

2015
April :: May :: June

KaLeidOscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Spring is here! That's it really. What are you still reading this for? Go OUTSIDE! Or better yet, take the newsletter outside and read it there! Win-Win!

Before we get into my latest thoughts, I would like to share with you that our Spring EXPO is coming up very soon! The EXPO is always a good time which you won't want to miss. Bring your friends, because you wouldn't want them to miss it either! Make it a day that you'll all enjoy. Everything is more fun when you share with someone (except maybe dessert?). It's all happening on May 2nd with some of our regulars that you know and love, as well as a new face or two to make the day even more diverse and rewarding. Don't miss it: Saturday May 2nd from 10-5. See you there!

In celebration of spring, teasing us with whispers of warm air, melting snow, and birds singing, we have unboxed our fairy garden at MBS. Given that I have written about fairies in past newsletters and many of you already know that Merri and I love them, it goes to follow that fairies must play a role in our shop. There are many of you that love them as well and we know you are going to really enjoy the ones we have set up to represent our wee friends out there in the forests and meadows, etc. Springtime is the season when we begin to take notice a bit more at life outdoors and what we don't always see but somehow know are there? No doubt the wee ones stay in another dimension and only allow themselves to be seen once in a while? Maybe the dimension they come from is warmer so they don't have to freeze during the winter months here with us? We don't see as much of them during those cold months, nor do we hear them until the spring rains and warm breezes touch the earth once again. If you sit quietly and listen closely sometimes one can hear the soft giggles and may even be tugged on the sleeve by fairies that want to play.

Whatever your belief in, or non-belief in (oh I shudder to think...remember what happened to Tinkerbell because of non-believers?), fairy gardens are a wonderful way for adults to play and not make it look like play. It's gardening, it's landscaping, and it's not play. (That was for those who don't play...you know who you are.) Therapists use sand gardens and tiny landscapes of different worlds all the time and it isn't used just for kids! Here is the secret. Many of us feel out of control sometimes in our busy, chaotic, and full lives. It is just being human. But if it happens too much we stop relaxing and feel more and more out of control. These little landscapes go a long way to help some of us begin to relax again and have control of another world that we create any way we want to. It is just one more way to heal ourselves by creating a little secret garden all our own. (Not that fairies won't play with the creations sometimes because it's fun for them too!) A few minutes with our little gardens and we have relaxed a bit and feel more in control so that we are ready to tackle our lives once more. Give it a try!

One other way that these little worlds we put together help us is by giving us a focal point after we have relaxed "playing" with them. Once all of your pieces are the way YOUR world should look, sit back and gently look into that small world. Let your eyesight get just a bit hazy and out of focus as you finally close your eyes and find yourself in a wonderful meditation. And if it ends up you nap instead? Well you probably needed that too!

Now for those of you that are just shhhhh...not into fairies? Do not let them hear that! Small worlds of any type work, as well as sand gardens (many times called Zen gardens), and even large landscaping if you have the room. No limitations here. Whatever you enjoy to get out of your head and allow your childlike spirit to dance with your heart for even a few moments of your day will make a world of difference to your psyche. Springtime is also a good time to remind us all to play. Now...go play! (After you have looked at the rest of the newsletter of course! Merri works really hard on it!!)

PS. Please don't write to me to let me know that Tinkerbell is a Disney character and not technically a "real" fairy as the fairies have made that quite clear. (I'm sure these pinch marks will go away with time!)

Happy Spring!
Namaste, Joan and Merri

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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



Fairy Fun For Your Garden!



Chakra Tapestry/Throw



Mini Tapestries



New Tokens & Pocket Charms



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 some are unable to take payment by credit card, please be prepared with cash payment or call ahead to enquire. Thank you.

BETH HENNING | INTUITIVE HEALING (Available by appointment on request) \$150.00 hour | call 293-3834 to schedule your session
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 | PSYCHIC READINGS | TBA check online calendar for dates & times | 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?

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY (Available select Fri/Sats by appt) \$50 half hour | \$100 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 randomly by appointment) \$45.00 half hour | \$85.00 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 Monday-Thursday by appt.) \$45 1/2 hr | \$85 1 hr
Energy Healing: As an Intuitive and Reiki Master, Jodi channels energy that is calming, grounding and extremely positive. The energy benefits everyone for all issues, especially assists with anxiety, fatigue, depression, mental chatter and physical issues. Spiritually, the healing helps you to connect easier to your guides and your intuition, as your energy level is raised to a higher, more peaceful vibration.

Oracle Card Reading: Jodi is an Intuitive, empathic and Clairsentient healer/teacher. She uses her abilities to give guidance for challenges including relationships, managing stress, and increasing spiritual growth. She uses Oracle Cards during the reading to give additional messages from the Spirit realm to guide you.

SATURDAY CARD READINGS | Select Saturdays | 11-4pm | \$30 for 20 minutes | \$45 half hour | \$85 hour
With your busy schedule, do you find yourself wanting some guidance and answers from a quick 20 minute reading? Jodi Becker is offering shorter sessions for readings on Saturdays. She uses her Clairsentient and Intuitive abilities to help you with challenges and questions including relationships, life interests, managing stress, and increasing Spiritual growth. She also uses Oracle Cards to give additional messages from the Spirit realm to guide you. Call to schedule now!

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 23+ years. She works with spirit guides, angels, and deceased loved ones.

Class Descriptions & Special Events

ANIMALS WE JOURNEY WITH | Tuesdays, April 21 & June 2 | 7-9 pm | \$25 | Joan Stokes

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 for a group of friends, (or group of potential friends as this kind of experience facilitates), 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 only your playful side and ability to be open! (Class Max is 8, Class Min is 5)

AURA PHOTOS & READINGS | Fridays, April 3 & June 5th | 2-6 pm | \$35 each 20 minute session | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy & 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 | Tuesdays, May 5 & June 16 | 7-8:30 pm (class may run longer) | \$25 | Joan Stokes

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! (Class Max is 10, Class Min is 4)

CLINIC (TAO INSTITUTE) | Mons. 5:30-8:30, Thurs. 2:30-4:30, & select Saturdays 9:45-12:45 | Tao Institute 293-3834

Tao Institute has created an Advanced Supervised Clinical Study whereby certified Acupressure- Asian Bodywork clinicians hone their skills, by combining styles, integrating movement, applying intermediate & advanced theories, to complete their independent case works & or advanced credentialing. It has created affordable sessions to allow all persons to attend a 55 minute time slot, & work privately towards a treatment goal with a rotation of clinicians if attending consecutively. . Sessions include an intake, questions to clients, tongue & pulse reading, various styles of bodywork & energy movement, emotional - spiritual balancing if warranted, effort towards pain relief & self help education, and sometimes Director input into case management. Fully clothed style. Please wear loose clothing, layers, clean socks, no perfumes, or extra make up if possible. Sessions offered Monday evening, Thursday afternoon, & alternating Saturday's 9:30 am to.....We look forward to serving you! Call ahead to reserve a slot, no shows are omitted from future attendance without 24 hour notice. Sessions offered Monday evenings, Thursday afternoons, & alternating Saturday's 9:30 am to.....We look forward to serving you! **Please contact the Tao Institute at 293-3834 to schedule your session.**

DRUM MAKING | Saturday, June 20 | 11-4 pm | 13" drum \$125 or 16" drum \$150 | 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!

MANAGING NEGATIVITY | Saturday, May 9th | 1:30 pm – 4:30 pm | \$50 | Jurema Silva

Managing negativity can be a very difficult task. Negative thoughts and feelings affect everyone, causing mental and physical distress, low self-esteem, emotional unbalance, etc. Understanding and avoiding negativity will improve the quality of your life and the ones around you. This class/seminar provides the tools to handle negative energies, rituals for self-protection, and also practical ways to elevate your vibration when negativity surrounds you. Jurema will guide you on self-clearing and on how to block/ release the unwanted thoughts and feelings that often, without your knowledge, can dominate and or consume various aspects of your life. Don't miss this event. Space is limited. Call today!

MIND BODY & SPIRIT SPRING EXPO | Saturday, May 2 | 10-5 pm | Onsite | See website calendar for more information

MEDITATION | First Three Wednesdays 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!

LISA OWEN-SOUL PORTRAITS | Friday, April 17, 10:30-6:30 or Saturday April 18, 10:30-4:30 | **SPECIAL GUEST**

What is a Soul Portrait ? Soul Portraits are a combination of a reading and a healing. Lisa uses her clairvoyant gifts to communicate with your angels, guardians and those that work on your behalf bringing forth information for the highest good of all concerned in the moment She facilitate and communicates this information with discernment to insure the best guidance for a persons life path. The guides and the angels will project the image of your soul essence from the back side of the heart chakras and project it into Lisa's third eye on to the black charcoal paper. Using soft pastels she follows the lines shown to her. While the information comes into Lisa the drawing pertaining to the person sitting in front of her comes through her hands. She gives the reading of information while drawing. Soul Portrait session last about 1 hour and can be a very moving experience and expansive session which can hold tools and direction on our life's journey for those compelled to have a Soul Portrait done. 5x7 portrait with 20min reading \$75, 9x12 with 40 min reading \$90, 11x17 with hr reading \$125, 20 min reading \$60, 40 min reading \$80 , 1hr reading \$100 **Special Note:** Lisa can do a painted portrait but it is only available when ordered 2weeks in advance with reading portion at Mind body Spirit this

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	2 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS Bob Sullivan 2-6 pm	4 Full Moon JENNIFER T. Tarot/Numerology 10:30 -4:30
5	6 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	7 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	8 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	9 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JENNIFER T. Tarot/Numerology 11:30 -6 pm	11 CLINIC Tao Institute 9:30-12:30 pm JODI BECKER Oracle Card Readings 11:00-4:30 pm
12	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	14 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	15 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	16 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	17 <i>SPECIAL GUEST</i> LISA OWN Soul Portraits 10:30-6:30 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	18 New Moon <i>SPECIAL GUEST</i> LISA OWN Soul Portraits 10:30-6:30 JODI BECKER Oracle Card Readings 11:00-4:30 pm
19	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	21 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm ANIMALS WE JOURNEY WITH Joan Stokes 7-9 pm	22 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	23 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JENNIFER T. Tarot/Numerology 10:30 -4:30	25 CLINIC Tao Institute 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 -4:30
26	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	28 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	29 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	30 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm		

May 2015

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					1 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	2 MIND BODY & SPIRIT SPRING EXPO (ONSITE)
3 Full Moon	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	5 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm BASIC STONES Joan Stokes 7-8:30 pm	6 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	7 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	9 CLINIC Tao Institute 9:30-12:30 pm JODI BECKER Oracle Card Readings 11:00-4:30 pm MANAGING NEGATIVITY 1:30 -4:30
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June 2015

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Readings,
 Spiritual Guidance
 & Channeled Messages



*"It is hard to fail; but it is worse
 never to have tried to succeed."*

~ Theodore Roosevelt

