



A Newsletter
from
Mind Body & Spirit

January
February 2005

Hi Everyone,

Just a short note to say Happy "whatever you are celebrating" this time of year and blessings to all. Not much to tell except to remind everyone that between Dec. 25th and Jan. 2 we will once again be closed to spend time with family. Wish you all a beautiful closing to this year and we will leave 2004 and all of you with a message that we received via email from a friend.

"We invite you to stop seeing what you don't like about this world. As you gain in power in your consciousness, every time you see what you don't like you are giving it life-force, you are dreaming it into existence. You will have to give up caring about what other people think, because they think a level of reality is measured by your acceptance and discussion of what you do not like. We ask you to begin to excuse yourself from those discussions and finally from acceptance of that which you do not like, replacing it rather with the life-force for the potential you choose."

Our friend found this wonderful passage on a website of a woman that channeled this from someone named "Mark". Her name is Jonette Crowley at the Center of Creative Consciousness. For more go to www.jonettecrowley.com.

Light and Love,
Merri and Joan



www.mindbodyspirit-online.com

Free Gift!

For those still getting their newsletters via postal service, and do have access to the internet, we have a sampler kit of 10 different Shoyeido Japanese Specialty Incense (highlighted on page 6 of this newsletter) just for switching to email instead. To receive your incense, just stop into the shop and tell us you want to switch. Sign up before Feb. 1st.

Hurry, supplies are limited.

In This Issue:

Featured Stone: Quartz Crystals

Featured Article: Astrology

New Classes: Angel Workshop

Spirit of Being Level 2

Coupon: Jewelry



Mind Body & Spirit

For information please call:
(320) 203-9630

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Open Mon- Fri 10-7pm

Saturday 10-5pm

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by Joan



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Astrological Calendars

As we come upon a New Year and are looking at calendars, you may be considering buying a calendar that has astrological information in it. This can be a fun way to see how astrology works first hand. The information may come in handy in timing important events and activities throughout the year; select a calendar that tells the times when lunar aspects occur and also gives an ephemeris of the years daily planetary positions. There are different ways in which especially lunar astrology can be helpful. You may know of the farmer's almanac. This has been published for many years and has been used by farmers to help them identify good times to plant. This uses the phases of the moon, which was observed and has been used since ancient times to aid the farmer in having a successful harvest. This article will focus on a purely astrological calendar.

There are several makers of astrological calendars, and they usually give the timing of aspects in Eastern and Pacific Time, so you need to keep this in mind when you are using the information. There are sections in the calendar for beginners on how to read the symbols for the planets and aspects, as well as explanations of them. When things happen in your life, it is a good learning tool to reference this and see what is going on astrologically. You may find there are aspects you need to pay attention to when certain events tend to happen in your life. Astrology deals with energies and you can use this to your advantage if you are aware of them.

There are several things to also pay attention to, including: Void of Course Moon: This is when the moon has made the last aspect before it enters the next sign in the zodiac. This time is not good for signing contracts, getting married or starting major projects, but is a time to be free to 'go with the flow' of things. It is wise to watch the times where the moon squares Mars, as these days tend to have adverse traffic situations and also when people seem to have short tempers.

Depending on your chart, there may be times where aspects in your natural chart may create an influence others don't feel. I am assuming you already know your own moons position from your natal or birth chart. When the moon reaches this position it is called a lunar return. Usually this is a time when you are on top of things and have more energy than normal. From watching the calendar and seeing how things affect you, you may learn more about these energies and how you can use these energies in your life in a positive way.

Until next time, Paul Olson, Planet Reports

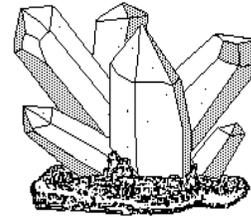
Quartz Crystals

Many people know quite a bit about quartz crystals. And I thought I knew my share. As always I found there is much more to learn.

Crystals have an incredible history. They are surrounded in mystery, magic, science, and energy. Clear Quartz Crystals (which will be known as QC throughout the rest of this article) are the most powerful healing and energy amplifier on the planet because of their unique helical spiral crystalline form. The QC absorbs, stores, releases, and regulates energy and is excellent for unblocking energy. The QC works at a spiritual level by raising energy to the highest possible level. These crystals can also store information like a natural computer.

QC's have been called master healers because they stimulate the immune system and bring the body into balance making them suitable for healing in all areas. One thing in particular that is fascinating about the quartz is that it can be programmed for almost any use. For instance, if you wanted a certain dis-ease or energy dysfunction to be cleared or you would like assistance from a crystal to help you heal an emotional issue, etc., there are ways to attune the crystal for such work. There are many good books that give examples of how this attunement can be done and we can assist you with this when you visit the shop.

How does one communicate with a crystal? Isn't a crystal "just" an inanimate rock that has no feeling, memory, or abilities? Strangely this is what many believe. And as much as I prefer to not be black and white, they are wrong. Even scientists have been able to measure the abilities of QC's for many years. And for those who have read about Atlantis or Lemuria there have been centuries and centuries of communication with and co-work done with crystals. They can be used for directing energy also. A man by the name of Vogel was the first to scientifically document the power of the QC. In fact, while he was cutting quartz into different shapes, etc. to figure out how to direct indirectly and discovered the laser. part one of a two part Please see the next more on how we with crystals.



energy, he almost accidentally This is the end of series on Quartz. newsletter for communicate

Some of the information for this article came from "The KISS Guide to Crystals" by Diane Bloom and Bonnie Seeman and also "The Crystal Bible" by Judy Hall.



Judith Newby

Spiritual Counselor

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Spiritual

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Development



The Inner Call to Self and Service

"Every human being comes to earth with sealed orders"

Soren Kierkegaard

The SEND program will help you to unseal your orders. SEND is a six module cohort based self development program offered by Tracy Flynn Bowe, Meg Flynn, and Kate Flynn of New Directions Counseling and Training, Ltd., of St. Cloud, Minnesota, and featuring medical intuitive, author and national lecturer, Dr. Carol Ritberger of Sacramento, California. SEND offers more than just information, it offers a model for understanding yourself and the world in a way that changes your reality and opens you to new and deeper levels of understanding and integration. It offers more than just teachers, it offers guides and mentors who stand behind you and help you to remember who you are. It is more than just a cohort, it is a group of people who stand beside you as you embrace your life dream. It is more than just a classroom, it's a place where you make connections to your highest self. Join us for this unique program integrating your personality, your spirituality, and emotional healing through the power of intuition.

Discover how you can grow in your life, your work, your relationships and your creative processes. Come and remember who you are why you are here with Meg, Tracy, Kate, Carol, and a host of guest teachers and practitioners from many disciplines and traditions. You will discover the sacred work you were meant to do, whether it is in the family, in the schools, in the healing professions, in the arts, or in the business world. This program will allow you to create a more meaningful and integrated life. Students of the SEND program will be given the tools to access their intuition through study of the philosophical teachings of both ancient and contemporary masters from the world's great spiritual, emotional and intuitive traditions. These teachings will illuminate the connections between your physical health, your relationships, your life path and your sacred work.

The SEND Program integrates easily with your life as you come together with your cohort three times a year for an intensive four day module. The modules will present information to innervate your intuitive power including lecture, meditation, art, music, guided imagery, and an extensive written manual for each module. SEND students consistently report that through the program they have experienced renewed excitement and creativity in their lives as they have learned to understand and express themselves holistically – mind, body, emotions and spirit. SEND students find that everything changes between modules as they integrate new levels of awareness and consciousness, leading them to see their lives, relationships and work differently. Please consider joining us for this unique opportunity.

**New Directions Counseling & Training, Ltd., 32104 County Road 1, St. Cloud, MN 56303
(320) 654-0001**

**For dates, program information and application, see our website at
www.newdirectionsct.com**

Calendar at a Glance

January

4-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
5-Wednesday	2pm-5pm	Intuitive Readings with Barbara Bjorklund
6-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
	7pm-9pm	NEW Winter Sage and Soul Work Part 1 with Carol Mecko
7-Friday	7pm-9pm	Spiritual Attunement with Frank Sowada
11-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	5:30pm-7pm	Pranic Healing with Frank Sowada
13-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
	7pm-9pm	NEW Winter Sage and Soul Work Part 2 with Carol Mecko
15-Saturday	10am-2pm	Intuitive Readings with Barbara Bjorklund
18-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
19-Wednesday	7pm-9pm	NEW Spirit of Being Level Two with Barbara Bjorklund
20-Thursday	4pm-7pm	Angel Readings with Sharron Jordan
	7pm-9pm	I-Ching Drumming with Carol Mecko
22-Saturday	11am-2pm	Pranic Healing with Frank Sowada
24-Monday	7pm-9pm	NEW Balance the Body with Herbal and Holistic Cooking with Tina Jacques
25-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
26-Wednesday	7pm-9pm	NEW Spirit of Being Level Two with Barbara Bjorklund
27-Thursday	7pm-9pm	NEW Angel Abundance with Sharron Jordan
29-Saturday	1:30pm-3:30pm	Book Signing with Tiffany Johnson

February

1-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
2-Wednesday	2pm-5pm	Intuitive Readings with Barbara Bjorklund
	7pm-9pm	Spirit of Being Level Two with Barbara Bjorklund
3-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
	7pm-9pm	Drum Use with Carol Mecko
4-Friday	7pm-9pm	Spiritual Attunement with Frank Sowada
8-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
9-Wednesday	7pm-9pm	Spirit of Being Level Two with Barbara Bjorklund
10-Thursday	7pm-9pm	Shamanic Drum Journey with Carol Mecko
12-Saturday	11am-2pm	Pranic Healing with Frank Sowada
15-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	5:30pm-7pm	Pranic Healing with Frank Sowada
	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
16-Wednesday	4pm-7pm	Angel Readings with Sharron Jordan
	7pm-9pm	Spirit of Being Level Two with Barbara Bjorklund
17-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
	7pm-9pm	I-Ching Drumming with Carol Mecko
19-Saturday	11am-3pm	Intuitive Readings with Barbara Bjorklund
22-Tuesday	2pm-6pm	Ear Candling, DNA rearrangement, Reiki with Yung Bok Johnson
	7pm-9pm	Spirit of Being Level One with Barbara Bjorklund
23-Wednesday	7pm-9pm	Spirit of Being Level Two with Barbara Bjorklund
24-Thursday	12pm-6pm	Healing Touch with Ann Dragsten (by appointment)
	7pm-9pm	Shamanic Drum Journey with Carol Mecko
28-Monday	7pm-9pm	Balance the Body with Herbal and Holistic Cooking with Tina Jacques

Calendar of Events

Angel Readings

Guidance from the Angelic Realm. Sharron Jordan studied in Ireland with Angel Communicator and Teacher/Guide Doreen Virtue to learn the art of reading and interpreting Angel cards. Intuitively using the guidance she receives from various Angels, Sharron will help guide you. Call for appt. Jan 20th /Feb 16th

Intuitive Readings with Barbara

An intuitive reading is a personal interactive session. Barbara takes one beyond the known into the unknown and unseen to examine one's energetic patterns, blocks, beliefs, intentions, and expectations in order to provide one with a clear understanding of how to make new choices for creating the life one desires. Barbara's intent for each person is to recognize the power of their spirit by encouraging the mind and heart to walk hand in hand. Barb will be in the store on: Jan 5th & 15th Feb 2nd & 19th

Pranic Healing

Bring the energies of Mind Body & Spirit into alignment by means of universal energy, filtered through an experienced practitioner.

Frank will be available on:

Tuesdays Jan 11/Feb15 & Saturdays Jan 22/ Feb 12

Healing Touch

Holistic energy-based approach to healing the whole person, physically, emotionally, mentally, and spiritually. It utilizes the hands to clear, energize and balance the human energy field which can become blocked, congested, imbalanced or over-active, leading to illness. Thursdays by appt.

Spiritual Attunement

Frank Sowada will lead a monthly group usually held on the first Friday of each month. The intention of the gathering is to provide a safe place to seek answers to questions each of us have and provide an ongoing means to self discovery. It is to aid in awareness of the spiritual evolution that is taking place and discovery of some of the mystical aspects that can occur along the path. Each gathering we hold an intention to discuss a specific subject, discuss what has been happening from an energetic perspective, and at times meditate. A suggested donation of \$5.00 per person is requested. All are always welcome to attend. Jan. 7th & Feb. 4th

January's session of Spiritual Attunement will be:

Guest speaker Hanakia Zedek is an Internationally respected: Shaman, Mystic, Magician, and Psycho-Spiritual Professional at the "Cutting Edge". He will be presenting an introduction to Applied Quantum Spirituality. His teachings work with the aspects of programming and conditions, going beyond the limits of your own set personal powers, as well as a look at space, time, and matter. Call last week of Jan. for info. On Feb. session

Yung Bok Johnson

Yung Bok will be here on Tuesdays from 2pm-6pm. She came from East Asia at the age of 22 and has much to teach about healing from her culture. She is proficient in DNA Rearrangement, ear-candling, drugless pain management, and remote healing. She has had Reiki Master, acupuncture/acupuncture training and is qualified to teach about micro-balanced food.

Call to set up appt. for one of these healing modalities.

Drum Use

Learn how to use your frame drum for personal growth and healing, gathering and companionship, prayer and ritual! During this two-hour hands-on experience learn some basic hand drumming strokes and how to use them to call in the four directions and for processions. Also learn to drum with the mallet: the "heart beat", some basic Native American rhythms, energy work through "drum washes" and much more! No experience needed. \$20.00 Carol Mecko

(Please pre-register by noon the day before class begins) Feb. 3rd

Spirit of Being Level One

This class will give you experiences that allow you to see where and to what your energy and spirit is connected. The class will include experiential learning, discussion, guided visualizations, and reflective homework. Spirit of Being is a 6-session class. The class is closed after the first session. Begins Jan. 18th

Barbara Bjorklund Fee: \$120.00 prepaid for 6 sessions or \$25/per session

Spirit of Being Level Two

More Spirit of Being for those who have taken Spirit of Being Level One. Designed to further the recognition of your personal energetic system. This advanced course will help you move beyond the knowing into the living and appreciating what is. Learn how to be free to embrace and accept the gifts that you have to offer to yourself and the rest of the world. Begins Jan. 19th

Barbara Bjorklund Fee: \$120.00 prepaid for 6 sessions or \$25/per session

I-Ching Drumming

Learn to use the ancient Chinese wisdom "Book of Changes" for drum meditation and personal growth! During this 2 hour group drum time, use your drum in simple ritual and raise energy as a group and individually to get information from your deep inner wisdom for group and personal growth. This will be a regular monthly drumming group using I-Ching hexagrams.

Carol Mecko \$20 (Please register by noon the day before) Jan. 20 & Feb. 17th

Winter Saging and Soul Work

In this 2-hour, 2 part celebration of Winter, you are invited to experience the richness of the powerful season of Winter through singing, dancing, story-telling and silent reflection, as you are able. We will explore the Archetypes of the Warrior-Leader in each of us and learn to use the empowerment tools of the Warrior-Leader, look at the three Universal Powers and do soul-work.

Carol Mecko \$20 per session Jan. 6th (part 1) Jan. 13 (part 2)

(Please register by noon the day before)

Drum Making

Make your own frame drum for more meaningful drumming. This class will bring out the ancestral roots in anyone. It's a deeply moving experience to take a deer hide, cedar wood, and black walnut dye, and make a thing of beauty that will last years and years and will become a cherished piece to be passed between generations. It's a class you will remember for a lifetime. Nothing to bring Everything supplied. 13" is \$100 16" is \$125. Wayne Manthey.

**** If interested in this class please call or email and we will put your name on the waiting list for the next upcoming class.

NEW: Balance the Body with Herbal and Holistic Cooking

Learn how to cook and heal holistically with herbs using various recipes. Save money on your grocery budget by making your own dressings etc. Also learn how to cook holistic meals and treats for your pets.

Tina Jacques \$15.00 per session Jan. 24 and Feb. 28

NEW: Angel Abundance Welcoming Angels into your life.

Would you like to communicate more easily with your angels? Would you like to feel more certain of the messages you receive from your celestial helpers? During this gathering, we will discuss ways to receive angelic guidance; then, in a short exercise, we will experiment with communication from the angels. For future guidance, we will compile a group angel reading, with each person drawing one angel card. Come join us! Please bring a pen and a notebook or legal pad. Optional: Bring a small angel object such as a greeting card, an ornament, or angel figure.

Sharron Jordan \$14.44 per session (ask about it in class) Thurs. Jan. 27th

(Class is limited to only 11 people so sign up early!)

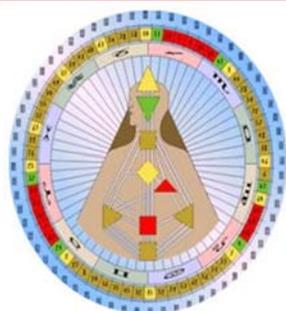
NEW: Shamanic Drum Journey

EXPLORE YOUR PSYCHOMYTHOLOGY USING THE BEAT OF THE DRUM!

After some initial input on the what, why, and how of the Shamanic Sonic Journey tradition, participants will have an experience of going in their own "spirit canoe" on a Shamanic journey to the upper or lower worlds. Bring a frame drum if you have one, but it is not necessary to participate in the experience. Time for processing and sharing your journey will ground your one and a half hour experience.

Carol Mecko \$20.00 Feb. 10th & 24th

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The Spirit of Being Classes with Barbara Bjorklund

Encouraging your Mind and Heart to walk Hand in Hand

Level One Making the Connection

The focus of this class is learning to be fully present in any given moment. This experience will give you the awareness to identify where and to what your energy is connected. You will explore ways to empower yourself and reframe your beliefs for a clearer and deeper connection to yourself and others.

Discussion ~ Guided Visualization
Reflective Homework ~ Intuition
Experiential Learning ~ Tools to Support Change

Level Two Deepening the Connection

The Spirit of Being II is designed to further the recognition of your personal energetic system. You'll learn to listen to what your intuitive voice has to say to you as you move beyond the knowing into living and appreciating what is. As a result you will be free to embrace and accept the gifts that you have to offer to yourself and the world. You will learn to live in harmony as your authentic self, and together we will experience moving deeper into our inner wisdom by:

Recognizing it! Moving into it! Acting on it! Trusting it!

Intuition ~ Toning ~ Body Talk ~ Visualization ~ Meditation ~ Experiential Exercises

www.thespiritconnection.com

Just In!

Shoyeido

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Daily Incense

Shoyeido presents a wide selection of traditional Japanese scents, practical & easy to use everyday, for any occasion.

- Daigen-koh ~ Great Origin
- Hoyei-koh ~ Eternal Treasure
- Nokiba ~ Moss Garden
- Kyo-nishiki ~ Autumn Leaves
- Kin-kaku ~ Golden Pavilion
- Kyo-zakura ~ Cherry Blossoms
- Gozan ~ Five Hills



Jewel Series

Blenders at Shoyeido created the Jewel Series to evoke the spirit of five precious stones. These fragrances are blended from recipes using traditional methods & ingredients: aromatic woods, herbs, roots, seeds, tree bark, resins & spices.

- Ruby ~ Strength
- Diamond ~ Power
- Emerald ~ Awareness
- Amethyst ~ Balance
- Sapphire ~ Devotion

Book Signing with

Readings by
Tiffany

at *Mind Body & Spirit*
January 29th from 1:30pm-3:30pm

Tiffany Johnson is an internationally known psychic, speaker, healer, and author of "Seeds of Thought". Her growing personal practice, based out of Minnesota, is a testament to her talents and willingness to educate the public on topics of the "New Age".

Further, as a favored guest and co-host on various radio shows (locally on 103.7 The Loon) throughout the Midwest she gives a humorous yet honest perspective on all metaphysical subjects.

YOGA & LIVING ARTS STUDIO

Located at 917 West St. Germain in downtown St. Cloud, 320-224-9253, www.yogalivingarts.cjb.net

January/February Schedule

Begin any time! New students are always welcome and encouraged!

<i>Day/Time</i>	<i>Class</i>	<i>Teacher</i>
<u>Monday</u>		
5:30pm	Yoga	Jane
6:45pm	QiGong/Tai Chi	Dee Ma
	<i>(Please pre-register for this class by calling 656-8951.)</i>	
<u>Tuesday</u>		
8:00am	Yoga	Jane
10:15am	Gentle Yoga	Jane
5:15pm	Pilates	Twyla
7:00pm	Vinyasa Flow Yoga	Ana Maria
<u>Wednesday</u>		
NOON	Pilates	Twyla
4:30pm	Vinyasa Flow Yoga	Ana Maria
6:10pm	Yoga	Emily
7:30-9:30pm	Reiki Clinic*	Bea Monn
	<i>(*Reiki Clinics are held only on the 2nd & 3rd Wednesdays of each month. Please call 255-0805 for more info.)</i>	
<u>Thursday</u>		
3:45 pm	Mixed Level Yoga	Emily
5:15 pm	Intro to Yoga	Samantha
6:30 pm	Kids Yoga! (<u>Beginning February 17th</u>)	Cristina/Lara
<u>Friday</u>		
5:30 pm	Pre-Natal Yoga	Ana Maria
	<i>(Pre-registration is required. For information, and to register, please call 558-2726.)</i>	
<u>Saturday</u>		
11:00 am	Yoga	Cristina

Class prices: Drop-in classes - \$8, Ten-Class Punch Card - \$70, Seniors and Students - only \$6!

Kids Yoga: This popular new class will begin again on February 17th. The class is geared towards 4th through 6th graders and will be limited to 12 students. Two instructors will be on hand throughout the duration of the six-class series. The cost is \$6 per class (\$36 for the 6 weeks). Pre-registration is recommended. To do so, please call Cristina at 654-9048, or Lara at 230-4634. *Thank you!*

Additional Opportunities:

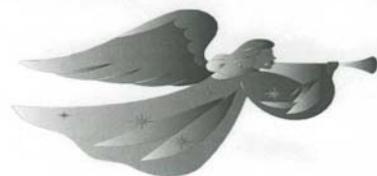
Adaptive Yoga: For info, or to schedule an appointment, please call Ana Maria at 558-2726.

Yamuna Body Rolling: This class will be initiated at the Studio once the instructor has registered at least 6 students. Please call Cyndi for more information at 685-3291.

The general public is invited to rent our studio if in need of a small venue for a workshop or a similar event!

*A Few Essential Facts :
About Ravensara*

- Ravensara originated in Madagascar and is considered “the oil that heals”
- This healing oil is antiviral, antibacterial, and anti-infectious, supporting especially the nerves and respiratory system.
- Ravensara is steam distilled from the branches of it’s tree.
- Ravensara can be useful for bronchitis, cholera, herpes, infectious mononucleosis, insomnia, shingles and sinusitis.
- This oil is also used as an analgesic & muscle relaxant.
- Ravensara may also be helpful for asthma, cystitis, burns, pneumonia, scrapes & wounds.
- This oil can also be used as a psychic rebalancer.
- Diffuse or apply topically.
- If pregnant or under a doctor’s care, consult a physician.



ANGEL READINGS

*Listening to Messages
from Your Angels*

SHARRON E. JORDAN

*Certified Angel Therapy
Practitioner
Ireland 2003*

*320 . 251 . 3490
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*When we are no longer able to
change a situation, we are
challenged to change ourselves.*

~Viktor Frankl

Coupon

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Coupon must be presented at time of purchase.

A Metamorphic Journey

with Yung Bok Johnson



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Drugless Pain Mngt
Ear Candling
DNA Rearrangement
Remote Healing

Make appt. with
MBS@203-9630 or
Yung Bok@983-6981



Mind Body & Spirit

915 W. St. Germain St.

St. Cloud, MN 56301

*Because I have loved life, I shall have no
sorrow to pass on.*