

2016

July :: August :: September

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi all,
Until we can see the light in each other we will never have true peace. This is my theory. This is my belief. This is my truth. Today I would like to take a closer look at theory, belief, and truth.

I was looking up something the other day on the internet when I came upon a site whose only reason for being on the internet is to disregard, shame, and make a mockery of anything "new age" or a different term used synonymously, metaphysical. Like most things on the internet it was interesting, inciting, sometimes informative, and often very wrong. I closed the site and I thought, "how dare they dismiss things that I have seen again and again help people"! They obviously don't know anything about the metaphysical!

Then I pondered a while and I realized- good for them! At least they are thinking for themselves and speaking up as to what they believe in! Where they go wrong is deciding for everyone else what works and what doesn't work. Many of the same people who claim that the metaphysical is all bunk, are some of the same people who go to church and listen to stories of a man who walked on water. If I told those same people that I saw a man walk on water today, they might say "prove it"! If you were to ask what I believe, I would say that anyone could walk on water if their belief was undeniably that they could! Because regardless of whether science has proved something or not, belief is the only thing that finally makes something "real" for an individual.

Scientists like theories. What is a theory? Merriam-Webster dictionary defines theory thus: an idea that is suggested or presented as possibly true but that is not known or proven to be true. Much of science was just a theory at one time or another. And then it becomes a scientist's job to prove the theory. But what I told my daughters, when they were in school, is still true today. The answers in math do not change. The process might change or can be made to be more complicated or simplified, but the outcome or answers never change. Science changes all the time. Just about the time we all believe something because science "proved" it, someone, somewhere has a theory about what was proven and they "prove" their own theory and suddenly the science we knew and believed in changes. Then what we believed for so long is no longer viable. It happens again and again. Because once something is "proven" there is always going to be someone with another theory that begins the process again. So how can people who use science to back them up say that something is bunk? They can't. Well, they can and they do all the time. But are they correct? No. All that can really be claimed is, to this day these are things that science has not proven. They cannot say without a doubt that something has been disproved because tomorrow that might change! And just because science has not proven something does not make it bunk.

The metaphysical or theoretical ideas are what our shop and the things that we do here are all about. And there will always be a few who call us or those that work out of this shop, "charlatans". The interesting paradox here is that God is metaphysical. The metaphysical is that which is not tangible. Don't start sending me letters just yet...I am not saying that God is not "real". On the contrary, I say that there are things that are metaphysical that are "real". Just because it doesn't become apparent to everyone, doesn't "work" for everyone or is not seen or felt the same way for everyone does not mean it isn't real!

Continued on page 4

In This Issue

Stone Article
page 2

Practitioners
page 3

Classes
page 4

Front Page Article
Continued
page 4

Event Calendars
pages 5-7

Advertisers
page 8



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

PINK TOURMALINE

Pink or green tourmaline is not commonly asked for. Many ask for watermelon tourmaline, which is a pink tourmaline center surrounded by a green tourmaline outer layer that gives it the watermelon slice appearance. Watermelon tourmaline is a wonderful stone and very beautiful. Today we are going to its core to talk a bit about what the heart of the watermelon tourmaline has to offer- pink tourmaline- and perhaps why it should be asked for much more often.

Pink tourmaline is not just found at the center of watermelon tourmaline. It also most commonly grows all on its own from a matrix made up of pegmatite, a rare formation of minerals that can include quartz, feldspar, lithium, beryllium and others (For more geological info go to www.irocks.com). The pink tourmaline color ranges from an extremely pale pink to a deep reddish pink rose color that is sometimes referred to as rubellite. Just as several other pink stones this one has lithium in it which has been shown to help a great deal with calming for various reasons especially for mood stabilizing. Instead of having extreme highs and lows it aids in the quieting of emotions to create more balance. This balance begins within the higher heart and this is where the vibration should nearly mimic the pink tourmaline's vibration. This stone carries within it the vibration that draws in joy, love, and happiness as it helps the body lift its own vibration to bring these in. Carrying these wonderful crystals helps one to allow life changing love to recreate us from the higher heart on through the rest of the chakras. It has been known to be even more powerful for calming spiritually sensitive and aware indigos.

When one is depressed many things happen within the body that work as a domino effect, which of course can create even more physical ailments that in turn create more depression. It is a terrible cycle that pink tourmaline has been known to break by lifting moods with its bright pink color and beautiful presence. Its energy is well known for allowing the bearer of the crystal to find their zest or passion for life and living once again. The crystal does this by aiding in the connection of the heart and crown chakras to work together in unison. When these chakras are in alignment it creates not an infatuation type of love but a continuing evolution of love and spirituality as one. When love and spirituality become one our passion for life increases and our purpose here becomes a bit more transparent.

There is much growth and change with our spiritual evolution on earth. The pink tourmaline acts as a sort of guide to light our way to enlightenment by aiding our understanding of ALL THAT IS and our connection to it. Rose quartz helps one to love oneself, rhodonite helps with the maturation of love, rhodocroisite aids in the passion for love, and pink tourmaline then helps one to TRUST love. It helps one find the way to heal a broken heart, and there is no better stone for finding peace and understanding in each other as well as in ourselves. This is something that is greatly needed, especially with all that has been going on around us recently. Pink Tourmaline is a great stone to give to someone to say you trust them and that they can trust you. Whether between friends, coworkers on a team, or lovers, sometimes it's nice to know that someone has your back.

This crystal has been used to help heal a burned out endocrine system especially related to exhausted adrenal glands. Our world today is fast paced and there are many who have days where fight or flight reactions are common. It isn't about running away so we don't become lunch anymore. Our adrenal glands try and protect us from so many emotional roller coasters that they wear out. It is the soft vibration of the pink tourmaline that can bring balance once again to our emotional ups and downs. It aids in the healing of disorders of the heart, lungs, and some skin issues. The deep pink red color called rubellite helps to connect the base chakra and the higher heart to help heal family of origin strife. This healing takes place in the forgiveness of the wearer and isn't about bringing the family together necessarily but healing past hurt so that a potential family reunion may be possible. With this darker pink crystal, creativity becomes a centerpiece of its potential attributes and is great for those preparing a body for new life to begin. It can also aid in healing the digestive tract as well as the reproductive system.

Pink tourmaline is a crystal for so many and it should be asked for more often. It vibrates at many different levels, depending upon the color chosen. The lighter the color of the crystal the higher the vibration will be. With this flexibility, pink tourmaline becomes the crystal to hold onto. It helps in the freedom to create within oneself all that is desired and all one can be, and it guides one to find the kind of love that can be trusted to share it with.

Intuitives, Psychics & Healers

For appointments, please call for availability: 320-203-9630 or check the online calendar page for appt 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.

BOB SULLIVAN | PSYCHIC READINGS | See calendar for availability | \$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

Grace is beginning a new journey and will be moving out of state this July. We wish her the best and look forward to her coming back in the future for a visit. Keep an eye on the calendar for her return visits!

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY | Available select Sat by appt | \$50 1/2 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 \$75 1/2 hour - \$125 hour | Energy Healing \$125 hour | Combination Intuitive Readings/ Energy Healing \$175 1.5 hours

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).

NICOLE BRENNY | INTUITIVE, TAROT READINGS | Available select Saturdays by appointment | \$75.00 half hour | \$100.00 hour

A reading with Nicole tends to be very in depth. During a reading Nicole uses tarot cards, clairsentience and channeling to access your higher self and guides in order to offer you the best possible guidance for this stage in your journey. Nicole specializes in life path and career readings, but loves to offer guidance on relationships and finances too. By looking at underlying major themes in your life from the past moving into the future, Nicole helps to guide you closer towards the future you've always envisioned for yourself. The future you've dreamed of is possible and after a reading with Nicole you will know more clearly how to make your dream real. Each additional 15 minutes is \$30

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.

SARAH CEKALLA | CLINICAL HERBAL ALCHEMIST | See online calendar for Sarah's availability and more information

Sarah offers women's health consultations and spiritual instruction from the tradition of Western Alchemy, and Ayurveda. She is an integrative health practitioner, and has studied herbalism and healing for 17 years. Sarah formulates handmade herbal medicines, and customer blend essential oils to meet your individual needs. She specializes in all areas of women's health, fertility, and hormonal imbalances. Sarah's health consultations provide her clients with energy healing, massage, pranayama (breathing exercises), and meditation instructions.

TILLY EVAN-JONES | PALM READING | Available select Wednesdays & Saturdays | \$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

AURA PHOTOS & READINGS | Friday August 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 and captures it onto a photo. 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. There is no need to pre-register for this class, simply text or call 320-309-5381 a minimum of one hour in advance to RSVP.

Front page article continued

So when anyone mocks you for trying something new or something they might say is foolish or not proven, please remind them that at least you are looking outside the box. Better yet, tell them there is no box! Some things may work, others may not, but we are all very different and what we believe makes a great deal of difference.

All of the things we do or sell at MBS are up for interpretation by all. When I say that we must believe in something or it won't work am I saying it is all in our heads? No. As I have seen putting a crystal at someone else's home helped them even if they did not know it was there. Was this my interpretation? I don't care because it worked! I saw the change. They saw the change and they didn't know it was there. When I take a pain reliever like aspirin, which I will do occasionally as well, do I need to know how it metabolizes in the body to know that it can lessen pain? No. My pain will either go away or it won't regardless of whether I know how it works. Will it work simply because the science behind it has proven it will? Not necessarily. Some days the aspirin will work and some days it won't. But if the aspirin does not help me one day, does that mean that I say that aspirin is bunk? No. Some days I might reach for Excedrin, and some days for a stone. And because of who I am, where I am at, what my beliefs are, and too many other variables that make us all different, I get the outcome that is right for me, regardless of what science can "prove" and what it can't disprove.

I feel strongly that science will catch up some day and then the healing alternatives that are offered at MBS will seem mainstream, possibly bordering on mundane as it will be the norm. I have seen great healing done with hands on healing, reiki, stones, oils, and the list goes on that went very well, and others that did not. I have seen people go to their doctors and specialists and they have done very well, and there are others who have not. There are too many mysteries that might never get explained.

All I know for certain, when there is someone standing in the shop and they tell me that they have tried everything and so they know nothing else will work, is that person will not have anything be of use to them. But the person, who comes in and says they haven't found their way to healing yet but still believe they can find it, have abundant possibilities. You see, whether science has proven something to be real or not our own healing and how we make it happen will always boil down to belief in the end. Always has, always will.

Namaste,
Joan and Merri

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	2
3	4 New Moon STORE CLOSED CSHD CLINIC Beth Henning 5:30-8:30 pm	5 JUREMA Psychic/Healing 11-5 pm	6 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm	7 CSHD CLINIC Beth Henning 2:30-4:30 pm	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	9 CSHD CLINIC Beth Henning 9:30-12:30 pm TILLY EVAN-JONES Palmistry 12-4 pm
10	11 CSHD CLINIC Beth Henning 5:30-8:30 pm	12 JUREMA Psychic/Healing 11-5 pm	13 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm	14 CSHD CLINIC Beth Henning 2:30-4:30 pm	15	16 JENNIFER T. Tarot/Numerology 10:30 –4 pm
17	18 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	19 Full Moon JUREMA Psychic/Healing 11-5 pm	20 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm	21 CSHD CLINIC Beth Henning 2:30-4:30 pm	22 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	23 CSHD CLINIC Beth Henning 9:30-12:30 pm
24 30	25 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	26 JUREMA Psychic/Healing 11-5 pm	27 JUREMA Psychic/Healing 11-5 pm	28 CSHD CLINIC Beth Henning 2:30-4:30 pm	29 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	30 NICOLE BRENNY Intuitive/ Tarot 11-5 pm

August 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 New Moon JUREMA Psychic/Healing 11-5 pm	3 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm	4 CSHD CLINIC Beth Henning 2:30-4:30 pm	5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS Bob Sullivan 2-6 pm	6 CSHD CLINIC Beth Henning 9:30-12:30 pm
7	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	9 JUREMA Psychic/Healing 11-5 pm	10 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm	11 CSHD CLINIC Beth Henning 2:30-4:30 pm	12 DOWNTOWN ART CRAWL 3-9 PM	13 JENNIFER T. Tarot/Numerology 10:30 –4 pm TILLY EVAN-JONES Palmistry 12-4 pm
14	15 CSHD CLINIC Beth Henning 5:30-8:30 pm	16 JUREMA Psychic/Healing 11-5 pm	17 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm	18 Full Moon CSHD CLINIC Beth Henning 2:30-4:30 pm	19	20 CSHD CLINIC Beth Henning 9:30-12:30 pm
21	22 CSHD CLINIC Beth Henning 5:30-8:30 pm	23 JUREMA Psychic/Healing 11-5 pm	24 JUREMA Psychic/Healing 11-5 pm	25 CSHD CLINIC Beth Henning 2:30-4:30 pm	26 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	27 NICOLE BRENNY Intuitive/ Tarot 11-5 pm
28	29 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	30 JUREMA Psychic/Healing 11-5 pm	31 JUREMA Psychic/Healing 11-5 pm			

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Moon CSHD CLINIC Beth Henning 2:30-4:30 pm	2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	3
4	5 STORE CLOSED CSHD CLINIC Beth Henning 5:30-8:30 pm	6 JUREMA Psychic/Healing 11-5 pm	7 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm	8 CSHD CLINIC Beth Henning 2:30-4:30 pm	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	10 CSHD CLINIC Beth Henning 9:30-12:30 pm
11	12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	13 JUREMA Psychic/Healing 11-5 pm	14 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm	15 CSHD CLINIC Beth Henning 2:30-4:30 pm	16 Full Moon PAULETTE LUCAS Psychic/Intuitive 11-2:30 pm	17 JENNIFER T. Tarot/Numerology 10:30 -4 pm TILLY EVAN-JONES Palmistry 12-4 pm
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25	26 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSHD CLINIC Beth Henning 5:30-8:30 pm	27 JUREMA Psychic/Healing 11-5 pm	28 JUREMA Psychic/Healing 11-5 pm	29 CSHD CLINIC Beth Henning 2:30-4:30 pm	30 New Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm	1 MIND BODY & SPIRIT SPRING EXPO 10-5 PM

Fall

Mind Body & Spirit Expo


915 West St. Germain
Downtown St. Cloud
Saturday, October 1, 2016
10 am - 5 pm

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a celebration of alternatives

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