

2014  
July :: August :: September

# KaLeidoSCOPE

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi All!

"You must understand the whole of life, not just one little part of it. This is why you must read, look at the skies, sing and dance, write poems, have challenges, and understand, for all that is life."

*J. Krishnamurti*

Why are we here? What is our purpose? "The Secret of Life" is what most people are looking for it seems? We see it every day at the shop. We see it every day in ourselves. It is both the driving force and the battering ram upon us. Some wish to know it and yet really don't. Most will know it but might not see it. And others just don't want to think about it even if it won't leave them alone.

The above quote caught me in the first line. "You must understand the whole of life, not just one little part of it". The answer escapes us our whole lives because we need to live our lives to get the answer. It is only at the point of our last breath, hopefully in old age, that we finally have a moment when we get the answer. And I believe that the answer as to why we are here is simply to live! Whether hours, weeks, or 100 years, we live, and sometimes we learn what we need to, and move on. There are wonders along the way, and sadness, and great joy. These are all individual moments in our lives. If we live in each moment we experience life, but if we come to the end of our life, and look back on it as a whole, we come to know why we were here. The moments don't hold the answers, the moments hold the experiences. So the whole of our experiences in our lifetime is the answer of why we are here and what our purpose is. There really isn't just one thing that makes it all come together. It would not be that easy; after all, life is anything but easy!

Let's look at it this way; as the sentence above states, life is made up of moments, the "little parts". These moments are sometimes beautiful, sometimes tragic, but moments just the same. I believe the reason we get confused about the meaning of life is we only look at the little parts. It is confusing because we, here at the shop, as well as so many others, will tell one to live in the moment. Did you notice the "key" word in that statement is IN? We don't say to live FOR the moment but to live IN the moment. Because living IN the moment is just about being present, not about making that moment all there is. So when we say to live in the moment it isn't about completely forgetting our past and not looking to our future but EXPERIENCING the moment. The past never leaves us and will be with us always. We don't let go of our future because it gives us something to look forward to. But if we don't experience the present then we will not be making a past for the future, and we won't be moving on and learning so that we can make our future happen. Wow! No worries...even my head is spinning!

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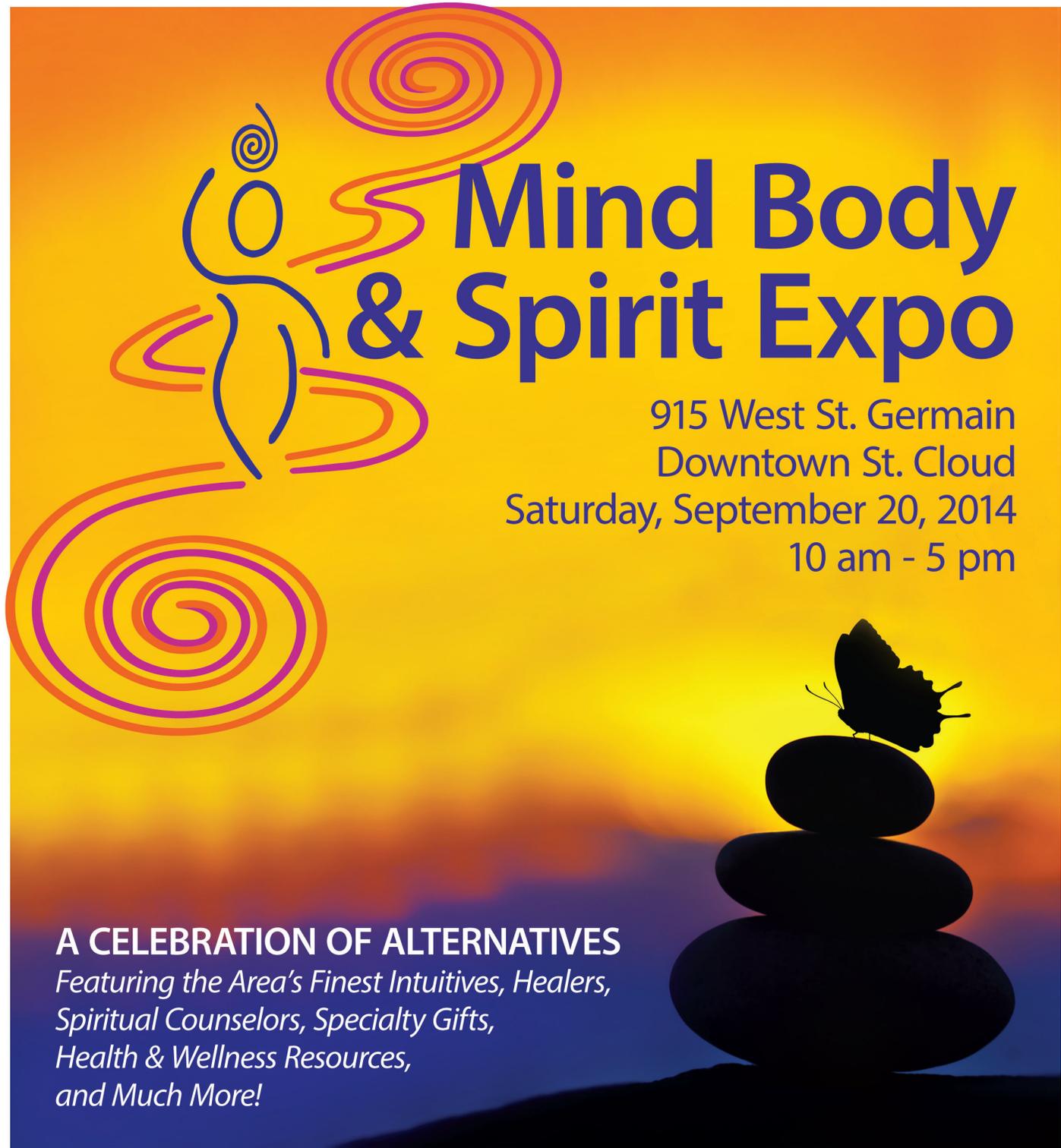


**Mind Body & Spirit**  
GIFTS & BOOKS

Downtown St. Cloud | 320.203.9630  
[www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com)

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

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# Mind Body & Spirit Expo

915 West St. Germain  
Downtown St. Cloud  
Saturday, September 20, 2014  
10 am - 5 pm

## A CELEBRATION OF ALTERNATIVES

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

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## SEPTARIAN-A BEAUTIFUL MYSTERY

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Septarian has been one of our favorites since the first time we saw it. This beautiful mix of minerals, called a concretion, was a mystery to mankind hundreds of years ago and still is somewhat of a mystery to scientists today. This concretion of calcite, aragonite, and limestone, can have other minerals of various crystal size, (sometimes micro and found within the limestone) such as barite, gypsum, pyrite, flint, marcasite, and siderite, depending on where it is found. (Ours is from Nevada and has some barite in it). There are many theories to the creation of the septarian but there seems to be consensus that it was developed approximately 50-100 million years ago which would have been during the Jurassic Period. Quite a span of time that the scientists have come up with, which tells me that it is all an educated guess.

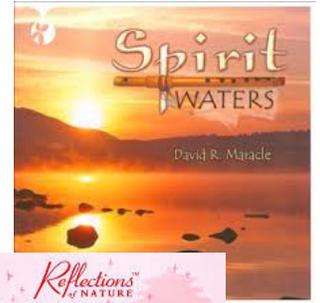
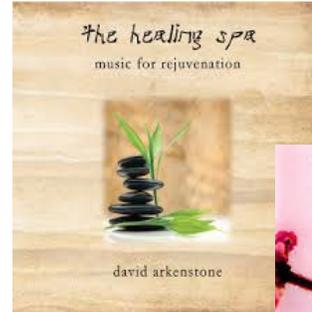
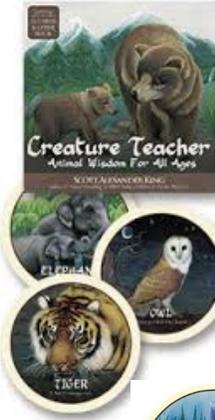
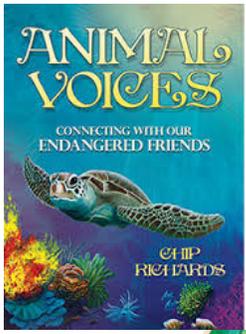
The best educated guess that I believe is closest to facts (which is just intuitive) is that these balls of "mud" (the mud being limestone with other minerals), were formed after the earth was shook up by volcanic eruptions. Dead sea life, such as shells of ocean creatures seeped into cracks that were formed from the drying process of the mud balls? These shells, etc decayed and developed into the orange calcite that is found at the very center of septarian today. The very thin walls turned a dark color in a different process and eventually became aragonite. It was the drying and cracking that created the artistic look of the septarian. Nature and God are amazing. And speaking of amazing, most of our septarian is either in sculpture form or carved into animals. It is too beautiful to break into very small pieces for tumbling so ask about this great stone and we will certainly help you find it!

The name septarian has something to do with the number seven. It is unsure if the theory that sometimes the stone cracked into 7 areas or 7 cracks, is true or not? Seems slim as it is not necessarily always the case but perhaps when first discovered the first few were all like that from one mine? More bizarre theories, not just about the number seven, prevailed back then. Many honestly believed they must be dinosaur eggs as the mud balls looked just like eggs, with cracks, but were so huge! And before that back to another time there were those that said these must be dragon stones that possessed much magic! It was believed that these dragon stones must have been bewitched and that they must be very powerful tools for spiritual journeys. It was considered a powerful tool of change and transformation. Probably because the snake was considered very closely related to dragons and so these "eggs" were considered powerful enough to make changes in almost any aspect of life change if needed.

Shaman carried this stone as part of their mainstay stones. It had so many purposes. As far as physically healing, it had been known to help with ulcers, joint pain, intestinal issues, skin problems, bone healing, cellular healing, and possibly calcium absorption. And it is no slouch when it comes to helping with emotional health as well. When one is in need of patience, or reduction of anger, lessening apathy, easing depression and anxiety, emotional balancing, nightmare eliminating, and fears being released, than one need only reach for septarian! Because of it being a concretion of different minerals it has many uses and the individual stone energies apply as well. So don't forget to get out your crystal bible or handy crystal book and look up orange calcite, aragonite, limestone, and whatever other minerals may be in your piece of septarian.

For fun it has been aligned with the sun signs of Aries, Sagittarius, Taurus, Capricorn, Gemini, Pisces, and Cancer. It is a great stone for calming and grounding, as well as protection. It is a nurturing stone that helps one to "speak" to Mother Earth. It has a wonderful peaceful quality to it that makes me, especially, feel at one with all. It will help one center themselves enough to be more understanding of differences and can help one with much needed change. Its transformative powers lie in the ability of one to work with septarian to help bring up one's emotional and physical issues so they may be examined and healed. No stone does healing on its own. Healing is always up to you, but septarian can be your partner in healing. Pick up your septarian healer today!

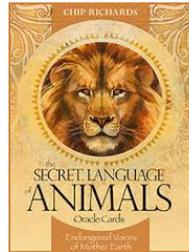
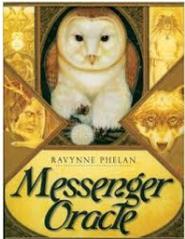
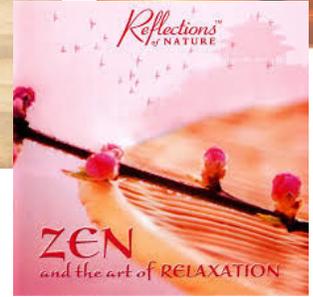
# New at MBS



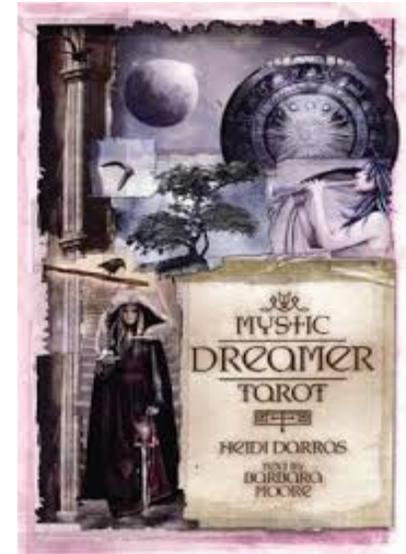
## Animal Spirit Decks



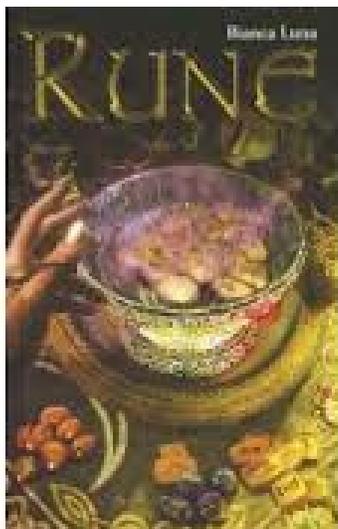
## CD's to Enhance Serenity



## Aloha Bay Naturally Scented Chakra Candles



## Mystic Dreamer Tarot Deck



## Rune Guidebook



## Stone Rune Sets



# 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](http://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.

**BOB SULLIVAN | PSYCHIC READINGS** Fridays, Jul 18, Aug 22, Sept 12 | 3-6:30 pm | 15 min-\$35 30 min-\$50 60 min-\$80 | Bob Sullivan  
Bob has been doing a variety of classes and readings here at Mind Body & Spirit for many years. We have had requests quite often for just his psychic readings without the past life aspect or the aura photos combined. He has stepped up to answer that call! As listed above he is offering 15 min readings up to 1 hour readings. Bob is ready to do short, concise intuitive readings but his variety of knowledge and experience expands to so much more; energy healing, ghosts, auras, cleansings and clearings, UFOs, other phenomena and more, so prepare for a reading that could go anywhere? Appt times listed or on days when he is doing aura photos.

**JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY** (Available select Sats by appt) \$50.00 half hour | \$100.00 hour  
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 half hour | \$80.00 hour  
Joan has had over 20 years experience working with animals at various Veterinary Hospitals and has "talked" to the animals ever since she can remember. She "talks" to the animals via feelings and pictures and then translates those feelings and pictures into human language. Joan also works with Spirit Animal Guides that she many times can "see" around an individual. Once an Animal Guide makes themselves known one can work with the guide for whatever is needed. 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 | ENERGY HEALING & ORACLE CARD READINGS** (Available most Tues, Wed, & Thur by appt.) \$45 1/2 hour | \$85 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** | Select Saturdays | 11-4pm | \$45 half hour | \$85 hour  
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 half hour | \$100 hour | 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 half 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.

# Intuitives, Psychics & Healers (continued)

**SHAUGHN ADKINS | ANGEL READINGS** (Available select Saturdays by appointment) \$45 per half 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** (Tilly will be returning late fall) \$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** | Saturday, July 19th | 11-1 pm | \$25 | Jodi Becker

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

**ANIMALS WE JOURNEY WITH** | \$25 | Aug 25, Sept 29 | 7:00-8:45 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, July 18, August 22, September 12 | 3-6:30 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 | Sept 8 | 7:00-8:30pm | Joan Stokes | Class Max is 8, 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!

**CLASSES CONTINUED ON PAGE 7**

# Class Descriptions & Special Events (continued)

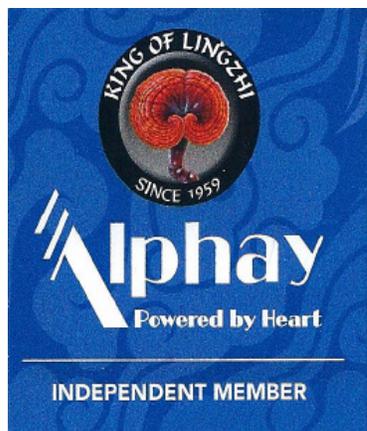
**DRUMMING CIRCLE** | October 2014 TBA | \$5 donation | Pre-Registration Required | Joanna Geppert

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 | Second 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** | 1st & 3rd Wednesday of the Month | 6-7 pm | \$15 | Jodi Becker

Come and practice meditation with Jodi Becker, Reiki Master and Intuitive. Jodi will facilitate guided meditations to calm and ground your energy, and teach you different methods you can practice at home. Her guides will be present, and all will receive a healing during the meditation. Everyone will benefit from this class, and all levels of experience are welcome!



## PAULETTE LUCAS

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[www.myalphay.com/paulettelucas](http://www.myalphay.com/paulettelucas)

[www.joinalphay.com/paulettelucas](http://www.joinalphay.com/paulettelucas)



## front page continued

I went to a funeral this past week. It was the funeral of a man who just turned 50 a couple of months ago. When those who were honoring his lifetime spoke about him they spoke about the moments they had with him. The experiences they had. The talks and walks with him. There wasn't one moment in his lifetime that defined who he was but a million moments with many. That is our purpose...a million small moments that make all the difference in other's lives as well as our own. I almost find it sad now when someone who dies in a war, or someone who died saving people on 9/11, or even a celebrity dies and there is only one thing in their lives that is focused on, as if that was their "purpose"? And it feels like so many feel that they have not contributed in this life if they haven't lived one moment that others will talk about for years to come. There is not ONE person who does not touch another somehow or some way. And that is our purpose. And if you connect with just ONE person in your lifetime you will live on in them. Perhaps it won't be on such a grand scale as some, but that isn't about purpose. Our purpose is to live all the moments we are given and make connections. Our purpose is to live, our journey is to help us live and others we make connections with help us on our journey. So focus on that journey or path you are on and forget about purpose.

Now, go live in the moments! And wait till the end of your life to figure out your "purpose" or you will just forever find yourself on a hamster wheel! And good luck getting off one of those!

Until next time,

Namaste,

Joan and Merri

# July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>2</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm  *MEDITATION 6-7 pm	<b>3</b>  <b>JOAN STOKES</b> Animal Comm/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>4</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-6 pm	<b>5</b>  <b>JODI BECKER</b> Oracle Card Readings/Energy Healings 12:30-4:30 pm
<b>6</b>	<b>7</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>8</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>9</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>10</b>  <b>JOAN STOKES</b> Animal Comm/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>11</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-6 pm	<b>12</b> Full Moon  *INTERPLAY Donna Fromm 10-12 pm  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>13</b>	<b>14</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>15</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>16</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm  *MEDITATION 6-7 pm	<b>17</b>  <b>JOAN STOKES</b> Animal Comm/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>18</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-2:30 pm  *AURA PHOTOS 3-6:30 pm	<b>19</b>  <b>SHAUGHN ADKINS</b> Angel Readings 12:30-4:30 pm  *ANGEL REALMS 11-1 pm
<b>20</b>	<b>21</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>22</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>23</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>24</b>  <b>JOAN STOKES</b> Animal Comm/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>25</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-6 pm	<b>26</b> New Moon  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>27</b>	<b>28</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>29</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-5 pm	<b>30</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>31</b>  <b>JOAN STOKES</b> Animal Comm/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm		

# August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-6 pm	<b>2</b> <b>JENNIFER T.</b> Tarot/Numerology 10:30-4:30  <b>JODI BECKER</b> Oracle Card Readings 12:30-4:30 pm
<b>3</b>	<b>4</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>5</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>6</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm  <b>*MEDITATION</b> 6-7 pm	<b>7</b> <b>JOAN STOKES</b> Animal Comm/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>8</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-6 pm	<b>9</b> <b>*INTERPLAY</b> Donna Fromm 10-12 pm  <b>JODI BECKER</b> Oracle Card Readings 12:30-4:30 pm
<b>10</b> Full Moon	<b>11</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>12</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>13</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>14</b> <b>JOAN STOKES</b> Animal Comm/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>15</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>TAMARACK</b> Tarot/Astrology 11-6 pm	<b>16</b> <b>JENNIFER T.</b> Tarot/Numerology 10:30-4:30
<b>17</b>	<b>18</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>19</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>20</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm  <b>*MEDITATION</b> 6-7 pm	<b>21</b> <b>JOAN STOKES</b> Animal Comm/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>22</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>*AURA PHOTOS</b> 3-9 pm  <b>*DOWNTOWN ART CRAWL</b> 5-9 pm	<b>23</b>
<b>24</b>	<b>25</b> New Moon <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>*ANIMALS WE JOURNEY WITH</b> Joan Stokes 7:00-8:45pm	<b>26</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>27</b> <b>JUREMA</b> Psychic/Healing 11-1 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>28</b> <b>JOAN STOKES</b> Animal Comm/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>29</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>30</b> <b>JENNIFER T.</b> Tarot/Numerology 10:30-4:30  <b>SHAUGHN ADKINS</b> Angel Readings 12:30-4:30 pm
<b>31</b>						

# September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>  <b>CLOSED FOR LABOR DAY</b>	<b>2</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>3</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm  <b>*MEDITATION</b> 6-7 pm	<b>4</b>  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>5</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>6</b>  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>7</b>	<b>8</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>*BEGINNERS STONES</b> Joan Stokes 7:00-8:30	<b>9</b> Full Moon  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>10</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>11</b>  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>12</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>*AURA PHOTOS</b> 3-6:30 pm	<b>13</b>  <b>*INTERPLAY</b> Donna Fromm 10-12 pm  <b>JODI BECKER</b> Oracle Card Readings 12:30-4:30 pm
<b>14</b>	<b>15</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>16</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>17</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm  <b>*MEDITATION</b> 6-7 pm	<b>18</b>  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>19</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>20</b>  <b>*MIND BODY &amp; SPIRIT FALL EXPO</b> 10-5 pm
<b>21</b>	<b>22</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>23</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-5 pm	<b>24</b> New Moon  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-6 pm	<b>25</b>  <b>JOAN STOKES</b> Animal Communication/ Spirit Animals 11-3 pm  <b>JODI BECKER</b> Intuitive Healing 11-3 pm	<b>26</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>27</b>  <b>JODI BECKER</b> Oracle Card Readings 12:30-4:30 pm  <b>SHAUGHN ADKINS</b> Angel Readings 12:30-4:30
<b>28</b>	<b>29</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6  <b>*ANIMALS WE JOURNEY WITH</b> Joan Stokes 7:00-8:45pm	<b>30</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>JODI BECKER</b> Intuitive Healing 1-5 pm				

## ALTERNATIVE TO THIEVES OIL

Summer is full of swimming, warmer weather, and getting outdoors more! But it is also a time for Summer colds. We are getting out more and are subject to coming into contact with bugs. I am not speaking of mosquitos, but the tiniest of the no-see-ums, bacteria and viruses that are transferred from others enjoying the great outdoors!

As we have said many times before, proper eating, rest, etc is very important to health but so are essential oils when needed. Many of us use Young Living's Thieves Oil this time of year when we have come into contact with those who appear to have some virus or bacteria on board. Sometimes Thieves, which is a wonderful product, isn't available (sold out, etc) or there are others who just don't like Thieves oil or YL oils, for whatever reason. What is a good alternative?

All of these oils are based off of the original stories and recipes used during times of plague (of which there wasn't just one big plague that everyone thinks of, but several). The story of the four thieves is popular but there isn't actual conclusive evidence this is where the recipe came from. The truth is there were many recipes which were indeed used by many different doctors, healers, and looters of those times regardless of the origin. And there was more than one recipe, created in several countries, including England, France, and Germany. All of these oils were very effective for their use at the time for many, but not ALL peoples.

There are other companies who carry essential oils that are alternatives to the Thieves oil sold by Young Living. Gritmann is a wonderful therapeutic grade oil that carries an oil called Bandit. And doTerra makes one called OnGuard. This isn't about what is best as these all are good. The point is that there are alternatives, should you choose something different. Knowledge is power.

The essential oils used commonly in these blends are: Clove: analgesic, antibacterial, antifungal, anti-inflammatory, a strong antiseptic, an immune stimulant and much more. Lemon: antiviral, antifungal, antiseptic, anti-depressant and more. Cinnamon: antibacterial, antifungal, anti-inflammatory, antimicrobial, antiviral, antiparasitic, anti-infectious and more. Eucalyptus: analgesic, antibacterial, anti-infectious, antiviral, has been used as an expectorant as well as more. Rosemary: analgesic, antibacterial, antifungal, anti-infectious, and much more. (Please check out safety of ingesting eucalyptus oil here, Tibbals, J. 1995. Clinical effects and management of eucalyptus oil ingestion in infants and young children. Med J Aust. 1995 Aug 21; 163 (4): 177-180)

Check for yourself on these. Don't just take my word for it but go to each one of these companies websites and see for yourself. Same recipes, except for the amount of drops used. That is the big secret! Below find the recipe from Mountain Rose Herb Company. I was given permission to use this recipe for our customers by Mountain Rose Herbs. For more information on the usage, etc of their Four Thieves Oil Blend, please go to their blog at <http://mountainroseblog.com/thieves-oil/> .

### "Ingredients:

40 drops organic Clove Bud essential oil,  
35 drops organic Lemon essential oil,  
20 drops organic Cinnamon Bark essential oil,  
15 drops organic Eucalyptus essential oil,  
10 drops organic Rosemary essential oil.

Mix all essential oils together in a dark glass bottle. This blend is strong and must be diluted.- See more at: <http://mountainroseblog.com/thieves-oil/#sthash.FITapqd7.dpuf>

The essential oils in this blend are antiseptic, antiviral, antibacterial, and anti-infectious. They will stimulate the immune system, circulation and respiratory system, and help protect against the flu, colds, bronchitis, pneumonia, sore throats, cuts, and more. Modern testing has shown the effectiveness of this blend and studies have found it to have a high kill rate against airborne bacteria. This is a classic recipe, but you can customize it (as some may be allergic, etc of certain oils or herbs) by adjusting the quantities or adding other antibacterial essential oils such as Tea Tree, Oregano, Thyme, Sage, Ravensara, Lavender, Juniper Berry, Hyssop, Bay Laurel, or Scotch Pine."

Take care, (and good care taking) this Summer season and beyond with great alternatives!

jms

(Always consult specialists such as your own private doctor for questions about health. There has been debate by many about the safety of ingesting oils. Please do your own research on this. I personally take several oils not recommended by some companies internally. HOWEVER: all oils should be treated with care! One should never take more of an essential oil than is recommended. FDA states that essential oils are "generally regarded as safe" when used according to proper dosage. And it is possible for any individual person to be allergic to a particular essential oil, this is why Mountain Rose lists the alternatives to their recipe. If any questions please ask a health professional or someone who is familiar with or has used essential oils for years.)



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“People travel to wonder at the height of mountains, the vastness of oceans,  
the deepness of gorges, the long courses of rivers, the beauty of waterfalls  
and the movement of stars,  
and yet they pass by themselves in a mirror, without wonder?”

(Based on a quote by St. Augustine)



You are the greatest of all the creations.  
Begin to see yourself for what you truly are!!!  
**YOU** are God's masterpiece!  
When God travels, it is to be with you.

