

# Kaleidoscope

Quarterly Mind Body & Spirit Newsletter

2020 | January, February, March

## Hi all,

Let's get honest. Everyone has been bombarded with political chaos for three years plus now and I think most of us are sick to death of it. Some say they don't listen to the news and others say they don't vote and stay far away from all of it because it is of the "First Column" or "Low Frequency" vibrations. There are those who say they are above all of it and choose not to engage in things that are not of Spirit, love and light. To a point that is true. To a point. But we have gone beyond that point. Now is the time when all people who are of light and love must stand up and be counted. Why? Because it's important. For the very first time we have a leader who is creating great divides. During the civil war we didn't have as many divides. We are not only being torn from our nation's allies, but we are being torn apart within our nation as well. I believe we don't have to break apart and battle each other. Some beings are elevated so they can see what is important to be done on earth for their continued enlightenment, and now it's more important than ever to ground yourself in the muck and do the work you came to do!

Hopefully I have not already lost those who think they are above all the chaos, as they believe if they do become engaged in it, at all, they will be drug down to a lower vibration. Here is what I have to say, "Come on down and join the rest of the human beings here on earth because that's what you came here for and this is what you are here to make better!" Well, you say, what if my lesson is to remain unfazed and stay at an elevated vibration to lift others to a higher vibration? If it was necessarily true for elevated beings to keep the light above the fray, then why are we on this earth plane? It's extremely easy for many of us

to stay elevated and stay out of it all. It's a happy place up there. Believe me I would love more than anything to remain at a higher vibration. We are here to become more enlightened, not stay where it was comfortable. That's why we must get down, where it is not comfortable for us, and help with what we can help with and change what we can change and leave what we must. But staying away from the lower vibrations doesn't help us learn and become more enlightened. It only keeps us safe and comfortable.

I challenge all of you, who have been quietly waiting for things to pass, to get up and do something more. Make the world more beautiful with your presence, not your absence. Vote, shout, march, do what must be done to make the changes.

Many enlightened beings of the late 60's and early 70's were called Hippies. Some of them were heavily drugged to

*Continued on page 2*



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**Mind Body & Spirit**  
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Monday - Friday | 11-7 pm  
Saturday | 10-5 pm  
Closed Sundays

“ *Be world.* ”

*-cleo wadew*

“ *I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars.* ”

*-Og Mandino*

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escape what was happening around them because they wanted to live in Nirvana. Others were joining hands and forming peaceful protests all over America. Many did not understand them. Many do not understand us. The hippies that made a difference were the ones that shouted and walked and protested. The ones that sat in fields, doing their drugs, were peaceful and were happy but they didn't make as much of a difference. They did drugs to leave this plane. Some do now. Some meditate and ignore anything that is of a lower vibration claiming it won't affect them if they hold the light. This is certainly true, but perhaps we are supposed to be affected? Maybe we came to this plane to make the changes necessary and help those around us, not just with a theory or thoughts of enlightenment, but real changes. Earth plane changes in helping others. What more important thing could we possibly do to become more enlightened? Whether you are Christian, Buddhist, Muslim, Hindu, Jewish or Druid, the only difference you make that matters is kindness and helping others. Those changes take the courage to come down to earth and be present in the muck. I was once told by a shaman; "True shamans must always carry black tourmaline with them". I asked why? "Because" he said, "a shaman is of no use if

they are not grounded because they are unable to do their work if they always remain in the light". He continued, "Those seeking the light are in need of a shaman, and that is why the shaman exists, to be of service to those in need."

Finally, to those of you out there who believe what you can do is too little or too late, it is never too little or too late! I was listening to an old Garth Brooks song a couple of weeks ago called "The Change" and I encourage all of you out there to listen to it. Really listen to it. You might go out to create change, but it isn't necessarily about changing the world. It could be about not letting the world change you. Each time you do something, no matter how small, you become an even brighter light for others to see and they begin to change. You begin doing good so the world won't change you, which in turn changes everything!

Do what you can, when you can, and make a difference. Whether it's talking to your neighbors, waving signs, voting to make things better, or just being good to one another. It matters. It's time the world, or at the very least our country, begins acting again as if we are a family that cares about one another, instead of a dysfunctional one.

*Namaste,*

Joan & Merri

## Featured Stone

**Blue Chalcedony**, the "Peace Stone", isn't just your average 5th Chakra communication stone. This beautiful, sky blue type of microcrystalline quartz will calm even the roughest of seas within you. The light blue, white striped form of Chalcedony is called Blue Lace Agate and helps one communicate with their Angels. The blue lace agate also has many of the attributes of all agates. Even though the blue lace agate is stunning, it's the Blue Chalcedony, without the lacing, which is both much rarer and highly sought after. One must be careful of where they get their Blue Chalcedony today as much of it is white chalcedony dyed to get the gorgeous blues seen in the Namibia, Africa, blue chalcedony. Much of it coming out of China is dyed, but not all of it is dyed. Most of the time, if one truly knows what they are looking for they will not be fooled. But internet sales are tricky, so please be careful. There are a lot of fakes on the internet! Buyer beware!

Once you find that perfect piece, in no time you will begin feeling the need to communicate. This is a strong communication inducing 5th chakra stone. Not only will you want to speak up for yourself but verbal dexterity and learning new languages will become easier and in no time at all, you might just become a master at lingual excellence! If you have

always wanted to wow others with your speech, then this wonderful stone is for you! From the moment the blue chalcedony is picked up there is an overwhelming feeling of fluidity and flexibility that seems possible for one's life. As with the energy of Larimar, it seems natural when holding the blue chalcedony to begin rocking oneself back and forth as if becoming one with the tides of the earth. The reason for this could be, it is said, sky and waters come together in the energy of this amazing crystal stone and it is this flowing resonance, of the two elements, that is felt.

It is a stone that connects strongly with the etheric, helping connect your voice to the etheric as well. This connection is why the blue chalcedony, within the blue lace agate, helps with communication with your Angels. But the pure Blue Chalcedony goes one step further. Because of its link to the etheric it can be of assistance to those trying to heal childhood trauma that may have original roots in past lives. To work this deep within ourselves it is of the utmost importance that we are guided along our way. If a shaman or elder is not able to help, it may be that the blue chalcedony will be our guide. It can take us into the etheric and help us feel safe just like before we are born. This is another reason why the blue chalcedony can make one feel as if they are being rocked and soothed within water because it takes us back to the

womb. This work must be done slowly and carefully, but it must be done for healing to be complete. Holding the blue chalcedony, especially while meditating, can facilitate some of this deep connective work, and aid us in finding answers long hidden.

Blue Chalcedony helps to calm immediately. It is especially helpful for those who have a great deal of anxiety because they get on the hamster wheel of life and can't seem

to jump off! With the world spinning so quickly it is easy to have our minds going in a thousand different directions all at once, creating what seems to be endless chaos and anxiety. Hold the blue chalcedony often and feel the sweet rhythm of mother nature washing it all away. Blue chalcedony will help you find your inner peace. Keep it close, hold it often, wear it always. This stone can't help but make even the most skeptical, peaceful once more. Stop in and find your peace stone today!

## *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](http://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](http://mindbodyspirit-online.com/joan_stokes1).

\$55 Half Hour | \$95 Hour



### *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](http://mindbodyspirit-online.com/cathi_curen).



### *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](http://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](http://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

## Quarter 1 Classes & Special Events

### **Alternative Conversations:**

Get together with like minds to share and learn from each other. Just bring an open mind!

**Friday, January 31 | 11:00-1:00pm**-Experiences with Religion vs Spirituality. The Good, the Bad, and the Beautiful. Come and share your experiences, good or bad, and possible evolution within your chosen religion or spirituality.

**Saturday, February 29 | 10:00-12:00pm**-Ritual around Clearing and Cleansing. Cleansing and clearing space has become very popular and mainstream. What are we doing? Why do we need these rituals and more in our lives? Bring your own ritual ideas and experiences to share.

**Saturday, March 28 | 10:00-12:00pm** -How to keep the world from changing you. Bring experiences of protection, changes you've encountered with others or yourself, and ideas on how to keep the world's negativity from changing who we are.

**Fee:** Donation, All adults are welcome!

### **Analyzing & Interpreting the Dreamworld**

**Wednesdays, February 12th & 19th | 6:30-7:30pm**

**\$25 per person per class**

**(\$35.00 per person per class on the day of class)**

**Paulette Lucas**

Two part class focusing on the many types of dreams and their meanings. Are you having prophetic dreams? Past Life recall in dreamstate? Perhaps it is something calling you? How can dreams help us in moving forward and how can we work with them to bring positivity to our lives? Don't fear your dreams. Don't stuff them away and ignore them. Embrace them to make those changes you have always wanted! (This is a rare opportunity to be a student of Paulette Lucas as she does very limited classes. Don't miss out!!)

### **Animal Communication for Beginners**

**Friday, March 13 | 11:00-1:00pm | \$45 | Joan Stokes**

Joan Stokes has been communicating with animals since she was just under 2 years old. Now, for the first time, she will try help those just beginning their journey in animal communication gain more insight and also teach some techniques she has learned over the years. This class is very limited and will not be taught on a regular basis. Please sign up early for your spot in this rare event. (No sign up after noon the day before class)

### **Animals We Journey With**

**Tuesday, January 21 | 7:30-9:30pm**

**Saturday, February 15 | 11:00-1:00pm**

**Tuesday, March 24 | 7:30-9:30pm**

**\$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)

### **Beginners Stones**

**Tuesday, February 4 | 7:30-9:30 | \$25 | Joan Stokes**

### **Drum Circle**

**Thursdays, Jan 16th, Feb 20th, Mar 19th**

**7:30-9:00pm | \$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!

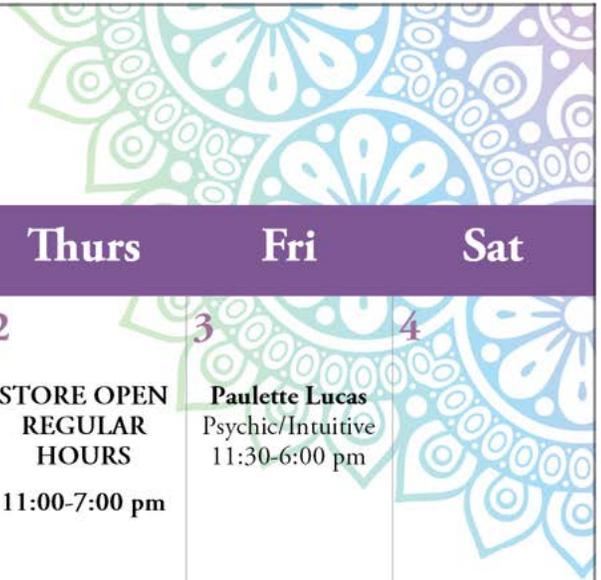
### **Drum-Making with Wayne Manthey**

**Saturday, February 1st | 11am - 3pm**

**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. Bring a small palm size stone (or purchase one at the store) everything else will be supplied. Bring a bag lunch. Space is limited; register now to reserve your place!

# January 2020



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Store Hours</b> <b>M-F</b> 11:00-7:00 pm <b>Saturdays</b> 10:00-5:00 pm			1  <b>STORE CLOSED</b>	2  <b>STORE OPEN REGULAR HOURS</b> 11:00-7:00 pm	3  <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	4
5	6  <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	7  <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	8  <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	9  <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm	10 <i>Full Moon</i>  <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	11
12	13  <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm  <b>Joan Stokes</b> Intuitive Readings 5:00-7:00 pm	14  <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	15  <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	16  <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm  <b>Drum Circle</b> 7:30-9:00 pm	17  <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	18  <b>Cathi Curen</b> Astrology Readings 2:00-5:00 pm
19	20  <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm  <b>Joan Stokes</b> Intuitive Readings 5:00-7:00 pm	21  <b>Animals We Journey With</b> Joan Stokes 7:30-9:30 pm	22	23  <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm	24 <i>New Moon</i>  <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	25
26	27  <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm  <b>Joan Stokes</b> Intuitive Readings 5:00-7:00 pm	28	29	30  <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm	31  <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm  <b>Alternative Conversations</b> Joan Stokes 11:00-1:00 pm	1

# February 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1 <b>DRUM MAKING</b> with Wayne Manthey 11am-3pm
2	3 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm  <b>Joan Stokes</b> Intuitive Readings 5:00-7:00 pm	4 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm  <b>Beginners Stones</b> Joan Stokes 7:30-9:30 pm	5 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	6 <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm	7 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	8
9 <i>Full Moon</i>	10 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm  <b>Joan Stokes</b> Intuitive Readings 5:00-7:00 pm	11 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	12 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm  <b>Dreamworld</b> Paulette Lucas 6:30-7:30pm	13 <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm	14 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	15 <b>Animals We Journey With</b> Joan Stokes 11:00 - 1:00 pm
16	17 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm  <b>Joan Stokes</b> Intuitive Readings 5:00-7:00 pm	18 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	19 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm  <b>Dreamworld</b> Paulette Lucas 6:30-7:30pm	20 <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm  <b>Drum Circle</b> Joan Stokes 7:30-9:00 pm	21 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	22 <b>Cathi Curen</b> Astrology Readings 2:00-5:00 pm
23 <i>New Moon</i>	24 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm  <b>Joan Stokes</b> Intuitive Readings 5:00-7:00 pm	25 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	26 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	27 <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm	28 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	29 <b>Alternative Conversations</b> Joan Stokes 10:00-12:00 pm

# March 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm <b>Joan Stokes</b> Intuitive Readings 5:00-7:00 pm	3 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	4 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	5 <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm	6 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	7
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29	30 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm <b>Joan Stokes</b> Intuitive Readings 5:00-7:00 pm	31 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	1 <b>Jurema Silva</b> Psychic Healing 11:30-5:30 pm	2 <b>Cathi Curen</b> Astrology Readings 2:00-6:00 pm	3 <b>Paulette Lucas</b> Psychic/Intuitive 11:30-6:00 pm	4

feed  
YOUR SOUL



## Drum Making With Wayne Manthey

11 am - 3 pm | Saturday, Feb 1, 2020

Back by popular demand, this class will bring out the ancestral roots in anyone. It's deeply moving to make a thing of beauty from deer hide, cedarwood, and black walnut—a cherished piece that will last years and can be passed between generations. You'll remember this class for a lifetime. All supplies are provided. Space is limited and spots fill quickly. Reserve yours today!

### COST

13" Drum \$140 | 16" Drum \$160

### LEARN MORE OR REGISTER

Call MBS @ 320.203.9630



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