

2014
January :: February :: March

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi all,

I am writing this in front of a space heater trying to figure out what would possess a person to live somewhere the temperatures drop to over 100 degrees colder than the human body!? Nope... got nothing!!! Except for perhaps we revert back to using our lizard brain and hunker down. Smart or not our lizard brain might actually be a good thing sometimes. We don't necessarily need it for survival as much as we did but it still serves us well by providing fight, flight or freeze. (I guess that last one is what we're doing now. Actually standing perfectly still or shutting down the brain and drifting can be quite comforting, in small increments, but frozen brain is a whole different deal.)

That was us back then, using only the most basic survival part of our brain. We speak of evolution but most of us still only use about ten percent of our entire brain! We know this and yet many continue to hang around in that ten percent instead of reaching for more. We talk about spiritual evolution quite a bit but how do we get our brains to catch up? Here's the beauty of it...the more we stay in touch with and try to evolve in our spirituality, the more our brains evolve as well! Isn't that great?!

Well it's time for some brain evolution! It's time to use more of our brain matter and in turn learn more about ourselves in the process. Some of you have already begun by doing one easy step called meditating. Yes, meditating helps to open up a different part of your brain just as other spiritual practices do, such as praying. There has been a great deal of testing in this area and much of the research shows that the more we spend time with spiritual aspects of our lives the more it opens up particular areas of the frontal lobes. When this part of the brain fires, it provides a feeling of oneness with all. When people completely concentrate on the spiritual their parietal lobes might nearly shut down. The parietal lobes are what give us a sense of self, separate from others. When this part of us shuts down we lose ourselves in a spiritual experience of complete oneness with each other and everything. At this point there are no religions or separations, boundaries are blurred and simply peace is left. No wonder there are so many people doing meditation today. It gets other areas of the brain active, the good stuff, and it feels great to be so connected!

But that isn't all. Scientists the world over are making breakthroughs every day on how the brain continually becomes more and more active, in areas that have been typically dormant, when we get in touch with the spiritual in our lives. Those who have had near death experiences, and feel they have seen heaven or the Divine, have different brain activity and overall are much happier with their lives after the experience. Something opened in their brains that had been essentially dormant but once it opened many just continue to evolve spiritually and enjoy life so much more.

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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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CHRYSTOPRASE

This wonderful green stone is a form of chalcedony that comes from many different places in the world. I believe it is a stone that continually changes its basic vibration according to what is needed. I have always said that stones do not have human consciousness and do not determine anything from a good or bad scenario as human beings do. There is no judgment from stones and crystals; however, this doesn't mean that they can't change according to the reaction they have with particular individuals or vibrations that they come into contact with. This stone does it a lot!

I came to this conclusion when I use to carry chrysoprasi quite regularly as an aid for writing. I noticed the stone was extremely helpful to me for many more reasons. It was just changing according to what I needed at any given moment. This can and does happen with many stones but until this one I really never paid much attention to the way they change without charging or my intention. We know that when our vibration is very low Moldavite will literally leave our presence. It will commonly fall out of settings in jewelry or be misplaced when it is tired of trying to raise or match an extremely low energy as it has an extremely high vibration. So its energy does not fluctuate according to the energy around it, at least not as much as chrysoprasi does. The stones such as chrysoprasi, that change to match what is needed, all seem to have a wide range of overlap when it comes to the chakras. It isn't necessarily that the vibration of the stone changes but the element of the stone that resonates with what one needs becomes pronounced. This is somewhat like having two eyes that see equally well but sometimes the sight or perception is taken over by the dominant eye when needed. So what one needs from Chrysoprasi, it provides.

It is easy to remember what Chrysoprasi helps with when you remember what the chakras do and this stone resonates with chakras one through four. You can remember the chakras like this;

Chakras and the Seven C's:

One: Comfort (Security, Tribal Support)

Two: Creativity (Fertility, Sexuality)

Three: Courage (Power)

Four: Compassion (Human Connection)

Five: Communication (Voice)

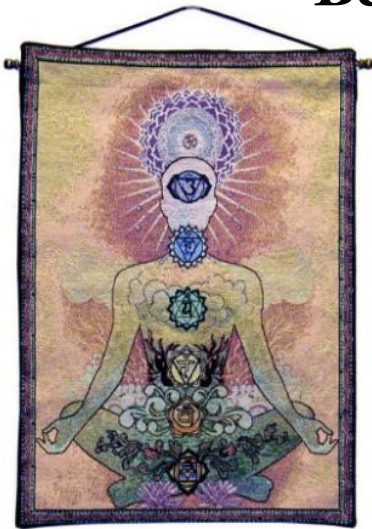
Six: Clairs (Intuition or Psychic Abilities and Awareness) - Clairvoyance (Seeing), Clairaudience (Hearing), Clairsentience (Feeling), Claircognizance (Knowing), Clairience (Smelling), and Clairgustance (Tasting)

Seven: Celestial Connection (Ethereal or Otherworldly, Connection to Higher Power, Angels, Guides, etc)

We have Chrysoprasi from three or four localities at the shop right now with a variety of shades of green. They are beautiful! This stone has been known to aid with lessening side effects from long term use of medications, helping to heal infection, and to lessen pain in the heart due to betrayal. This stone is said to bestow good fortune and peace upon the bearer, but maybe it is the creative forces that bring good fortune and comfort that brings peace. Maybe you need courage for a job interview and want to wear one like Alexander the Great did into battle or you're a writer and have a yearning to see life from a different perspective to aid in originality. Perhaps you need more acceptance of yourself or others; therefore, compassion is what you need. No matter what you seek, or what you need, the chrysoprasi has something for everyone.

The art of healing comes from nature, not from the physician.
Therefore the physician must start from nature,
with an open mind.
~Paracelsus

Beautiful Images Hand Woven Into...



*Tapestry
Throws, Pillows,
Wall Hangings,
Tote Bags
&
Chakra Ladders*



New Xiang Do Incense



Hope Cards by Terri St. Cloud

Many mystics all over the world have used some type of psychedelic drug to enter and maintain a "spiritual state" at one time or another. Most of them continue to be able to enter this state without the drugs. This makes it clear that the drugs only "jump-started" them into the spiritual state and that the drugs are no longer needed. Perhaps it was originally needed to get past the lizard brain? It is beginning to look like the state of meditation or prayer can do the same thing (maybe just not quite as quickly), and so even though the idea of the shamanic drugs might be appealing to some...it isn't needed to get past the lizard brain and get more spiritually evolved.

Now, get out there and meditate! It isn't just about the relaxing, strengthening, and helping to heal, it also expands brain evolution and can bring about psychic gifts quicker! It's time to delve into the other parts of the brain and feel closer to the ALL!

I appreciate that you hung in with me till the end like we all keep hanging with our beautiful, but frigid state. Keep those noggins warm and have a wonderful new year!

(Meditation class/gathering every SECOND WEDNESDAY of the month with Joan at Mind Body & Spirit Studio. Just a \$5.00 suggested donation! See you there!)

Until next time,
Namaste, Joan (and Merri)




*Evolve from thinking that you know
to knowing that you think.*

Dean Jackson



RAVEN'S NEST
Shaughn Adkins




612-522-0769
shaughn22@earthlink.net
WWW.SHAUGHNADKINS.COM


**Angel Therapy
Practitioner®**

**Reiki Master
Karuna Practitioner**

Intuitive

**Human and
Companion Animals**





Kelli Spencer

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

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


In person:
Home Office - 32315 70th Avenue Cushing, MN 56443
If you would like a session with Kelli at her home office, please call 320-240-6399 or visit www.kellispencer.com to schedule an appointment.

Mind Body and Spirit - Mondays from 3:00 - 6:00 p.m.
If you would like a session with Kelli at Mind Body and Spirit, please call 320-203-9630 or visit www.mindbodyspirit-online.com to schedule an appointment. You can also contact Kelli at 320-240-6399 or visit www.kellispencer.com

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

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Body, Mind and Spirit
Wholistic healing from the inside out**

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January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED FOR ANNUAL RESPIRE New Moon	2 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	3 JODI BECKER Intuitive Healing 2-6 pm	4 INTERPLAY 10-12pm JENNIFER T. Tarot/Numerology 10:30 –4:30 SHAUGHN ADKINS Angel Readings 12:30-4:30
5	6 JENNIFER T. Tarot/Numerology 11-6	7 JUREMA Psychic/Healing 11-5 pm	8 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm MEDITATION 7-8 pm	9 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	11
12	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JENNIFER T. Tarot/Numerology 11-6	14 JUREMA Psychic/Healing 11-5 pm	15 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm ANIMALS WE JOURNEY WITH 7:15-8:45	16 Full Moon JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	18 ANGEL REALMS 1-3 pm JENNIFER T. Tarot/Numerology 10:30 –4:30
19	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	21 JUREMA Psychic/Healing 11-5 pm	22 JUREMA Psychic/Healing 11-1 pm JODI BECKER Intuitive Healing 1-6:30 pm AURA PHOTOS 2-5:45 pm UNDERSTANDING OUR EGO 7-9:15 pm	23 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	25
26	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	28 JUREMA Psychic/Healing 11-5 pm	29 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm	30 New Moon JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	31 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 INTERPLAY 10-12pm JENNIFER T. Tarot/Numerology 10:30 -4:30 SHAUGHN ADKINS Angel Readings 12:30-4:30
2	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	4	5 JODI BECKER Intuitive Healing 1-6:30 pm	6 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	7 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	8 ANIMAL HEALING 1-3 pm
9	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	11	12 JODI BECKER Intuitive Healing 1-6:30 pm MEDITATION 7-8 pm	13 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	14 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm Full Moon	15 JENNIFER T. Tarot/Numerology 10:30 -4:30 SHAUGHN ADKINS Angel Readings 12:30-4:30
16	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	18 JUREMA Psychic/Healing 11-5 pm	19 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm BEGINNERS STONES 7:15-8:45	20 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	22 TILLY EVANS-JONES Palmistry 11-4
23	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	25 JUREMA Psychic/Healing 11-5 pm	26 JUREMA Psychic/Healing 11-1 pm JODI BECKER Intuitive Healing 1-6:30 pm AURA PHOTOS 2-5:45 pm TOOLS TO ACCESS... 7-9:15 pm	27 JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 INTERPLAY 10-12 pm JENNIFER T. Tarot/Numerology 10:30 –4:30 SHAUGHN ADKINS Angel Readings 12:30-4:30 New Moon
2	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	4 JUREMA Psychic/Healing 11-5 pm	5 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm	6 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	7 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	8 ANGEL REALMS 1-3 pm
9	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	11 JUREMA Psychic/Healing 11-5 pm Full Moon	12 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm MEDITATION 7-8 pm	13 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	14 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	15 SHAUGHN ADKINS Angel Readings 12:30-4:30
16 Full Moon	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	18 JUREMA Psychic/Healing 11-5 pm	19 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6:30 pm DRUMMING CIRCLE 7-8:30 pm	20 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm DOWNTOWN ART CRAWL 5-9 pm	22 JENNIFER T. Tarot/Numerology 10:30 –4:30 CONNECTING W/YOUR SPIRIT GUIDES 10:30-4:30 pm
23 <hr/> 30 BETH HENNING Energy Work 12-4 pm	24 PAULETTE LUCAS Psychic/Intuitive 11-6 <hr/> 31 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	25 JUREMA Psychic/Healing 11-5 pm	26 JUREMA Psychic/Healing 11-1 pm JODI BECKER Intuitive Healing 1-6:30 pm AURA PHOTOS 2-5:45 pm ARCHETYPES 7-9:15 pm	27 JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm JODI BECKER Intuitive Healing 11-3 pm ANGELA JONES Angel Messages 3-6:30 pm	28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 2-6 pm	29

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.

ANGELA JONES | ANGEL MESSENGER*INTUITIVE (Available most Thursdays 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 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 appt, other times available 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 & Shotokan 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.

BOB SULLIVAN | PAST LIFE REGRESSION (Call for availability) Sessions 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.

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY (Available select Sat & Mon by appt.) \$40.00 1/2 hr | \$80.00 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 Wednesday, Thursday & Fridays 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.

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).

Intuitives, Psychics & Healers (continued)

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 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.

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!

ANGEL REALMS | Saturdays, January 18th & March 8th | 1-3 pm | \$20 | Jodi Becker **NEW**

Learn about the many different angel realms and the role they play in the Universe and on Earth. Jodi Becker will give interesting and exciting information about different legions of angels, so you can feel a greater connection to them and call for their assistance. Guardian Angels are just one of many legions that are here to help us all. Come and have fun as we have group discussion during the class! Min. 3 people, Max 8 people

ANIMAL HEALING | Saturday, February 8th | 1-3 pm | \$20 | Jodi Becker **NEW**

Learn how to help our pets be healthy and happy here on Earth! Explore energetic healing tips and guidance that will help them be more balanced, and help you increase your intuitive connection with them. Jodi will also teach the color rays to use for energy healing with pets. Min 3 people, Max 8 people

ANIMALS WE JOURNEY WITH | \$25 | Wednesday, January 15th | 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)

ARCHETYPES | Wednesday, March 26th | 7-9:15 pm | \$25 | Bob Sullivan **NEW**

Archetypes are born of the collective soul, but they are enacted by individual souls. Their mythical dramas play out daily in our physical world. Every human being is attuned to some archetype, or two or three archetypes. Every one of us is hardwired at the level of the soul to enact or model archetypal characteristics. They are seeds sown within us. The activation of an archetype releases its patterning forces that allow us to become more of what we already are destined to be. And our individual archetypes are reflected in our desires or intentions.

Class Descriptions & Special Events (continued)

AURA PHOTOS & READINGS | Wednesdays, Jan 22nd, Feb 26th , Mar 26th | 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.

BEGINNERS STONES | \$25 | Wednesday, February 19th | 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!

CONNECTING WITH YOUR SPIRIT GUIDES | Saturday, March 22 | 10:30 am - 4:30 pm | \$65 | Jurema Silva

Back by popular demand, Jurema invites you to learn and explore ways to use your innate intuitive gift to connect with your Spirit Guides. Discover how easy you can cross the spiritual bridge between worlds and enhance your life with love, guidance, confidence and wisdom. Jurema will teach ways to identify your Guides, listen and open your senses to trust the whispers of guidance and support from the spiritual world. Learn who they are and the purpose of their mission. Jurema will help you to distinguish between your Spirit Guide's message and your own thoughts. This fascinating class is open to all individuals, including the ones already working or involved with all healing/holistic practices. Learning how to connect with your Spirit Guides will expand your self-awareness and self-confidence, eliminating feelings of loneliness, isolation and fear. Space for this popular class is very limited. Sign up today!

DRUMMING CIRCLE | Wednesday, March 19 | 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!

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.

TOOLS TO ACCESS YOUR INTUITION | Wednesday, February 26th | 7-9:15 pm | \$25 | Bob Sullivan **NEW**

Learn how to use pendulums, dowsing rods, and muscle testing to access your Higher Self. All of these are extensions of your intuition. Intuition is strengthened with the best tools for you just as buildings become stronger when the best tools are used. Come join us for some fun and build upon your intuitive foundation.

UNDERSTANDING OUR EGO | Wednesday, January 22nd | 7-9:15 pm | \$25 | Bob Sullivan **NEW**

Discover the important part our Ego plays in our daily spiritual lives, Learn how to become aware of your Ego and how we must learn to move through it to achieve a higher perspective on our soul's purpose.

*“Start by doing what is necessary,
then what is possible,
and suddenly you are doing the impossible.”*

St. Francis of Assisi

THE ENERGY OF TREES - PART II

From the first time we try to climb one, or the first time we stand under their outstretched branches, trees hold magic for us. When we are so very young a tree can make us feel so grand. While standing in the branches of the first tree we climb we feel a power that nothing up until then has been offered to us. And while standing next to something so immense we realize how large our world is and we realize we have much to discover. While still being protected we feel empowered by these giants in our world. Trees are magical.

When we see our first tree cut down, most of us even those "tough" people out there, will feel a loss. We feel a loss to our connection with nature, and possibly our loss to the magic that they hold. It is an energy that touches us all. But trees must come down for new ones to grow and for cycles to continue. Trees must come down sometime; however, their energy lives on in the wood and rings that time grew. When we use certain wood in our homes, cabins, furniture, etc. we bring into our lives their essence.

Below is a list of a few common trees in Minnesota and their energy. This list has been formulated over time from many, many sources that I once read and does not reflect any one person's work. I apologize that these sources I cannot provide, as I have gathered most in my head over time. Keep in mind this is the tip of the berg and individual tree types such as pine have many sub-types and those also have their own energy, but I have shortened the list for convenience and memory limitations. It is by no means definitive or complete but it is a starting place for those interested in the Energy of Trees. Enjoy!

Softwoods:

Cedar - cleansing of negative influences, calming, childhood memories

Juniper - protection, longevity, passion

Pine - endurance, aids "going with the flow", (all pine: symbol of immortality)

Spruce - connection to animal spirits, gentleness

Tamarack - "you are taken care of", the watchers and listeners, the record keepers

Hardwoods:

Ash - peace of mind, clarity and calmness

Aspen - harmony and loyalty in relationships

Birch - Motherhood, called "the Giving Tree" because of mother energy, creativity

Poplar - decreasing negativity, manifestation of dreams and goals

Walnut - inspiration and intelligence

Willow - releasing or aiding emotions related to grief, romantic inspiration, or childhood memories

Cherry - The "Tree of Fairies", compassion, love

Cottonwood - support systems, family ties

Elm - protection, regeneration, life cycles

Hickory - the "magical tree", hold your ground while being flexible if needed

Maple - selflessness, sweetness of life

Oak - good fortune, strength, longevity

Apple - abundance, joy




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*"I prefer to be true to myself even at the hazard of
 incurring the ridicule of others, rather than to be
 false, and to incur my own abhorrence."*

Frederick Douglass