

# Kaleidoscope

Quarterly Newsletter  
from  
Mind Body & Spirit

January  
February  
March

2008

## Hi Everyone!

2007 was a tough year. It was a great deal of work for a lot of us as it was all about endings. Not really a surprise considering in numerology 2007 is a 9 year. To get that, take  $2+0+0+7$  and that equals 9. Numerology starts with a one and ends with a nine when you break numbers down to their smallest form. Now we are entering 2008. A one year. It is a new energy of new beginnings! A time for us all to start over, to give birth to new ideas, new relationships, and a new way of seeing ourselves and how very important we are, not only to others, but to ourselves!

We have a friend getting out of prison on December 24th, of this year, the year of endings. It was his idea to write about new beginnings as he will be heading into a year of new beginnings. He ended up in prison, I believe, because he didn't know how important he was, not just to others, but to himself. We spend so much time on who we are to others, how people see us, and what we can do for another that we forget how important we are to ourselves. Don't get me wrong here, I would be one of the first to say how important it is to take care of others, but if we don't see how important we are to ourselves we can never give to another. It is difficult some days to remember how special we are when we are treated like numbers, like cogs on an assembly line, like we don't exist. But don't get caught up in how others treat you, get caught up in treating yourself to the respect you deserve! I was not treated well this morning by someone who ignored me and acted like I didn't really exist. I left feeling angry and feeling bad about myself. Then I started writing this and realized that was her deal, not mine, and she wasn't making me feel this way, I was. No doubt she should not have treated me that way and I will bring it to her attention, but I am in control of how I feel, not her. That was my revelation, that was my new beginning. And because I gave myself that time and respected myself enough to not take on her energy, I will be a better person to someone else today.

Our friend, who is being released from prison, is an incredible person, one who truly thinks of others and not himself, but he has had trouble as I have had. He has, in the past, allowed himself to become what others think and how they treat him. He is coming to a place of new beginnings, in a year of new beginnings. Our society has a long way to go. The other day he said that one of the other prisoners were going home. There was an announcement made that he was going home and then one of the guards announced that they would see him soon, because he would be back. The man has no respect for himself that would say something like that, it really has nothing to do with the one being released. The man he said it to needs to reach inside himself and find his own importance and respect for himself to get past it, or he will indeed be back. We cannot make others behave as they should, we only have control of ourselves. Our friend will have challenges this coming year, but he is learning how important he is and he is ready for a new beginning. We believe in him but what is most important is he is beginning to believe in himself.

2007 was about endings, getting rid of things that do not serve you anymore. It was a time of saying "enough!", it was a time for change. Leave 2007 in gratitude for what it taught you and leave all that is not for your highest good behind and begin again in 2008, which is, of course, a time of new beginnings! Do you know how important you are? Is this the year for your new beginning? Merri and I both believe it is and we believe in you. Now believe in yourself, that is all that matters anyway.

"There will come a time when you believe everything is finished. That will be the beginning." ~ *Louis L'Amour*

*Blessings,  
Joan and Merri*

### In This Issue:

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## More of the Essentials of Using Oils:

It is winter time and most of us are spending more time inside these days. (Those of us in Minnesota especially!) When we all get locked up inside, in the winter, the air in our homes gets more stagnant, we get colds and flu easier because of cramped quarters, mice try to sneak in more (they are freezing too!), and we plain old don't feel as happy generally because there is less sunshine and less outdoor time. Well here are 6 ways to help make your air cleaner, your viruses and rodents under wraps and under control, and your attitude brighter using simple essential oils!

### 1. Air Freshening Spritz

Sometimes an area of the home can smell stuffy, and spraying a little essential oil blend in the area can brighten the feeling of the space. Combine 1 teaspoon of essential oil of your choice to 1 cup of water in a spray bottle, and spray into the air. Eucalyptus: Health, protection. Warm and fresh, kills germs. OR: Lemon: Purification. Lemon smells fresh and uplifting and it also cleanses negativity.

### 2. Bathroom and Living Space Sanitizing.

Combine 10 drops of Tea Tree to 1 cup of water in a spray bottle. Spray on area of concern, but don't wash off, let air dry.

### 3. Add to Water for Mopping

Pine: Health, purification, vitality. A few drops placed in mop water will add green freshness to your housecleaning. Rosemary: Cleansing and protection; clears negativity; encourages clear thinking. These can be combined or used according to personal taste. Lemon: Nature's easy does it "bleach" cleaner.

### 4. Stop the Rodents Coming In

Peppermint Spray for Mice

Mice hate peppermint! Almost as much as cats, so if you don't have a cat doing the job then try this. Add 2 teaspoons of peppermint to 1 cup of water and spray in areas where you think that mice might frequent.

### 5. Feeling Happy!

Lavender: Love, friendship, peace, happiness, protection. Such a sweet, relaxing, and calm-inducing scent--and it's also an antidepressant. Basil: Love, fidelity, wealth, protection. Gives a hint of summer in it's smell. Sage: will help cleanse the home of negativity. Chamomile: Serenity and calm; purification.

6. Make yourself a cup of tea to drink after you've finished cleaning; Chamomile: it's very relaxing.

Caution: Note that you should check with your doctor before using essential oils if you are pregnant or if your immune system is compromised. Essential Oils should be used to compliment your doctor's advice not use in place of a doctor. Healthy Living!!!



Kelli Spencer  
Psychic Medium  
Medical Intuitive

"Connecting you to your loved ones and guides."

320.240.6399  
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Barbara Bjorklund  
~ Intuitive ~  
763.263.7952

Intuitive Energy Readings ~ Classes and Workshops  
barbarabjorklund.com

"Encouraging the mind and heart to walk hand in hand."

# A Series of Symbols



## Claddagh



There are many stories related to the origin of the first Claddagh ring. One story is of a woman of the Joyce clan of Ireland, and native to Galway, that married a Spaniard and then moved to Spain. He died leaving her great sums of money. She returned to Ireland and remarried. With the money from her first marriage she did great things for charity and community and as a gift a great eagle flew over her and dropped the symbol of the Claddagh in her lap. The symbol of love, loyalty, and friendship for all she had done for the people of her land. Another tale is the story of Richard Joyce, another native of Galway. This tale says that Joyce went to the West Indies in search of work and had to leave his true love behind. His ship was captured and he was sold into slavery. His master was a goldsmith and taught Joyce the fine art of forging jewelry. As he waited for the day when he would be free he forged a ring with a heart, hands, and crown to symbolize his loyalty, friendship, and love, to his sweetheart back home. He was set free by William III in 1689 and he was set to go home. His master, the goldsmith, thought very highly of Joyce and offered him his daughter's hand in marriage and part of his kingdom. Joyce declined and went back home to where his true love still waited for him. And yet a third story is told of this symbol belonging to a fishing community that displayed it on their fishing boats so that they would know each other from a distance. The name Claddagh comes from the term 'An Cladach' which actually means 'flat stony shore' which is what this fishing village was set upon. The Claddagh symbolized love, loyalty, and friendship of the people of this community. It just so happens that this fishing community is supposedly the one that Joyce grew up in and it is said that he became a jeweler and forged a ring that bore this symbol from his community.

All of these stories are well known in Ireland and around the world. A couple of the facts are clear. The symbol of the Claddagh is a minimum of 300 years old. Richard Joyce was indeed the first to forge the Claddagh symbol in a ring. The earliest known rings bear his signature in the form of his initials. And the Claddagh is symbolic of love, loyalty, and friendship. We may never know who the actual designer of the Claddagh symbol was and it may be lost to history, but there seems no doubt that it was important to these people and held much honor.

As time moved on the Claddagh has changed very little. It is still given, in the form of a ring, for many reasons but most recently has been given the title of "the Irish Wedding Ring". It has such a romantic background that it makes sense that it would evolve to this. But let's not forget that this symbol has a much greater meaning than just that. It holds within it a tribal energy from Ireland, so it is important to all who have their roots in Ireland. It is a symbol not for just those of Irish lineage, that proclaims, whether married or not, that the wearer is loved and that they love in return, and this does not just refer to romantic love. Another way that this symbol is recognized is that when you wear it you are stating that you believe in love and loyalty with all of your heart.

When this was originally given as a ring, almost three hundred years ago, it was given to women and it was traditionally received from their mothers, It seemed natural for mothers to start giving the ring to their daughter's on their wedding day as a remembrance of where they had come from and to remember that love and loyalty should be foremost in one's heart. Today women wear it as a gift from boyfriends (romantic or not), mothers, grandmothers, or close girlfriends. Men now wear the Claddagh ring and receive them from grooms after serving as best man at weddings, from fathers or from girlfriends (romantic or not). And of course, it is unsurpassed as a symbol of one's love, loyalty, and friendship to that one special person you may promise to love forever. Traditional ways of giving the ring is to put it upon the other's hand and repeat the words "with these hands, I give you my heart and I crown it with my love". Another common saying when giving the ring is "let love and friendship reign". There are even special ways to wear the ring now. If wearing from a friend one should wear it anywhere on the right hand. This can be worn with the heart outwards claiming one to be ready and waiting for a relationship or can be worn with the heart facing in to signify not wanting a relationship in their life at that time. If one is engaged to be married then traditionally the ring is worn on the left hand with the heart facing out. If one is married, or is promised to another forever, then the ring is worn on the left hand, ring finger, and the heart is worn facing in or towards the heart.

One final interesting bit of trivia on the Claddagh symbol worn as a ring. James Joyce, a member of the Joyce clan never wore a Claddagh ring and neither did his wife, who was also from Ireland. Famous people who have worn the Claddagh are Julia Roberts, Grace Kelly, Prince Ranier, Jennifer Aniston, Mia Farrow and John F. Kennedy.

Now that you know it is not just "the Irish Wedding ring" wear your Claddagh ring knowing it has a rich history of love, loyalty, and friendship!

## **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

### **Aura Photos and Readings**

Find out what your aura looks like that only special photography can uncover. Bobby Sullivan will "read" your photo and give you some insight into what your body is trying to tell you. This is fun and informative. Don't miss out on a chance to see the "real" subtle you. \$20

### **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? Find out what the numbers or energies hidden in your birth date and birth name can tell you. Reading includes summary of your most important energy and a personal worksheet of your energies.

Fee: \$25.00 for 1/2 hour session

### **Lisa Owen Readings & Portraits**

Lisa's portraits are a combination of a reading and soul growth experience. Lisa uses her clairvoyant and clairaudient gifts to communicate with your angels and guides, bringing forth information for the highest good of all concerned in the moment. The guides and the angels will project the image of your soul essence thru her third eye on to the black charcoal paper. Then information comes thru the drawing pertaining to the person sitting in front of her. Soul Portrait session last about 1 hour and can be a very moving experience. Portrait Sessions....\$110

### **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.

### **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**

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

# January 2008

Sun      Mon      Tue      Wed      Thu      Fri      Sat

	<p>For more detailed information on these events please see our online calendar.</p> <p><i>www.mindbodyspirit-online.com</i></p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
				<p><b>Ann Dragsten</b> Healing Touch 11-6pm</p>	<p><b>Quantum Touch</b> K. Bluhm <b>10-2pm</b></p> <hr/> <p><b>Spiritual Attunement</b> Christ Consciousness <b>7:00-8:30pm</b></p>	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<p><b>Psychic Channel</b> Kelli Spencer <b>10-6pm</b></p>	<p><b>Intuitive Readings</b> Barbara 4:30-7pm</p> <hr/> <p><b>Guidance &amp; Psychic Abilities</b> 7-9:30</p> <p>New Moon</p>	<p><b>Reiki Clinic</b> 7:15-9:00 pm</p>	<p><b>Personality Ray &amp; Your Aura</b> 7-9pm Session 1</p>	<p><b>Reader Paulette Lucas</b> 11-6pm</p>	<p><b>Intuitive Reading</b> Barbara 10-2pm</p> <p><b>Path of Enlightenment</b> Sol`Ara An 1-3 pm</p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>Intuitive Readings</b> Barbara 3-7pm</p> <hr/> <p><b>Guidance &amp; Psychic Abilities</b> 7-9:30</p>	<p><b>Numerology Readings with Diane</b> 11-2 pm</p> <hr/> <p><b>Angel Readings with Sharron</b> 3-7pm</p> <hr/> <p><b>Reiki Clinic</b> 7:15-9:00pm</p>	<p><b>Ann Dragsten</b> Healing Touch 11-6pm</p> <hr/> <p><b>UFO's, Aliens, &amp; other Life Forms</b> <b>7-9:30pm</b></p>		<p><b>Dowsing Group</b> 1-2:30</p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	<p><b>Readings w/Kate</b> 11-1pm</p> <hr/> <p><b>Psychic Channel</b> Kelli Spencer <b>2-6pm</b></p>	<p><b>Intuitive Readings</b> Barbara 3-7pm</p> <hr/> <p><b>Indigo &amp; Crystal Children</b> 7-9:30</p> <p>Full Moon</p>		<p><b>Personality Ray &amp; Your Aura</b> 7-9pm Session 2</p>	<p><b>Quantum Touch</b> K. Bluhm <b>10-2pm</b></p> <hr/> <p><b>Reader Paulette Lucas</b> 11-6pm</p>	<p><b>Activating Your Divine Channel</b> Sol`Ara An 1-3 pm</p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
	<p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>Intuitive Readings</b> Barbara 3-7pm</p> <hr/> <p><b>Circle for Healing</b> 7-9 pm</p>		<p><b>Welcome to Your Energy World</b> 7-9pm</p>		

# February 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><b>1</b></p> <p><b>Spiritual Attunement</b> Manifestation 7-9pm</p> <hr/> <p><b>Shaman Shield</b> 7-9pm</p>	<p><b>2</b></p> <p><b>Lisa Owen</b> Readings and Portraits 10-5pm</p>
<p><b>3</b></p>	<p><b>4</b></p> <p><b>Psychic Channel Kelli Spencer</b> 10-6pm</p> <hr/> <p><b>God is Not...</b> 7-8:30</p>	<p><b>5</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p>	<p><b>6</b></p> <p>New Moon</p>	<p><b>7</b></p> <p><b>Ann Dragsten</b> Healing Touch 11-6pm</p> <hr/> <p><b>Intuition and You</b> Session 1 7-9pm</p>	<p><b>8</b></p> <p><b>Intuitive Paulette Lucas</b> 11-6pm</p>	<p><b>9</b></p> <p><b>Readings with Barbara</b> 10-2pm</p> <hr/> <p><b>Dowsing Group</b></p>
<p><b>10</b></p>	<p><b>11</b></p> <p><b>Psychic Channel Kelli Spencer</b> 2-6pm</p> <hr/> <p><b>God is Not...</b> 7-8:30</p>	<p><b>12</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p> <hr/> <p><b>Beginning Hands on Healing</b> Session 1</p>	<p><b>13</b></p> <p><b>Numerology Readings with Diane</b> 11-2pm</p> <hr/> <p><b>Reiki Clinic</b> 7:15-9:00pm</p>	<p><b>14</b></p> <p><b>Angel Readings with Sharron</b> 3-7pm</p>	<p><b>15</b></p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p>	<p><b>16</b></p> <p><b>Marriage of the Divine Feminine &amp; the Divine Masculine in You</b> Sol' Ara An 1-3pm</p>
<p><b>17</b></p>	<p><b>18</b></p> <p><b>Psychic Channel Kelli Spencer</b> 10-6pm</p> <hr/> <p><b>Readings w/Kate</b> 11-1pm</p> <hr/> <p><b>God is Not...</b> 7-8:30</p>	<p><b>19</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p> <hr/> <p><b>Beginning Hands on Healing</b> Session 1 7-9:30</p>	<p><b>20</b></p> <p><b>Reiki Clinic</b> 7:15-9:00pm</p> <p>Full Moon</p>	<p><b>21</b></p> <p><b>Intuition and You</b> Session 2 7-9pm</p>	<p><b>22</b></p> <p><b>Intuitive Paulette Lucas</b> 11-6pm</p>	<p><b>23</b></p> <p><b>Relaxation Cd's 10-1pm</b> <b>Therapeutic Touch</b> 1-4pm</p> <hr/> <p><b>Body Mind Spirit Expo</b> (Twin Cities)</p>
<p><b>24</b></p> <p><b>Body Mind Spirit Expo</b> (Twin Cities)</p>	<p><b>25</b></p> <p><b>Psychic Channel Kelli Spencer</b> 10-6pm</p>	<p><b>26</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p> <hr/> <p><b>Circle for Healing</b> 7-9pm</p>	<p><b>27</b></p> <p><b>Discover Your Past Lives</b> 7-9pm</p>	<p><b>28</b></p> <p><b>Angel Workshop</b> 7-9pm</p>	<p><b>29</b></p> <p><b>Intro to Dancing from the Heart</b> 7-8:30pm</p>	

# March 2008

Sun                  Mon                  Tue                  Wed                  Thu                  Fri                  Sat

						<b>1 Aligning Your...</b> Sol 'Ara An 1-3pm  (7) New Moon
<b>2</b>	<b>3</b> <b>Psychic Channel</b> Kelli Spencer 10-6pm <hr/> <b>Dancing from the Heart</b> 7-8pm	<b>4</b> <b>Intuitive Readings</b> Barbara 3-7pm <hr/> <b>Dimensional Living</b> 7-9:30pm	<b>5</b>	<b>6</b> <b>Intuition and You</b> Session 3 7-9pm	<b>7</b> <b>Quantum Touch</b> 10-2pm <hr/> <b>Intuitive Paulette Lucas</b> 11-6pm <hr/> <b>Spiritual Attunement</b> Ego 7-9pm	<b>8</b> <b>Lisa Owen</b> Readings/ Portraits 10-5pm <hr/> <b>Pranic Healing</b> Level 1 Workshop <b>9-6pm</b> <hr/> <b>Super Brain Yoga</b> 7-9pm
<b>9</b> <b>Pranic Healing</b> Level 1 Workshop <b>9-6pm</b>	<b>10</b> <b>Psychic Channel</b> Kelli Spencer 10-6pm <hr/> <b>Dancing from the Heart</b> 7-8pm	<b>11</b> <b>Intuitive Readings</b> Barbara 3-7pm <hr/> <b>2012 A Time for Transformation</b> 7-9:30pm	<b>12</b> <b>Numerology with Diane</b> 11-2pm <hr/> <b>Reiki Clinic</b> 7:15-9:00pm	<b>13</b> <b>Ann Dragsten</b> Healing Touch 11-6pm <hr/> <b>Advanced Hands on Healing</b> Session 1 <b>7-9:30</b>	<b>14</b> <b>Downtown Art Crawl</b>	<b>15</b> <b>Intuitive Readings</b> Barbara 11-3pm <hr/> <b>Dowsing Group</b> 1-2:30
<b>16</b>	<b>17</b> <b>Psychic Channel</b> Kelli Spencer 10-6pm <hr/> <b>Dancing from the Heart</b> 7-8pm	<b>18</b> <b>Intuitive Readings</b> Barbara 3-7pm	<b>19</b> <b>Reiki Clinic</b> 7:15-9 :00pm	<b>20</b> <b>Angel Readings with Sharron</b> 3-7pm <hr/> <b>Intuition and You</b> Session 4 7-9pm	<b>21</b> <b>Intuitive Paulette Lucas</b> 11-6pm  Full Moon	<b>22</b>
<b>23</b> <hr/> <b>30</b>	<b>24</b> <b>Kelli Spencer</b> 10-6pm <b>Dancing from the Heart</b> 7-8pm <hr/> <b>31</b> <b>Kelli Spencer</b> 10-6pm <b>Welcome to your Energy World</b> 7-9pm	<b>25</b> <b>Intuitive Readings</b> Barbara 3-7pm <hr/> <b>Circle for Healing</b> 7-9 pm	<b>26</b> <b>Ghosts &amp; Spirits</b> <b>7-9:30</b>	<b>27</b> <b>Ann Dragsten</b> Healing Touch 11-6pm <hr/> <b>Advanced Hands on Healing</b> Session 2 <b>7-9:30</b>	<b>28</b> <b>Quantum Touch</b> 10-2pm <b>Relaxation Cd's</b> 10-1pm  <b>Therapeutic Touch</b> 1-4pm	<b>29</b>  For more detailed information on these events please see our online calendar.  www.mindbody spirit-online.com

# Class and Event Descriptions

**Angel Light Workshop** - Class Time is 7-9PM Class Fee: Suggested \$20.00 Donation (25% to Charity) Instructor is Sharron Jordan  
A group angel reading to honor our departed loved ones. If you have recently lost a relative or close friend, or still hold a Dear One close to your heart, even after many years, join us for this healing gathering. By drawing angel cards, we will receive guidance that will help us honor the memories and life wisdom of our loved ones. Bring a small photo of your special person and a favorite saying, quote, or book he/she found meaningful.

**Aligning Your Inner Child to Your Soul Purpose** - Class Time is 1 – 3PM Class cost is \$25 Instructor is Sol` Ara An  
If you're feeling like you have a lot to do to walk your Soul purpose path, but you continue to lose energy...you may have forgotten that your inner child is part of your path too! If you do not include her or him, they generally pull back and you lose physical and emotional energy to proceed... We will offer our experience and a path to alignment with a very important aspect of yourself...the Inner Child!

**Activating your Divine Channel** - Class Time is 1 – 3PM Class cost is \$25 Instructor is Sol` Ara An  
Sol'Ara An has been channeling for 20 years, and is a channel for Divine Mother. In this class she will give opportunity for your own channel to clear and become active. This is an experiential class. Activations will only occur for those who are ready, and have Soul agreement. This class also offers the opportunity to open for clear guidance from your Guardian Angels and Spirit Guides.

**Advanced Hands on Healing (2 parts)** - Class Time is 7 – 9:30PM Class cost is \$25 Instructor is Bob Sullivan  
This class is a continuation for the beginning "Hands On" course and all students must have either taken the beginning series or have completed equivalent course work in other forms of energy work. In this course, we will cover advanced healing techniques and discuss some of the more difficult situations that a healer can encounter. Also, we'll examine some important things when creating a healing practice and much more...

**Beginning Hands on Healing (2 parts)** - Class Time is 7 – 9:30PM Class cost is \$25 Instructor is Bob Sullivan  
Discover your ability to channel universal healing energy through healing touch and absentee healing. We will examine different techniques of sending energy to others; Using such things as touch, sound, color and vibration to heal and balance their energy. We will discuss working with different types of situations that clients, friends and family may have and examine how healing energy can help balance our clients physical, emotional and spiritual energy.

**Channeling... A Path of Enlightenment** - Class Time is 1 – 3PM Class cost is \$25 Instructor is Sol` Ara An  
Sol'Ara An is a channel for Divine Mother. She has over 20 years of experience with Channeling. She will share her experience and spiritual tools so that you can better understand what Channeling is. Sol'Ara will also demonstrate channeling by offering a channeling from Divine Mother.

**Circle for Healing - Calling All Healers!** - Class Time is 7 – 9:30PM Class cost is \$15 Instructor is 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.

**Dancing from the Heart** - Class Time is 7 – 8:30PM Class cost is \$8 Instructor is Juliana Howard  
Moving freely to music is a magical and powerful way to connect to heart energy. It grounds us in the present moment, by-passing our busy brains. We have all watched a toddler swing and sway to a rhythmic beat in blissful freedom and joy. Come recapture that "inner-toddler" as you move (one baby step at a time) to carefully chosen rhythmic music in a safe and shame free environment. Your body wants to take you *dancing with the stars.....and planets.*

**Dimensional Living** - Class Time is 7 – 9:30PM Class cost is \$25 Instructor is Bob Sullivan  
In this class we examine the idea that there is more out there than we can see. In fact, that many dimensions exist right on top of each other. We will examine the different dimensions, look at what makes up their vibration, who occupies these spaces, and the ascension process that move us to and from.

**Discovering Your Guidance and Psychic Abilities (Two Parts)** -Class Time is 7-9:30PM Class cost is \$25 Instructor Sullivan  
In this class, we will examine the four Psychic Gifts of Clairvoyance, Clairaudience, Clairsentience and Clairgustance. We will discover how we receive information from our guides, angels and deceased loved ones. You will have the chance to learn some different exercises that will help develop your abilities and practice them in a safe atmosphere of like-minded students.

**Discovering Your Past Lives** - Class Time is 7 – 9:30PM Class cost is \$25 Instructor is 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.

**Dowsing for Beginners & Advanced** - Class Time is 1– 2:30PM Class cost is Donation Instructor is Marlene Bragelman  
This group will meet once a month for organized group sessions where we can learn more about dowsing from each other. Come with suggestions and your pendulum or dowsing rods.

**Ghosts and Spirits in the Material World** -Class Time is 7- 9:30PM Class cost is \$25 Instructor is Bob Sullivan  
Join Psychic and Ghost-buster Bobby Sullivan as he shares his experiences as a ghost buster in dealing with ghosts, haunting and possession. In this class we will examine the phenomenon of Ghosts and view various photos of ghosts and spirit energy. We'll also discuss how it looks and feels to encounter a ghost. Learn how to tell if you have ghost...and what to do if you want to get rid of your ghosts. Also, we will discuss Spirit attachments, Angels and much more...

**God is Not 3 Guys in the Sky** - Class Time is 7 – 8:30PM Class cost is \$20.00 Instructor is Jeanette Blonigan-Clancy  
This is a three part series which takes a look at unfamiliar spiritual currents inviting us to new images of the Holy. We can open to them while remaining fully Christian, giving a deeper understanding of our own tradition. Scripture scholarship reveals a **distinction between the Jesus of history and the Christ of faith**. This series incorporates scripture study with Jungian psychology as well as other spiritual traditions. We will study myth and symbol in religious language, the sayings of Jesus, the Reign of God, Christ and the Self. It will be helpful to attend all the sessions, which will include questions and discussion.

**Indigo & Crystal Children** - Class Time is 7 – 9:30PM Class cost is \$25 Instructor is Bob Sullivan  
Examine the different types of children that are incarnating on earth at this time. Why their unique souls have chosen now? What to look for in your child's personality. Examine the different attributes of the various groups and how best to parent and learn from these gifted beings.

**Intuition and You (4 sessions)** - Class Time is 7 – 9:00PM Class cost is \$25 Instructor is Paulette Lucas  
In this series of 4 classes you will learn to develop and trust your intuition or psychic abilities by working with your senses: feeling, hearing, seeing, and knowing. You will be working with old beliefs, using them or releasing them, to help create a new life. Meditation and self-discovery included to help you change your life and possibly other's lives, leading to the best future for all. It is not required but recommended that one attend all classes in the series, your choice. If one or more must be missed it will not devalue or leave one behind.

# Class and Event Descriptions cont.

**Marriage of the Divine Feminine & the Divine Masculine within You!** - Class Time is 1 – 3PM Class cost is \$25 Instructor is Sol` Ara An  
As the time is now for the return of the Divine Feminine power on the Earth, it is important to understand that this can only happen with the union of both the Divine Feminine and the Divine Masculine within each person. We will do an actual marriage ceremony within, in order to facilitate the reality of this inner union. We will also speak of how this union affects Mother Earth. With this union you will experience inner peace!

**Personality Ray & Your Aura (2 parts)**- Class Time is 7 – 9:00PM Class cost is \$25 Instructor is Paulette Lucas  
Learn about your personality rays and your lessons in life. This series of two classes will cover how to work with the colors of your aura and personality ray, how they relate to your lessons in this lifetime, and how to work with others and their colors as well. Also learn to succeed in your relationships through working with the colors. It is not required to attend both classes in this short series, as there is value in attending one or both, your choice.

**Pranic Healing Level 1 Workshop (2 days)** - Class Time is 7 – 9:30PM Class cost is \$350 Instructor is Chandan Parameswara  
Chandan Parameswara, Certified Pranic Healing Instructor, from the Madison-Wisconsin Pranic Healing Center will teach you all about Pranic Healing. This effective healing modality focuses on an in-depth understanding of the energy body. Learn step-by-step techniques for a variety of physical ailments .

**Shaman Shield “Walking the Journey of Healthy Boundaries”** - Class Time is 9 – 6:00PM Class cost is \$25 Instructor is Lisa Owen  
We will be developing a Shaman shield of protection through the exploration of our lives. A shaman Shield is a sacred hoop of understanding who we are and how we can choose healthy boundaries to support ourselves on our life path. This will allow the freedom from struggle and pain. To Empower our truth of the Shaman within.

**Spiritual Attunement** -Class Time 7-9PM Class cost is donation 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. 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. Donation/First Friday Every Month and facilitated by Frank Sowada

**January 4th Session:** Christ Consciousness **February 1st Session:** Manifestation **March 7th Session:** Ego

**Superbrain Yoga** - Class Time is 7 – 9:00PM Class cost is \$30 Instructor is Chandan Parameswara  
Superbrain Yoga is designed to energize and recharge the brains of children/adults and those with ADD/ADHD and is based on the principles of subtle energy that exist in the body and ear acupuncture. This powerful exercise technique is simple and easy to learn. Read more online.

**UFO, Aliens and Other Life Forms in our World and Beyond** - Class Time is 7 – 9:30PM Class cost is \$25 Instructor is Bob Sullivan  
Ever wonder if you were all alone? In this class we will discuss some of the different alien groups that are believed to be involved in our planetary system, why they are here....We will look at photos and symbology, and discuss the important purpose the earth serves in the galaxy.

**2012 A Time for Transformation** - Class Time is 7– 9:30PM Class cost is \$25 Instructor is Bob Sullivan  
In this class we examine the phenomenon of 2012. A time that many prophets have declared to be the “end-time” and others call the time of the Universal transformation. We will examine the different beliefs around this topic. The history surrounding the 2012 time and what this could mean for us.

## **Back by popular demand April 12th, 2008!**

**Drum Making with Wayne Manthey** - Class Time is 12-4PM Class cost is 13”drum \$100 16”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!

## Intuitive Guitar

Many people ask “What is Intuitive Guitar?”

- It is learning to hear and use your intuition through music.
- Learn to be aware of your natural rhythm.
- Learn to hear your Heart’s Song.
- It is finding a connection to your artist within.
- Intuitive Guitar is for you and you choose where you want to go with it.

My name is Leesa. I have been writing, composing, and performing using my intuition and guitar since I was twelve.

I would like to share with you the joy that music has brought to my life. I accept any skill level and am looking forward to learning from each of you!

Leesa Thompson  
320.293.8324  
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www.leesa.net

*Believing in people  
before they have proved  
themselves is the key  
to motivating people  
to reach their potential.*

- John C. Maxwell



**Kimberlee Bluhm**  
Certified Quantum Touch  
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Your place or mine



# Turquoise

In my opinion, this is one of the most beautiful of the throat chakra stones. This stone ranges from a light, sky blue to many different shades of greens and darker blues and it can have veining or clear "skin". Depending on where in the world it is from, and what mine it is from, the coloring and mottling of the turquoise can be as different as any two people might be. In many Native American cultures it has been said that if you see Turquoise the first thing in the morning you will have joy all day! With that statement we should all be wearing a little Turquoise every day! Who could say they have enough Joy?

Turquoise was one of the first amulets worn for protection as well as jewelry to enhance beauty. It is the most predominant stone to be used by Native Americans in Silver jewelry and silver enhances the already awesome treasure that is Turquoise. Because of its popularity, this stone is probably imitated the most in the jewelry world. There are many different kinds of stones used in place of Turquoise and it may take a trained eye to identify the culprits such as dyed howlite and magnesite (two white stones that easily take on blue dye). Sometimes even well done plastic or resin is used in the place of Turquoise. How do you know if you are buying real Turquoise? Just remember the old adage that "you get what you pay for" and you will probably do fine. There are not a lot of merchants out there trying to sell fake Turquoise at high prices. Most of the fake Turquoise is sold in some box stores, (watch closely to make sure that they say authentic or natural on the advertising), and cheap, non-Native American Trading Posts. If you are truly wanting a nice piece of Turquoise, you may want to prepare yourself to spend a little.

As mentioned earlier, this is a great 5th Chakra stone and has a strength to it that helps even the shyest speak up for themselves. Wearing it around the throat area will increase its capacity to do this. Turquoise balances and brings together male and female energies. This stone instills inner peace, helps dissolve self-sabotage, and aids in stabilizing mood swings. It helps to clear electromagnetic smog and works as a protector from pollutants. Turquoise is great for people who are run down and lethargic due to immune deficiencies, those who need support in fighting viral infections, and also those with eye issues such as cataracts.

Probably the most important thing, once again, is Turquoise is a stone of great joy. As a gift it is cherished and as a healing tool it is rarely surpassed, because when the joy that it brings is mixed in, healing comes quickly. Buy a good friend a piece of Turquoise today, even if that good friend is YOU!

J.M.S.



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Chinese Herbal Medicine  
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Bachelor of Psychology  
Master of Oriental Medicine

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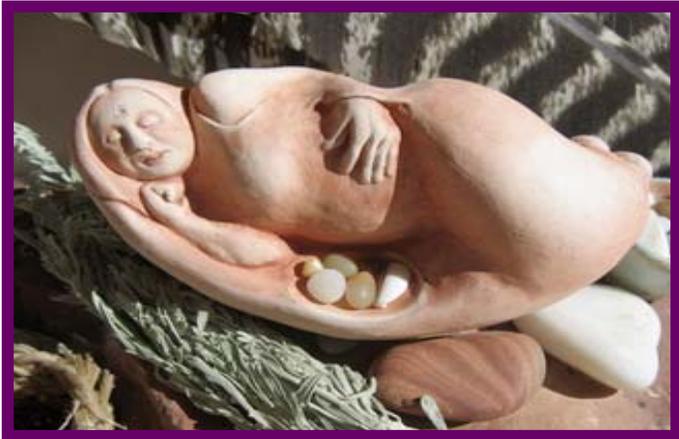
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## High Spirit Flutes

Flute maker **Odell Borg** makes each Native American style High Spirits flute from a solid piece of the finest cedar, walnut, birch and other fine domestic plantation-grown woods or recycled lumber, finished with three coats of a non-toxic hardening oil for durability and clarity of sound. Each Native American style flute is precision-tuned so that it will blend perfectly with other instruments.



### Slowing Time

Lay the busyness of life aside, if only for a moment. Let there be **NOTHING** to do, create, expect or achieve. Nothing to fix, heal, process or find.

In this restful state, time slows down, the mind clears, and life situations find their own conclusions.

Place a reminder of restfulness in the tiny bowl. May you return often to your source of renewal and peace.

## Stangl Therapeutic Massage



Cindy L. Stangl C.M.T., C.I.M.I.  
Certified Massage Therapist

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Soul Path Messages

*...the quest is within...*

*Love...you will find!*

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**“ A misty morning does not signify a cloudy day ”**

*- ancient proverb*