

2018
July :: August :: September

Kaleidoscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

I was just speaking to someone the other day about a journey I recently took driving cross country from Alaska to Minnesota. I was not alone. Far from it! My fellow travelers were Merri's daughter, Stephanie, and her granddaughter Hailey and their 5 Alaskan Huskies. The eight of us did very well on our trek, seeing multiple wild animals. They enthralled the three humans, and intrigued (and sometimes drove a bit crazy) our 5 furry companions. We met wonderful people and saw some unsurpassed beauty surrounded by mountains, lakes, streams and what seemed like infinite trees. We took it all in, Alaska, the Yukon, British Columbia, Alberta, Montana, North Dakota, and then home. We drove many miles, laughing wholeheartedly at the ridiculousness of certain aspects of the world and the insanity that has become commonplace today. It was a journey to remember.

Few journeys worth taking are without a few struggles. Ours was no exception. Keeping Hailey safe, and of course the dogs as well, became Steph's and my priority. Most of the struggles were minor; from feeling a bit chilly to sleeping in the vehicle instead of a tent, as a bear was in the area. (A Grizzly bear, not black.) We had one major struggle of the car breaking down. Fortunately we had not traveled too far yet, but still had to wait 4 extra days for the car to be fixed. It was uncomfortable to get behind schedule, and be stuck, but we made the best of it. This journey we took was just one of many that I have embarked upon. It was one of several Steph has taken as well and one of many more I am sure Hailey will venture in the future. Just like life, it isn't just one destination or one stop we experience, nor one destination to becoming whole or enlightened. It isn't birth through death and that's it. It is a series of many stops and beginning again and again and again. And this truly is what life's darkness and beauty is all about!

A wonderful symbol of this darkness and beauty is the lotus. Many of you probably know of the reasoning behind this but for those who don't here's a short explanation, then I will take it one step further. The lotus has long been known to be a symbol of peace, transformation and the journey to enlightenment. The lotus begins its journey in the depths of the mud and muck at the bottom of a pond. Sometimes having to travel 16-20 feet thru darkness to finally begin seeing some light, the lotus struggles, then breaking through the surface of the water it fully blossoms in the sunlight. As its petals die many might believe that the life for this lotus is over. Not so. It is just one wonderful moment to be in the sun and revel in life's ease, just floating and resting, and awaiting the next journey in its life.

A new journey begins again as a seed falls from the flower, to the depths of the pond, to settle in its beginning place once more. Some say this seed isn't the same flower? They say it is its offspring as there are many seeds? Are there not many aspects of who we are just waiting to be born but have had to wait for the completion of another path we needed to take first? Those are our seeds for the next growing time. Enlightenment is not a one-time destination. The very moment someone claims to have taken every class, knows every answer to what is asked, and believes they are fully enlightened, it's time to run the other direction. Even the Dalai Lama says he is but a child in his wisdom. And yet this is what makes him very wise, as he knows that he begins again and again throughout his life. We all have many beginnings.

So the seed of the lotus, which is symbolic of a new beginning, begins its journey once more. Just as we begin again and again throughout life. So when things are dark, and it seems there is no light to be seen, hang on and know that it is a new beginning. Get excited about the new journey! And just like the lotus, you WILL reach the surface, see the sun, and blossom once again!

Namaste,
Joan and Merri

In This Issue

A Journey to
Remember
page 1

FAQ's
page 2

Practitioners
page 3

Classes & Events
Page 4

Event Calendars
pages 5-7

Advertisers &
Product Page
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

FAQ

We get asked all the time what different things mean in our shop. From the symbol for Ohm to the Lotus flower to Celtic or other varieties of Eternal Knots, there have been questions galore. We like questions but thought why not put the most common symbols, within our shop, here for all to peruse and get to know.

We wanted to do this with the simplest and least amount of words even though most require much more than what is here it gives the reader a beginning to see what one would like to explore further on their own.

Here we go:

LOTUS FLOWER: Universal symbol of our quest for spirituality or enlightenment, regardless of religion. The lotus seed is planted in the dark. The lotus begins its journey in the depths of the mud and muck at the bottom of a pond. It makes its journey up through the dark muck and mud to pursue the light. Once it has found the light it then blossoms, just as we do once we reach enlightenment.

OHM: Universal sound we would all vibrate to if all else went silent. Sometimes it is called "God's Voice". It often looks somewhat like a 3 written in a strange calligraphy style. The 3 itself is symbolic as well of the heights (mountains and hills) and the lows (valleys), the struggles (rivers and seas/the curly line behind the "3") of which we all experience on our way to enlightenment, which is the small mark/dot above the barrier of a curved line. Some say symbolic of Earth and Heaven as well.

KNOTS IN JEWELRY: Most always a symbol of no beginning and no ending. (There are many different variations which develop over time into their own eternal symbol throughout the world) Life.

HAND SYMBOL: Hamsa, Healing Hand, Hand of Fatima. Symbol of healing, protection, goddesses, blessings, etc. Many different religions use this symbol including both Christian and Islam.

BUDDHA: Buddha is not worshipped as a god of any sort. Buddha art/statues are kept as a symbol of living as Buddha did in letting go of the things that cause us struggle and finding the spiritual nature we all possess within ourselves. There have been many that were considered a Buddhista, meaning enlightened one, after the original Buddha. This includes the popular "Happy Buddha", (chubby Buddha who everyone tummy rubs) who was actually a patron saint, of sorts, for Bartenders and Bars. Also being a symbol of prosperity, he is seen at the front of many Chinese establishments.

KUAN YIN: She is symbolic of the feminine side of the Buddha. She is a Buddhista or in other terms an enlightened being, which is what Buddhists strive for. She is also called "The Mother who hears the cries of the world". She very closely resembles the Spiritual Mother Mary often found in the Catholic Religion.

GANESHA: The elephant headed son of Shiva and Parvati who is said to help with the removal of obstacles, and so much more. He is one of the most popular Hindu gods.

RAINBOW: Many different cultures, groups, and religions use for a symbol of Hope and diversity. It appeared after the great flood in the Bible and it appeared when Ganesh was born. Martin Luther King Jr used it for diversity and so does the LBGTQA community. It stands for the end of a storm, peace and new beginnings.

YIN-YANG: Zen symbol of Balance. Where there is balance there is peace. Male/Female. Dark/Light. Neither are worse or better, just equal because without both there can never be balance or peace.

TRISKELE OR TRIQUETRA: A sacred trinity. Many cultures and religions believe in a Holy Trinity. This was originally a Celtic or Druid symbol but could be symbolic of all Sacred Trinities whether Mother, Maiden, Sage (Crone), or Father, Son, Holy Spirit, all the way to Earth, Sky and Water.

EVIL EYE: Originated in Turkey. A strong talisman of divine protection. Most often blue but can be other colors as well.

DRAGONS: Most often a symbol of protection and strength. Sometimes also considered to be ancient wisdom.

FLOWER OF LIFE: Symbol of unity. All are connected. Very popular symbol in Sacred Geometry.

Look for more like this in our next newsletter!

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 TALLOS 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 & Wednesdays 7:30-8:30pm | \$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 Most Months | 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 & teach each other. Bring whatever skills, ideas, or interest you have in the metaphysical and have some fun. All are welcome & no one is turned away because of inability to donate. Donations are applied to space fees. See calendar for dates.

ANIMALS WE JOURNEY WITH

Thursdays, August 16th & September 6th | 7:15-8:45 pm (1.5 hours) | \$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 | Third Tues of Each Month this Newsletter | 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, October 20th 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 Fall EXPO | Saturday, September 29th | 10am-5 pm | at our store/studio

See website calendar for details.

STONES & CRYSTALS FOR BEGINNERS | Tuesday September 11th | 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.



“The world will not be destroyed by those who do evil. But by those who watch them without doing anything” Albert Einstein

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	3 JUREMA Psychic/Healing 10:30-5:30 pm	4 STORE CLOSED	5 CATHI CUREN Astrology (via phone or Skype) 2-6 pm	6 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	7 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
8	9 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	10 JUREMA Psychic/Healing 10:30-5:30 pm	11 JUREMA Psychic/Healing 10:30-5:30 pm JOAN STOKES Intuitive Readings 7:30-8:30 pm	12 CATHI CUREN Astrology (via phone or Skype) 2-6 pm A GATHERING Joan Stokes 7:15-8:30 pm	13 New Moon PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	14 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
15	16 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	17 JUREMA Psychic/Healing 10:30-5:30 pm DRUM CIRCLE Joan Stokes 7:15-8:15 pm	18 JUREMA Psychic/Healing 10:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm JOAN STOKES Intuitive Readings 7:30-8:30 pm	19 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	20 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	21 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
22	23 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	24 JUREMA Psychic/Healing 10:30-5:30 pm	25 JUREMA Psychic/Healing 10:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm JOAN STOKES Intuitive Readings 7:30-8:30 pm	26 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	27 Full Moon PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	28 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-5 pm
29	30 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	31 JUREMA Psychic/Healing 10:30-5:30 pm				

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 JUREMA Psychic/Healing 10:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm	2 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	3 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	4 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
5	6 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	7 JUREMA Psychic/Healing 10:30-5:30 pm	8 JUREMA Psychic/Healing 10:30-5:30 pm	9 CATHI CUREN Astrology (via phone or Skype) 2-6 pm	10 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm DOWNTOWN ART CRAWL 3-9 pm	11 New Moon CATHI CUREN Astrology (via phone or Skype) 2-5 pm
12	13 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	14 JUREMA Psychic/Healing 10:30-5:30 pm	15 JUREMA Psychic/Healing 10:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm JOAN STOKES Intuitive Readings 7:30-8:30 pm	16 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45 pm	17 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	18 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
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September 2018

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						1 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
2	3 STORE CLOSED	4 JUREMA Psychic/Healing 10:30-5:30 pm	5 JUREMA Psychic/Healing 10:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm JOAN STOKES Intuitive Readings 7:30-8:30 pm	6 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15 - 8:45 pm	7 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	8 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
9 New Moon	10 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	11 JUREMA Psychic/Healing 10:30-5:30 pm STONES, ROCKS, & CRYSTALS Joan Stokes 7:15 - 8:45pm	12 JUREMA Psychic/Healing 10:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm JOAN STOKES Intuitive Readings 7:30-8:30 pm	13 CATHI CUREN Astrology (via phone or Skype) 2-6 pm A GATHERING Joan Stokes 7:15-8:30 pm	14 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	15 JENNIFER Intuitive Tarot 10:30 - 4:30 pm CATHI CUREN Astrology (via phone or Skype) 2-5 pm
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