

Kaleidoscope

Quarterly Newsletter
from
Mind Body & Spirit

April
May
June

2008

Hi Everyone!

The old adage "it takes a village to raise a child" has never been as clear to me as it has been lately—and not because it's a popular campaign slogan right now either. In the last newsletter, I spoke of our friend who came to live with us January 1, increasing our household population. Then, just two weeks later, we added another new addition—we welcomed a precious baby into what seems to be our ever-expanding family. Merri has a new Granddaughter, and she is wonderful.

Very few of us are blood related, but we are a village and we are family, because family is about love, not blood. And this new little bundle in our household and family is loved by all. She knows she is loved because she's never left needing. Everyone in our home takes turns caring for her, not because we "have to", but because we "want" to. When one person may be tired or sick, another steps in to help.

"It takes a village to raise a child" is an old African proverb. Since it became the latest hyped-up adage in politics, it has lost some of its real power.. When an idea becomes a platform, it sometimes loses impact because we set it in the hands of the government to take care of it. We allow decisions to be made for us because it all seems like too much for us to handle. It isn't too much. The power is in the little things rather than the big things. Sometimes what a baby needs—especially when she has colic and can't stop crying—can feel overwhelming. She needs to be fed, changed, rocked, washed and played with; she needs someone to love her and take care of her in that moment.

Of course I am using the daily needs of this precious little one as a metaphor for what the world needs—the little things that make a difference. Don't look at the huge picture and get scared and hand it over to someone else. Just do the little things on a daily basis, and feel the power. These little things get no recognition. No one stands up and congratulates anyone for changing a diaper. But a clean diaper puts a smile on that child's face, even if just for a moment, because she knows she's cared for and loved. Is there anything more important than that?

Mother Theresa was and still is admired by many, regardless of religion, class, or culture because her message was "Love one another." Yes, it really is that simple. She said, "There are no great things, only small things with great love." She also said, "Jesus said love one another. He didn't say love the whole world." Loving the whole world might be too much to take on, so just love who you're with right now. You will be amazed at how much change happens as a result.

Merri commented one day that she wondered why all of these little ones still want to come into this world of war, famine, and anger. Why would they come into a world that is "so messed up?" She was having a moment, but she and I both know better than that and so do all of you. It does take a village to raise a child. That means that every person in the village is doing something no matter what its perceived importance. Every person does something small and those small actions become a collective giant. The world might seem really "messed up" some days, but it is beautiful as well. Babies know that better than all of us. The beauty is in the small things done with great love. This might be simple. It might be sappy. But it still remains the greatest truth of all.

Blessings,
Joan and Merri

In This Issue:

Featured Stone: Tigereye pg 3
Classes & Services: pgs 4/8
Calendars: pgs 5-7
New Products: pg 11
Feature on Oils: pg 2
Series of Symbols: pg 10



Mind Body & Spirit
Books & Gifts

For information please call:
(320) 203-9630

www.mindbodyspirit-online.com

Open Mon~ Fri 10-7pm
Saturday 10-5pm
Closed Sundays

More of the Essentials of Using Oils:

Perhaps we have noticed more babies because we have one in the family now, but it sure seems like there are a bunch of these little miracles popping up all over the place. Essential Oils work wonders for our little ones as well as for us so we have developed a list that seems to have been our best bets around our household recently. Next issue we hope to have more for the older babies and toddlers but this one is about the fresh little ones just coming in that have special needs. Although there are other recipes out there, that may work better for another, these have been our successful ones found. All oils used on babies and children should always be diluted.

Colic (typically hits from birth and peaks at 6-8 wks of age and starts to get better after 2-3 months) - Combine 2 Tbs. Almond Oil with 1 drop Roman Chamomile, 1 drop Lavender, and 1 drop Geranium. Mix and apply to stomach and back. Also remember that burping is essential to keeping baby's tummy free from gas and pain and a warm water bottle on the tummy helps as well.

Crying - Geranium, Lavender, Cypress, Roman Chamomile, Rose Otto, or Ylang Ylang. Dilute and put on back or Diffuse.

Diaper Rash - Rinse all affected skin with a rinse water made up of 4 drops German or Roman Chamomile, 4 drops Lavender, and one pint of water and pat area dry. One that we have not tried yet but sounds good is: 1 drop Roman Chamomile and 1 drop Lavender with V-6 Mixing Oil or Genesis Hand and Body Lotion.

Hiccups/Hiccoughs - Mandarin diffused or diluted and put on tummy.

Other Rashes - Lavender, Roman Chamomile, Rose Otto, or Sandalwood. Dilute and Apply

Teething - Teething can begin at birth but generally does not start until about 6-9 months of age.

Teething pain can begin anytime up to 4 months prior to the actual tooth eruption.

Dry skin - Rosewood or Sandalwood. Dilute and apply. Can be added to baby moisturizer as well.

Fever - Lavender. Dilute in carrier oil and massage on baby's back, also back of neck, feet, and behind the ears. (Peppermint works great for older children and adults but may be too strong for Baby skin, diffuse into room only.)

Croup - Marjoram, Ravensara, Rosewood, Sandalwood or Thyme. Dilute for massage or diffuse into room. Bundle baby up and take outside to breathe cold air.

J.M.S

Thank you to the "Reference Guide for Essential Oils" compiled by Connie and Alan Higley, and "Aromatherapy for the Healthy Child" by Valerie Ann Worwood for this priceless information.

Please, always check with your doctor if conditions are serious or if any allergies occur as these are derived by natural plants and allergies do occur in some individuals.



Kelli Spencer
Psychic Medium
Medical Intuitive

"Connecting you to your
loved ones and guides."

320.240.6399

kellispencer.com

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled.

For it is only in these moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

M. Scott Peck

Tigereye

Apparently in the mid 1870's in London, England, it cost approximately 25 shillings or what would be equivalent to \$85.00, to buy just one carat or 0.2 grams of a gemstone called Tiger Eye. At that time Tiger Eye was worn only by the very rich as only a very small amount of this Tiger Eye, then called a precious gem, was found. Then in the middle of the 1880's, just a few short years later, rich sources of Tiger Eye were found in Africa and the prices crashed, and by 1990 it was only considered a semi-precious gemstone. Today it can be bought for about \$1.50 per carat. Perhaps it is more bountiful now but it is still a stone that even the rich are found to be wearing as it mesmerizes one as a deep gold, cat's eye would.

The Tiger Eye got its name because it looks, both like the striping of the tiger with the gold and black coloring and it looks like the eye of a tiger shining in the night. The richest veins of Tiger Eye are found in South Africa and there are some supplies, although slightly different, in Australia. What is quite interesting is that although the greatest amount of Tiger Eye is found in Africa, history shows that the great cat, the Tiger, has never lived in Africa!

In ancient folklore from many different cultures, this stone protected the bearer from the "evil-eye" or ill-wishes from others, which since has been translated into a stone of protection in the form of dissolving and dispelling negative energy. The tiger eye stone represents both the elements of fire and earth making it useful in grounding one's energy as well as igniting one's passions. The gold chatoyancy that the tiger eye displays, which is the reflection of light off the fibers of crocidolite and quartz within the stone, has been said to carry the energy and power of the sun. This gives the tiger eye power to help one with obstacles and challenges.

Tiger Eye has been called the "stone of balance" as it helps to stimulate both the root chakra and the solar plexus. It helps one find the harmonious center between polarities. As a stone of the "Golden Ray" it resonates with Christ consciousness. When meditating with this stone one will feel unconditional love and compassion.

The Tiger Eye aides in combating fatigue as it lends extra strength, it helps strengthen the endocrine system and assists in balancing hormones. This is an excellent stone for mediators and those going through difficult negotiations. Take this stone into an important meeting as it provides courage, while also grounding emotions slightly, and makes the bearer feel worthy and powerful. This stone helps one maintain balance between extremes of dark and light, joy and sorrow, to a place of integrated Spirit in a physical vehicle. It helps release blocked creativity and helps to elevate moods.

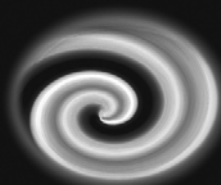
This is a wonderful stone to help prevent over stimulation of the adrenal glands due to stress. It aides in enhancing patience and expands one's understanding of their divine purpose. It should not be worn continuously as it does slow the energy of the body but can be worn for up to a week at a time when needed.

Tiger Eye has been worn by the rich, the poor, and Shaman throughout the world. And now you know that the Tiger Eye brings more than protection and good luck, but those aren't bad reasons to have your own either.

Thanks to "The Crystal Bible" by Judy Hall and "Sheryl's Guide to Stone Energies" by Sheryl Fisher, for some of the information provided.

J.M.S.

Barbara Bjorklund
barbarabjorklund.com 763.263.7952



**Teacher
Intuitive
Guide**

Intuitive Energy Readings • Workshops • Classes • Archetypal Charts

Animal Communication



by Joan



320.203.9630

Joan Stokes, AHT

"A Voice for your Pet"

- Emotional/Behavioral Issues
- Lost or Deceased Pets
- Totems & Spirit Guides
- Intuitive Medical Advice

915 West St Germain, St. Cloud, MN 56303

Intuitive/Psychic Readings:

Intuitive Readings with Barbara

An intuitive reading is a personal interactive session. Barbara takes one beyond the known into the unknown 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. Barbara's fees are \$75.00/hour and \$40.00/1/2 hour

Readings with Kate Zimmer

Kate is a clear and direct channel to receive loving guidance through her and your Spirit Guides, Angels, Ascended Masters, Totems, Fairies, deceased loved ones and past lives. She uses her skills in clairvoyance, clairaudience and clairsentience to relay messages, insights and answers to the many questions affecting you on your path. Kate is a Reiki Master and Certified Basic Integrated Energy Practitioner and has studied other various healing modalities. Fees: \$1/minute

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 Angels, Sharron will help guide you. If you are looking for a little peace, maybe some enlightenment, or guidance, this is for you. Fees \$60.00/hour and \$35.00 per 1/2 hour

Paulette Lucas

Paulette was a therapist for over 20 years and has traveled extensively, visiting power centers around the globe, to develop her spiritual awareness for herself as well as those she works with. Paulette is a Clairvoyant, trance medium, and empathic who has now "officially" been reading for 15 years. She works with spirit guides, angels, and deceased loved ones. Fees: \$60.00 per 1/2 hour and \$100.00 per hour.

Kelli Spencer

Psychic medium: I connect you to your loved ones and guides. I am clairvoyant, clairaudient, claircognizant, clairalient, I am a medium, which means that I am a bridge between this world and the next. I work with individuals that need closure, validation, or peace of mind that their loved ones are ok on the other side. Fee: \$60.00 per hour

Numerology Readings with Diane Winter

Who are you? Why are you here? What does your future hold? Discovering the number energies hidden in your name and day of birth can open you up to the "treasures" within you! Your reading includes a summary of your most important energy and a personal worksheet of all your major energies. Tape recording is welcomed! Fee: \$25.00 for 1/2 hour session

Personalized Relaxation CD's with Michele Bergh

Receive a personalized relaxation CD created with your feedback. Every one of us has unique needs and together we'll create a relaxation experience using your preferences in music, affirmations, and length of time. If you have had trouble in the past with relaxation CD's just randomly pulled off the shelf, then not working for you, this is your chance to get the CD that is made just for you, unique, just like you. Some areas that these CD's can help with are anxiety and stress reduction, ADHD, self-esteem, relaxation, visualizations, insomnia, addictions, creativity, chronic pain relief and much more. Get the personal touch. \$20 each

Energy Healing:

Amethyst Biomat

The BioMat is the only product to combine Far Infrared Rays, Negative Ions, and Amethyst crystals for a true mind, body, and spiritual healing experience. In restoring Life force energy and releasing blockages, the body has the capacity to heal and bring itself back into balance. Infrared Ray heat therapy is widely used to treat patients suffering from many forms of arthritis as well as sprains, neuralgia, joint stiffness, and many other muscular-skeletal ailments. The amethyst entrains your body to more optimally receive the light of the infrared rays. Per Merri and Joan: Wow!!! Sessions run 15 min. for \$20.00 or 30 min for \$30.00.

Quantum Touch with Kimberlee Bluhm

The Quantum Touch Practitioner learns to focus and amplify life force energy. When the practitioner holds a high vibrational field of life-force energy around an affected area, through a process of resonance and entrainment, the client naturally matches the vibration of the practitioner, allowing one's own biological intelligence to do whatever healing it deems necessary. Fee: \$65.00 per hr.

Healing Touch with Ann Dragsten

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. Please call for appointment. Merri and Joan have had sessions done with Ann regularly and can attest to the wonderful healing they have experienced. In fact we believe she is our best kept secret that we shouldn't keep a secret. Ask us just how good she is! Ann's fee is \$60.00 per session.

Therapeutic Touch with Michele Bergh

Therapeutic Touch balances and energizes the energy field to promote self healing. Many forms of Therapeutic Touch exist and the benefits are profound and include reduced anxiety, release of blockages, release of past emotional traumas, relief from fatigue, clarity, balance and more. As a Reiki Master, Integrated Energy Therapy Practitioner, and Chakra Therapist; I offer all three of these therapies. I believe that each person is unique, so each session I offer is designed specifically with you in mind. You may either request the modality you would like for your session or allow me to provide as I feel guided (generally a combination of modalities). \$65 per hour

Reiki with Lisa Dempsey

Lisa is a Certified Reiki Master and Life Coach. Through the spiritual healing art of Reiki, she helps clients relax, clear negative energy, and move positive energy throughout the body for balance and clarity. A complement to traditional medicine and other healing/relaxing techniques, Reiki can lead to clearer thinking, increased energy, emotional release, enhanced creativity, stress relief, spiritual unfolding, and much more. 60-Minute Session | \$60

April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>	<p>1</p> <p>Intuitive Readings Barbara 3-7pm</p> <p>Toolbox for the Soul 1 of 3 7-9:15pm</p>	<p>2</p>	<p>3</p> <p>Ann Dragsten Healing Touch 11-6pm</p> <p>In Full Bloom 7-8:30</p>	<p>4</p> <p>Intuitive Paulette Lucas 10-6pm</p> <p>Spiritual Attunement Divinity 7-9pm</p>	<p>5</p> <p>Belly Dance 9-10:30am</p> <p>Readings w/Kate 11-1pm</p> <p>Aura Photos 11-2:00pm</p> <p><i>New Moon</i></p>
<p>6</p>	<p>7</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Breathe In Breathe Out 7-8:30pm</p>	<p>8</p> <p>Intuitive Readings Barbara 3-7pm</p> <p>Energetically Speaking # 1 7-9pm</p> <p>Discovering Our Past Lives 7-9:15</p>	<p>9</p> <p>Reiki Clinic 7:15-9:00pm</p>	<p>10</p> <p>Lisa Dempsey Reiki Sessions 10-6pm</p> <p>Crystal Bowl Sound Healing 7-9pm</p>	<p>11</p> <p>Intuitive Paulette Lucas 10-6pm</p>	<p>12</p> <p>Belly Dance 9-10:30am</p> <p>Readings with Barbara 10-2pm</p> <p>Drum Making 12-4pm</p>
<p>13</p>	<p>14</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Breathe In Breathe Out 7-8:30pm</p>	<p>15</p> <p>Intuitive Readings Barbara 3-7pm</p> <p>Energetically Speaking # 2 7-9pm</p> <p>Law of One 7-9:15</p>	<p>16</p> <p>Numerology Readings with Diane 3-6pm</p>	<p>17</p> <p>Ann Dragsten Healing Touch 11-6pm</p>	<p>18</p>	<p>19</p> <p>Belly Dance 9-10:30am</p> <p>Yamuna Body Rolling Workshop 11-1pm</p>
<p>20</p> <p><i>Full Moon</i></p>	<p>21</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>The Talking Stick 7-9pm</p>	<p>22</p> <p>Intuitive Readings Barbara 3-7pm</p> <p>Energetically Speaking # 3 7-9pm</p> <p>Healing through Sound & Meditation 7-9:15</p>	<p>23</p> <p>Angel Readings with Sharron 3-7pm</p>	<p>24</p> <p>Lisa Dempsey Reiki Sessions 10-6pm</p>	<p>25</p> <p>Intuitive Paulette Lucas 11-6pm</p> <p>The Gathering 7-10pm</p>	<p>26</p> <p>Belly Dance 9-10:30am</p> <p>Sacred Union Solara`An 1-3pm</p> <p>Relaxation Cd's 10-1pm</p> <p>Therapeutic Touch 1:30-4:30pm</p>
<p>27</p>	<p>28</p> <p>Psychic Channel Kelli Spencer 10-6pm</p>	<p>29</p> <p>Intuitive Readings Barbara 3-7pm</p> <p>Energetically Speaking # 3 7-9pm</p> <p>Circle for Healing 7-9:15pm</p>	<p>30</p>			

May 2008

Sun Mon Tue Wed Thu Fri Sat

	<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>			<p>1</p> <p>Ann Dragsten Healing Touch 11-6pm</p>	<p>2 Intuitive Paulette Lucas 10-6pm Spiritual Attunement Shirley Moore-Buysse 7-9pm</p>	<p>3</p> <p>Belly Dance 9-10:30am</p> <p>Aura Photos 11-2:00pm</p>
4	<p>5</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p><i>New Moon</i></p>	<p>6 Intuitive Readings Barbara 3-7pm Toolbox for the Soul 2 of 3 7-9:15pm</p>	7	<p>8</p> <p>Lisa Dempsey Reiki Sessions 10-6pm</p> <p>The Gathering 7-10pm</p>	<p>9</p> <p>Intuitive Paulette Lucas 10-6pm</p> <p>Biomat 1-6pm</p>	<p>10</p> <p>Belly Dance 9-10:30am</p> <p>Readings with Barbara 10-2pm</p>
11	<p>12</p> <p>Psychic Channel Kelli Spencer 10-6pm</p>	<p>13 Intuitive Readings Barbara 3-7pm</p> <p>Living in the New Energy Matrix 7-9:15</p>	<p>14</p> <p>Numerology Readings with Diane 11-2pm</p> <p>Reiki Clinic 7:15-9:00pm</p>	<p>15</p> <p>Ann Dragsten Healing Touch 11-6pm</p>	<p>16</p> <p>Intuitive Paulette Lucas 10-6pm</p> <p>Quantum Touch Kimberlee Bluhm 10-2pm</p>	<p>17</p> <p>Activating the Sword Sol Ara An 1-3pm</p>
18	<p>19</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>The Talking Stick 7-9pm</p>	<p>20</p> <p>Intuitive Readings Barbara 3-7pm</p> <p>Law of One 7-9:15</p>	<p>21</p> <p>Animal Totems 7-9pm</p>	<p>22</p> <p>Lisa Dempsey Reiki Sessions 10-6pm</p> <p>Your Body Your Belief 7-9pm</p>	<p>23</p> <p>Intuitive Paulette Lucas 10-6pm</p>	<p>24</p> <p><i>Full Moon</i></p>
25	<p>26</p> <p>Psychic Channel Kelli Spencer 10-6pm</p>	<p>27</p> <p>Intuitive Readings Barbara 3-7pm</p> <p>Circle for Healing 7-9:15pm</p>	28	29	30	31

June 2008

Sun Mon Tue Wed Thu Fri Sat

1 For more detailed information on these events please see our online calendar. www.mindbodyspirit-online.com	2 Psychic Channel Kelli Spencer 10-6pm	3 Energetically Speaking # 1 1-3pm Intuitive Readings Barbara 3-7pm Toolbox for the Soul 3 of 3 7-9:15	4 ◀◀ <i>Full Moon</i>	5 Ann Dragsten Healing Touch 11-6pm	6 Readings with Denise Iwaniw 10-5pm Speaker Denise Iwaniw & Book Signing 7-8pm	7 Embracing the Mystic Within 10-3pm
8	9 Psychic Channel Kelli Spencer 10-6pm	10 Energetically Speaking # 2 1-3pm Intuitive Readings Barbara 3-7pm Aura Photos 4-7pm	11 Reiki Clinic 7:15-9:00pm	12 Lisa Dempsey Reiki Sessions 10-6pm	13 Intuitive Paulette Lucas 10-6pm	14 Relaxation Cd's 10-1pm Therapeutic Touch 1:30-4:30pm
15	16 Psychic Channel Kelli Spencer 10-6pm The Talking Stick 7-9pm	17 Energetically Speaking # 3 1-3pm Intuitive Readings Barbara 3-7pm Law of One 7-9:15	18 Numerology Readings with Diane 11-2pm <i>New Moon</i>	19 Ann Dragsten Healing Touch 11-6pm The Gathering 7-10pm	20 Intuitive Paulette Lucas 10-6pm	21 Readings with Barbara 10-2pm
22	23 Psychic Channel Kelli Spencer 10-6pm	24 Energetically Speaking # 4 1-3pm Intuitive Readings Barbara 3-7pm Circle of Healing 7-9:15	25 Angel Readings with Sharron 3-7pm	26 Lisa Dempsey Reiki Sessions 10-6pm	27 Intuitive Paulette Lucas 10-6pm	28 Channeling with Divine Mother - Messages Regarding the Present Time Changes Sol' Ara An 1-3pm
29	30 Psychic Channel Kelli Spencer 10-6pm					

Class and Event Descriptions

******* IMPORTANT - PLEASE NOTE: STARTING APRIL 1st :**

Pre-registration will be up to 2 days in advance of the class. All other registration is considered at the door and an additional fee of \$5.00 will be added to all late registrations.

Activating the Sword Sat. urday May 17 | 1 - 3pm | \$25 | Sol' Ara An

Once long ago you were a Spiritual Warrior, and you were blessed with the "Sword of Truth" as presented to you by Arch Angel Michael for your strength, courage, and leadership within the Angelic realms of light. When you entered into form within the density of Earth you not only forgot who you really were, but some also lost some tools along the way... could you be looking for something... but you don't remember what? Join me in this class and open the door for the possibility that you just might find what you have been looking for!

Aura Photos and Readings April 5th, May 3rd | 11-2pm | June 10th | 4-7pm | \$20 | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy and images and captures it onto a polaroid picture. Based on the color, clarity, position and amount of color, it is possible to get a read on the mental, emotional, physical and spiritual energy, of the camera's subject, at the time of the photo. When reading an Aura Photo, Bob uses his intuitive abilities to tap into the energy field, he is usually able to identify an energy block or leak, if one exists. Aura photos are a great way to find out where you are energetically.

Breathe In, Breathe Out Mondays April 7th, 14th | 7-8:30pm | \$10 | Twyla Ethen

Become Aware of your Breath. Allow it to become Full, Open, Connected and Releasing. Join me in possibly bringing better health and vitality to your life!

Channeling with Divine Mother - Messages Regarding the Present Time Changes Saturday June 28th | 1-3pm | \$25 | Sol' Ara An

We offer the opportunity to be in the presence of the energy of Divine Love and Compassion of Divine Mother, the Feminine Face of God as channeled through Sol'Ara An. There will be opportunity to learn of what these changes mean to humanity and Mother Earth and what your responsibility to your own life path is. Come with an open heart and mind, and leave with the gift of Divine Love!

Circle of Healing - Calling All Healers! April 29, May 27, June 24 | 7 - 9:15pm | \$15 | Bob Sullivan

Whether you are a healing professional or someone that is just developing your gifts, this is a participation group for anyone that has taken any form of energy healing training... The purpose is to provide a place that healers can unite to practice, to trade ideas, to discuss problems, to learn new techniques and to receive healings. Each class will begin with a discussion on a particular topic... We may also have guest speakers and/or healing demos. Then we will breakout to practice on each other.

Crystal Singing Bowls Thursday April 10th | 7-9pm | \$15 | Jean Struzyk and Mary Beth Larcom

Hearing the haunting sound of the crystal bowls seems to awaken an ancient remembering, touching the essence of the soul. How can we explain what is? Is it the crystal from which the bowls are made? Is it a refrain from the ethers? Is it our connection with the source of our creation? Come enjoy the sounds and learn first hand from the vibrations of the crystal singing bowls and experience a sound bath for your own personal healing.

Discovering Your Past Lives Tuesday April 8th | 7 - 9:15pm | \$25 | Bob Sullivan

In this class, we will explore the ability for us to access our Past Lives and discover how Past Life Regression can reverse negative life patterns such as poor relationship choices, limiting beliefs, fears and phobias, blocked creativity, addictions and health problems. Also, in this class you will be able to experience a Past Life regression in a group setting.

Drum Making with Wayne Manthey Saturday April 12th | 12-4pm | 13 inch drum \$100 or 16 inch drum \$125

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 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. Reserve your space now!

Embracing the Mystic Within Denise Iwaniw | Workshop Sat. June 7 10am-3pm | See Ad in this Newsletter and More Online at www.mindbodyspirit-online.com | Friday June 6, 7-8pm Booksigning & Talk | Intuitive Readings by Denise on Friday June 6 from 10am-4pm Hurry Limited Availability!

Energetically Speaking Tuesdays April 8, 15, 22, 29 | 7-9pm | June 3, 10, 17, 24 - 1-3pm | \$25 per session or \$80 prepay 4 sessions.

Barbara Bjorklund : In this four-week series of classes, Barbara creates a safe space for you to explore and experiment with energy and intuition through experiential activities, guided visualization/meditation, and group interaction. You'll develop awareness of your energy in relation to others and the world, while embarking upon an inward journey that will lead you to discoveries about your authentic self and clear messages for how to give expression to your life as a unique individual. With each class, you'll go deeper inside—unfolding the mystery of you.

Healing Through Sound & Meditation Tuesday, April 22nd | 7 - 9:15pm | \$25 | Bob Sullivan

Learn to access the power of sound and meditation in creating a healing vibration for yourself or others. Experience the different effects of Sound and meditation and learn how to create these things in your life.

In Full Bloom Thursday April 3rd | 7-8:30pm | \$10 | Shelly Roy

Learn how to nurture your inner self so you flourish and become the person you have always wanted to BE! International Author, Consultant & Life Coach , Shelley A.W. Roy will share – • The latest in the - Living Sciences - a whole new way of understanding yourself and others. • Practices that will cultivate both your personal and professional relationships. • How you can leave the drama behind and resonate at a higher level.

Law of One Study Group Tuesdays April 15, May 20th, June 17th | 7 - 9:15pm | \$15 | Bob Sullivan

As we progress on our journey of life, understanding our oneness with the universe is our biggest task. Join Bobby Sullivan in a monthly group to cover the many aspects of learning what this oneness is and how we can progress in our understanding that there is no separateness in the universe.

Living in the New Energy Matrix Tuesday May 13th | 7 - 9:15pm | \$25 | Bob Sullivan

The story on this planet is unfolding at a rapid rate and we are finishing our last chapter and getting ready to open a new book. We will examine the process of this unfolding and how we can choose to participate in the new consciousness that is happening in our reality at this time.

Sacred Union and the New Earth Template Saturday April 26 | 1 - 3pm | \$25 | Sol' Ara An

Divine Mother Channeling through Sol'Ara An: I will channel Divine Mother as she shares with you the importance of the inner balance of the the Divine Feminine and the Divine Masculine within each of you, and how that makes a difference to the offering of the "New Earth Template"!

The Talking Stick A Discussion Group for Women Mondays April 21, May 19, June 16 | 7-9pm | \$20 | Eileen Larsen

From the facilitator of this group "I believe that each one of us carries within the answers we need. Women have a need to dialog about their thoughts and lives. They need to share their concerns and appreciate nonjudgmental input. Native American women for centuries would gather together to support and learn from each other. We can do the same." This is your opportunity to gather with other women to discuss what is important to you with the aid of a trained facilitator.

Class and Event Descriptions

The Gathering April 25, May 8, June 19 | 7-10pm | \$50 | Various Practitioners

Nurture your Spirit, Connect to your Soul, Find Inner Peace. Join us for a rejuvenation evening with several practitioners, readers, etc. for an evening of "mini" sessions by some of the areas finest at discount pricing for you to get to meet them and know them at an affordable price. There will also be refreshments available. Sign up early as space is limited and these events fill up fast! Fee: \$50/person (that's over a 50% savings on the value of the services!)

Tool Box for the Soul Tuesdays 7-9:15pm | \$25 | Bobby Sullivan and Kari Olson

So many people yearn for a deepness in life and relationships but need guidance and insights to make the changes necessary to discover it. This series is designed to help you discover the tools that your soul has already put into place and remember what you truly came here to do. Reconnect to your soul's purpose with finding joy and happiness on your path.

April 1st - Class - The Practice of Self Observation - Discover the art of knowing yourself. Examine the different make up of our Mind-body and Spirit. Look at the function of our Ego and how it may hold us back from achieving our dreams. Identify your blocks and learn the secrets to move through them.

May 6th - Class - Creating Change - Using the work from the Self Observation Class we will chart a course for making change in your life. Whether it is something small or large, this class will help you identify your hopes and dreams and understand what you need to do to effectively make the changes in your life that will put you in alignment.

June 3rd - Class - Acceptance and Forgiveness - In this session we will examine the power of accepting the things that we can not change and the freedom we create in our lives by practicing forgiveness for ourselves and others.

Yamuna Body Rolling Workshop Saturday April 19th | 11- 1pm | \$50 (includes ball to take home) | Cyndi Silva

Enjoy more freedom in your body with Yamuna® Body Rolling. Anyone can benefit from a session on the ball. It's fun and it's a great way to release tight muscles, build core strength, create total freedom of movement, and prevent injury. Yamuna® Body Rolling is fitness and massage rolled into one.

Your Body, Your Belief Thursday May 22nd | 7-9pm | \$20 | Anne Brady

Have you struggled with not being able to change old patterns, unwanted behaviors, limiting beliefs that keep you from moving forward in life? Ever wonder why you can't change, or how you keep doing what you say you don't want to. This class will help you understand how your beliefs are held in your body and discover ways to create change. Some light trance work will be done in this class.

Spiritual Attunement Fridays | 7-9pm | Cost is donation (exception: see June \$10.00 fee) | Facilitator is Frank Sowada

The intention of this gathering is to provide a safe place to seek answers to questions each of us have and provide an ongoing means to self discovery.

April 4th Session: Divinity: Our intention is to aid one in applying Divinity into their daily lives. **May 2nd Session:** Guest speaker Shirley Moore-Buysse. will be sharing her experience as a practitioner of Access Healing modality. **June 6th Session:** Speaker Denise Iwaniw \$10 fee (See ad below)

Animal Totems Wednesday May 21 | 7-9pm | \$20.00 | Joan Stokes

Joan Stokes, animal communicator, will take you on a guided meditation to finding and recognizing your animal totems. Animal totems can be very powerful in our lives, and when we bring them into our consciousness, and ask them for assistance, it can create great changes in our lives. Joan will help you to find your totems and sometimes she is able to "see" them around you. Come, feel and experience what is unseen but with you all the time.

Embracing the Mystic Within

A Journey Toward Spiritual Awakening



With Author

Denise Iwaniw



Please join us, on Saturday, June 7th from 10:00 p.m. until 3:00 p.m. as Denise leads an intimate, Light filled workshop designed to help you further your connection with Spirit.

During the course of this *extraordinary workshop*, Denise will teach techniques to help develop *your own unique ability* to listen to Divine Guidance from Angels, Spirit Guides and loved ones on the other side of the Veil. As she helps you to strengthen your connection to Spirit, Denise will also share in depth stories from her lifetime of spiritual experiences as a psychic medium, and answer questions from workshop students.

A native of Georgia, Denise now lives with her family in Michigan. As a medium, she gives private readings and workshops to men, women and children from around the world. Denise lectures and teaches in the U.S. and abroad in a wide variety of areas, including psychic development, paths to spiritual enlightenment and Reiki. A successful author, Denise has written two books and produced three CDs:

To register for this Fun and Enlightening Workshop (\$40.00)

Please phone Mind Body & Spirit to Register at 320-203-9630

Also Friday June 6th, Booksigning and short talk by Denise from 7-8pm. \$15.00

Limited Sessions for Readings with Denise on Friday, June 6th, 10am-4pm, please call for more info.

A Series of Symbols - Lotus

The Lotus has been said to be "God's favorite flower". According to Hinduism, within each human being is the spirit of the sacred lotus. In Buddhism the petaled lotus symbolizes cosmic harmony and spiritual illumination. The bud symbolizes potential. The plant itself is not only beautiful but useful. It blooms year round and all but the leaves of the plant are edible. The leaves of the plant are used for wrapping steamed foods in or it can be steeped in water for making a calming tea.

The Lotus has been revered as a sacred plant due to its ability to blossom in the murkiest of waters, its roots sometimes being up to 19 feet below the surface of the water, teaching that enlightenment does not come easy and there are struggles and obstacles to overcome in reaching spiritual illumination. As the Buddhists say "The Lotus does not grow in the highlands but in the muck of the swamp" proving that anyone can overcome. Lakshmi, goddess of beauty and prosperity, takes the lotus as her symbol and is usually shown sitting on a lotus. Egyptians also honored the Sacred Lotus as it once grew along the banks of the Nile and was once called the "Lily of the Nile". The Egyptians believed the lotus grew from the belly of Nu, the Sun god, because the plant's petals open with the sun and close at night. They also believed the lotus seed to be the vehicle of the soul's resurrection and reincarnation as they can sit dormant sometimes for centuries and can still grow into a plant under the right circumstances. This is a fitting metaphor for how we often find ourselves experiencing renewal after enduring the worst of situations. In the East, it is a symbol of fertility and in West European Magick it has often been used for consecration and sexual magick as the flowers are associated with water nymphs. A Chinese belief is that the lotus shows one how to bring light out of the darkness.

Many religions and cultures recognize the simple beauty and sacredness of the lotus. In Egyptian hieroglyphs the symbol for the Tree of Life is three sacred lotus lilies. The fleur de lis used in Egypt was also used in some areas of Christianity. This flower is found the world over in water gardens of the most treasured of holy sites. It is a symbol of purity, enlightenment and peace. For those of you who have risen from your own murky waters, the lotus holds a special reminder of where you have been. For those still climbing from their muddy depths, the Sacred Lotus brings a symbol and a promise of who we can become.



ONE HOLISTIC WELLNESS
body, mind, spirit... ONE
is proud to sponsor

ONE WHOLE WEEKEND
a wholistic retreat of unlimited proportions

Date: April 19th and 20th, 2008
Spirituality Center
St Benedict's Monastery
St. Joseph, MN
Cost: \$139.00

Topics:

- Nutrition to feed body, mind and spirit
- Steps to transform your health
- Color personality
- Constructs of behaviors and beliefs and how to create change
- Awareness of your intuition
- Awakening to your innate spiritual connection

A Night of Psychic Readings with Kelli Spencer
Saturday 7 - 9 p. m. \$40.00 1/2 price for retreatants

For more information contact ONE Holistic Wellness
at 320-250-9402 or visit our website:
www.oneholisticwellness.com



**synergistic
healing**

Janelle Hinchley, MSW, LICSW
Licensed Therapist & Life Coach

320.363.4223 • janelle@synergistichealing.com
P.O. Box 33, 1511 East Minnesota Street, St. Joseph, MN 56374



Judith Newby

Transmedium • Clairvoyant • Clairaudient
Tarot • Psychometry • Automatic Writing
Pet Communications • Telephone Readings

*To Release & Grow in Love & Truth
To Let Your Spirit Soar with Your Soul*

320-352-3625
www.JudithNewby.com



InSpiritors

InSpiritors means to fill with spirit; encourage.

In a world of hurry we sometimes forget to pause and appreciate ourselves and others. People enter our lives for a reason, a season or a lifetime. The reason is to assist us, to support us physically, emotionally and spiritually. Share your experience and hope, learn, laugh, cry, grow before the season ends.

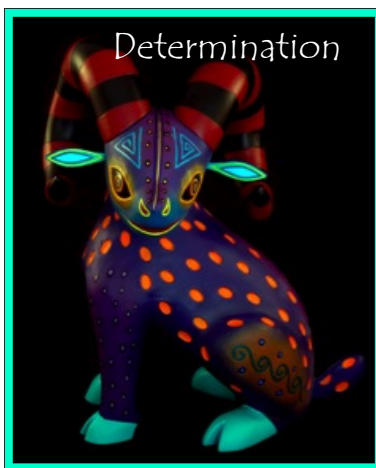
Honor a lifetime.

The InSpiriter is a reminder:
BREATHE- AWAKEN-TRANSFORM

Each limited edition figurine is crafted from cold cast resin and painted in vibrant hues meant to calm, give strength, bring joy, uplift, re-energize, comfort and simply bring a smile to your face and a song to your heart. The colors have a Southwest

look and are very soothing and calming.

An InSpiriter would make a wonderful gift to someone who has touched your life in a special way.



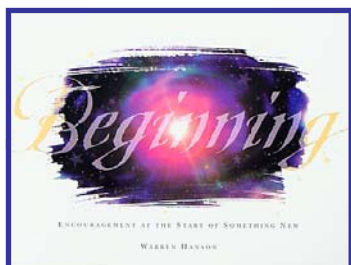
Our Favorites from Tristan Publishing



I'm Not Too Busy is a story about taking the time to notice people, to cherish our relationships and to see the present. Life tends to get busy and this uplifting book provides a way to tell a friend or loved one that we offer our gift of time.



A classic, "The Next Place" brings gentle verse revealing a safe and welcome destination free from earthly hurts and filled with wonder and peace. A comforting message of hope and a gift of compassion for the bereaved. More than 425,000 copies sold. Exquisite, color illustrations throughout.



Every day our lives are filled with opportunities to begin anew. A wedding. A birth. A graduation. A new job. Retirement. Starting a diet. Stopping smoking. Being single again. The dawn of a new day.

"Beginning" is a wonderful gift of encouragement, hope, and congratulations.



Discover real solutions
for weight loss and life-long health
in a supportive, nurturing environment.

Schedule Your Free Consultation Today! | 320.291.2770 | www.diatia.com

Paulette Lucas

Spiritual Counseling & Clairvoyant Readings

Spiritual & Psychological Coaching
Guidance for the Inner Self
Group & Individual

Telephone or in Person
For an appointment call

1051 29th Avenue North
Saint Cloud, MN 56303

Sol'Ara An

Channel for Divine Mother

Channeled Soul Path Readings
Intuitive Readings w/ Angels & Guides
Energetic & Sound Healing
Spiritual Teacher/Counselor

...the quest is within...
Love...you will find!

320.828.0970

info@solara-an.com
www.solara-an.com

Published in the *Sedona Journal of Emergence* 2007

ONE HOLISTIC WELLNESS



body, mind, spirit... ONE

Life & Spiritual Coaching * Business Coaching & Training
Therapeutic Massage * Reiki * Hypnosis

320-250-9402 * www.oneholisticwellness.com



Mind Body & Spirit

915 West St. Germain Street
St. Cloud, MN 56301

“If we could see the miracle of a flower clearly,
our whole life would change” - Buddha