

# Kaleidoscope

Quarterly Newsletter  
from  
Mind Body & Spirit

October 2  
November 0  
December 8

Hi Everyone!

Change is in the air! Some will say "bad" and some will say "good" but when change happens positive things are possible. All change brings opportunity! Change doesn't always go easily, sometimes the path can be jagged and hard to navigate. Our spirituality keeps us strong and we must rely on it but we also need to take care of ourselves through these changes. In this process of change we also have to remember to be patient with ourselves as well as with others. Part of the essence of change is unfamiliarity. This can be unsettling. We can easily become off balance, get confused and be swept up in the currents, but we can just as easily regain our balance by reaching out to those who can help us to get secure footing once again.

Change is all around! As these changes occur there are other people that can assist us along the way. The intuitives, the energy workers, the body workers, the teachers and many others, that have already been preparing for these changes, help us, as we adapt to change, and as we make change happen.

The only constant in life is change! Although we have small changes every day and we have huge changes for humanity coming in the future we all know that the most immediate change, on many of our minds, is the upcoming elections in November. No matter who is elected our next President, all the way down to who is joining our school boards, (especially if they are not the ones you voted for) **don't give up!** Don't stop making things better. We all make a difference and I think it is easy to forget that. Every vote counts just as every act of recycling counts and every act of kindness counts! It all matters. We can all get discouraged and let fear "in" once in a while, but we don't need to live in it and we can have the world we want. The elections bring a great deal of energy our way and it is easy to get caught up in this and that until we have no clue what we are doing. There is so much talk about winners and losers. In those moments remember this: It doesn't matter the size of the footprint on the beach, the water moving the millions of little sand pebbles around makes the footprint disappear. One act, that we feel negative about, can pound a footprint on us that seems like it will last forever, but with spirit (the water), moving us (the sand pebbles) we can wipe out that footprint. The water and the pebbles were there long before the footprint appeared and they will be there long after the footprint is but a memory. Keep moving, stir up the sand and vote with your conscience. Vote for change, good change for us all. Look to your heart for the answers, vote, and then walk out and make great things happen! When we do that, there can be no losers.

Blessings and Peace Always,  
Joan and Merri

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Mind Body & Spirit  
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## A Series of Symbols - Wands

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This article is a little different as it does not directly study a symbol as much as it looks at the symbolism of an object. This object is the wand. Not any particular wand, as there are many to choose from, but just the reasons why one would want to own a wand. To understand the wand we must start at the beginning and study where the wand first appeared. To the best of my knowledge it seems the “healing” wand first appeared in the hands of Greek gods. There are two wands that show up in Greek tradition, at about the same period of time. One is the wand of Hermes, that is seen today on many pharmaceutical companies windows, etc. as well as in some medical establishments in North America. Another name for the wand of Hermes is the Caduceus (pronounced kaw-do-shus). The Caduceus is a staff with two snakes

entwined up to the top, and there are also wings on each side of the staff. The other wand, that was the original healer’s wand, is the Rod of Asclepius. This rod is a simple staff with one snake curled up to the top of the staff. No wings are present on the Rod of Asclepius. This wand is now seen much more on the coats and doors of physicians.

Asclepius was the son of Apollo and he was a practitioner of medicine. Hermes was the messenger of the gods, guide of the dead, and protector of merchants, gamblers, liars, and thieves. The first one makes sense. The second one, well?

The wand became a symbol of power, wisdom, and healing. The staff was always a symbol of power and snakes shed their skin in a type of renewal or transformation which is the ultimate healing. That symbolism makes the wand or rod of Asclepius, the original, most powerful wand. (sorry, but it was not Harry Potter’s)

That is all fine, you say, but why would YOU want a wand? What would YOU use one for? Well, the wand is not just about yesterday. The wand is still used extensively in healing practices around the world. The wand is a way to direct energy. It is also used as a tool in the invocation of spirits that can help with healing. In many traditions the wand is a symbol of fire, wind, water, earth, and spirit. It is the tool that draws both the healing, light energy through the healer to the patient, or it has been the life-force or extension of the person doing the healing. The latter is rarely recommended, as trying to heal with one’s own energy can be exhausting and can be unhealthy for the healer. It is always best to bring the healing energy through the healer to the wand from an outside source, a higher power. The answer to why everyone should own a wand is that they heal. Plain and simple, they are powerful aids in any healing process.

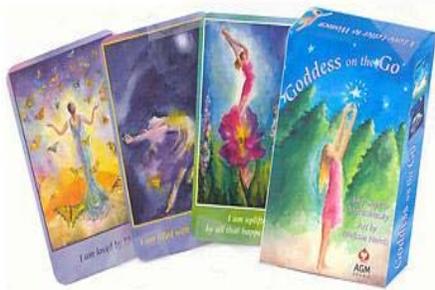
Many wands are made with some type of crystals attached at one end or another. When Marcel Vogel (a scientist that discovered the laser) said this next quote, he was referring to a clear quartz crystal wand. What we now know is that all stones and crystals emit energy and help aid in the healing process. I believe his quote is appropriate, as a definition of the healing wands containing crystals and stones that we see today, not just crystal wands. “the crystal is a neutral object whose inner structure exhibits a state of perfection and balance. When it is made in the proper form and when the human mind enters into relationship with its structural perfection, the crystal emits a vibration which extends and amplifies the power of the user’s mind. Like a laser, it radiates energy in a coherent, highly concentrated form, and this energy may be transmitted into objects or people at will”, thereby creating healing.

It is no wonder that even children’s tales are loaded with wise women and men who walk with a staff. It isn’t just because they need assistance with walking. Not all older people in children’s tales, or adult tales for that matter, are portrayed with a staff or large walking stick, but the wise ones always are. The energy line of the healing wand is alive and well. For those looking for Harry Potter’s wand? Well, keep looking. That doesn’t mean there isn’t magic in the wands we have in the shop. To create perfect balance with a crystal, copper, leather, and love is very powerful and will serve one much better than the fairy tale wands. The creator of the wands in our shop did just that, created perfect balance. For those who just like the looks of them. Well, you are not alone. They are a piece of art, each and every one of them. Sometimes it is enough to hang one on the wall and feel the power that way. Holding them during meditation is a great way to create inner peace and strengthen one’s own power. And many use them as a tool for the beginning and ending of ceremony, or use them to bestow blessings on a loved one or a couple getting married. In the magic of healing and alchemy, the wand is certainly mightier than the sword. There are many uses for the wands. If a wand is the right tool for you, you will feel it.

So, there we have the story of the wand. There are probably other stories out there. This is the one I know.

You say you are not a healer? Everyone is a healer. The wise ones are just the ones who figured out they are.

And they... carry a wand.



*Goddess On The Go  
"For Women on the Go"*

Do you long for nourishing, comforting words during stressful times? Would you like to have support any time you want it, only a 'shuffle' away? Do you want to be inspired and uplifted? Then Goddess on the Go is the deck for you!

Anything is Possible

For three decades artist Melissa Harris, MFA has combined her unique gifts as a clairvoyant with her artistic abilities in her paintings. *CREATRIX Anything is Possible* showcases the universal stories of women Melissa has gathered and archived in the thought-provoking art in this deck. These activation cards serve as a guide through 33 universal challenges women experience. Women can turn to this accessible tool for inspiration, contemplation, comfort, direction, exploration, or daily as a reminder that anything is possible. The cards are organized into four suits including invocation, grace, keys and initiation. The accompanying 48-page booklet includes definitions of each card written by Melissa with inventive ideas for divination and guidance spreads.



by  
Melissa Harris



"Gift of Enlightenment" is a unique and totally original board game that brings a flow of positive energy to all who discover it. Friends and family will be delighted by its healing messages and fun game play. Inspirational, life enhancing, and hugely enjoyable, this is one adventure that is guaranteed to stay in the mind long after the final dice has been thrown.



Beautiful hand carved spiritual art from Bali



# *Intuitive-Psychic Readings / Energy Healings*

## 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. \$75.00/hour \$40.00/1/2 hr.

## 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 IET Practitioner and has studied other various healing modalities. Fee: \$1/minute

## 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: 40.00 per 1/2 hour and 70.00 per hour

## Name and Birthday Readings (Numerology) with Diane Winter

Who are you? Why are you here? What does your future hold? Discovering the energies your name and day of birth may be *attracting* can open you up to 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: See MBS website for details

## 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 appt. Fee \$65.00 session.

## Past Life Regression with Bob Sullivan

Past life regression is a wonderful way to identify, process and transform unresolved issues, beliefs or attachments. In facilitating a regression, we examine current issues such as unfinished business, limiting vows, trauma or ungrieved loss ...and help the client reprocess the event and bring completion to it. Not all regressions need to be about problems - It is also possible to recall positive lifetimes...lifetimes of mastery, gifts, talents, safety, lovability, and worthiness. Sessions are 1.5 hours for \$65.00 **More Times and Dates To Be Announced —Please check Website!**

## Hands on Healing with Bob Sullivan

Channeling universal healing energy through hands on healing. Using such things as touch, sound, color and vibration to aid healing and help one to balance physical, emotional and spiritual energy. Sessions are 1.5 hours for \$65.00 **More Times and Dates To Be Announced-Please check Website!**

## Animal Communication with Joan Stokes

Joan has approximately 20 years experience working with animals at various Veterinary Hospitals and has "talked" to the animals ever since she can remember. She "talks" to the animals via feelings and pictures and then translates those feelings and pictures into human language. Over the phone and long distance readings available. Joan is available for appts most Thursdays, Emergencies other days. Please call 320-203-9630. Fee: \$40.00-1/2 hr. \$75.00-hour

## CATS!!!

These three beautiful felines need a home! Due to severe allergies they cannot stay where they are now. All are feline leukemia tested negative, all have been declawed (of course front only), all have been fully vaccinated and "fixed", and all know what a litter pan is for! Samhain (pronounced sow-when) is the near solid black male, short hair, 4 years, he is chubby, overly-friendly, and an overall sweet-heart. Beltane (or Belle, as she is called most) is 3 years, black and white, short hair, slightly more independent, very friendly but needs a formal introduction and needs a little time to adjust to new people. She is slender and petite and she takes care of herself nicely! And then there is Milo. He is a clown who has no fears and no concerns. One of his favorite games is "toss me in a sheet like I am on a trampoline"! He loves everyone and he assumes everyone must love him! He is an orange tabby, has medium length hair, and is 2 years of age.

These are awesome cats that desperately need homes. It would be preferred that Samhain and Belle stay together as they have been together 3 years and are good friends. As you can see from the top picture Milo would be anyone's friend. All three cats have been around a very young child with no problems. None have been around dogs so don't know about that. If you can help at all or if you think you might be able to give these three exceptional cats a loving home, please call 320-203-9630 or 320-282-8746.



# October 2008

Sun                  Mon                  Tue                  Wed                  Thu                  Fri                  Sat

	<p>For more detailed information on these events please see our online calendar.</p> <p><a href="http://www.mindbodyspirit-online.com">www.mindbodyspirit-online.com</a></p>		<p><b>1</b></p> <p><b>Lodestone Networking Group</b> 6:30-8:30pm</p>	<p><b>2</b></p> <p><b>Ann Dragsten</b> Healing Touch 11-6pm</p>	<p><b>3</b></p> <p><b>Intuitive Paulette Lucas</b> 10-6pm</p> <p><b>Spiritual Attunement</b> 7-9pm</p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>7</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p>	<p><b>8</b></p> <p><b>Name &amp; B-day (Numerology) Readings w Diane</b> 11-2 pm</p> <p><b>Healing Share</b> 7:00-9:00pm</p>	<p><b>9</b></p>	<p><b>10</b></p> <p><b>Intuitive Paulette Lucas</b> 10-6pm</p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p>	<p><b>11</b></p> <p><b>Crystal Astrology</b> 1-3pm</p> <p><b>Aura Photos</b> 10-12-30pm</p>
<p><b>12</b></p>	<p><b>13</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>14</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p> <p>Full Moon</p>	<p><b>15</b></p>	<p><b>16</b></p> <p><b>Ann Dragsten</b> Healing Touch 11-6pm</p>	<p><b>17</b></p> <p><b>Intuitive Paulette Lucas</b> 10-6pm</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>21</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p> <p><b>Energetically Speaking Series 2 # 1</b> 7-9pm</p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p> <p><b>Intuitive Paulette Lucas</b> 10-6pm</p>	<p><b>25</b></p> <p><b>Intuitive Readings</b> Barbara 10-2pm</p>
<p><b>26</b></p>	<p><b>27</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>28</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p> <p><b>Energetically Speaking Series 2 # 2</b> 7-9pm</p> <p>New Moon</p>	<p><b>29</b></p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p>	<p><b>30</b></p>	<p><b>31</b></p> <p><b>Intuitive Paulette Lucas</b> 10-6pm</p>	

# November 2008

Sun      Mon      Tue      Wed      Thu      Fri      Sat

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2	<p><b>3</b></p> <p><b>Psychic Channel Kelli Spencer</b> 10-6pm</p>	<p><b>4</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p>	<p><b>5</b></p> <p><b>Lodestone Networking Group</b> 6:30-8:30pm</p>	<p><b>6</b></p> <p><b>Ann Dragsten Healing Touch</b> 11-6pm</p>	<p><b>7</b></p> <p><b>Spiritual Attunement</b> 7-9pm</p> <p><b>Intuitive Paulette Lucas</b> 10-6pm</p>	<p><b>8</b></p> <p><b>From Transit to Transition</b> 1-3pm</p>
9	<p><b>10</b></p> <p><b>Psychic Channel Kelli Spencer</b> 10-6pm</p>	<p><b>11</b></p> <p><b>Readings with Kate</b> 11-2pm</p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p> <p><b>Energetically Speaking Series 2 # 3</b> 7-9pm</p>	<p><b>12</b></p> <p><b>Name &amp; B-day (Numerology) Readings w Diane</b> 11-2 pm</p> <p><b>Healing Share</b> 7:00-9:00pm</p>	<p><b>13</b></p> <p>Full Moon</p>	<p><b>14</b></p> <p><b>Intuitive Paulette Lucas</b> 10-6pm</p>	<p><b>15</b></p> <p><b>Aura Photos</b> 11-1-30pm</p>
16	<p><b>17</b></p> <p><b>Psychic Channel Kelli Spencer</b> 10-6pm</p>	<p><b>18</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p> <p><b>Energetically Speaking Series 2 # 4</b> 7-9pm</p>	<p><b>19</b></p>	<p><b>20</b></p> <p><b>Ann Dragsten Healing Touch</b> 11-6pm</p>	<p><b>21</b></p> <p><b>Intuitive Paulette Lucas</b> 10-6pm</p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p>	<p><b>22</b></p> <p><b>Readings with Barbara</b> 10-2pm</p> <p><b>5 Principles of Happiness</b> 1-3pm</p>
<p><b>23</b></p> <hr/> <p><b>30</b></p>	<p><b>24</b></p> <p><b>Psychic Channel Kelli Spencer</b> 10-6pm</p>	<p><b>25</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p>	<p><b>26</b></p>	<p><b>27</b></p> <p><i>Closed</i></p>	<p><b>28</b></p> <p><b>Intuitive Paulette Lucas</b> 10-6pm</p>	<p><b>29</b></p> <p>New Moon</p>

# December 2008

Sun                  Mon                  Tue                  Wed                  Thu                  Fri                  Sat

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	<p><b>7</b></p>	<p><b>8</b></p> <p><b>Psychic Channel Kelli Spencer</b> 10-6pm</p>	<p><b>9</b></p> <p><b>Intuitive Readings</b> Barbara 3-7pm</p>	<p><b>10</b></p> <p><b>Healing Share</b> 7:00-9:00pm</p>	<p><b>11</b></p> <p><b>Ann Dragsten</b> Healing Touch <b>11-6pm</b></p>	<p><b>12 Intuitive Paulette Lucas</b> 10-6pm</p> <p><b>Quantum Touch</b> Kimberlee Bluhm <b>10-2pm</b></p> <p>Full Moon</p>
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<p><b>28</b></p> <p><i>Closed</i></p>	<p><b>29</b></p> <p><i>Closed</i></p>	<p><b>30</b></p> <p><i>Closed</i></p>	<p><b>31</b></p> <p><i>Closed</i></p>			

# *Class and Event Descriptions*

## **Aura Photos and Readings** | Oct 11th 10-12:30pm and Nov 15th 11-1:30pm | \$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 subject captured in that moment in time. Bob uses his intuitive abilities to tap into the energy field of the photo and possibly identify your energy blocks, leaks, or other things about you. Enlightening!

## **Bellydance Begins** Check Online Calendar for Dates | 6 Sessions | 7:15-8:45pm | \$55.00 | Meredyth Ludwig

Develop awareness about your body, condition your core, and celebrate your femininity as you learn the art of belly dancing and experience a great low-impact aerobic workout. To register, call 320-492-6112 or email [info@meredythjl.com](mailto:info@meredythjl.com).

## **Co-Creation Workshop** Nov 22nd | 1-3pm | \$35 | |Linda & Nancy (Experience Happiness)

In this workshop you'll learn The Five Steps of the Co-Creation Cycle and how to apply them in your life in order to more easily, quickly and joyfully manifest your desires in the physical realm. You'll leave equipped with The Co-Creation Experiment Model, an easy-to-use planning and management tool for manifesting your desires. For more information visit [www.experiencehappiness.net](http://www.experiencehappiness.net)

## **Creating Healing Experiences that Work ~ Workshop** Dec 5th | 9-4pm | \$225 before Nov 21, \$250 anytime after | Michele Bergh

Are you excited to be in practice? Confident in all your business decisions? Energized when you go to work? If not, this workshop is for you.

This workshop will show you how to: Consistently demonstrate compassion so your clients have the courage to collaborate with you which speeds the rate of healing. Wrap your sessions in positive emotion to open those who are suffering to the value of the treatment. Engage the head and heart to invite and activate healing. Create a positive experience for the practitioner, staff and the Respart\*.

Tools Taught in the Workshop Include: EIM Journey Map™ EIM Emotional Target™ EIM Sensory Palette™ EIM Metaphors for Processes™ EIM Experience Roles™ EIM Language Guidelines™ For more info, visit [www.infinitelightmn.com](http://www.infinitelightmn.com) or contact Michele at [michele@infinitelightmn.com](mailto:michele@infinitelightmn.com) or 763.633.9364

## **Crystal Astrology: Exploring Heavenly Influences #1** Oct 11th | 1-3pm | \$25 per session or \$60 prepay for all 3 | Cathi Curen

Chances are you know your birthstone, but are you aware that there are many other stones associated with your birthchart? Crystal astrology is a transformative tool for growth and healing. Learn how to empower and energize yourself in this experiential workshop.

## **Five Principles of Happiness** Dec 6th | 1-3pm | \$35 | |Linda & Nancy (Experience Happiness)

In this workshop you'll learn about The Five Principles of Happiness and how to apply them in your life. You'll also design a personal happiness practice that equips and empowers you to locate and amplify your happiness starting now. The class cost includes workshop materials.

For more visit [www.experiencehappiness.net](http://www.experiencehappiness.net)

## **From Transit to Transition: Writing a New Chapter in Your Life #2** Nov 8th | 1-3pm | \$25 per session or \$60 prepay for all 3 | Cathi Curen

Often when we go through challenging periods of our life we can get stuck, feel helpless or not know where to turn for answers. If you are dealing with a transition in your life whether it be; divorce, financial strain, changing careers, or loss of a loved one, astrology can be your transformational tool to gain insight and understanding to your personal life cycles.

## **Healing Share** 2nd Wednesday of the Month | 7-9pm | \$5.00 Practitioners \$10.00 Clients | Bea Monn

We come together to practice and talk about questions or concerns. The space is held for a relaxing, spiritual, loving, positive and serious practice, creating an environment of safety for those who wish healing and those who are helping them heal. We will work on anyone that is interested in experiencing an energy work session.

## **Lodestone** Now forming! Lodestone Networking Group – St. Cloud Chapter

Lodestone is a network of healing arts practitioners, businesses, and organizations that provide events, programs, products and services that support mind, body, and spirit wellness. Our objectives are: To connect practitioners who conduct themselves with honesty and integrity with each other and clients.

To support practitioners in their growth, both personally and professionally. To be a resource for both practitioners and clients.

Meeting the 1st Wednesday of each month from 6:30-8:30pm. Two membership opportunities are available. For more information, visit [www.lodestonenetworking.com](http://www.lodestonenetworking.com) or contact Michele at [michele@infinitelightmn.com](mailto:michele@infinitelightmn.com) or 763.633.9364

## **Energetically Speaking - Series 2** Tuesdays Oct 21, 28 Nov.11, 18 | 7-9 pm | \$25 per session or \$80 prepay 4 sessions | Barbara Bjorklund

Continue your inward journey of self discovery through this four-week series of classes, which builds upon the learning and exploration you began in Energetically Speaking - Series 1. Through new experiential activities, guided visualizations/meditations, and group exercises, you'll develop greater awareness of energy and intuition. With each class, you'll go further inside, unfolding the mystery of you and allowing even more to come forward.

## **Prenatal Yoga** Check Online Calendar for Dates | 6 Sessions | 6-7pm | \$55.00 | Meredyth Ludwig

Prenatal Yoga helps with the mental focus and physical preparation for labor and delivery, as well as, contributing to a healthy pregnancy. Whether you are new to yoga, or an experienced yogi, you will learn the tools you need to face the physical and emotional changes of pregnancy with focus and grace! Meredyth is a Certified Prenatal & Postpartum Yoga Instructor, CMT, & Doula. If you have any questions about your specific pregnancy and concerns about this class, please contact Meredyth at 320-492-6112 or Email: [info@meredythjl.com](mailto:info@meredythjl.com). PLEASE bring a pillow, sticky mat, and wear comfortable cloths. Some mats available if you would like to try the class first. 6 weeks for \$55.

## **Spiritual Attunement** First Friday of the Month | 7-9pm | 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.

**October 3rd, November 7th, December 5th:** Subject matter to be announced. For more information contact Frank Sowada at 248-8034.

## **Spiritual Relationships: An Astrological View #3** December 13th | 1-3pm | \$25 per session or \$60 prepay for all 3 | Cathi Curen

Did you ever wish your child came with an instruction book? Have you ever thought you were born into the wrong family? What about your relationships...could they use some help? If you've ever pondered any of these questions, this workshop is for you!

# Serpentine

Serpentine probably got its name because it is green and is usually scaly or patchy looking, appearing somewhat like a snakeskin. The green coloring can be a very light yellow-green to a deep olive green to even an almost black serpentine from Peru called Peruvian Jade. It is carved in abundance, throughout the world, as it is a medium soft stone. It is carved into animals, amulets, and sculptures. For many centuries, before the Roman Empire, it was considered a stone that would guard against disease and sorcery.

It is one of a handful of the best stones to bring peace to the mind in preparation and continuation of meditation. It helps one to create healthy boundaries. It stimulates the need to solve conflicts, but one must be careful not to just compromise solely for the sake of peace. It is a stone that aides one in calming themselves and reducing mood swings. It helps to balance the body when there is imbalance due to acidification. This is a wonderful stone for women as it aides in the reduction of menstrual pain and cramping. It also aides in relaxation, so that orgasms that appear to be unattainable due to stress and tension, may be reached.

The serpentine is found throughout the mountainous regions of the world but two in particular are said to have specialized functions above the other serpentines. The serpentine stone from the USA has been labeled by some to be the "stone of peace" as it creates an inner peace within the bearer, which in turn leads to easier conflict resolutions. The stone from South America is many times labeled as the "stone of protection" as it helps to enclose the wearer in a white light of protection. The beautiful serpentine stone of South America is also an aide in staying close to loved ones, both living and deceased.

Serpentine helps one to cleanse their auras of emotional debris and baggage and physically aides in the removal of parasites and toxins or poisons, especially snake venom.

It is one of the best stones to help facilitate the rise of the Kundalini. One should wear or place the stone as close to the crown chakra as possible to aid in this endeavor. It not only helps one with the rise of the Kundalini but also promotes a safe and "painless" avenue for the Kundalini to rise. For a wonderful explanation of the Kundalini try this website: [www.themystica.com](http://www.themystica.com)

Besides what has been written above, the serpentine is one of the most beautiful stones that simply make ones heart feel well. There is no documentation of the physical attributes of helping with the heart, but when one holds the powerful serpentine in their hands, in is unquestionably a stone of the heart, as it is felt deeply within the chest and its vibration seems to beat with the rhythms found there.

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## Essentials of Using Oils: Animals

*This article is for DOGS ONLY!!! DO NOT use essential oils on CATS!*

In my opinion there are few things that should ever be given to or put on cats. Cats are highly sensitive to everything and they do not metabolize foreign substances well through their livers. Even if cats inhale a particular oil over and over they can have problems. The membrane within the nose can be agitated or "burned" by oils. Oils are just too strong and should only be used with direct supervision by a veterinarian. There are a few herbs and some Bach flower remedies that can be used on cats. Always call a holistic veterinarian before proceeding with any foreign substance on a cat. Not all veterinarians are up to date on the use of flower remedies and herbs. And, as with all substances, it is possible for an animal or human to have a reaction to any natural substance, just like having allergies to the actual plant that it was derived from, so always use caution. And as with all substances there might be one that works for one dog but doesn't work for another with the same problem. It sometimes takes a little time and experimentation to find the right oils for each individual. Since essential oils are very strong they should never be used on dogs full strength. Oils should always be put in a carrier oil before applying to dog's skin. For an oil that goes on the skin it is recommended that one drop of oil be mixed in 1/2 tsp. of carrier oil. (jojoba, grape seed, etc.) On people it is recommended oils go on the feet for the best benefit. For dogs it would be the least hairy areas with the exception of the area near the eyes or nose, sensitive areas such as near the vulva or penis, and places that are very easy to lick off. Most essential oils work into the skin quickly and so it isn't necessary to hold the dog for long periods of time to make sure the oils soak in, only a few minutes at most (massage in spot approximately 3 minutes). Diffusing can be used with a dog as well. Just place a few drops of the essential oil into a diffuser and leave the dog in the room with the diffuser for approximately 15 to 30 minutes. When using a diffuser use caution if other more susceptible animals are present. Diffusing oils can cause extreme reactions in birds and some cats, as well as other exotic animals. Sometimes, as with oils for sleep, a spray of diluted oil on the bedding is another method that works well. Below is a list of some of the oils I felt were essential. The ailment is listed first in bold. Those oils that are also in bold are oils that we carry at Mind Body & Spirit and the way to use is written after each oil or group of oils listed.

**Aggression:** sandalwood, ylang ylang (massage or diffuser) **Arthritis:** pine, rosemary, juniper (massage) **Burns:** lavender (massage around burn, not on the burn) **Cancer Aide:** rosemary, ylang ylang (massage) **Coughing:** eucalyptus, pine, tea tree (massage or diffuser) **Diarrhea:** cinnamon (massage) **Grief:** basil, bergamot, orange (massage or diffuser) **Hyperactivity:** lavender, chamomile (massage) **Infections:** lemon combined with sage (massage) **Kidney Issues:** juniper (massage) **Nervousness:** chamomile, lavender, lemon (massage) **Painkiller:** lavender and marjoram **Parasites:** eucalyptus, lemon, peppermint **Skin irritations:** tea tree **Sprains:** rosemary, juniper **Travel sickness:** peppermint, chamomile, sweet fennel

There are many more oils that are helpful to our furry four-legged friends but these are a small example of oils for use. For other resources ask a holistic veterinarian for a list of Bach flower remedies and or essential oils that can be helpful for your friend.

Blessings and Healthy Living!

j.m.s.

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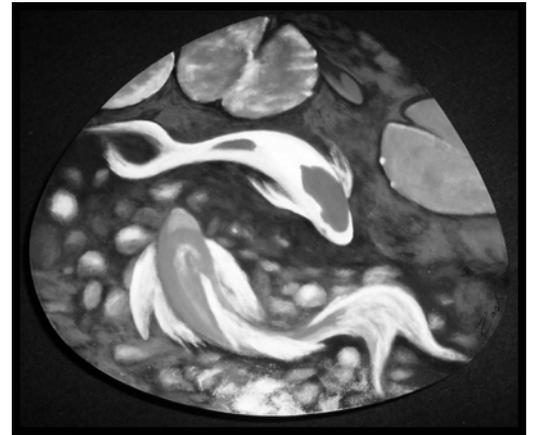
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# Introducing the Art of Katie Zare

Katy Zare grew up on the east side of St. Paul and displayed an obvious creative spirit from early childhood. That spirit was nurtured throughout her youth. Following a strong arts involvement during high school, Katy attended St. Paul College and received an associate degree in Commercial Art. After a few entry level jobs in that field, Katy married in 1987 and went on to raise 3 daughters who are now 20, 17 and 14. Today, Katy's art is a reflection of self-teaching through the study of various artist's art, as well as a lot of hands-on experimentation. Although most-known for her portrait work in pastels, watercolor and graphite, Katy recently began experimenting with oil and acrylic on canvas and found these mediums to be very freeing. Inspired by her own desire for simplicity, Katy has created a line of functional art pieces, allowing the beauty and colors of art to function in the everyday world... at the same time, giving new dignity back to recycled furniture, glassware, apparel and more. (The piece to the top right is a table top and when peered into, from above, feels very much like looking into an actual pool of swimming koi fish. So real is her art that you would swear a star was truly being born in the piece below. Come experience her passion and her gifts that quite frankly are awe inspiring. We love her work and we believe you will too. Joan and Merri)



## Experience Happiness

***Happiness is your life's purpose!*** It's your divine right. You deserve to be happy. Your happiness is not a selfish pursuit, but a tremendous gift that empowers you to fully serve yourself and others. Why does it seem so elusive? How does one go about creating it authentically, versus pursuing a fleeting imitation of it? In January 2007, Linda Saggau started channeling Michael (not one person, but a collective higher consciousness of light beings who have all lived previously in human form), and began to express their loving insights to her friend Nancy O'Brien. Nancy and Michael have been talking ever since. The Experience Happiness programs are designed to bring the messages of Michael to you to help teach you the tools to become and remain happy. These programs

- ~ Empower you to create the life you want ~ Compliments your personal belief system, religion or philosophy
- ~ Allow you to experiment and engage in a way that works ~ Incorporate smoothly into your life instead of turning it upside down
- ~ Help you create authentic happiness and transform at a profound personal level ~ Help you to manifest your desires more easily
- ~ Foster a deeper connection with your soul and a greater respect and love for who you are
- ~ Include you as a part of a fun, supportive community of like-minded and like-hearted people.

If you missed the event on Sept 27th, Experience Happiness 101, there is more on its way! Still coming in 2008: The Five Principles of Happiness and Co-Creation Workshop (see class page or website for more detail) Coming in 2009: Soul Evolution Workshop and Create a Personal Happiness Practice, 6-week series (watch for more information coming.) For more information please visit [www.experiencehappiness.net](http://www.experiencehappiness.net) or check [www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com) for upcoming events.

***Don't miss this great opportunity because everyone deserves to be happy!***



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