

Kaleidoscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi all,

I woke up this morning and I felt great. You know that feeling when everything seems right, and even if just for a few minutes, life is beautiful?! It wasn't an easy task, but I kept that feeling driving through town, when for some reason a few people decided that it would make my day to wave to me with just one finger? I suppose they hurt the other four? I just waved and smiled back! I decided that just because they hurt their fingers didn't mean I couldn't be happy about their "thought-filled" wave. Yeah right! Everything after the word beautiful above is a lie! I wasn't thrilled when that happened and it ruined my morning. Why? Because I am human, and suddenly I forgot the rest of my morning. I forgot to be grateful for the rest.

I got to work and sat down to write to all of you, still a tad upset, and I thought about what the bracelet I am wearing symbolizes. The bracelet I am wearing reminds one that sometimes we are briefly on top of the world and sometimes we are briefly in despair but the rest of the time we are living our lives. And I thought about how most of us continue to live our lives when we have been rocked and dashed about the rocks so brutally sometimes. And there are times we go on to embrace the quiet after a momentous time in our lives has passed even if we feel it will never be that great again. How does one go on? Gratitude.

I know what some of you are thinking. "Here goes another person who is doing better than I am because they live in "GRATITUDE!" And perhaps you are thinking, "I have tried and tried and still life can be so difficult and it's so hard remembering to be grateful!" OF COURSE IT IS! IT'S LIFE! AND IT'S DIFFICULT! If it were all roses and sunshine we wouldn't learn anything at all about gratitude. What would the point be then? The point of life is to find what gives it meaning. It is the great things that happen, and the sad things, the mundane things, the fearful things, the quiet times and the chaos. Everything that happens during the "in between" that we forget about. What gives life meaning is those we share it with, our partners, children, our co-workers, friends, our extended family, and our Spiritual Higher Power. Yes, also the driver that cut you off on the way to work this morning, because maybe you didn't die in an accident because someone slowed you down. The driver saved your life and you didn't notice. Unfortunately, as human beings we tend to give most of our attention to the extremes. The extremes cause us to stop and take notice, both good and bad. I for one believe that we tend to remember to be grateful when good things happen and we tend to be grateful when bad things stop. Many of us forget the rest. It's the rest we must be grateful for, because the "rest" is what really matters the most!

What happens to gratitude when the extremes have passed? There is a lot of living that goes on between the highs and the lows. The more we are grateful for that middle part of life the more we see that the day to day is truly the important part, not the extremes. As I have mentioned before when my Dad was getting weaker from ALS (Lou Gehrig's Disease), he wasn't responding with gratitude because of who was or wasn't President, and he wasn't really spending much time talking about the past or the future. The Universe had dealt an extremely physically painful disease on my father, but he didn't speak about that much. What he showed a great amount of gratitude for was my Mom, who never left his side. He was grateful for every moment he had with her, even if it was filled with watching her cut up his food or helping him cross a room. He was filled with gratitude when watching the birds or listening to his grandchildren's stories of their day. He was grateful he could still enjoy and swallow a good meal and he was grateful for a foot rub or back scratch. His life was filled with gratitude, and he was slowly dying. He figured it out towards the end, that it isn't in the extremes that we find true gratitude. It truly is in the small things we take for granted every single day.

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Saturday | 10-5 pm
Closed Sundays

TREE AGATE

The tree agate is a creamy white stone with green dendrites cascading throughout the stone. Most geologists would not call them tree agates instead preferring to call them a moss agate that is opaque rather than translucent in spots as the moss agate is. But for those in the metaphysical and specialty stone areas we tend to break down the crystals and stones further as the slightest differences can bring one specialty help. Not truly an agate as it lacks the concentric circles and or stripes needed to be a true agate the tree agate is called this as it is a microcrystalline quartz much like a chalcedony and so it falls into these agate categories.

Sometimes called the "Gratitude Stone", it brings good fortune to those without greed in their hearts. Those with the desire to take from others will never be helped by these discerning tree agates. For those who are already filled with gratitude in their hearts this stone can bring endless abundance! Those already with a grateful heart will be drawn to the tree agate as well as those who need to open their hearts more to gratitude. This stone brings one into alignment with oneness of the earth. Not just the individual's connection to the earth but all that is of the earth and its great connection to everything and everyone else.

Tree agate has a vibration that makes it calming to the nerves, especially for those who don't know the reason for their anxieties. It helps facilitate deeper meditation especially when that meditation is held in nature or is connected to nature somehow. The tree agate is a stone that Mother Earth is calling out to at this time to connect to her children so that all are aware of the climate changes and those areas of our planet needing healing work. The combining energies of this stone and the people of this planet wanting to help heal it will bring light and change for the good. The tree agate helps diffuse geopathic stress and brings calmness to the earth energies and her people.

This stone will help those who feel lost on their journey rediscover they never were truly lost. Self-discovery rarely takes a direct line and so it can easily make one feel lost at times when we lost sight of that line. It also helps artists who want to better capture nature in her purest of forms. A must of sorts for those connected to the animals and especially the trees so that their true essence can be gathered onto a piece of art.

Being the stone of gratitude, it can create within the heart chakra, of the bearer, the ability to feel gratitude where it may have been hidden before. It can help one change bad times into challenges and chaos into possibilities for change. Whenever one can hold the tree agate long enough the heart connects and possibilities are endless.

The tree agate has been said to help one see and hear fairies and tree sprites. So, a great stone for all those gardens out there that need some extra sprite and fairy TLC! On the physical, it has been known to lower blood pressure if held for long periods of time. It eases worrisome minds and calms the body so healing can take place.

This is a wonderful, beautiful stone that makes a splendid buddy stone with moss agate or just to add to any collection for enjoyment, health and much more. Get yours today! A wonderful stone to wear all the time!

When things are going well, be mindful of adversity.

和平

When prosperous, be mindful of poverty.

When loved, be mindful of thoughtfulness.

When respected, be mindful of humility.

爱

Heart of a Buddha

Intuitives, Psychics & Healers

For appointments, please call for availability: Most practitioners are scheduled by appointment only. Some practitioners accept walk-ins if the practitioner is already at the store. More information can be found on our Web site at www.mindbodyspirit-online.com (services page). It is extremely important that you PLEASE call if you cannot make your scheduled appointment (within an appropriate time) as most practitioners drive some distance to be at these scheduled appointments. Payments are made directly to the practitioner. Some practitioners are unable to take payment by credit card; please be prepared with cash payment. Call ahead to enquire. Thank you. 320-203-9630 or check the online calendar page for appt availability.

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY

Available most Wednesdays & Thursdays by appt | \$50 1/2 hr | \$100 hr

Jennifer is a Third Generation Clairvoyant and Clairaudient Tarot Intuitive. Blessed with the ability to influence a positive energy shift in any area of your life. Jennifer will begin your reading with a general flow of information using Tarot, Numerology and Intuition. From there she will delve into your questions using her Clairsentient, Clairaudient and Empathic gifts to provide more detailed insight." My goal is to remove your fears and enable you to make choices with clarity and confidence."

JOAN STOKES | ANIMAL COMMUNICATION & SPIRIT GUIDES | Available by appointment | \$50 1/2 hr | \$95 hr

Joan has over 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. Joan also works with Spirit Animal Guides that she many times can "see" around an individual. Once an Animal Guide makes themselves known, one can work with the guide for whatever is needed. Joan helps you to identify, acknowledge and deepen your relationship with those unseen guardians and guides that are with you every day.

JUREMA SILVA | INTUITIVE READINGS & BRAZILIAN ENERGY HEALING

Available most Tuesdays, Wednesdays, & select Saturdays by appointment | Intuitive Readings \$75 1/2 hr - \$125 hr | Energy Healing \$125 hr | Combination Intuitive Readings/ Energy Healing \$175 1.5 hrs

Jurema is a Brazilian healer, medium & a spiritual teacher who brought to the U.S. an original combination of healing practices from her native country. She transformed her spiritual knowledge & studies into her fascinating & mystic healing style that includes: Intuitive Readings, Spiritual Counseling, Energy Healing Medicine, Reiki & more. Working with her spiritual guides and ascended master, she will bring the hope and confidence that you need. (Consultations also available in Spanish and Portuguese).

PAULETTE LUCAS | PSYCHIC INTUITIVE | Available most Mondays & Fridays by appointment | \$70 1/2 hr | \$125 hr

Paulette was a therapist for over 20 years and has traveled extensively, visiting power centers around the globe, to develop her spiritual awareness of herself as well as those she works with. Paulette is a Clairvoyant, trance medium, and empathic who has now "officially" been reading for more than 26+ years. She works with spirit guides, angels, and deceased loved ones.

Continued from front page

None of us need to wait until we are dying to notice what we can be grateful for every single day, which leads to being grateful for every hour and eventually every moment of our lives. It is the gratefulness that opens our eyes and our hearts to the beauty and meaning of our lives. My Dad saw that in the end, but most of us have the chance to see it today and then live life to its fullest before it begins to slip away. Perhaps it starts with waking up tomorrow feeling grateful, knowing that you have been given another day and any number of wonderful things could happen.

When I was writing this article a woman came in and she wanted to know if Merri and I would like to take on a bunch of stainless steel rings that she and her sons had been selling. We didn't need any but she said she wanted us to sell them to help the local shelter for battered women and their children. We thought the timing could not have been more perfect as each one of these rings has one thing only engraved on them. "I am grateful..." Again, it all came together. So we will have these rings ready for purchase as you read this article. They come in sizes 6 through 14 or 16, I believe? They are stainless steel so should be hypoallergenic for nearly all people. Profits from the sale of these rings will be donated to Ana Marie's Alliance, in St. Cloud.

Until next time,
Namaste

Fall|Winter Classes & Special Events

A GATHERING | Second & fourth Thursdays of each month | 7- 8:30 | Free Will Donation | Joan Stokes

This is not a class, but rather a gathering of like minds to share, lend an ear, learn from and teach each other. All are welcome and no one is turned away because of inability to donate. Donations are applied to space fees. See calendar for exact dates.

ANIMALS WE JOURNEY WITH | Tuesdays, October 24 & November 28 | 7:15-8:45 pm | \$25 | Joan Stokes

This is not a class, but a gathering of animals. Spirit animals that have been traveling with you will be asked, in a short meditation, to show themselves. Then Joan will tell the group what she "sees" around each person and perhaps the room. This is a chance to have spirit animal readings in a space that allows exploration into how the energy of these animals effect us and those around us. How do we interact differently when our animals within come out? A wonderfully casual and fun way to bring to light our spirit animals and what they mean for us. As always, Joan's gatherings are lighthearted, so bring your playful side and ability to be open!

No Sign up after noon on the day before class. (Not intended for children)

AURA PHOTOS & READINGS | TBA check web calendar | 2-6 pm | \$35 each 20 min. session | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy & images and captures it onto a photo. Based on the color, clarity, position & amount of color, it is possible to get a read on the mental, emotional, physical and spiritual energy of the subject captured at that moment in time. Bob uses his intuitive abilities to tap into the energy field of the photo & possibly identify your energy blocks, leaks, or other things about you. Enlightening! Please pre-register at least 24 hours in advance. Fees are collected at sign up.

CENTER FOR SELF HEALING CLINIC (CSH) | Mons. 5:30-8:30, Thurs. 2:30-4:30, & select Sat. 9:30-12:30

Sessions include an intake, questions to clients, tongue & pulse reading, various styles of bodywork & energy movement, emotional - spiritual balancing if warranted, effort towards pain relief & self help education, and on occasion facilitator input into case management. Please wear loose clothing, layers, clean socks, no perfumes, or extra make up if possible. Call ahead to reserve a spot; no shows are omitted from future attendance without 24 hour notice.....We look forward to serving you!

Please contact Beth Henning at 320-293-3834 to schedule.

DRUM CIRCLE | Thursdays, October 19, November 16, December 7 | 7-8 pm | \$3-5 donation | Joan Stokes

Bring your drum and have some fun with us! Very casual drumming! Experience definitely not needed!!! Suggested donation of \$3.00 to 5.00 for the space is appreciated! But anyone is welcome regardless of being able to pay. (Please sign up ahead of time if possible so space needed can be readied. No need to pay ahead!)

DRUM MAKING | Saturday, November 11th | 11-3 pm | 13" drum \$125 or 16" drum \$150 | Wayne Manthey

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 make your own drum that will last years and will become a cherished piece to be passed between generations. This is a class you will remember for a lifetime. Nothing to bring. Everything supplied. Bring a bag lunch. Space is limited reserve your place now!

MIND BODY & SPIRIT FALL EXPO | Saturday, September 30th | 10-5 pm | Onsite

See website calendar for more information. Free admission, fees for individual services.

STONES & CRYSTALS FOR BEGINNERS | Tuesday, December 5th | 7:15-8:45 pm | \$25 | Joan Stokes

Have fun with stones, rocks, and crystals! Joan will discuss a wide array of stones and crystals and why many of us have a love affair with stones from the time we are kids. Why are they good for us? What should we look out for when looking for the latest "NEW" stone? And much more. This is a light hearted class with very little structure. Even as adults we tend to learn more while having fun. We might play like kids at this class but it is intended for adults only. Enjoy some time of questions and play as we explore the world of stones! **(No Sign up after noon on the day before class)**

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	3 JUREMA Psychic/Healing 11-5 pm	4 JUREMA Psychic/Healing 11-5 pm	5 Full Moon CSH CLINIC Beth Henning 2:30-4:30 pm	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	7 CSH CLINIC Beth Henning 9:30-12:30 pm
8	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	10 JUREMA Psychic/Healing 11-5 pm	11 JUREMA Psychic/Healing 11-5 pm	12 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 7-8:30 pm	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	14 JUREMA Psychic/Healing 11-3 pm
15	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	17 JUREMA Psychic/Healing 11-5 pm	18	19 New Moon CSH CLINIC Beth Henning 2:30-4:30 pm DRUM CIRCLE Joan Stokes 7-8 pm	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	21 CSH CLINIC Beth Henning 9:30-12:30 pm
22	23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	24 ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45 pm	25	26 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 7-8:30 pm	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	28 JUREMA Psychic/Healing 11-3 pm
29	30 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	31 JUREMA Psychic/Healing 11-5 pm				

November 2017

Sun

Mon

Tue

Wed

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Fri

Sat

			1 JUREMA Psychic/Healing 11-5 pm	2 CSH CLINIC Beth Henning 2:30-4:30 pm	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm DOWNTOWN ART CRAWL 5 - 9 pm	4 Full Moon CSH CLINIC Beth Henning 9:30-12:30 pm
5	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	7	8	9 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 7-8:30 pm	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	11 DRUM MAKING Wayne Manthey 11-3 pm
12	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	14 JUREMA Psychic/Healing 11-5 pm	15 JUREMA Psychic/Healing 11-5 pm	16 CSH CLINIC Beth Henning 2:30-4:30 pm DRUM CIRCLE Joan Stokes 7-8 pm	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	18 New Moon CSH CLINIC Beth Henning 9:30-12:30 pm
19	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	21 JUREMA Psychic/Healing 11-5 pm	22 JUREMA Psychic/Healing 11-5 pm	23 STORE CLOSED	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	25
26	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	28 ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45 pm	29	30 CSH CLINIC Beth Henning 2:30-4:30 pm		

December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	2 CSH CLINIC Beth Henning 9:30-12:30 pm
3 Full Moon	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	5 JUREMA Psychic/Healing 11-5 pm STONES & CRYSTALS FOR BEGINNERS Joan Stokes 7:15 - 8:45 pm	6 JUREMA Psychic/Healing 11-5 pm	7 CSH CLINIC Beth Henning 2:30-4:30 pm DRUM CIRCLE Joan Stokes 7-8 pm	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	9 JUREMA Psychic/Healing 11-3 pm
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24 STORE OPEN Holiday Hours 10-3 pm	25 STORE CLOSED	26 STORE CLOSED	27 STORE CLOSED	28 STORE CLOSED CSH CLINIC Beth Henning 2:30-4:30 pm	29 STORE OPEN Special Holiday Hours 10-7pm	30 STORE CLOSED CSH CLINIC Beth Henning 9:30-12:30 pm
31						



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when they need help,
Who will look after us?

Indifference brings
indifference,
loving kindness brings
Loving kindness

Heart of a Buddha