

Kaleidoscope

Quarterly Mind Body & Spirit Newsletter

2019 | April, May, June

From the Editors

Hi all,

I just finished a program on Netflix called “The Story of Us” hosted by Morgan Freeman. It came up on my Netflix list after finishing “The Story of God”, also a very good series with the same host. If you get the chance to watch, I would recommend these to anyone. (Be careful of watching with young children however as there are serious atrocities spoken about with images of people who have died that could be very disturbing for anyone, but especially children). The Story of Us is a series focused on people just like you and me. People loving, fighting, caring for some, killing others, challenged by doubt and fear, inspired by hope and courage, all trying to find their way. I discovered through this series, the truth that most conflicts or wars are about power one way or another. The power to have control over another, or what another has, has been at the root of most major conflict. Through it all, the power of the human spirit to be kind has managed to keep coming back up to the surface no matter how deep we get entrenched in the mud. Kindness is human. It’s more human than having power over another, so why does power become so important? Because we forget how very important kindness is to our survival as humans. It’s time we remember. We have a need for kindness, now more than ever.

A couple thousand years ago it seemed as if we had small families spread out on a giant planet. But we had one giant family that was dispersed throughout the planet we shared, learning how to be different so one day we could learn from each other how to love differences. Today we have one giant family closer together, with all those differences right up next to one another, on nearly the same size planet. I don’t recall any truly spiritual leader telling followers to push aside those you don’t agree with, kill those you fear, and seal yourselves up tightly because whatever you do, don’t trust anyone that doesn’t look like you, dress like you, or act like you. Some politicians might say it, some religious leaders as well, but not a Spiritual leader. The power of the human spirit to be kind is shouting to be heard. Some try drowning it out, but it can’t be squelched. Innate human kindness, we all have inside us, will continue to fight, because it is more powerful than those who are fighting to be in power.

One of my very favorite quotes from the Dalai Lama is “My Religion is Very Simple, My Religion is Kindness”. Religions should make basic human kindness the most important component to their dogma. It’s too easily forgotten within their walls. Kindness is treated as if it’s a given, but it’s not. It’s innate, but it still needs to be practiced or it weakens. I have heard many preachers on televised programs speaking about how God hates this, and God hates that. It isn’t God doing the hate. It’s a projection onto God of what the people hate, those who are different. This is what I actually hear them saying, “Those who are different must change, so let’s find a way to

Continued on page 2



In This Issue

Editors’ Note	1
Featured Stone	2
Classes & Events.....	3
Practitioners.....	4
Calendar.....	5-7
Advertisers.....	8



Mind Body & Spirit
GIFTS & BOOKS

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Monday - Friday | 11-7 pm
Saturday | 10-5 pm
Closed Sundays

“Strong people
don’t put
others down...
They lift them up.”

-Michael P. Watson

make them be like us so we can feel safe. And let's use the Bible to make that happen." What happens when God's children are not getting along? What would a kind parent do to teach them to get along?

Many people call God, Father. Well, what would a father do with his children that are very different and can't seem to get along? Perhaps put them in a small room together to teach them how to get along? When the children are close together, they learn more about one another, and they find out how very much the same they really are. When that happens, they can be kinder to one another and learn to get along with one another, and then the lesson is over. Well, our planet is that small room now. When the Father sees that his children will take care of one another, and are kind to one another despite their differences, who knows what will happen? If one has faith enough in their higher power, Mother, Father, God, then one would believe that our planet will grow, or another

planet will be found, or another miracle will take place? If we were all kind to one another just imagine the possibilities. It's time for those who say they believe, to believe, and it's time for us to master the lesson of kindness. It's time for our innate human kindness to be our super power. (There's an idea for Marvel.)

We have had a great deal of practice forgetting our human kindness. It's time we remember! I am challenging all of us to do one kind thing for someone, (double points for someone you don't know), every single day, beginning today! Get yourself a journal to keep track of the kindness you do. This isn't for bragging rights, it's for continued learning and it won't be as easily forgotten. I am going to begin my kindness journal as well! I guarantee it will generate even more kindness within your heart, and mine, and happiness won't be far behind.

Until next time,

Namaste

Joan & Merri

Featured Stone

Fossils

Fossils have long caught the attention of mankind because they felt powerful. The first amulets worn for protection were often fossils of some kind. The ancient peoples wore ammonites into battle to show strength and feel protection. Amber was used by doctors to help with everything from epilepsy to childbirth. Jet was worn around the neck to uplift those who were depressed and needed something to induce happiness. People eventually figured out that these things were either living organisms at one time or were a product of living organisms at one time. It was found that many of these organisms were here long before man, some during the dinosaur era and some had been around since the very first life (bacteria) became encased in sediment.

While at first people wore these fossils because they were unique and awe inspiring, now fossils are found everywhere. Shops at state parks, etc where one may be tempted to keep one found during their visit. (Totally not okay by the way! Leave it for someone else to take, I mean enjoy!) They are in jewelry, formed into bowls, sinks and tables, and are found as specimen samples in specialty shops in almost every medium substantial town. Fossils are not found in many stone and crystal books however, because some crystal experts don't feel they fit this category. But they do indeed!



The reason that most fossils fit with crystals and stones is because they are essentially the same, just different. There are a few different ways that fossils are made. I won't go into detail about these methods, but briefly explain how it relates to them being in the same "family" as other stones and crystals. Some fossils, such as dinosaur bones, tend to get buried quickly. Just like a mummy gets dehydrated and becomes a "fossil", so too does a dinosaur bone. Without any liquid it turns to a hard, desecrated shell of what it was once upon a time. Others such as the petrified wood or ammonites, die and then are encased in soil or something similar. These encased organisms break down and leave a hollow place where they were or where parts of them were. While they are breaking down, quartz, calcite, agate and jaspers (which are essentially "dirtied" quartz) fill in so that the organism becomes a new "mold" of its original self. Sometimes opal fills in, which gives them spectacular color! Look up the ammolite from Alberta, Canada! Wow!

Everything has energy and the fossils are certainly no different. The fossils all have energy, from the dried up dinosaur, to the amber that was once tree sap, to the ammonite that once swam in the ocean. Even petoskey stone, state stone of Michigan by the way, is a petrified coral that has a wonderful energy. The ones that are filled in with certain minerals have the energy of those particular stones and crystals and these I feel should be included in the crystal and stone books. I suppose in a way they are, as those minerals are listed. What about the fossils that are still what they were, only hardened from lack of any moisture to break them down? These retain the energy of the creature or organism it was at one time. Since all organisms are carbon based, we have a similar energy whether a mummy or a dino! Imagine that? Even more amazing; Amber, which is tree sap, is a wonderful healer of pain and is made up much like man-made plastics are today! That's right, Amber is nature's plastic. Chains of

carbon and hydrogen so closely adhered together to form plastic. Yet Amber can encase an entire ecosystem within itself! Full insects down to unseen bacteria, plant cells and debris can be found inside this wonderful fossil. Amber is probably a healer and plastic is not for this reason!

Whether a sand dollar or a full nautilus, fossils are fascinating reminders of what once was, but are great to have around for many other reasons too! For old souls it can bring comfort and security. For those who like to learn and feel the ancientness of long ago, the fossils can churn up knowledge of ancient earth for them. They have been known to be exceptional healers and supporters of bones and teeth as well as possible connections to other planets and ancient alien visitations! And fossils are just plain cool too! Everyone needs to have at least one in their healing, or really cool collection. I do!

Quarter 2 Classes & Special Events

Animals We Journey with

Saturday, April 20th 12:00-1:30 pm

Wednesday, May 29th 7:15-8:45 pm

Friday, June 14th 12:00-1:30 pm

Monday, June 24th 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 affects 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)

Drum Circle

Thursdays, April 18th, May 16th, June 20th

7:30-8:30 pm | \$3-5 donation | 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!

Healing with Stones

Friday, April 26th | 1:00-2:30 pm

Friday, May 17th | 12:00-1:30 pm | \$25 | Joan Stokes

After learning a bit about how to identify, cleanse, and appreciate the abundance of stones and crystals in the beginners class it's time to take the next step! Come to this class ready for some real digging into the ways that stones and crystals can enhance our lives every single day in so many ways! Learn more ways to work with these wonderful creations to welcome more happiness and wellness into your life! (This class is designed especially for those who have taken Stones & Crystals for Beginners) No Sign up after noon on the day before class.

Stones & Crystals for Beginners

Thursday, April 11th | 7:30-9:00 pm

Saturday, May 11th | 12:00-1:30 | \$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.

Intuitives, Psychics, & Healers

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



Jennifer Thompson

Intuitive, Tarot Readings, & Numerology

Your choice; Cups, Cards, Charms!
Cards: A Third Generation Tarot Intuitive, Jennifer is available for her ever popular tarot card readings as always. Cups: Jennifer is adding more from her family heritage with tea leaf reading skills honed throughout 3 generations of readers. Charms: "NOT A TEA DRINKER?" *No problem!* Special Tea Leaf Cards and Charm Castings are also available.

See mindbodyspirit-online.com/jennifer_thompson.
\$65 Half Hour | \$120 Hour



Jurema Silva

Intuitive Readings & Brazilian Energy Healing

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. Her services include: 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.

See mindbodyspirit-online.com/jurema_silva.

Intuitive Readings \$95 Half Hour | \$150 Hour

Guided Brazilian Energy Healing \$145 Hour

Combo Intuitive Readings/Energy Healing \$195 1.5 hrs



Joan Stokes

Animal Communication & Spirit Guides

Joan has over 20 years experience working with animals at Veterinary Hospitals and has "talked" to the animals ever since she can remember. She "talks" to the animals via feelings and pictures which she then translates into human language. Joan also works with Spirit Animal Guides that she can "see" around an individual. Joan helps you to identify, acknowledge and deepen your relationship with those unseen guardians and guides that are with you every day.

See mindbodyspirit-online.com/joan_stokes1.
\$55 Half Hour | \$95 Hour



Paulette Lucas

Psychic Intuitive

Paulette was a therapist for over 20 years & has traveled extensively, visiting power centers around the globe, to develop her spiritual awareness of herself and 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.

See mindbodyspirit-online.com/paulette_lucas1.

\$80 Half Hour | \$150 Hour



David & Shari

Healing, Readings & New Paths Forward

David & Shari are a dynamic duo who focuses on issues of change, growth, and helping you past areas where you feel stuck in life. Combining spiritual insight and intuition with many years

of hard-won life experience, they help you identify the obstacles in your path and create a new way forward. Sessions will include a mix of mediums based on need, including readings, oracle cards, healing work, discussion, and a hug. See store calendar for more information. Also available on other days by appointment. \$90 Hour.



Cathi Curen

Astrology Readings

Required for readings: accurate time of birth (date, month & year), as well as city, state or country information if born outside of the US. Please email information at least two weeks in advance.

Cathi lives in California; all readings will be via phone or Skype. For more details see Cathi's web page:

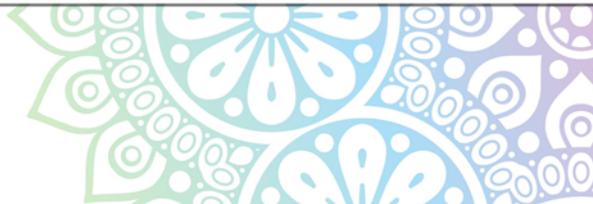
mindbodyspirit-online.com/cathi_curen.

April 2019



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Store Hours M-F 11:00-7:00 pm Saturdays 10:00-5:00 pm</p>	<p>1 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p> <p>Joan Stokes Intuitive Readings 5:00-7:00 pm</p>	<p>2 Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>3 Jurema Silva Psychic Healing 11:30-5:30 pm</p> <p>Joan Stokes Intuitive Readings 7:30-8:30 pm</p>	<p>4 Cathi Curan Astrology Readings 2:00-6:00 pm</p>	<p>5 <i>New Moon</i> Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p>	<p>6 David & Shari Healings/Readings 11:00-4:00 pm</p>
<p>7</p>	<p>8 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p> <p>Joan Stokes Intuitive Readings 5:00-7:00 pm</p>	<p>9 Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>10 Jennifer T. Intuitive Reader 11:30-5:30 pm</p> <p>Joan Stokes Intuitive Readings 7:30-8:30 pm</p>	<p>11 Jennifer T. Intuitive Reader 11:30-5:30 pm</p> <p>Stones & Crystals for Beginners 7:30-9:00 pm</p>	<p>12</p>	<p>13 Cathi Curan Astrology Readings 2:00-5:00 pm</p>
<p>14</p>	<p>15 Joan Stokes Intuitive Readings 5:00-7:00 pm</p>	<p>16 Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>17 Jennifer T. Intuitive Reader 11:30-5:30 pm</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p> <p>Joan Stokes Intuitive Readings 7:30-8:30 pm</p>	<p>18 Cathi Curan Astrology Readings 2:00-6:00 pm</p> <p>Drum Circle 7:30-8:30 pm</p>	<p>19 <i>Full Moon</i></p>	<p>20 Animals We Journey With Noon-1:30 pm</p>
<p>21</p>	<p>22 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p> <p>Joan Stokes Intuitive Readings 5:00-7:00 pm</p>	<p>23 Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>24 Jennifer T. Intuitive Reader 11:30-5:30 pm</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p> <p>Joan Stokes Intuitive Readings 7:30-8:30 pm</p>	<p>25 Jennifer T. Intuitive Reader 11:30-5:30 pm</p>	<p>26 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p> <p>Healing with Stones 1:00-2:30 pm</p>	<p>27 Cathi Curan Astrology Readings 2:00-5:00 pm</p>
<p>28</p>	<p>29 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p> <p>Joan Stokes Intuitive Readings 5:00-7:00 pm</p>	<p>30</p>				

May 2019



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Jennifer T. Intuitive Reader 11:30-5:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	2 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	3 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	4 New Moon MIND BODY & SPIRIT EXPO 10-5 pm
5	6 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	7 Jurema Silva Psychic Healing 11:30-5:30 pm	8 Jennifer T. Intuitive Reader 11:30-5:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	9 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	10 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	11 Stones & Crystals for Beginners Noon-1:30 pm Cathi Curan Astrology Readings 2:00-5:00 pm
12	13 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	14 Jurema Silva Psychic Healing 11:30-5:30 pm	15 Jennifer T. Intuitive Reader 11:30-5:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	16 Jennifer T. Intuitive Reader 11:30-5:30 pm Drum Circle 7:30-8:30 pm	17 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Healing with Stones Noon-1:30 pm	18 Full Moon David & Shari Healings/Readings 11:00-4:00 pm
19	20 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	21 Jurema Silva Psychic Healing 11:30-5:30 pm	22 Jennifer T. Intuitive Reader 11:30-5:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	23 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	24 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	25 Cathi Curan Astrology Readings 2:00-5:00 pm
26	27 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	28 Jurema Silva Psychic Healing 11:30-5:30 pm	29 Jennifer T. Intuitive Reader 11:30-5:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm Animals We Journey With 7:15-8:45 pm	30 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	31	

June 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3 New Moon Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	4 Jurema Silva Psychic Healing 11:30-5:30 pm	5 Jennifer T. Intuitive Reader 11:30-5:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	6 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	7 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Art Crawl 5:00-9:00 pm	8 Cathi Curan Astrology Readings 2:00-5:00 pm
9	10 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	11 Jurema Silva Psychic Healing 11:30-5:30 pm	12 Jennifer T. Intuitive Reader 11:30-5:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	13 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	14 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Animals We Journey With Noon-1:30 pm	15 David & Shari Healings/Readings 11:00-4:00 pm
16	17 Full Moon Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	18 Jurema Silva Psychic Healing 11:30-5:30 pm	19 Jennifer T. Intuitive Reader 11:30-5:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	20 Jennifer T. Intuitive Reader 11:30-5:30 pm Drum Circle 7:30-8:30 pm	21 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	22 Cathi Curan Astrology Readings 2:00-5:00 pm
23 30	24 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Animals We Journey With 7:15-8:45 pm	25 Jurema Silva Psychic Healing 11:30-5:30 pm	26 Jennifer T. Intuitive Reader 11:30-5:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm	27 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	28 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	29

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Spring

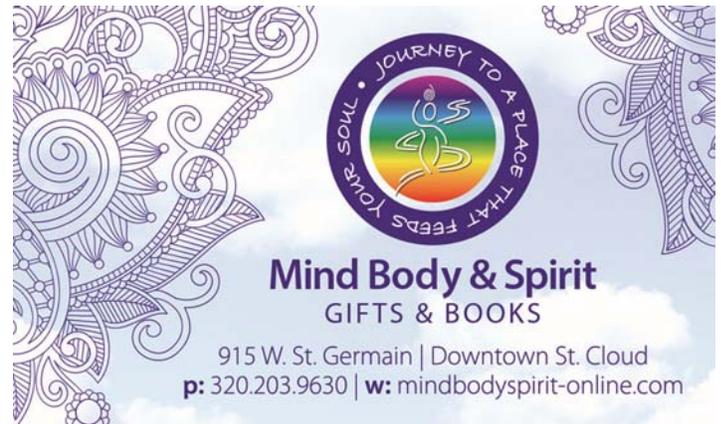
Mind Body & Spirit Expo

915 West St. Germain
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Saturday, May 4, 2019
10 am - 5 pm

a celebration of alternatives
*Featuring the Area's Finest Intuitives, Healers, Spiritual Counselors,
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paulette lucas
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