

2017  
July :: August :: September

# KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi all!

Some of you know this already, and some do not, but I found my biological mother's family this spring. This would be my family as well. I was adopted when I was a baby. I grew up with wonderful parents and truly didn't ever feel like I was missing anything in my life. They were my family too. I am ever so blessed to have those I grew up with, those who became my family in the last 15 years when I lived with them, and now the new family I found as well. It all began making me think more and more about what family means to all of us.

The origin of the word family comes from the latin word *familus* which means servant. (I am sure a lot of kids who find this out won't be surprised by chores anymore!) When the English language was first beginning, the word family was close to an original English word that meant "household servant" or "those of the household". Eventually this led to family meaning anyone that was "of the household". If a stranger was taken in they too would become one of the household or "family". So a family consisted of many people who all lived under one roof. Related or not, they were all family. What if someone moved away? They would always be considered family because they were "from the family", or "from the household". The Bible eventually began using the word "family" for the original word "tribe" so that there was no mistake that a family must be from the same ancestors. It was evolving to keep in step with what was happening with the rest of society. Money was becoming very important, and belongings and money were no longer left to all those from the "household" so they could all take care of one another. It was only blood relatives that were to be taken care of now. Religions supported the changes in society and changes in society were made to support the religions. And so it changed.

Over time the word family evolved into meaning only those that were blood related. It no longer meant all of those living together, who cared about one another, who helped one another and shared life together. It no longer meant people who cared for one another whether blood related or not. This was because of money. To decide where money and belongings went when one was deceased, a separation began. Servants were no longer family, they became less important. It was clear who received what when the patriarch or matriarch of a group of blood relatives died. This evolved into servants having separate living arrangements. Relatives or friends had guest rooms and separate buildings at times where they stayed when visiting. All to keep separate what was becoming more and more important to the world, one's belongings and money. And this led to the thinking that there is nothing more important than family or one's own "blood". And it was supported by the Bible.

The Church of England Children's Society recently redefined what it means by the word *family* as: "An emotionally supportive network of adults and children, some of whom live together or have lived together". By doing this they are trying to bring back the true meaning of family. Perhaps it would be best in today's world to go back to the original meaning of family. They believed that to be a servant to another was not a lowly thing, but a spiritual one. Members of a family or household- regardless of blood- supported one another. That was family. In the beginning, the Bible and other historical books originally considered all of us a tribe of beings? We all live in the same household, it's called Earth!

We are all "of the household". People created separation out of fear. Fear that "their" family would not be taken care of if they alone didn't get the belongings and money. It would take a very long time to undo what has been put into place because of that fear but it needs to begin. Maybe the key is taking care of those who need your care now, if and when you can, whether that be your children or your next-door neighbor? Then when we die maybe our children will be okay, and our money could go to the "family" so that everyone's children can be okay? Maybe it's just a dream. But it's a nice dream!

Remember, we are all family. Be good to one another and have a great summer!

Until next time,

Namaste

Joan (and Merri)

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

## MALACHITE

Malachite is a stone of heart transformation. The concentric circles found within some of these stones have been called the "Eye of the Phoenix". This is where the energy of transformation comes from. Malachite is a popular stone for several reasons. It is extremely beautiful, with its two-tone green concentric rings, swirls, stripes, and amorphous patterns. Not just beautiful but powerfully healing as well.

The green ray which emanates from this stone encourages growth as well as creativity. Because of its makeup, Malachite grounds creative forces that come from the heart and connects this creativity from soul to heart to mind. It is in the lines that form bridges and waves where this creative energy flows from. Painters used the ground up Malachite as a dynamic addition of green next to the most often found earth tones of early art.

Malachite is mostly found in Africa. Collectors especially seek out unique animal carvings. The animal carvings in our shop are all hand carved in Africa. Not only are they sought after because of their beauty but it is thought that those who carry or possess an animal carving or fetish is able to call to them the aspects of that animal's powers. And considering Malachite is a heart chakra stone it figures that the spirit energies of that animal would be taken into the heart of the bearer.

This stone helps us feel emotions deeply and release painful past memories. If you are seeking adventure in life, this stone will help make that a reality by bringing creativity and extra energy to these thoughts. It encourages healthy relationships and awakens and balances the heart chakra. If you are in an unhealthy relationship, Malachite will assist in the decision to leave the relationship behind.

Although this green, heart chakra stone has a high copper content and so would seem to resonate with the element of earth, it is actually water that is Malachite's resonating element. That's because of its wavy appearance and the way its energy circulates around us, creating a "washing" of sorts that releases toxins built up in our systems. It also protects one from some radiation poisonings and helps to support the body so toxins are not taken in. Surprisingly, although it aids in protecting against toxins, Malachite is a toxic substance itself because of the high level of copper it contains. It is made safe through polishing and covering with a resin. But the resin, as well as the Malachite itself can be broken down or harmed by extreme heat, acids, ammonia, and intense hot water. This stone should not be worn by those with heart illness for long periods of time as it has been known to increase heart rate. But for the average person having malachite around is more beneficial than not having it.

The "Keeper of Dreams", as it is sometimes called, can be put under a pillow or close to your sleeping area and it will keep the memories of your dreams until you're ready to know them. When you are ready the recall will happen fully. It is also a wonderful stone for the elderly as it will help one to recall memories long thought forgotten and can bring peace in older age.

Children seem to have an affinity for Malachite. Perhaps because it was often used as a talisman to protect children from evil in primitive times the children feel that energy and give them a sense of comfort.

We have many different forms of Malachite at the shop. Please come on in and ask us to assist you with finding the right one for you!

***"Don't make permanent decisions based on temporary feelings"***

Bobby Umar

# 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](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.

320-203-9630 or check the online calendar page for appt availability.

**Jennifer has moved out of state (as of July 1st) unexpectedly for family.**

**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 1/2 hr | \$95 hr**

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 hr - \$125 hr |**

**Energy Healing \$125 hr | Combination Intuitive Readings/ Energy Healing \$175 1.5 hrs**

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 1/2 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.

**Joan Stokes**  
Animal Communication Services  
& Spirit Animal Guides  
320.203.9630  
Mind Body & Spirit Gifts & Books  
915 W. St. Germain, St. Cloud, MN 56301  
email: [joan@joanstokes.com](mailto:joan@joanstokes.com) | web: [joanstokes.com](http://joanstokes.com)

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# Spring|Summer Classes & Special Events

## **A GATHERING | Second & fourth 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 | Wednesday July 5 and Wednesday August 9th | 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)

## **AURA PHOTOS & READINGS | TBA check web calendar | 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 | Wednesdays, July 19 & September 20th | 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 FALL EXPO | Saturday, September 30th | 10-5 pm | Onsite**

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

## **STONES & CRYSTALS FOR BEGINNERS | Thursday, August 3 | 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 )**

# July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CSH CLINIC</b> Beth Henning 5:30-8:30 pm	<b>4</b> <b>STORE CLOSED</b>	<b>5</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>ANIMALS WE JOURNEY WITH</b> Joan Stokes 7:15-8:45 pm	<b>6</b> <b>CSH CLINIC</b> Beth Henning 2:30-4:30 pm	<b>7</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>8</b> <b>CSH CLINIC</b> Beth Henning 9:30-12:30 pm
<b>9</b> Full Moon	<b>10</b>  <b>CSH CLINIC</b> Beth Henning 5:30-8:30 pm	<b>11</b> <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>12</b> <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>13</b>  <b>CSH CLINIC</b> Beth Henning 2:30-4:30 pm  <b>A GATHERING</b> Joan Stokes 7-8:30 pm	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CSH CLINIC</b> Beth Henning 5:30-8:30 pm	<b>18</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>19</b> <b>JUREMA</b> Psychic/Healing 11-5 pm  <b>DRUM CIRCLE</b> Joan Stokes 7-8 pm	<b>20</b>  <b>CSH CLINIC</b> Beth Henning 2:30-4:30 pm	<b>21</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>22</b>  <b>CSH CLINIC</b> Beth Henning 9:30-12:30 pm
<b>23</b> New Moon	<b>24 31</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CSH CLINIC</b> Beth Henning 5:30-8:30 pm	<b>25</b>  <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>26</b> <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>27</b>  <b>CSH CLINIC</b> Beth Henning 2:30-4:30 pm  <b>A GATHERING</b> Joan Stokes 7-8:30 pm	<b>28</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>29</b>

# August 2017

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>3</b> <b>CSH CLINIC</b> Beth Henning 2:30-4:30 pm  <b>STONES &amp; CRYSTALS FOR BEGINNERS</b> Joan Stokes 7-8:30 pm	<b>4</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>5</b>
<b>6</b>	<b>7</b> Full Moon  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CSH 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>ANIMALS WE JOURNEY WITH</b> Joan Stokes 7:15-8:45 pm	<b>10</b> <b>CSH CLINIC</b> Beth Henning 2:30-4:30 pm  <b>A GATHERING</b> Joan Stokes 7-8:30 pm	<b>11</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>DOWNTOWN ART CRAWL</b> 3-9 pm	<b>12</b> <b>CSH CLINIC</b> Beth Henning 9:30-12:30 pm
<b>13</b>	<b>14</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CSH 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>17</b> <b>CSH CLINIC</b> Beth Henning 2:30-4:30 pm	<b>18</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>19</b>
<b>20</b>	<b>21</b> New Moon  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CSH CLINIC</b> Beth Henning 5:30-8:30 pm	<b>22</b> <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>23</b> <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>24</b> <b>CSH CLINIC</b> Beth Henning 2:30-4:30 pm  <b>A GATHERING</b> Joan Stokes 7-8:30 pm	<b>25</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>26</b> <b>CSH CLINIC</b> Beth Henning 9:30-12:30 pm
<b>27</b>	<b>28</b>  <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm  <b>CSH CLINIC</b> Beth Henning 5:30-8:30 pm	<b>29</b> <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>30</b>	<b>31</b>		

# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>2</b>
<b>3</b>	<b>4</b> <b>STORE CLOSED</b> <b>CSH CLINIC</b> Beth Henning 5:30-8:30 pm	<b>5</b> <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>6</b> Full Moon <b>JUREMA</b> Psychic/Healing 11-5 pm	<b>7</b> <b>CSH CLINIC</b> Beth Henning 2:30-4:30 pm	<b>8</b> <b>PAULETTE LUCAS</b> Psychic/Intuitive 11-6 pm	<b>9</b> <b>CSH CLINIC</b> Beth Henning 9:30-12:30 pm
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# Reawaken Your Inner Goddess

Join spiritual counselor and clairvoyant Paulette Lucas for an all inclusive weekend retreat.

Learn to trust your intuition, honor your highest self, and release blocks keeping you from your gifts through EFT, sound, and voice work.

Rediscover the outstanding woman that you are.

The retreat will be from 3pm Friday, November 3rd- 2:30pm Sunday, November 5th (guests are welcome to stay free of charge until 10:30am Monday, November 6th) at Linden Hills in Little Falls, MN.

Total retreat cost is \$485, this includes board, meals, materials, and classes.

Healings and massage will be available for additional fee.

For questions and reservations or private readings please contact

Paulette Lucas: 504-416-8453



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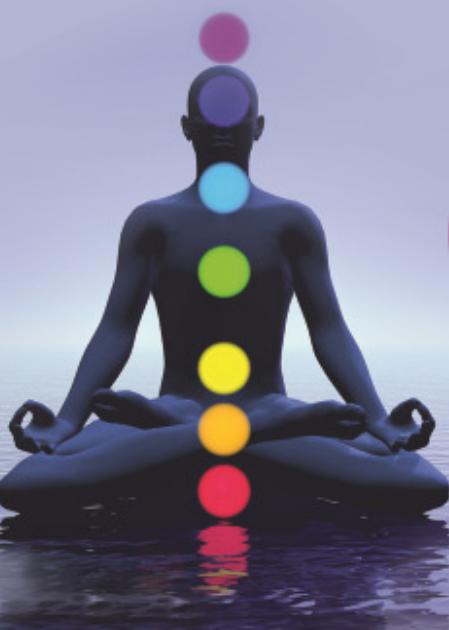
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## Mind Body & Spirit Expo

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