

Kaleidoscope

Quarterly Mind Body & Spirit Newsletter

2019 | October, November, December



Hi all,

I have been dreaming so much lately, and what a ride it can be! Why is it we can go months without remembering one single dream or even remember if we dream, and then suddenly we remember dreams incessantly? Why do we dream? I have remembered most of my dreams, most of my life. Merri almost never remembers her dreams. Why me and not her? I can lucid dream most of the time if I try, but not all the time. Why is that? One of my daughters use to have nightmares quite often when she was little. My other daughter, almost never. Why do most very young children have nightmares? Are nightmares all bad and dreams all good? How does one learn to lucid dream? How do we remember our dreams? Are dreams or nightmares important at all?

I still remember a few tidbits from my psychology classes in college, and I recall children have more nightmares than adults as they have more trouble processing their experiences as they have had less of them. The reasons we all dream are processing information, retaining memories and working through our emotions. Undoubtedly children are going to be frightened more within their dreams. They are still building places in their brains to put the monsters (or figure out what “monsters” are real, or not). Sometimes monsters still visit us in dreams as adults, but if we can remember where they come from, most of the time we *can put them back in their caves*. Persons with mental disorders have more difficulty putting the “monsters” *back in their caves* and therefore suffer from more nightmares. What’s worse is medications that can help them function better during the day, make them twice as likely to have nightmares. Nightmares are difficult for all of us but if we can try and work with them instead of trying to eliminate them, we may gain more insight. The key to working with them is remembering them, and that takes a bit of work and courage.

Remembering dreams or nightmares takes patience as well. Many have extreme schedules and getting up from sleep is not a slow event. There are obnoxious alarms going off, street noise or kids and others talking from the moment we begin our waking. All these distractions make remembering dreams very difficult. There are things one can do to help. One thing I do is just remember one moment, or element, to a dream or nightmare and write it down immediately! Do not even give your brain the chance to wake up enough to remember where to find paper and pen, have it ready next to your bed in the same spot all the time. Some people put sleep journals next to their beds to write down the entire dreams, but often that does not happen as they forget them due to distractions. When we jot down just one moment from our dream, most of us can recall more and more of the dream through that one moment, or word, or color. Whatever you can remember before losing it is beneficial as you will most likely write down the one thing you need the most. Be patient with yourself, it takes a bit of practice to remember.

Continued on page 8

In This Issue

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



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“No matter how long you have traveled in the wrong direction, you can always turn around.”

-unknown

Stones for Sleep & Dreamwork

The article on the front page was all about dreams this time around and I thought I would take this opportunity to list some stones that may help with your continued success on your dreamwork. First, I am going to give you what I work with for stones in my dreamwork and the list will be some stones recommended by Judy Hall, Melody and other experience.

I have found great success with Jade, first and foremost. It seems to be the first one I turn to when I want to remember my dreams, or work within those dreams. My second stone is Clear Quartz Crystal. I find besides amplifying the benefits with Jade, it also is so easily programmed to help with setting up what my dreams are going to be about. And if I want to have restful sleep, I am sure to reach for my kyanite. These are, again, what work for me. Since we are all very different, it is possible you will have to work with many different stones or combinations of stones to find what is just right for you.

Stones traditionally labeled for sleep and dreamwork: keeping in mind Jade is listed as “the Dream Stone” for a reason, when in doubt work with Jade, and always have it together with these stones.

General Dreamwork without focus – Chinese Writing Stone, Gaspeite, Clear Quartz, Blue Quartz, Dream Quartz, Citrine

Intensify or Increase Dreaming – Spirit Quartz



Dream recall – Jade, Crystal Quartz, Marble, Marcasite, Common Opal, Convoluted Sheet Quartz, Blue Quartz, Dream Quartz, Rhyolite, Ruby in Kyanite, Tektite

Stimulating Beautiful or Fulfilling Dreams with messages – Blue Turquoise

Happy Dreams inspirational with or without a message – ALL Opals

Lessening Sleep Deprivation and or Sleepiness – Blue Turquoise and Natural Opal or Oregon Opal

Restful Sleep only without necessarily dreaming – Kyanite, Amethyst

Lessen Sleepwalking – Oregon Opal or Nature’s Opal

Lessen Sleep Apnea – Lithium Quartz

Lessen Narcolepsy – Scapolite

Lessening Nightmares – Ruby Crystals

Courage within Nightmares – Citrine and Black Tourmaline or Hematite, used together.

Lucid Dreaming – Angel Aura, Herkimer Diamond, Moldavite, Rainbow Moonstone, Moonstone, Amethyst, Convoluted Sheet Quartz, Mahogany Obsidian, Common Opal, Sand Calcite, Ruby Crystals, Ruby in Kyanite or Ruby in Silver, Tektite.

Recording Dreams for Later Recall – Sand Calcite, Rainbow Calcite, Convoluted Sheet Quartz, Rhyolite

Carrying the Essence of a Dream – Herkimer Diamond

Dream Answers, Interpretation, and Insight – Jade, Mahogany Obsidian, Ruby in Kyanite, Convoluted Sheet Quartz, Blue Lace Agate, Oregon Opal or Nature’s Opal, Lapis Lazuli

Programming Dreams –

General - Chinese Writing Stone, Clear Quartz Crystal

Past Life – Convoluted Sheet Quartz

Prophetic – Aurora Borealis Stone, Dream Quartz, Flame Aura Quartz

For Prosperity – Citrine, Ruby, Unakite

Friendship – Garnet and Lapis together, Jade

Intuition – Azurite

Love or Relationship Work – Rose Quartz, Rhodocrosite, Rhodonite

Finally, for those who prefer to do their work while daydreaming these stones are very helpful – Noreen Jasper, Any Opal, Blue Quartz, Dream Quartz, Citrine

Happy Dreams to all, and to all a good night!

paulette lucas
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Quarter 4 Classes & Special Events

Animals We Journey With
Tuesday, October 1st | 7:30-9:00pm
Saturday, October 26th | 11:00-1:00pm
Saturday, November 9th | 11:00-1:00pm
\$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)

Downtown Art Crawl
Friday, October 18th | 5:00-9:00pm
Always **FREE** to Attend!

This has been a well attended event for several years now but there still seems to be quite a few who don’t know about it yet so this was our chance to fill you in! Many, if not most, of the businesses in downtown St. Cloud each host an artist of some kind. Everything you could possibly think of in the realm of artistry seems to have been represented over the past several years and if you have not made it down to this event you are definitely missing out! Even if you think you don’t care for art, you will find something that you find intriguing. From wood working, painting, and pottery to jewelry making, photography and so very much more. We have an artist every time. Come on down and pick up a piece of art from a local talent or maybe find that artistic medium you were looking to try yourself!

Drum Circle
Thursdays, October, 17th, November 14th
7:30-8:30pm | \$3-5 donation | Joan Stokes

We have had a great little group here nearly every time but we would love to rock the downtown with so many drums the city will want to investigate so we need you! Bring your drum and have some fun with us! Very casual drumming! Experience definitely not needed!!! We all just do our own thing and if anyone is interested in leading a group, you would be more than welcome! Look forward to seeing you soon!!! 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!

Practicing Your Intuitive Powers Workshop
Saturday, November 2nd | 1:00pm - 4:00pm
\$45 (\$55 at the door) | Jurema Silva

Do you think you have intuitive powers? Do you sense negative energies and don’t know what to do about them? Do you “read” people’s feelings, thoughts and energy? Perhaps you are born with an extrasensory gift, or you are empathic and would like to know more about it? This is your opportunity to participate in this exceptional breathtaking workshop presented by Jurema. You will be immersed in the details about your divine gift of intuition, learning how to use it and when, practicing simple and easy exercises to increase your intuition abilities, finding out about your faculties, meeting your spirit helpers and much more. This workshop will give you the tools and knowledge to utilize your divine gift to better your life and the lives of others around you. It brings Jurema a great sense of fulfillment to guide and transform people’s lives into a completely new and enlightened journey.

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.



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 nearly 30 years. She works with spirit guides, angels, and deceased loved ones to help you find answers to questions, develop new questions to ask, or make discoveries you had not even thought of as of yet. Those who have seen Paulette have said things like, “Wow, she knew things even I had forgotten all about?” or “Paulette is so caring and compassionate that every word that she is guided to say is filled with love, even if it may be something you don’t want to hear it still comes to you surrounded by love, so it is helpful and it feels healing every time.” “It isn’t that she doesn’t tell it like it is, she just does it in a way that totally sets you up to hear and understand.” “Paulette is Wonderful!”

See mindbodyspirit-online.com/paulette_lucas1.
\$80 Half Hour | \$150 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



Cathi Curen
Astrology Readings

Cathi has written books on the subject and has been a student of astrology for many years. This is an opportunity to receive much more information than simply putting in information into something online for wide ranging astrology. Cathi can give you so much more detail about just you and how your astrology chart can help you in your life. 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.

“Don’t wait for things to get
easier, simpler, better.
Life will always be complicated.
Learn to be happy right now.”
Otherwise you’ll run
out of time”

October 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</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p> <p>Animals We Journey With 7:30-9:00 pm</p>	<p>2</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>3</p> <p>Cathi Curan Astrology Readings 2:00-6:00 pm</p> <p>Joan Stokes Intuitive Readings 7:00-9:00 pm</p>	<p>4</p> <p>Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p>	<p>8</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>9</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>10</p> <p>Cathi Curan Astrology Readings 2:00-6:00 pm</p> <p>Joan Stokes Intuitive Readings 7:00-9:00 pm</p>	<p>11</p> <p>Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p>	<p>12</p> <p>MBS FALL EXPO 10:00-5:00 pm</p>
<p>13 Full Moon</p>	<p>14</p> <p>Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p>	<p>15</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>16</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>17</p> <p>Cathi Curan Astrology Readings 2:00-6:00 pm</p> <p>Drum Circle 7:30-8:30 pm</p>	<p>18</p> <p>Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p> <p>Art Crawl 5:00-9:00 pm</p>	<p>19</p> <p>Cathi Curan Astrology Readings 2:00-5:00 pm</p>
<p>20</p>	<p>21</p> <p>Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p>	<p>22</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>23</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>24</p> <p>Cathi Curan Astrology Readings 2:00-6:00 pm</p> <p>Joan Stokes Intuitive Readings 7:00-9:00 pm</p>	<p>25</p> <p>Joan Stokes Intuitive Readings 11:00-5:00 pm</p> <p>Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p>	<p>26</p> <p>Animals We Journey With 11:00-1:00 pm</p>
<p>27 New Moon</p>	<p>28</p> <p>Paulette Lucas Psychic/Intuitive 11:30-6:00 pm</p>	<p>29</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>30</p> <p>Jurema Silva Psychic Healing 11:30-5:30 pm</p>	<p>31</p>		

November 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	2 Practicing Your Intuitive Powers Workshop 1:00-4:00pm
3	4 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	5 Jurema Silva Psychic Healing 11:30-5:30 pm	6 Jurema Silva Psychic Healing 11:30-5:30 pm	7 Cathi Curan Astrology Readings 2:00-6:00 pm Joan Stokes Intuitive Readings 7:00-9:00 pm	8 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	9 Animals We Journey With 11:00-1:00 pm
10	11 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	12 <i>Full Moon</i> Jurema Silva Psychic Healing 11:30-5:30 pm	13 Jurema Silva Psychic Healing 11:30-5:30 pm	14 Cathi Curan Astrology Readings 2:00-6:00 pm Drum Circle 7:30-8:30 pm	15 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	16
17	18 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	19 Jurema Silva Psychic Healing 11:30-5:30 pm	20 Jurema Silva Psychic Healing 11:30-5:30 pm	21 Cathi Curan Astrology Readings 2:00-6:00 pm	22 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	23 Cathi Curan Astrology Readings 2:00-5:00 pm
24	25 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	26 <i>New Moon</i> Jurema Silva Psychic Healing 11:30-5:30 pm	27 Jurema Silva Psychic Healing 11:30-5:30 pm	28 STORE CLOSED	29 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	30

December 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	3 Jurema Silva Psychic Healing 11:30-5:30 pm	4 Jurema Silva Psychic Healing 11:30-5:30 pm	5 Cathi Curan Astrology Readings 2:00-6:00 pm	6 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	7 Cathi Curan Astrology Readings 2:00-5:00 pm
8	9 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	10 Jurema Silva Psychic Healing 11:30-5:30 pm	11 <i>Full Moon</i> Jurema Silva Psychic Healing 11:30-5:30 pm	12 Cathi Curan Astrology Readings 2:00-6:00 pm	13 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	14 Cathi Curan Astrology Readings 2:00-5:00 pm
15	16 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	17 Jurema Silva Psychic Healing 11:30-5:30 pm	18 Jurema Silva Psychic Healing 11:30-5:30 pm	19 Cathi Curan Astrology Readings 2:00-6:00 pm	20 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	21
22	23 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	24 STORE HOURS 10:00-3:00 pm	25 <i>New Moon</i> STORE CLOSED	26 STORE CLOSED	27 STORE HOURS 11:00-7:00 pm	28 STORE CLOSED
29	30 STORE CLOSED	31 STORE CLOSED	1 STORE CLOSED	2 REGULAR STORE HOURS 11:00-7:00 pm	3	4

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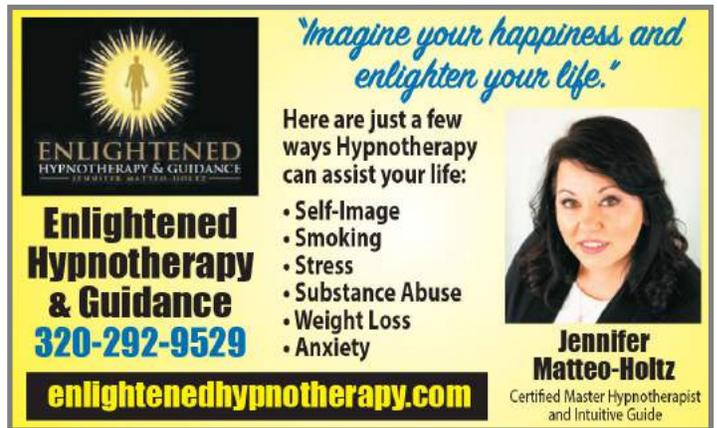
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From the Editors

Continued from page 1

According to studies done by several sleep clinics (including the Mayo Clinic), dreams can change, get more vivid, or even tire us out due to stress, anxiety, sleep deprivation and pregnancy. Some studies also indicate that some food choices and exercise at certain times of the day can make dreams occur or change frequency. The theory is that changing up the way we relax before bed or handle our stress during the day can help us with our dreaming and the important processing it allows.

I mentioned that I lucid dream. I have read a few things in books about different methods to begin lucid dreaming, but I learned how as a very young child because of a recurring nightmare, and my mother's advice. This is how I began my journey into lucid dreaming or changing my nightmares while asleep and began programming what I would dream about. I had a recurring dream about a monster that chased me every night over and over and I was frightened to fall asleep at around the age of 5 or 6. One night just before bed my mother talked to me about my nightmare. She said that I was in control of my monster, because I made the monster. This was not convincing me at all by the way. She persisted in telling me; therefore, I was the strong one and could do what I wanted with my monster. Still not convinced. Then she said something that totally changed things for me. Instead of just telling me it wasn't real or that I shouldn't be scared, she said she knew I would be afraid when my monster showed up but being frightened was okay because everyone was afraid sometimes. Then she said no matter how afraid, instead of running from the monster I needed to stand my ground, turn around, and stare right into its eyes. I went to bed completely freaked out. That night changed my whole dream world. I saw the monster coming. I ran at first, but I

heard my mom say "stop, you are in control". I turned around and did what she told me. The monster came closer and then it was so close we could have touched noses. I was completely petrified but did not turn away. I stared and it stared. Just like that, my monster went away. I don't remember if I woke up, or how it went away. All I remember is I was in control of my dreams and nightmares and from then on. I had nearly complete control of my dream world. There are other ways to learn to lucid dream, but that was my way. Very rarely a nightmare type dream might come up, but I am not afraid at all anymore. I am in control. And if there is something to learn, I am a full participant in my dreamscape and ready to learn. They are not always fun, but I can make them that way now if I want to. Most of the time, I leave them be. I know how important they are, and I am ready to remember and learn from them.

Listen to your dream world. My dream world changed the day I decided to listen to my mother and use the courage I had inside to change what was making me run away all night. The courage I found in my nightmare was probably the same courage I counted on to help me with my daytime fears. Dreams and nightmares are important for us all, in big ways and small. Change the things you need to in your day to day. Whether it be exercise, your diet, stress reducing or journaling, so that you too can work with and possibly enjoy your dreamscape. It is yours to do with what you choose. It is the one world you do have control of. Isn't that a nice feeling?

Sweet dreams to all!

Namaste,

Joan & Merri