

2016

January :: February :: March

KaLeidoSCOPE

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

We hope you are surviving winter and that you are all trying to take in as much Vitamin D as is needed to help you smile more throughout the entire winter! Most Minnesotans are Vitamin D deprived so it is not uncommon for many to get the blues during the cold months. So do yourself a favor and either have your D checked or increase it a bit just to help out a bit!

Ok, now that my wellness tip is over I would like to help some with something else that seems to be increasing. We have a lot of people calling in to ask us who they should see as an intuitive (psychic or reader is synonymous), or someone to do energy work, and as some of you may have found out....we will not help you with this except to tell you prices and logistics if we can! Choosing an intuitive for yourself is one of those things in life you need to do alone! We will not answer the top two questions that so many ask, "Who do you recommend for me?" and "Who is good?". First of all, who is good cannot be answered by us. They all are good and they are all bad if not matched to what you need at the time. In other words it is a bit like card readings. Ten people could get the same ten cards come up in a reading, same layout and exact cards. Is the reading the same? Absolutely no way! What comes to you or what comes to the intuitive using the cards is always going to contain what it is that you need at the time for you to decide upon. Cards come up for a reason, whether to give right information or wrong information they are brought to us for a reason. And they are read differently depending on who it is for, etc. And then it is up to us what we do with the information. If something does not resonate than leave it behind! Nothing is ever set in stone! We get the information so that we can make decisions about happenings and what we would like from those happenings, good or bad.

Not all intuitives use cards, it was just an example, but even without using cards a reading could be very different even if the same messages came to the intuitive while doing a reading with two different people. The point is that the message is for you. But there are still those who will insist that they have had a bad reading in the past with someone somewhere out there and so they don't want the same thing to happen and yet they still want guidance. If you are in that space, you should probably wait to get any reading. The reason I say this is not to protect the intuitive, they can handle themselves and know the processing that some have to do in order for readings to go well. The reason a reading goes well or does not go well has a great deal to do with the person having the reading. If you do not trust yourself, that is not a way to start out having a reading with ANYONE! Once you know you can make the right decisions for yourself on an intuitive, it will all come together for you and the reading will be wonderful. You now have the power to choose what you need from the reading, decipher what fits for now, and you have the knowledge already inside of you to throw away the rest or keep it in mind for later.

You might have, in your opinion, a "good" reading or a "bad" reading. But whatever kind of reading you have, if you remember that you received it because it was what you needed for now, it will always be a good decision regardless of which intuitive you chose, or who the Universe nudged you to choose. Now you won't have to ask "Who should you see?" Instead ask, how am I going to receive my information and what will I do with it? Now you are ready! Until next time,

Happy, informative, insightful, sometimes aggravating, but always powerful, readings to all!
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

AMETHYST

If there were just one rock, stone, or crystal that I would say everyone would love to have I would say Quartz. And amethyst is the purple quartz. The other most common in the family of quartz is clear (sometimes called crystal quartz), citrine (the yellow quartz), Smokey Quartz (the mostly clear yet smoky colored one), and the pink colored, highly appreciated and loved Rose Quartz. But for now I will focus on the easily recognized but not completely understood amethyst.

I have written about amethyst before. It is probably the most correctly identified crystal, with pyrite (fool's gold) ranking a very close second! It is curious how so many know this crystal? I believe amethyst is chosen often and is admired so much, not just for its beauty, but for the peace it seems to bring wherever it is placed. It is a crystal offering a peaceful experience for most except those that are dealing with some type of addiction, especially alcohol. I myself have witnessed those struggling with addictions want to return amethyst to us as it was giving them headaches and causing irritation. Amethyst in Greek means "not drunk" and it had been the sobriety stone for Greeks back before the time that Christ lived. With all of that intentional energy given it on top of its already strong vibration no wonder it is difficult for those with addictions! But it doesn't just cause problems for those with addictions as it is simply running at a frequency that could help the afflicted but sometimes an addict is not ready for help and so it can be a bad combination. But if one is ready it couldn't be a better crystal to carry around. It will assist with the tenacity to continue to battle addictions as well as connect the bearer to their Higher Power for assistance.

The assistance to connect us to our Higher Power more fully is the star attribute of the amethyst. Whether in meditation with an amethyst crystal, having it simply with us in a room of prayer, or carrying it with us daily as a constant link, there is nothing better for our heart and soul to create easier connection to God, Buddha, Allah, Jesus, or our own Inner Knowing to help us with life's journey. This ease in connection was shown to us by the Alchemist St. Germain and it has been coined the Violet Flame. The Violet Flame simply put is the Alchemy of change a human goes through to becoming a Divine Human. This Divine Human then becomes the Violet Flame. The amethyst crystal holds within its vibration the alchemical energies to assist human beings with this process. Another word for this change is to obtain the Christ Consciousness. This is not affiliated with any particular dogma, just Divinity and Higher Vibration, but quite coincidentally the higher ranking Bishops within the Catholic Church will usually be seen wearing a ring with an amethyst as its center piece. Not only was the amethyst mentioned in the bible but it has been rumored to have been originally put into Bishop's rings for not only the Divine energy of the ring but also for "protection". And the amethyst has been worn for this reason as well many times accompanied by a smoky quartz. Amethyst has been worn for spiritual protection for Pagans and Christians alike. It doesn't discriminate; its vibration and healing are for all.

The three main alchemical changes Amethyst can bring to you are: a higher vibration, protection and strength against addictions. However, one cannot say these are the only attributes of Amethyst any more than you could say you have seen the Grand Canyon by standing on the rim. Many healing properties are attributed to the amethyst. It is a well-known aid for peaceful sleep. When kept in the bedroom, Amethyst encourages the brain to let go or rest. Amethyst changes the beta waves, we use all day, into alpha waves which bring restful sleep.

The amethyst is not just another collection piece to make a home more beautiful. It is the crystal to go to when in doubt about any assistance needed. It will help you link to your higher power so that you may find the guidance you need to find your answers. Take home a beautiful amethyst today and begin your journey.

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 (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.

ANGELINI YOGINI | YOGIC HEALING FACILITATOR, INTUITIVE, ARTIST | Available Thursdays and select Sat by appointment

Angelini has studied spiritual philosophy and metaphysical practices for over 20 years and is a 500 hour Registered Yoga Teacher, Life Coach and Qi Gong Practitioner. She is a natural born intuitive, having done card readings and spirit communication since the age of 12.

Intuitive Card Reading | \$45 half hour | \$75 hour:

Utilizing a variety of decks, Angelini will guide you in discovering answers concerning Dharma (life purpose), relationships, past lives and more.

Yogic Healing Facilitation | \$80 hour | \$120, 90 min:

Utilizing the ancient systems of yoga and qi gong combined with new age practices, Angelini will facilitate pranic (qi energy) healing for your mental, emotional, energetic and physical bodies. (including chakras). Sessions may include pranayama (breath), meditation, marma therapy (similar to acupuncture), aromatherapy, sound healing, dowsing and more. Enjoy both active and passive participation on your journey to well being. No asana (yoga postures) will be done in session but may be suggested for home use. First time session must be 90 min. for intake.

Spiritual Artwork | Price varies. \$45 due at consult. (\$15 for consult, \$30 down payment on work)

Guided by Purusha (source energy), Angelini will paint you or your pets' soul portrait, animal totem or guide. Artwork will be done offsite after consult and delivered to you on completion. Please bring your 'selfie' or pet photo with you. Angelini does not discover totems or guides for you, you must decide prior what will be the subject of your artwork.

BOB SULLIVAN | PSYCHIC READINGS | For availability check Aura Photos Times | \$35 15 minutes | \$50 half hour | \$80 hour

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 | Availability will vary this quarter, check website | \$50 1/2hr \$100 hr

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 Sat by appt | \$50 half hour | \$100 hour

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 you to identify, acknowledge and deepen your relationship with those unseen guardians and guides that are with you 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).

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

AURA PHOTOS & READINGS | Saturday Jan 30 and Fridays, Feb 26 & Mar 18 | Times vary | \$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 at 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.

CENTER FOR SELF HELP & DEVELOPMENT CLINIC (CSHD) | Mons. 5:30-8:30, Thurs. 2:30-4:30, & select Saturdays 9:30-12:30
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 320- 293-3834 to schedule your session.

MEDITATION | First Three Wednesdays of the Month | 5:30 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 5:30, the first three weeks of the month.

THE POWER OF PRANA | Thursday, March 17 | 6-8 pm | \$20 | Angelini Yogini
The Sanskrit word, Prana (more commonly known as qi) is the life force that animates everything. Prana makes up your Pranamaya Kosha (Energy body or biofield) containing nadis (energetic pathways) and the chakras. In this class you will learn more about prana and discover methods to build up and direct this energy for health, power, creativity, charisma and extraordinary abilities. We will also look at what happens when 'rogue' prana has become a problem, creating emotional, physical and psychic disturbances and how to restore balance. Come and discover the power behind the true self!

3RD EYE YOGA | Thursday, February 18 | 6-8 pm | \$20 | Angelini Yogini
A physical yoga class that is designed to help open the 3rd eye to intuitive abilities, aiming to prepare one for the spiritual enlightenment journey. Class will include pranayama (breath exercises), bhandas work (energetic locks to help release blockages), physical yoga postures, chanting and meditation. Prior yoga experience not necessary. Those with extreme physical ailments or lower chakra issues should consult Angelini.

Product Showcase



January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
STORE CLOSED	STORE CLOSED	STORE CLOSED	STORE CLOSED	STORE CLOSED	1 STORE CLOSED	2 STORE OPEN NORMAL HOURS 10-5 pm GRACE JAEGER Readings/Healings 12-5 pm
3	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	5 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Readings/Healings 12-5 pm	6 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm GRACE JAEGER Readings/Healings 12-5 pm	7 CSHD CLINIC Beth Henning 2:30-4:30 pm ANGELINI Intuitive/Healing 11-5 pm	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Readings/Healings 12-5 pm	9 New Moon CSHD CLINIC Beth Henning 9:30-12:30 pm GRACE JAEGER Readings/Healings 12-5 pm
10	11 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	12 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Readings/Healings 12-5 pm	13 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm MIND BODY SKILLS GROUP 7-9 pm	14 CSHD CLINIC Beth Henning 2:30-4:30 pm ANGELINI Intuitive/Healing 11-5 pm	15 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Readings/Healings 12-5 pm	16 JENNIFER T. Tarot/Numerology 10:30-4:30 GRACE JAEGER Readings/Healings 12-5 pm
17	18 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	19 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Readings/Healings 12-5 pm	20 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm MIND BODY SKILLS GROUP 7-9 pm	21 CSHD CLINIC Beth Henning 2:30-4:30 pm ANGELINI Intuitive/Healing 11-5 pm	22 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Readings/Healings 12-5 pm	23 Full Moon CSHD CLINIC Beth Henning 9:30-12:30 pm ANGELINI Intuitive/Healing 11-4 pm
24	25 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	26 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Readings/Healings 12-5 pm	27 JUREMA Psychic/Healing 11-5 pm MIND BODY SKILLS GROUP 7-9 pm	28 CSHD CLINIC Beth Henning 2:30-4:30 pm ANGELINI Intuitive/Healing 11-5 pm	29 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Readings/Healings 12-5 pm	30 JENNIFER T. Tarot/Numerology 10:30-4:30 AURA PHOTOS Bob Sullivan 12-4:30pm
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February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	2 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Readings/Healings 12-5 pm	3 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm MIND BODY SKILLS GROUP 7-9 pm	4 CSHD CLINIC Beth Henning 2:30-4:30 pm ANGELINI Intuitive/Healing 11-5 pm	5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Readings/Healings 12-5 pm	6 CSHD CLINIC Beth Henning 9:30-12:30 pm ANGELINI Intuitive/Healing 11-4 pm
7	8 New Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	9 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Readings/Healings 12-5 pm	10 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm MIND BODY SKILLS GROUP 7-9 pm	11 CSHD CLINIC Beth Henning 2:30-4:30 pm ANGELINI Intuitive/Healing 11-5 pm	12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Readings/Healings 12-5 pm	13 ANGELINI Intuitive/Healing 11-4 pm STUDIO RESERVED 12-4 pm
14	15 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	16 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Readings/Healings 12-5 pm	17 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm MIND BODY SKILLS GROUP 7-9 pm	18 CSHD CLINIC Beth Henning 2:30-4:30 pm ANGELINI Intuitive/Healing 11-5 pm 3RD EYE YOGA 6-8 pm	19 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Readings/Healings 12-5 pm	20 CSHD CLINIC Beth Henning 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30-4:30
21	22 Full Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	23 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Readings/Healings 12-5 pm	24 JUREMA Psychic/Healing 11-5 pm MIND BODY SKILLS GROUP 7-9 pm	25 CSHD CLINIC Beth Henning 2:30-4:30 pm ANGELINI Intuitive/Healing 11-5 pm	26 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS Bob Sullivan 2-6 pm	27 ANGELINI Intuitive/Healing 11-4 pm GRACE JAEGER Readings/Healings 12-5 pm
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March 2016

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Not until we are lost
do we begin to understand ourselves.

Henry David Thoreau

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**Mind Body Skills Group with
Linda Scherer, LICSW**

Learn simple methods of mindfulness and daily self care, mind, body, and spirit! Also connect with a small group of like minded people.

Wednesdays | 7 - 9pm

Jan 13, 20, 27, Feb 3, 10, 17, 24, and March 2



Groups Include

- Autogenic training (self hypnosis)
- Meditation
- Guided Imagery
- Breath Work
- Movement
- Journal Writing
- Drawing

\$240 includes 8 sessions and a jump drive with audio recordings and scripts of Center for Mind Body Medicine meditations/guided imagery. Sliding fee available!

To register call Linda Scherer, LICSW (320) 828-3487 or email: newdaycouns@gmail.com.

More information at newdaycouns.com or cmbm.org

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