

2018
April :: May :: June

Kaleidoscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi all,

I recently read an article in which Oprah gets ridiculed in using the term "speak your truth". I guess it seems there are many people caught up in the absolute definition of what "truth" is right now? Funny why that is? Telling the truth has always been important. I remember telling my daughters there was nothing worse they could do then lie to me. The truth is necessary in a world where we must trust one another. Trusting one another is necessary to survival at times. No wonder people get hung up if they feel someone is trying to change what truth is? But this simple direction to "speak your truth" has nothing to do with multiple truths.

Clearly not a new, trademark phrase that Oprah came up with as the "New Age" people have used this phrase, "Speak your truth", quite a bit. Does that mean that we don't know what the truth is? Does it mean we are advocating the use of "alternative facts"? Goodness NO! When we ask someone to "Speak their truth" we are asking them to tell their story. Everyone has a story about their life events and that's what makes it "their truth". You see there is no one else who could explain exactly how you experienced your life the way that you did. This is not about the facts as others see it. It's not about saying, "I think the sky is turquoise or sea foam instead of blue, and that is my truth!" That's about perception as we could all see things just a bit different when looking at the very same thing. But we are asking a much deeper question of what makes someone special. We are asking someone to tell us how they became who they are. We are asking a question that will take that person to a much deeper sense of who they have become and what got them to that place. It certainly isn't a simple or easy thing to ask and it requires a not so simple examination. It requires someone to bare all. It requires a story. And again, there isn't anyone who doesn't have a story.

"Speaking your truth" is sharing the experiences that made you who you are, the good, the bad, the ugly, or the beautiful. There is no one other than the individual themselves that can know their own story, or their own "truth". It has nothing to do with changing the truth to fit into one's own views. In fact, (or in truth!), the word truth in "Speak your truth" means "telling your story as only you could". Perhaps it would be less confusing to say, "Speak your story" or "Speak your life experience". If we used it this way perhaps less people would get so confused? Unfortunately, "speak your truth" lately has been taken by some to be "tell us about your side to the terrible experience of sexual assault that you had". It is sad, but true, that way too many have had these experiences, but using "speak your truth" has been misconstrued as meaning there are several "truths" behind the accusations. Instead of hearing "speak your truth", what they hear is speaking "your" truth. What is not being understood is that speaking your truth is about everything that is you, not just telling about your tragic events. It's just so much more. It has been a powerful mantra that leads to empowerment.

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

ANGEL PHANTOM QUARTZ

This beautiful quartz is just fascinating. Some of them can be looked at again and again and still something new is discovered inside. This is why it is such a great crystal for all of us. It reminds us how no matter how well we think we know ourselves, or no matter how much we think we know someone else, there is always something new to discover if we take another look and go deeper.

Most phantom quartz shows an outline of a previous stopping point in the crystal's growth. Within the crystal one can see the outline of what the crystal was at an early stage when something happened and the crystal stopped growing. It is representative of how we get stuck along the way sometimes. We may stop on our path but eventually we find our way and begin to grow again. It shows us that even though we may get stuck sometimes, our potential is truly amazing. Sometimes, as we are working on our spiritual evolution, it is necessary to take a look at past karma or even past lives to help us. These crystals are excellent choices for this and much more.

The Angel phantom quartz doesn't always have a clear definition of a stopping point in its growth. They are called Angel phantoms because they seem to have almost wispy wings within them that appear to be glimpses of Angels. It has a strong connection to the Angelic realm and carrying one of these will help bring clarity for the bearer in hearing the guidance of Angels. And it will remind one that the Angels are always by our sides and that we are loved.

This crystal has several minerals within that create such whimsical beauty. Each of these minerals have properties unique to themselves but when growing together it becomes a powerful tool for your evolution. It is also called Amphibole quartz and the minerals found as inclusions that create the "phantoms" are a combination of Limonite, Hematite, Kaolinite, and Lithium. Lithium has calming properties, Hematite helps keep us grounded, Kaolinite keeps us on our path and helps to strengthen our intuition, and Limonite is protective. It's like carrying our own tool of empowerment and growth all within one crystal.

Within this quartz the combination of minerals sometimes create tiny little worlds. The vision of what we see is unique to each individual. One might see an animal face while another sees a small landscape out of an alternative reality to dream in, and still another sees the flight of Angels. There is something special within this crystal for each to find guidance. With so much going on inside, this stone reminds us of our own inner strengths. It also helps us balance our energies so we don't get bogged down in the day to day stress and chaos we find ourselves drowning in sometimes. It can aid dream recall and assist one in the practice of lucid dreaming as well.

Angel Phantom Quartz is a wonder and just one more gorgeous gift from our Mother Earth that would be a great gift for anyone, even a gift to oneself. We have a limited supply of small tumbled Angel Phantom Quartz but new, hand-picked, stand-alone crystals will be here soon! A great crystal in helping one find out about their past lives to the present. Come on in and find yourself in the worlds within the Angel Phantom Quartz. jms

"It's not the road you walk, it's the walking" Unknown

Intuitives, Psychics & Healers

For appointments, please check online calendar or call for availability: Practitioners are scheduled by appointment only. Walk-ins possible if practitioner already in. More info at www.mindbodyspirit-online.com (services page). **PLEASE** call if you cannot make your scheduled appointment (within an appropriate time) as most practitioners drive some distance to be at these scheduled appts. Payments are made directly to the practitioner. Please prepare for varied types of payment. Call ahead to enquire. Thank you. 320-203-9630

CATHI CUREN | ASTROLOGY READINGS | Thursdays & Saturdays (Please call Cathi for specific dates & times)

Individual Natal Chart Reading \$175.00 | 1 hour

Relationship Astrology (Two Charts) \$225.00 | 1 hour

New Baby Star Chart (up to 3 years) \$95.00 | 30 minutes

Astrological Design Inspiration \$325.00 | (2) 1 hour sessions

Info. required for readings: Accurate time of birth, date, month & year of birth, & city, state or country information if born outside of the US. Please email information at least two weeks in advance of reading. For more information visit: www.astrologicalinteriors.com or contact Cathi by Email: cathicuren@gmail.com or Phone: (612) 735-4510. Cathi lives in California so all readings will be via phone or Skype.

JENNIFER THOMPSON | INTUITIVE READINGS: Your choice; Cups, Cards, Charms. What will it be???

Available most Wednesdays, Thursdays & select Saturdays by appointment | \$65 1/2 hr | \$120 hr

Cards: A Third Generation Tarot Intuitive, Jennifer is available for her ever popular tarot card readings as always. Jennifer will begin your card reading with a general flow of information through Tarot, Numerology & Intuition in combination with using her own Clairsentient, Clairaudient & Empathic gifts to provide more detailed insight.

Cups: Jennifer is adding more from her family heritage with skills honed throughout 3 generations of readers. A stunning antique 1920 OLD ROMANY fortune telling tea cup inherited from family, and access to The TALTOS fortune telling tea cup Vintage from 1988 are among her latest "new" tools. Jennifer will celebrate with you, in a fine tea sitting, and address your potential future with issues such as love, money, life purpose, career, relocation, weddings, engagements, break ups, relationships and travel.

Charms: "NOT A TEA DRINKER?" *No problem!* Special Tea Leaf Cards and Charm Castings are also available. In Jennifer's own words, "Tea and Tarot are a miraculous way to see into your future with ease and grace. Please, allow me the opportunity to help you understand what lies ahead of you on your life path." For more info. www.royalreadings.com (10% discount for all College Students and Veterans)

JOAN STOKES | READINGS | Most Mondays 5-7pm & Thursdays 7:15-9:15 pm | \$50 1/2 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 your unseen guardians.

JUREMA SILVA | INTUITIVE READINGS & BRAZILIAN ENERGY HEALING

Available most Tuesdays, Wednesdays, & select Saturdays by appt. | 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 her 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 | \$80 1/2 hr | \$150 hr

Paulette was a therapist for over 20 years & has traveled extensively, visiting power centers around the globe, to develop her spiritual awareness of 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. For more than one person it will be \$20 per person coming into the room.

Spring / Summer Classes & Special Events

REGISTRATION is needed for all classes, with the exceptions of A Gathering and Drum Circle. Occasionally we can accept walk-in participants; however, please call and check space availability. Payment is needed at the time of registration, again with the exceptions of A Gathering and Drum Circle. Call or stop by Mind Body & Spirit to register for classes. Instructors do not accept payment for classes and currently we do not have online registration. Please be at the store at least ten to fifteen minutes prior to class for check in. Classes are not refundable within 2 days of class time. **Thank you and enjoy your classes and events!**

A GATHERING | Second Thursday of each month | 7:15 - 8:30 | Free Will Donation | Joan Stokes

The GATHERING is not a class; rather, it is a gathering of like minds to share, lend an ear, learn from and teach each other. Bring whatever skills, ideas, or interest you have in the metaphysical and have some fun. 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

Tuesdays April 17 or May 15 | 7:15-8:45 pm (1.5 hours) | Saturday June 2nd 11am-12:30pm | \$25 | Joan Stokes

The Spirit animals that have been traveling with you will be asked 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. As always, Joan's gatherings are lighthearted, so bring your playful side and ability to be open! This is not so much an in-depth CLASS focused on Spirit Animals but more of a short class before the Spirit Animals begin to make themselves known. (This is not a time to get in touch with your deceased animal friends as Joan works with those in appointments only.) **(Registration closes at noon on the day before class)** Not intended for children.

DRUM CIRCLE | April 3rd, May 1st, June 5th | 7:15-8:15pm | Free Will Donation | Joan Stokes

Join us for some casual, free style drumming. Bring your drum and have fun with it because it doesn't want to be a decoration. No talent is required as we all have an innate ability to drum once we stop worrying about how we drum and just begin drumming. No Drum? Check out our drum making classes below for dates. Come on in and have some relaxation and fun! Donations are applied to space fees.

DRUM-MAKING with WAYNE MANTHEY | Saturday, May 12th 11am - 4pm | 13" drum \$140 or 16" drum \$160

Create your own drum for more meaningful drumming. This class will bring out the ancestral roots in anyone. It's a deeply moving experience to make your own drum that will last years and will become a cherished piece to be passed between generations. This is a class you will remember for a lifetime. Everything is supplied. Bring a bag lunch. Space is limited; register now to reserve your place!

MIND BODY & SPIRIT SPRING EXPO | Saturday, April 28th | 10am-5 pm | at our store/studio

See website calendar for details.

STONES & CRYSTALS FOR BEGINNERS | Sat. May 19 11am-1pm or Tues June 12, 7:15-8:45 pm | \$25 | Joan Stokes

This is a light hearted class with very little structure. Joan will discuss a wide array of stones and crystals. 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. Have fun with stones, rocks, and crystals! Enjoy some time of questions and play as we explore the world of stones! **(Registration closes at noon on the day before class)** Not intended for children.

Front page article continued

So if someone, whether a friend or maybe that small voice inside, says "Speak your truth", then tell your story. Your story needs to be heard even if only by you. "Speak your truth" has nothing to do with facts in regard to what others know to be true, scientific measurements, or expert analysis. Speaking your truth is not about changing the truth of matter or events as others see it. It's about embracing your life. It's about embracing who you have become. It's about seeing the beauty that is you and being able to shout to the world that you clearly see the truth of how awesome you are! Speaking your truth is having the faith to become who you were meant to become by clearly and confidently telling the world where you have been, where you see yourself going and who you are right now! And most want to hear your story because it's what made you so beautiful! So get out there and SPEAK YOUR TRUTH!

Until next time,
Namaste, Joan (and Merri)

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 JOAN STOKES Intuitive Readings 5-7 pm	3 JUREMA Psychic/Healing 11:30-5:30 pm DRUM CIRCLE Joan Stokes 7:15-8 :15 pm	4 JENNIFER Intuitive Tarot 11:30 - 5:30 pm	5 JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm JOAN STOKES Intuitive Readings 7:15-9:15 pm	6 PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	7 JUREMA Psychic/Healing 11-4 pm CATHI CUREN Astrology (via phone or Skype) 2-5 pm
8	9 PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	10 JUREMA Psychic/Healing 11:30-5:30 pm	11 JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 11:30 - 5:30 pm	12 JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm A GATHERING Joan Stokes 7:15-8:30 pm	13	14 JUREMA Psychic/Healing 11-4 pm CATHI CUREN Astrology (via phone or Skype) 2-5 pm
15	16 JOAN STOKES Intuitive Readings 5-7 pm	17 New Moon JUREMA Psychic/Healing 11:30-5:30 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45 pm	18 JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 11:30 - 5:30 pm	19 JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm JOAN STOKES Intuitive Readings 7:15-9:15 pm	20	21 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
22	23 JOAN STOKES Intuitive Readings 5-7 pm	24 JUREMA Psychic/Healing 11:30-5:30 pm	25 JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 11:30 - 5:30 pm	26 JENNIFER Intuitive Tarot 11:30 - 5:30 pm JOAN STOKES Intuitive Readings 7:15-9:15 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	27 PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	28 MBS EXPO 10AM-5PM
29 Full Moon	30 PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm					

May 2018

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a celebration of alternatives

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