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JENNIFER T. Tarot/Numerology 10:30 -4:30	6 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	7 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm	8 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	10 DRUM MAKING Wayne Manthey 11-4 pm
11	12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	13 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	14 Full Moon JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm MEDITATION 7-8 pm	15 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-6:30 pm	17 JODI BECKER Oracle Card Readings 12:30-4:30 pm JENNIFER T. Tarot/Numerology 10:30 -4:30
18	19 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	20 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	21 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm	22 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	24
25	26 CLOSED FOR MEMORIAL DAY	27 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	28 New Moon JUREMA Psychic/Healing 11-1 pm JODI BECKER Intuitive Healing 1-6:30 pm	29 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	30 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	31 MBS SPRING EXPO 10-5 pm

June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	3 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	4 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45pm	5 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	7 INTERPLAY Donna Fromm 10-12 pm PRACTICING MINDFULNESS MEDITATION Jurmea Silva 1:30-3:30 pm
8	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	10 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	11 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm MEDITATION 7-8 pm	12 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	13 Full Moon TAMARACK Tarot/Astrology 11-6 pm DOWNTOWN ART CRAWL 5-9 pm	14 JENNIFER T. Tarot/Numerology 10:30-4:30
15	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	17 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm DRUMMING CIRCLE 7-8:30 pm	18 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm	19 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 pm	21 ENERGY HEALING MEDICINE FOR ALL Jurema Silva & Jodi Becker 10-6 pm SHAUGHN ADKINS Angel Readings 12:30-4:30
22	23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	24 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	25 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm	26 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm	27 New Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 pm AURA PHOTOS 2-6:30 pm	28 JENNIFER T. Tarot/Numerology 10:30-4:30
29	30 PAULETTE LUCAS Psychic/Intuitive 11-6					

CRYSTALS FOR WELLNESS, CONT...

WRITTEN BY CATHERINE VERRILLI

Another personal quick story. As a professional singer, I always wear lapis lazuli to rehearsal and to the actual concert. Once I had to pin it inside my corset because the gown didn't need a necklace. I don't go anywhere, to any gigs, without my beautiful lapis point that has a small opal set with it. Lapis lazuli is the stone for the throat chakra—whether for singing or speaking. I use it for both, but especially for singing, or if I am giving a lecture at a big convention.

While it would be difficult to cover ourselves in crystals and amulets—pockets full and hanging in multitudes around our necks. We can be mindful, choose a few that speak to the highest need of the day. I do wear crystals daily, rotating them as needed. Other than lapis lazuli, I wear lithium quartz every day, because it is one of the few stones that is used directly for depression/mood stabilization and then add others as needed or desired. I also take all the medication I am prescribed, I follow diet and exercise, and I make sure I get a good night's sleep. When the stones/crystals need cleaning; I clean them with sunshine and then put them away. It's become part of my morning ritual—chai, meditation, journal and pack my school bag for the day.

Everyone is so different, so do not be surprised if something another person says works for them may not work for you. This only proves we're unique individuals! I wish you success on your journey with stones and crystals. Whether worked with for blue moods, depression, and anxiety or any other of the multitude of uses, there are stones waiting to help you!

Agate: emotional wound healer

Blue Lace Agate: communicating to release stress, worry

Amazonite: alleviate stress due to soothing nature, helps clean out and block electronic stagnation that can be a cause of anxiety

Amethyst: serenity due to connection with Higher Power

Ametrine: relieve tension due to amethyst part connecting to Higher Power and release of creativity, which has a calming effect, coming from the citrine part

Angelite: inner peace when one is overwhelmed

Apatite: improves concentration

Aventurine: balance

Azurite: energy flow, through the body, is corrected and channeled better

Bloodstone: releasing energy blocks

Celestite: Angelic support to lessen worries and fear

Flourite: blocks or shields from additional tension and anxiety from others

Hematite: can lessen anxiety if one needs grounding to do so

Jade: serenity and wisdom

Jaspers (ALL): the great nurturers. "As a mother's arms relieves worry and anxiety"

Kyanite: tranquil thought patterns, aids sleep

Labradorite: clarity of what is really wanted in life and magic to help make it happen

Lapis Lazuli: meditation aid, opens third eye for even more clarity into mystery

Larimar: healing of love related stress and anxiety

Lepidolite: trust and acceptance, decreases overall anxiety, stress, depression and emotional trauma, especially when the cause cannot be easily discerned

Malachite: protection from toxins that may increase anxiety

Moonstone: balancing hormones

Obsidian, Mahogany: releases blockages that create tension and anger

Obsidian, Snowflake: positive mood through balance and increase in courage

Onyx, Black: releases excess energy and emotions

Opal: healing emotional trauma

Pietersite: helps release fears about the future

Prehnite: connection with all, contentment

Quartz, Clear: program for anxiety or stress release

Quartz, Lithium: relaxing, emotional peace and stress reduction due to chemical imbalance

Quartz, Rose: unconditional love and forgiveness

Quartz, Rutilated: self-reliance, independence

Rhodonite: physical relaxation

Sodalite: solidarity with others, friendship and healing within friendships

Tigereye: feeling of protection

Tourmaline, Black: releases obsessions

Turquoise: joy

Unikite: releasing abandonment issues



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*“I need to learn how to be content with simply not knowing,
 and be at peace with the notion that everything does not need
 an explanation ”*

Unknown

