

2017
April :: May :: June

KaLeidoSCOPE

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

SUMMER HOURS BEGIN MAY 15th, 2017 : M-F 10AM-7PM, SAT 10AM-5PM

Happy Spring!

There are three different parts to the front page this quarter. The first part will be about what is happening at MBS. The second is about how our growing gathering night has become a night to look forward to. The third is a personal note of sadness to share.

MARK YOUR CALENDARS! Our Spring EXPO is April 29th 10:00 - 5:00 pm. The EXPO is a chance for you to meet many of our Practitioners, meet vendors or have an EXPO only experience. We are always bringing new products to MBS and this is also a great time to check in on those! As in the past, the EXPO promises to be another success we look forward to seeing you there!

Classes coming up soon include the popular "Animals we Journey With" and "Stones and Crystals for Beginner's" (and beyond). Joan is also offering two new classes, "Fun with Personality" and "You and (Your) Intuition". (See descriptions on page 4) Do you have a class you would like to see us offer? Do you have a class you would like to teach? We would love to see more people come forward to offer classes. Call us so we can discuss your ideas.

For those asking for a drum circle to begin again, check out the dates for a once a month drum circle on the calendar! KEEP WATCHING OUR CALENDAR for those last-minute classes that may have not been added as of yet. We hope to see you attending!

Our Thursday evening GATHERING group is gaining in popularity! The GATHERING is not a class, but instead is a very informal group in which we discuss different topics each time we gather. The GATHERING is a place to use as a sounding board to learn from each of the attendees. Anyone can come and share what they would like to on any given subject. You might want to bring ideas for upcoming gatherings or give suggestions for guests we could get to come in and address something in particular that is of interest. This is a chance for anyone to come and ask questions and to get answers from others learning just like you. We would love to see more people get involved. There are no rules about who may attend except it isn't really designed for children. Joan will be there, not as a teacher, but as a participant and moderator. The GATHERING has a free will donation to help cover the heat and lights. However, no one is turned away for not being able to donate. It would be great to see many more attending soon! You won't want to miss out!

Many of you that have come into the shop over the years may have met Joan's little Westie, Indi. We always teased that we were getting her a little blue vest because she was our little greeter. On March 3rd Indi passed away. She was over thirteen years old which is older than many Westies get. Indi made many friends while a greeter at MBS. She loved the attention she received by so many and we are sure she had a great deal of gratitude in her heart. She especially loved rolling over to get her belly scratched! Joan misses her deeply. She was loved a great deal by all. There are pictures of her and a poem that is loosely based on a Rudyard Kipling poem about grieving a dog on the second page of the newsletter. Joan tried to update some of the words for today and for Indi. For all of you that may be grieving someone today, we wish you peace. On a happy note, Remi, Joan's little Shih Tzu Mix, is still here with her almost daily; however, Remi is a bit more shy but LOVES people!

To all...love and light for a beautiful spring!
Namaste

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Saturday | 10-5 pm
Closed Sundays

SPIDERWEB JASPER

Like all jaspers, Spiderweb jasper is soothing. This one in particular can be used to sooth frayed nerves and lessen anxiety. A spider's web itself speaks to the interconnectedness of all life, linked intricately with all Universal energies. To understand the web of life at a deeper level, and gain insight into why one might be feeling anxiety because of their interconnectedness, it is best to carry a spiderweb jasper. For best results hold the jasper in the hand several times a day to help lessen emotional strife. Whether manifested by the holder or by life's many diverse energies surrounding them, anxieties will simply begin to melt away. The longer one works with and takes "time outs" with the spiderweb jasper the calmer life will feel.

Because of its deep connection to all of the processes going on around one's life, this can be a lifeline in discovering what makes us empathic, and how we can be one with everything, and yet protect our energies from becoming frazzled or depleted. It helps to discover one's place in the Universe, helping to find that specific role one must be in to be of service to the whole without losing oneself all together. For empaths there is no greater power than to be able to decipher what energy is their own and how to work with other energies rather than to be swallowed whole by those energies.

As with all jaspers, spiderweb jasper is also a protection stone during travel, whether physical or etheric (astral travel or dream states). Besides the relaxation that holding this stone brings, it has been known to stabilize or balance out one's own overall energy. Jaspers are great nurturers and this stone proves to be no different! Life brings with it conflicts that arise and push us to be stronger than we ever thought possible. Along with enhancing our inner courage to make changes, this wonderful stone also imbues an element of creativity in making changes occur. If conflict or changes must be made, this is a great stone to hold in one's hand to help create a more peaceful outcome or, if needed, a gentle ending.

The Spiderweb Jasper we have on hand right now is light gray to almost white with black "spider web" stripes encircling them. There are some varieties of green or orange and red on the market with the same name. All three of these stones have similar properties but also have some very differing ones as well. As with all stone coloring this can relate to how one works with this stone. Usually the black and white is more earth connected coloring which can be a 1st chakra coloring. This is slightly different than red stones, that relate to the 1st chakra in regards to tribal energies, the black and white relates to the earth. This relation to earth's energies gives the spiderweb jasper it's grounding properties. Those who are earth based personalities, that believe in taking care of earth's rare and precious gifts, are generally drawn to this stone even more so than others. Those who have forgotten how important the earth is to our survival will benefit from this stone's input of energy.

Jaspers in general are said to help with stomach ailments, as well as gall bladder and liver issues. This stone is also very good for those who have lost perspective in life due to their ego. When one is seeking courage to be who they truly are, or need grounding to deal with controlling the ego, or want to re-connect to the web of life; then the spiderweb jasper just might be your perfect stone!

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When the fourteen years which nature does give,
are closing in pain, too unbearable to live,
and the vet's unspoken prescription, is dismal at best,
comes the time for compassion...and love's final test.
Now you know – created by your own affair –
... you've given your heart to a dog to tear.



When the body that lived at your single will,
with its frolic of welcome, is stilled (how still!),
and the friend that answered your every call,
is gone...now leaving your spirit to fall,
but remembering the life and joy you did share,
you'll give your heart, again, to a dog to tear.

~ Adapted from a Rudyard Kipling Poem

Intuitives, Psychics & Healers

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

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY | Available select Sat by appt | \$50 1/2 hr | \$100 hr

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).

PAULETTE LUCAS | PSYCHIC INTUITIVE | Available most Mondays & Fridays by appointment | \$70 half hr | \$125 hr

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.

Spring|Summer Classes & Special Events

A GATHERING | Most 2nd, 3rd, and 4th Thursdays of each month | 7-8:30 | Free Will Donation Joan Stokes

This is not a class but a gathering of like minds to share, lend an ear, learn from and teach each other. All are welcome and no one is turned away because of inability to donate. Donations are applied to space fees. See calendar for exact dates.

ANIMALS WE JOURNEY WITH | Tue. April 11, 7:15-8:45 pm or Wed. May 24, 7:15-8:45 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 to have spirit animal readings in a space that allows exploration into how the energy of these animals effect us and those around us. How do we interact differently when our animals within come out? A wonderfully casual and fun way to bring to light our spirit animals and what they mean for us. As always, Joan's gatherings are lighthearted, so bring your playful side and ability to be open!

No Sign up after noon on the day before class. (Not intended for children)

Spring|Summer Classes & Special Events

AURA PHOTOS & READINGS | Friday, June 23rd | 2-6 pm | \$35 each 20 min. 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. Fees collected at signup.

CENTER FOR SELF HEALING CLINIC (CSH) | Mons. 5:30-8:30, Thurs. 2:30-4:30, & select Sat. 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.

DRUM CIRCLE | Thursdays, April 6 & June 29, Wednesday, May 3 | 7-8 pm | \$3-5 | Joan Stokes

Bring your drum and have some fun with us! Very casual drumming! Experience definitely not needed!!! Suggested donation of \$3.00 to 5.00 for the space is appreciated! But anyone is welcome regardless of being able to pay. (Please sign up ahead of time if possible so space needed can be readied. No need to pay ahead!)

MIND BODY & SPIRIT SPRING EXPO | Saturday, April 29th | 10-5 pm | Onsite

See website calendar for more information. Free admission, fees for individual services.

PERSONALITY FUN | Thursday, May 4 | 7-8:30 pm | \$25 | Joan Stokes

This class will take a look at your individual personality and how it affects your world. We will explore how knowing more about yourself can help you work well with or better understand others. How personality is directly related to health issues will also be discussed. Come and learn what it is about you that makes you so incredible! Limited space! No sign up after noon the day before class is scheduled.

(Limited to 10 spaces)

SPECIAL DAY OF READINGS WITH JOAN STOKES | Saturday, May13 | 12-4 pm | \$45 half hour

Half hour slots of time set aside at a discount for one day only! Joan will take either animal readings, (please bring picture only, no animals, and name/age to reading), or she will do animal spirit guide readings. Sign up ahead please. (Normal half hour reading is 50.00, today only is 45.00 for a savings of 5.00!) Don't miss out on this special with Joan!

STONES & CRYSTALS FOR BEGINNERS | Sat. April 22 10-12 pm or Thurs. June 15 7-8:30 pm | \$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! **(No Sign up after noon on the day before class)**

YOU AND INTUITION | Tuesday, June 6 | 7:15-8:45 pm | \$25 | Joan Stokes

Casual class playing with intuition. We will discuss imagination's role in intuition and why it is difficult trusting intuition at times. Most of the class will be using your intuition during experiments and exercises to gain understanding of how it works and how to trust it. There will be plenty of time to ask questions as well. Limited space so sign up early! No sign up after noon the day before class is scheduled.(Limited to 12 spaces)

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CSH CLINIC Beth Henning 9:30-12:30 pm
2	3 CSH CLINIC Beth Henning 5:30-8:30 pm	4 JUREMA Psychic/Healing 11-5 pm	5 JUREMA Psychic/Healing 11-5 pm	6 CSH CLINIC Beth Henning 2:30-4:30 pm DRUM CIRCLE 7-8 pm	7	8 JENNIFER T. Tarot/Numerology 10:30 -4 pm
9	10 CSH CLINIC Beth Henning 5:30-8:30 pm	11 Full Moon JUREMA Psychic/Healing 11-5 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15 pm - 8:45 pm	12 JUREMA Psychic/Healing 11-5 pm	13 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 7-8:30 pm	14	15 CSH CLINIC Beth Henning 9:30-12:30 pm
16	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	18 JUREMA Psychic/Healing 11-5 pm	19 JUREMA Psychic/Healing 11-5 pm	20 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 7-8:30 pm	21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	22 STONES & CRYSTALS FOR BEGINNERS Joan Stokes 10 am - 12 pm
23 <hr/> 25	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	25 JUREMA Psychic/Healing 11-5 pm	26 New Moon JUREMA Psychic/Healing 11-5 pm	27 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 7-8:30 pm	28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	29 MIND BODY & SPIRIT EXPO Onsite 10-5 pm

May 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	<p>1</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>CSH CLINIC Beth Henning 5:30-8:30 pm</p>	<p>2</p> <p>JUREMA Psychic/Healing 11-5 pm</p>	<p>3</p> <p>JUREMA Psychic/Healing 11-5 pm</p> <p>DRUM CIRCLE 7-8 pm</p>	<p>4</p> <p>CSH CLINIC Beth Henning 2:30-4:30 pm</p> <p>PERSONALITY FUN 7-8:30 pm</p>	<p>5</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>6</p> <p>CSH CLINIC Beth Henning 9:30-12:30 pm</p> <p>JENNIFER T. Tarot/Numerology 10:30 -4 pm</p>
<p>7</p>	<p>8</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>CSH CLINIC Beth Henning 5:30-8:30 pm</p>	<p>9</p> <p>JUREMA Psychic/Healing 11-5 pm</p>	<p>10 Full Moon</p> <p>JUREMA Psychic/Healing 11-5 pm</p>	<p>11</p> <p>CSH CLINIC Beth Henning 2:30-4:30 pm</p> <p>A GATHERING Joan Stokes 7-8:30 pm</p>	<p>12</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>13</p> <p>READINGS WITH JOAN STOKES 12-4 pm</p>
<p>14</p>	<p>15</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>CSH CLINIC Beth Henning 5:30-8:30 pm</p>	<p>16</p> <p>JUREMA Psychic/Healing 11-5 pm</p>	<p>17</p> <p>JUREMA Psychic/Healing 11-5 pm</p>	<p>18</p> <p>CSH CLINIC Beth Henning 2:30-4:30 pm</p> <p>A GATHERING Joan Stokes 7-8:30 pm</p>	<p>19</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>20</p> <p>CSH CLINIC Beth Henning 9:30-12:30 pm</p>
<p>21</p>	<p>22</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>CSH CLINIC Beth Henning 5:30-8:30 pm</p>	<p>23</p> <p>JUREMA Psychic/Healing 11-5 pm</p>	<p>24</p> <p>JUREMA Psychic/Healing 11-5 pm</p> <p>ANIMALS WE JOURNEY WITH Joan Stokes 7:15 pm - 8:45 pm</p>	<p>25 New Moon</p> <p>CSH CLINIC Beth Henning 2:30-4:30 pm</p> <p>A GATHERING Joan Stokes 7-8:30 pm</p>	<p>26</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>27</p> <p>JENNIFER T. Tarot/Numerology 10:30 -4 pm</p>
<p>28</p>	<p>29</p> <p>STORE CLOSED</p> <p>CSH CLINIC Beth Henning 5:30-8:30 pm</p>	<p>30</p> <p>JUREMA Psychic/Healing 11-5 pm</p>	<p>31</p> <p>JUREMA Psychic/Healing 11-5 pm</p>			

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CSH CLINIC Beth Henning 2:30-4:30 pm	2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	3
4	5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	6 JUREMA Psychic/Healing 11-5 pm YOU & INTUITION Joan Stokes 7:15-8:45 pm	7 JUREMA Psychic/Healing 11-5 pm	8 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 7-8:30 pm	9 Full Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm DOWNTOWN ART CRAWL 5-9 pm	10 CSH CLINIC Beth Henning 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 -4 pm
11	12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	13 JUREMA Psychic/Healing 11-5 pm	14 JUREMA Psychic/Healing 11-5 pm	15 CSH CLINIC Beth Henning 2:30-4:30 pm STONES & CRYSTALS FOR BEGINNERS Joan Stokes 7-8:30	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	17
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Joan Stokes

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a celebration of alternatives

*Featuring the Area's Finest Intuitives, Healers,
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