

2015  
October :: November :: December

# KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi all!

We are in our 14th year here at MBS and we have no plans of resting yet! Every day we have new jewelry, gifts, crystals and stones, and lots of little surprises as well. Merri and I spend hours looking for and acquiring the best just for you! You fuel our days with your smiles, your stories, and your ever loyal presence and we so appreciate each and every one of you! Thank you from both of us for making Mind Body & Spirit such a success for so many years! We will continue to provide the best we can find for you as long as we are able. Sounds like a win-win for all of us!?

Speaking of win-wins...I was on vacation with my Mom just recently up north at a friend's cabin and it was wonderful. And I remembered many happy memories with my Mom when I was growing up but not all memories of my childhood are great and those negative ones have a way of creeping in no matter how hard we try to keep them out. Not that this is the case with my mother, as I was thinking about all memories and I got to thinking about something that I believe we all struggle with. So much happens over the years with family and family "stuff" that we all tend to get into the negative much too easily when it comes to family and friends that have found a smaller position in our lives. It is so much easier to bring up those nasty experiences because they have such a hold on us. Are those memories or experiences stronger ones? Essentially no, but it really depends on your definition of stronger. The stronger ones, I feel, are the good ones, the happy ones, the ones filled with love from yesteryears. So why are they harder to extract when we get together with family? (Please keep in mind that when I use the word "family" I do not necessarily mean family of origin or blood relatives....I mean those people who mean a great deal to someone. Those people who want to be a part of your life and who you want in your life. I am not speaking of those, whether blood relatives or not, that are still harmful to you. We don't need to keep harmful people in our lives just because there was closeness at one point, or just because they are family of origin. Harmful people do not have a place in our lives. That has nothing to do with forgiveness...that is a whole different article.)

The reason it is easier to remember the negative lies in the details. Negative experiences in our lives, according to researchers of brain memory and how it works, are easier to bring up, and you can blame it all on survival instincts. Our brain remembers negative experiences better because we remember things with much more detail and vividness so that we can attempt to avoid those same experiences from happening again. In other words, when we are experiencing a good memory we tend to remember it as a whole and details are generally lost and later we tend to fill in any of the gaps with nothing but happy details, even if they are not accurate. After the birth of a child for instance a mother may remember that many people were there to see the baby but she isn't going to remember if Uncle George was wearing tweed or polyester, or whether he remembered not to bring his pipe into the hospital. But she will remember that many people were there, including Uncle George, to celebrate the baby. If something negative happens we tend to remember tiny details better. When something negative happens we take in all those tiny, mostly insignificant things into our memories because we do not want to experience that negativity again. The problem is that we remember it better that way and our memories are much more vivid when recalling those negative moments; therefore, it is much easier for our recall.

It is a bit like dreams. The more vivid and detailed a dream the more we recall. Unfortunately just as it happens in our conscious hours we remember the details in nightmares better than we remember those beautiful dreams. Because our survival depends on avoiding potential threats to us, not remembering that hug from our Dad saying how proud he was when we graduated but remembering if Dad got drunk that day and got mean. So how do we switch this up? It will take work. We might not be able to do anything about how we remember the negative as we are wired to survive. But we can do something to help us remember the better memories more accurately; therefore, we will be able to access the good much more successfully and easily. When there is an event or experience we truly want to remember fully we need to breathe in every detail. Be completely in the moment and concentrate on the smells, the colors, the voices, the smiles, all the tiny, what we use to feel were insignificant, details. Work at rewiring your brain. It can happen. Something many mothers have said I am sure is that success won't happen without a bit of work?! Don't you think the work might be worth it?

Wouldn't it be much nicer if we could remember all of those wonderful things that have happened in our lives just a bit better? And even more importantly wouldn't it be nice if at future gatherings with people we love we could easily bring up the good just as well as the negative? People might start looking forward to reunions?!

Just in case your memory failed you, please don't forget what I said in the first paragraph! New things at MBS waiting for you! See you soon!

Until next time,

Namaste, Joan and Merri

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**Mind Body & Spirit**  
GIFTS & BOOKS

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[www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com)

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

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## HEALING STONES

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We have had an increase in customers calling and coming in to inquire about healing stones. The question asked most often is "Do you sell healing stones?" The answer would be yes. The next question is often "Where are your healing stones?" As many of you know there are stones and crystals throughout our entire shop. And so to answer the second question simply is to say ALL of the stones and crystals are healing stones. There is no specific stone or crystal that heals all ailments. That idea comes from conventional methods of medicine we have all come to be familiar with and that understanding causes confusion. There is not just one pill (or stone in this case) that is a cure all. Modern, western medicine has had such an influence on all of us and so the impression that there is just one pill, method, procedure or stone that can provide all of our needs doesn't seem impossible. But it really is impossible.

Two, beautiful, unique human beings are never identical in every way (not even in the case of identical twins) and so healing is never identical. Even if there are two patients who are admitted the same day for exactly the same medical issue, such as kidney stones, they will heal differently. One may be able to pass the same size kidney stone on their own with very little help while the other requires much more intervention. Why? If they have identical issues and are treated with identical medicine and procedures, shouldn't they heal in an identical way? Once we really stop to think about it we all come up with the same response, no. There are too many idiosyncrasies that make us very different.

Modern Medicine is finally getting on board with the fact that faith (not just faith in a higher power such as God, Jesus, Buddha, Allah, etc but faith in anything) makes a substantial difference in how people heal. Some insist that the belief that stones can heal is ridiculous and the reason it works is because the person believes they will be healed? Even if that were the case, healing is still happening. It only makes a difference that it is happening. We at MBS would tell you that there is absolutely no doubt that faith heals. But we would also tell you that in our understanding and studies we have found that there is enough evidence in subtle energy health, when exposed to stones, that faith plays a large part, but only a part in the overall healing.

We all have unique systems of faith in our complicated brains and no two Catholics, Wiccans, Muslims, or Lutherans have the same faith. And we are not speaking strictly of doctrine. No two people have the same faith in those who support them. No two people have the same faith in themselves to heal. And no two have the same subtle energy systems.

Our systems are merely energy that is readily influenced by environmental factors such as toxins and shifts of subtle energy. We are also influenced by our thought patterns or beliefs, which is sometimes referred to as faith. When our subtle energy systems are disrupted, by what usually begins as a challenge to our emotional state, or beliefs about who or what we are and how we fit into the giant puzzle we call life. When a challenge or shift happens, we "subtly" shift and this begins the snowball affect which left to progress becomes illness.

So what about these healing stones then? What we try to help people realize is that to find the proper stones to assist us in balancing ourselves again we need to go back to the original imbalance that created the subtle shift. That is how one gets to the answer of what stone is their healing stone at that time.

Until we are willing to go further than whether or not the kidney stone was caused by a dietary issue of the catchall phrase of "stress was a contributing factor" we will still have the idea that if one has a kidney stone then there must be one fix to having kidney stones. Dig deeper and help yourself heal. Then find the stone that will uniquely help you to balance; therefore, help the entire healing process.

Keep in mind that stones are not the only aid one should be using. They are an AID to healing, just as prayer, exercise, or diet is. Everyone must find their own individual way of healing. Some will choose surgery to assist, others choose medication, and still others work only with homemade brews and healing herbs. Just as any of these are aids to healing, so are stones. They should not be the only choice for healing but stones are a great addition to any healing regimen.

Again I say that there is never one stone that does it all, but there is also a saying, "When in doubt work with Amethyst!" I still follow this a bit with the addition of Rose Quartz. Because if you don't know how or where to begin amethyst with help to connect you to your higher power (God, etc) and Rose Quartz resonates with unconditional love for oneself. What could possibly be a better way to begin? And we have a wonderful bunch of Amethyst just in and we usually always have Rose Quartz. So come on in today and begin whatever healing, whether physical, mental, emotional, or spiritual, you wish for, or perhaps block disease at its very roots. Not only are they helpers in healing, they are really pretty too!

# Intuitives, Psychics & Healers

**For appointments, please call for availability: 320-203-9630 or check the online calendar page for appointment availability. Most practitioners are scheduled by appointment only. Some practitioners accept walk-ins, if the practitioner is already at the store. 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. Payments are made directly to the practitioner. Some practitioners are unable to take payment by credit card; please be prepared with cash payment. Call ahead to enquire. Thank you.**

## **BETH HENNING | INTUITIVE HEALING | Available by appointment | \$150.00 hour | call 293-3834 to schedule your session**

Beth has been a shamanic healer for 30 years. She co-authored Acupressure for Emotional Healing, a self help resource published by Bantam Books 2003. She is founder of Tao Institute Inc, School of Acupressure, Massage & Holistic. 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 | For date & times check online calendar | \$35 15 minutes | \$50 half hour | \$80 hour | Bob Sullivan**

Bob has been doing a variety of classes and readings here at Mind Body & Spirit for many years. Bob now offers Psychic readings without the past life aspect or the aura photos combined. Bob offers anywhere from 15 minute to 1 hour readings. Bob offers concise intuitive readings and 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?

## **GRACE JAEGER | PSYCHIC READINGS & ENERGY HEALING | Available Mon-Wed & select Sat. by appt. | \$50 half hour | \$100 hour**

**Psychic Readings** | Grace is a psychic medium who describes her life's purpose as being a Messenger for Spirit. In this capacity, her readings will always be lovingly honest, whatever the message. She makes no claims to be a fortune teller and considers her readings to be more akin to Spiritual Guidance. Using her handmade "Grace Cards", she will call on Spirit to help find the information that is for your highest good.

**Energy Healing** | As a conduit for Universal Healing Energy, Grace will direct that energy to you for you to use wherever and however the energy is most needed. She is also experienced with releasing emotions through Heart Barrier work. Grace is a certified Quantum Touch Practitioner, trained in Hands on Healing, an EFT Practitioner and a ULC ordained minister.

## **JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY | Available select Saturdays 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 by appointment | \$50 half hour | \$95 hour**

Joan has 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.

## **JUREMA SILVA | INTUITIVE READINGS & BRAZILIAN ENERGY HEALING**

**Available most Tuesdays & Wednesdays by appointment | Intuitive Readings \$70 half hour | \$100 hour | Energy Healing \$125 hour**

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. 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).

## **KRISTY NELSON | MEDICAL THERMOGRAPHY IMAGING | Available 3rd Thursday of each month | Fees See Below**

Kristy is an iAMT Certified Clinical Thermographer offering awareness, and early detection imaging in the cause and prevention of disease. She believes in health discovery that emits NO RADIATION, is PAINLESS, FDA approved, NON-INVASIVE and PRIVATE. New state of the art, HD resolution equipment can give this to us. Indications can include: breast disease, deep vascular disease, muscle tear, nerve impingement, hormonal dysfunction, TMJ, tendonitis, referred pain syndrome, thyroid dysfunction, and so much more. History forms MUST be completed prior to appointment, visit [www.mmtimage.com](http://www.mmtimage.com) to print and complete the forms you need. Contact us at 507-626-4823 or [technician@mmtimage.com](mailto:technician@mmtimage.com) with any questions. Breast Screen \$163/30 minutes, Central Region \$333/1 hour, Full Body \$443/1.5 hour See MMTI's website for additional health discovery using Thermography.

## **PAULETTE LUCAS | PSYCHIC INTUITIVE | Available most Mondays & Fridays by appointment | \$70.00 half hour | \$125.00 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 26+ years. She works with spirit guides, angels, and deceased loved ones.

# Class Descriptions & Special Events

## **ABRAHAM HICKS DISCUSSION GROUP** | Saturday November 21st | 7-9 pm | \$10 | Grace Jaeger

Want to learn more about The Law of Attraction & Abraham Hicks? Come & join the discussion group on Thursday nights from 7 to 9 pm. We will be reading and discussing the book "The Law of Attraction: The Basics of the Teachings of Abraham". There will be 6 Thursday sessions: October 22, October 29, November 5, November 19, December 3, December 10. Cost is \$10 per session, payable at the door. Grace Jaeger will be facilitating the discussion and may be contacted at 612-986-4730 or at singthecircle@gmail.com. Books available at Mind, Body, & Spirit.

## **AURA PHOTOS & READINGS** | Fridays, November 6th | 3-9 pm | \$35 each 20 minute session | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy & images and 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.

## **BUILDING SELF-CONFIDENCE** | Saturday November 21st | 1:30 to 4:30pm | \$55 | Jurema Silva

Self-confidence is extremely important in all aspects of our lives. Without confidence you second guess your decisions finding yourself defensive, apologetic & making it difficult to become successful. Lack of confidence can promote a self-destructive life & unhealthy behaviors. Self-confident people laugh more, are more motivated, ambitious, and open to taking risks with their lives. Self-confidence brings positive thoughts and attitudes which result in healthy relationships, financial abundance, trustworthiness, determination & success. Jurema will teach you step by step ways to recognize your level of confidence, and also prepare you to transform your journey, strengthen your mind and manage your emotions. It is never too late to arouse your confidence. This class will assist those who are looking to find the confidence for a successful love relationship, professional career, healthy body, freedom from self-doubt, prosperity and much more. Don't miss it. Space is limited

## **CLINIC (BETH HENNING )** | Mons. 5:30-8:30, Thurs. 2:30-4:30, & select Saturdays 9:30-12:30 | Beth Henning 293-3834

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 on occasion facilitator input into case management. Please wear loose clothing, layers, clean socks, no perfumes, or extra make up if possible. Call ahead to reserve a spot; no shows are omitted from future attendance without 24 hour notice.....We look forward to serving you! **Please contact Beth Henning at 293-3834 to schedule your session.**

## **DEVELOP YOUR INTUITION BY UNDERSTANDING YOUR CHAKRAS** | Saturday, October 10th | 1pm – 4pm | \$55 | Jurema Silva

The best way to develop your intuition is through self-balance and awareness. Your chakras are the vehicles that open the door to a better connectivity with your spirit guides and angels. Being in charge of the health of your chakras brings emotional and psychological harmony and self-awareness, allowing the power of your intuition to grow and flourish. By understanding the dynamics and the power of your chakras, you will be able to easily access your intuitive gifts with more clarity and undeniable confidence. From the base to the crown, Jurema will teach you how to release emotional blockages and limitations from your energy field that can make your psychic abilities cloudy and suppressed. Space is limited. Sign up today.

## **GHOSTS, SOULS, & SPIRITS** | Friday , November 13th | 6– 8 pm | \$25 | Jurema Silva

Let's talk about ghosts souls and spirits on Friday the 13th!!! Jurema will share her extensive knowledge about this fascinating issue and ask the audience to share their own connections and encounters. She will also explain what to do when you experience seeing a ghost or spirit and how to discern between the "apparitions". This is a one of a kind discussion. It's a great opportunity for you to be educated on the subject, participating in and satisfying your curiosity. Sign up today!!

## **MIND BODY & SPIRIT FALL EXPO** | Saturday, October 3rd | 10-5 pm | Onsite | See website calendar for more information

## **MEDITATION** | First Three Wednesdays of the Month | 6:30 pm | Free will offering | Linda Scherer

Linda Scherer has been a licensed therapist for 17 years. She practices Integrative health care which views symptoms and life challenges as invitations to move toward wholeness. She is offering an 8-week Mind Body Skills Group which provides a supportive small group space for participants to learn and practice a variety of mindfulness and intuition building practices together. Members are invited to share and honor what is coming up for them in the present moment: mind, body and spirit. The group process holds the potential for deep healing and for embedding meditation into one's daily life. To get a taste for these practices, join Linda for meditation on Wednesdays at 6:30, the first three weeks of the month.

## **PRACTICING MINDFULNESS MEDITATION** | Friday October 23rd 6:00 – 8:00pm | \$25 | Jurema Silva

Learn how to improve your life by practicing mindfulness meditation. Multiple scientific studies have shown that meditation helps individuals prevent and cope with depression, anxiety, stress, illness and physical pain. Over time, meditation combined with mindfulness brings long-term changes in mood and levels of happiness and well-being. Studies have shown people who meditate regularly see doctors less often and spend fewer days in the hospital. Jurema will guide you step by step with meditation and mindfulness until the technique easily integrates into your daily routine. This class will give your mind a sense of direction and lead you to a conscious state of self-awareness, compassion and self-healing.

# October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <b>CLINIC</b> Beth Henning 2:30-4:30 pm	<b>2</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>3</b> <b>MIND BODY &amp; SPIRIT EXPO</b> Onsite 10-5 PM
<b>4</b> <b>SPACE RESERVED</b> 6:30-8:30	<b>5</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>6</b> <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>7</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm  <b>*MEDITATION</b> 6:30-7:30 pm	<b>8</b> <b>CLINIC</b> Beth Henning 2:30-4:30 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>9</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>10</b> <b>CLINIC</b> Beth Henning 9:30-12:30 pm  <b>GRACE JAEGER</b> Intuitive/ Healing 12-5 pm  <b>DEVELOP YOUR INTUITION ...</b> Jurema Silva 1-4 pm
<b>11</b> <b>SPACE RESERVED</b> 6:30-8:30	<b>12</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>13</b> New Moon <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>14</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm  <b>*MEDITATION</b> 6:30-7:30 pm	<b>15</b> <b>KRISTY NELSON</b> Medical Thermography 11-6 pm  <b>CLINIC</b> Beth Henning 2:30-4:30 pm  <b>GRACE JAEGER</b> Readings/Healings 10:30-2:00 pm	<b>16</b> <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>17</b> <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>18</b>	<b>19</b> <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>20</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>21</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm  <b>*MEDITATION</b> 6:30-7:30 pm	<b>22</b> <b>GRACE JAEGER</b> Readings/Healings 1-6 pm  <b>CLINIC</b> Beth Henning 2:30-4:30 pm  <b>ABRAHAM HICKS DISCUSSION GROUP</b> 7-9 pm	<b>23</b> <b>PRACTICING MINDFULNESS MEDITATION</b> Jurema Silva 6-8 pm	<b>24</b> <b>CLINIC</b> Beth Henning 9:30-12:30 pm  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>25</b> <b>SPACE RESERVED</b> 6:30-8:30	<b>26</b> <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>27</b> Full Moon <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>28</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>29</b> <b>GRACE JAEGER</b> Readings/Healings 1-6 pm  <b>CLINIC</b> Beth Henning 2:30-4:30 pm  <b>ABRAHAM HICKS DISCUSSION GROUP</b> 7-9 pm	<b>30</b> <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>31</b> <b>GRACE JAEGER</b> Intuitive/ Healing 12-5 pm

# November 2015

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<b>1</b>  <b>SPACE RESERVED</b> 6:30-8:30	<b>2</b>  <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>3</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>4</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm  <b>*MEDITATION</b> 6:30-7:30 pm	<b>5</b>  <b>GRACE JAEGER</b> Readings/Healings 1-6 pm  <b>CLINIC</b> Beth Henning 2:30-4:30 pm  <b>ABRAHAM HICKS</b> <b>DISCUSSION GROUP</b> 7-9 pm	<b>6</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>DOWNTOWN ART CRAWL</b> 5-9 PM  <b>AURA PHOTOS</b> 3-9 PM	<b>7</b>  <b>CLINIC</b> Beth Henning 9:30-12:30 pm  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>8</b>  <b>SPACE RESERVED</b> 6:30-8:30	<b>9</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>10</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>11</b> New Moon  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>*MEDITATION</b> 6:30-7:30 pm	<b>12</b>  <b>CLINIC</b> Beth Henning 2:30-4:30 pm	<b>13</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>GHOSTS, SOULS &amp; SPIRITS</b> Jurema Silva 6-8 pm	<b>14</b>
<b>15</b>  <b>SPACE RESERVED</b> 6:30-8:30	<b>16</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>17</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>18</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm  <b>*MEDITATION</b> 6:30-7:30 pm	<b>19</b> KRISTY NELSON Med. Thermography 11-6 pm  <b>CLINIC</b> Beth Henning 2:30-4:30 pm  <b>GRACE JAEGER</b> Readings/Healings 10:30-2:00 pm  <b>ABRAHAM HICKS</b> <b>DISCUSSION GROUP</b> 7-9 pm	<b>20</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>21</b>  <b>CLINIC</b> Beth Henning 9:30-12:30 pm  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30  <b>BUILDING SELF CONFIDENCE</b> Jurema Silva 1:30-4:30 pm
<b>22</b>  <b>SPACE RESERVED</b> 6:30-8:30	<b>23</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>24</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>25</b> Full Moon  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>26</b>  <b>STORE CLOSED</b>	<b>27</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>28</b>  <b>SMALL BUSINESS SATURDAY</b>  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>29</b>  <b>SPACE RESERVED</b> 6:30-8:30	<b>30</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CLINIC</b> Beth Henning 5:30-8:30 pm					

# December 2015

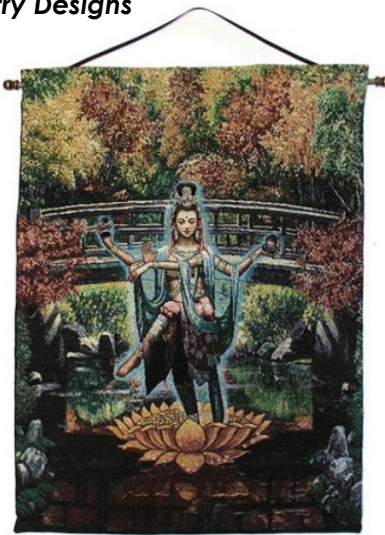
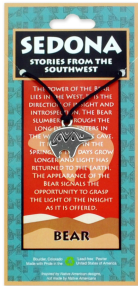
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>2</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm  <b>*MEDITATION</b> 6:30-7:30 pm	<b>3</b>  <b>GRACE JAEGER</b> Readings/Healings 1-6 pm  <b>CLINIC</b> Beth Henning 2:30-4:30 pm  <b>ABRAHAM HICKS</b> <b>DISCUSSION GROUP</b> 7-9 pm	<b>4</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>5</b>  <b>CLINIC</b> Beth Henning 9:30-12:30 pm  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30
<b>6</b>	<b>7</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>8</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>9</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm  <b>*MEDITATION</b> 6:30-7:30 pm	<b>10</b>  <b>GRACE JAEGER</b> Readings/Healings 1-6 pm  <b>CLINIC</b> Beth Henning 2:30-4:30 pm  <b>ABRAHAM HICKS</b> <b>DISCUSSION GROUP</b> 7-9 pm	<b>11</b> New Moon  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>12</b>  <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>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>15</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>16</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm  <b>*MEDITATION</b> 6:30-7:30 pm	<b>17</b>  <b>KRISTY NELSON</b> Medical Thermography 11-6 pm  <b>CLINIC</b> Beth Henning 2:30-4:30 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>18</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>19</b>  <b>CLINIC</b> Beth Henning 9:30-12:30 pm  <b>JENNIFER T.</b> Tarot/Numerology 10:30 -4:30  <b>GRACE JAEGER</b> Intuitive/ Healing 12:30-5 pm
<b>20</b>	<b>21</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm  <b>CLINIC</b> Beth Henning 5:30-8:30 pm	<b>22</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>GRACE JAEGER</b> Readings/Healings 12-5 pm	<b>23</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>24</b>  <b>STORE HOURS</b> 10-3 pm	<b>25</b> Full Moon  <b>CLOSED FOR</b> <b>ANNUAL RESPITE</b>	<b>26</b>  <b>CLOSED FOR</b> <b>ANNUAL RESPITE</b>
<b>27</b>  <b>CLOSED FOR</b> <b>ANNUAL RESPITE</b>	<b>28</b>  <b>CLOSED FOR</b> <b>ANNUAL RESPITE</b>	<b>29</b>  <b>CLOSED FOR</b> <b>ANNUAL RESPITE</b>	<b>30</b>  <b>CLOSED FOR</b> <b>ANNUAL RESPITE</b>	<b>31</b>  <b>CLOSED FOR</b> <b>ANNUAL RESPITE</b>	<b>1</b>  <b>CLOSED FOR</b> <b>ANNUAL RESPITE</b>	<b>2</b>  <b>STORE RE-OPENS</b> <b>FOR THE NEW</b> <b>YEAR</b> 10-7 pm



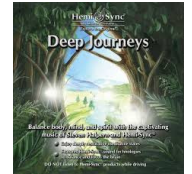
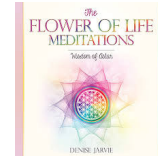
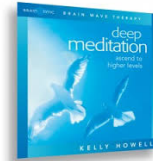
## New Tapestry Designs



### Amulet Pendants



### BEAUTIFUL HANGING STAINED GLASS PIECES



### Huge Variety of Natural Stone Pendants



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### Candles with Pendant Charms



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