

# Kaleidoscope

A Newsletter  
from  
Mind Body & Spirit

July

August

2005

## Hi Friends,

Sometimes, what we anticipate and plan is not necessarily how it turns out and occasionally we run the risk of missing life because of expectations. Once we learn to let go of our expectations, and we trust, we can live experiences that have deeper meaning rather than just plan experiences that fill our time.

We planned our trip to Mt. Shasta (another vortex area similar to Sedona only not as well known or crowded), starting about last September, and we had definite things we wanted to see, buy, and do on our vacation. We thought about this trip for months and could not wait to go to the mountain! These were our expectations of our vacation: I had a ring (special made) ordered as a graduation gift to myself. Merri and I were booked at a spa for two nights and two days in the cascade mountains where we were going to get massages, soaking mineral baths, and other wonderful treatments. Travel up the mountain to see panther meadows (one of the most spiritual places in the US). See Lake Siskiyou and maybe do some boating. And lastly, I had hoped to buy a beautiful pendant made from a special made crystal called "The Flame of St. Germain" that can only be found at one place in the small town of Mount Shasta.

This is what we actually did: We got rained on the entire time and it was so cloudy the entire trip that we eventually asked a waitress, "if we were to see the mountain which direction would it be?". The ring I had specially made had been accidentally sold to someone else. We ran from the spa after being run out by very large wolf spiders in our cabin (they apparently have nasty bites, not to mention they are **HUGE, seriously!!**). We waved to the naked man in the river on our way out (it was a clothing optional facility we found out later, which is great, if you know ahead of time). We didn't get baths or massages because the spider place was not nearly as enticing anymore. We drove up to ~6,000 feet on the mountain and ran into a 14 foot wall of snow two miles before panther meadows (they were having a late spring and we didn't bring skis). We then drove for 2 hours, in the rain, trying to find a lake that was supposedly only a few minutes away (we decided it really doesn't exist, and we don't care how many people can find it on the map!). And I didn't buy the "Flame of St. Germain" pendant, (you don't want to know!).

What happened on our vacation? We had a great time! After a couple of days, we began to ask ourselves why all of these things had been happening, or not happening? We suddenly realized, in those few days, we met and talked to some of the nicest, most spiritual, and knowledgeable people ever, we laughed harder than we had in a long time, and found out a little more about ourselves. Mt. Shasta peeked out once, for about 10 minutes one evening, had it been longer it would not have been as special. It was awesome! The people truly made the trip for us. Not only were we blessed to enjoy each other's friendship and company, we also were touched by some beautiful souls that taught us much. Had we been out enjoying nice weather and "**doing**", we may have missed the best part of the experience, "**being**". We enjoyed our time with those souls that were whispering our names and drawing us to them a long time ago. We recommend that everyone go to "the Mountain" and revisit some old souls, and remember that what is truly important in life isn't always wrapped up in our expectations.

*Blessings,*

*Joan and Merri*



Mind Body & Spirit

For information please call:  
(320) 203-9630  
www.mindbodyspirit-online.com  
Open Mon- Fri 10-7pm  
Saturday 10-5pm

### In This Issue:

Featured Stone: Amber, Jet, and  
Other Petrified Oldies

Featured Article: Local Authors

Featured Oil: Bergamot

New Classes: Stones, Angel Abundance

Coupon: Pewter Candle Holder/Ribbon Rondelles  
(see last page for details and coupon)

# *The Ancient Ones*

by Joan Stokes

There are many ancient ones, but I chose just five special ones to discuss in this article. What are the ancient ones? All crystals and stones are ancient ones, but at one time some were not crystals or stones, but living organisms, (or those that general science considered once alive). These are the “Ancient Ones” I am focusing on for this segment.

The five that I am going to consider are Amber, Jet, Petosky Stone, Fossilized Coral and Petrified Wood. All of these fossilized items are solidified through the process of the loss of water. The water that is lost is replaced by a solid, the most common being quartz and chalcedony (agate), and more rarely opal. Many of these were worn long before crystals were worn for adornment. In fact, Amber was found to be worn as far back as 7,000 years ago as one of the first amulets or “precious stones” used by people.

**~Amber** is a beautiful, light to dark golden color, fossilized tree resin sometimes found to still have plant material and/or intact insects encased within the “stone”. Amber has many wonderful properties besides emitting a sunny, soothing energy which transmutes negative energy to positive energy. It was used in ancient times as an antibiotic, ground up, crushed and made into an elixir, it was the penicillin of days gone by. Many warriors used Amber as a good luck amulet in battle. One of the reasons it is said to be good luck is because it helps one manifest what is desired to the state of reality. Even though it is a golden color it is actually a better 5th Chakra stone considering that it eases and helps one overcome dis-eases of the throat and helps one to develop trust. It has been used since ancient times as a purifier of birthing rooms bringing the mother and newborn much needed peace and rest after the hard work of labor. Amber is effective for joint problems and teething pain in infants. (If used on babies it should be worn by the mother for a while first to absorb relevant information needed for the child. Also much care and observation is a must when using any stones around little ones who could potentially swallow them). Amber is very special as it has been a symbol of powerful promises made between two people. It is frequently used as a symbol of renewal of marriage or commitment vows.

**~Fossilized or Petrified Wood** comes in just as many forms as trees do and so the beauty is endless in these intriguing pieces from the past. Speaking of past, there is nothing better than petrified wood in working with one’s past lives. For those who are having a difficult time being a light being in an earthly body, this is the stone for you because it helps the carrier bond with the earth and feel at home on the earth. There are other stones that can help with grounding and being more focused but wood gives that extra connection with earth. Petrified wood can combat obesity because many times obesity is the result of inadequate earthing/grounding and it also stabilizes and stimulates metabolism. Other physical benefits of the fossilized wood is that it strengthens muscles and muscle activity and provides for alignment of the skeletal structure. When one is recovering from a serious illness it helps decipher why one went through the struggle; therefore, it brings knowledge to combat the next struggle. It aids strength in all areas of life. Emotionally it carries the energy of “change what you can and don’t worry about the rest”. Spiritually it is considered a stone of transformation, assisting one to advance to one’s highest chosen level, and teaches that all actions bring one to one’s ultimate purpose.

**~Jet** is fossilized material from wood that has turned into a form of coal. It is very light, like the tree resin amber, not heavy like fossilized wood. It is said that those that are attracted to this stone are “old souls” and recognize the energy from long ago. Jet is a stone of protection, guarding against violence and illness and can be used to rid one of fearful thoughts. This “stone” is very useful in the balancing of emotions, awakening the kundalini, and aligning the chakras. Jet has been used in the treatment of migraine headaches, stomach pain, colds, menstrual cramps, and depression. It provides energy for the stability of one’s finances and protects businesses from financial ruin. It is said that Jet “becomes one” with the person who carries or wears it; therefore, it should always be thoroughly cleansed before wearing or holding it long term. If Jet is used in jewelry, it should always be set in sterling silver because gold will combat it’s properties.

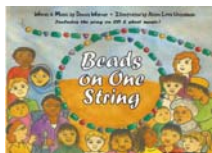
**~Petrified Coral** is another “stone” that helps treat spinal ailments and strengthens skeletal structures. Coral is really unique because of the amount of esoteric properties which it is said to have. The coral carries much the same energy as shells because it one time housed marine animals. It facilitates intuition, imagination, and visualization. It helps one to understand and use the qualities of the mystic. Coral activates the heart chakra and enhances the intuitive aspects of love, and supports the universal knowledge that everyone and everything is connected by the bonds of love. It brings one into communication with past spiritual masters of the world and accelerates transfer of knowledge. It increases knowledge of the animal kingdom and quiets emotions while bringing internal peace.

**~The Petosky Stone** is a type of fossilized colony coral. It is the state stone of Michigan and it is unique looking. Because of the coral structure, it appears to have small sun bursts all over it. It protects the head and energizes both the crown and the third eye chakras, stimulating the intuitive levels of the inner self; therefore, bringing psychic awareness. This is an excellent stone for psychic work because it eliminates the possibility of mischievous spirits channeling incorrect information. (The petosky stone is the only stone that we do not currently have at the shop but hope to get in the future.)

Information for this article came from “Crystal Power, Crystal Healing” by Michael Gienger, “The Crystal Bible” by Judy Hall, and “Love is in the Earth” by Melody. Thanks to all of these fabulous authors and their outstanding books.

## Local Authors We Just Love!!

We have so many talented people in and around our area and we thought we'd take this space and dedicate it to the authors of the area. These authors have written books that will make you smile, cry, and ponder about the universe in which we all co-exist. We highly recommend each and every one of these books. We sell these books because we believe they are truly special and we think you will find them special too.



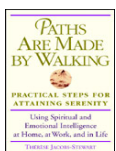
**Dennis Warner "Beads On One String"** This book is summed up nicely by these two quotes on the back of the book: "This song/book celebrates what children already know instinctively-that we are all one and each beautiful. Just as the different beads make up the beautiful necklace, so do individuals make up a world." Diane Moeller (Principal, Kennedy Elementary, St. Joseph, MN) "A thoughtful and creative way to illustrate how individuals, though different, are connected with a common thread, like Beads on One String." Shahzad Ahmad (Director, Multicultural Student Services, St. Cloud State University)



**"Tell Me What We Did Today"** and **"Girls Can"** are both books written by **Rick Kupchella**, a well-known TV news anchor based in Minneapolis/St. Paul. The first book is a chance to share the days events with your child and through that practice of talking about the day, through verse, become more bonded. The second book is about how anyone can do anything they set their mind to, if they just try hard enough and believe in themselves. Both books are illustrated by artists from the Twin Cities also, Marilyn Brown and Warren Hanson.



Speaking of **Warren Hanson**, author/musician/designer/illustrator.....He is one of our most popular authors and for very good reason. His books are timeless and they include: **"The Next Place"** (filled with gentle verse, this book holds a comforting message of hope and a gift of compassion for those that have lost anyone they hold dear), **"Beginning"** (every day our lives are filled with opportunities to begin anew, a wedding, birth, graduation, new job, retirement, starting a diet, stop smoking. "Beginning" is a wonderful gift of encouragement, hope and congratulations). **"Older Love"** (Celebrate the joy of a love that is an imperfectly, perfect union that is lasting.) These are books that you will have as keepsakes for many years and you can't find better gifts than these.



**"Paths are Made by Walking"** is written by **Therese Jacobs-Stewart** from St. Paul, MN and it is like having homework for your life school. It is a step by step book that will teach you through journaling, etc. how to use spiritual and emotional intelligence at home, work, and in life.



**Jodi Hills** is from Minneapolis, MN and is both the illustrator and author of two books **"I Am Amazed"** and **"Believe"**. The first book explores the days we thrive and the ones we survive...finding the beauty of both the tears and laughter along the way. The second is an inspiring story about finding the ability to believe in yourself and others and how that is truly a gift that must be shared.

a fistful of agates



Many times in order to heal grief we need to see it through another's eyes. In **"Blankets... A Grief Journey"** and **"A Fistful of Agates"** **Jane Larson Wipf** shares her experience with letters that run the gamut of emotions which the author and her young son experienced when he was dying. A grief-work of letters is profoundly healing to both author and reader alike. Within these pages some of life's deepest feelings are faced and felt.

Continued on page 6

# July 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Spirit of Being 7pm-9pm	6 Intuitive Readings with Barbara 2pm-7pm	7	8 The Joy of Life 7-9pm	9
10	11	12 Spirit of Being 7pm-9pm	13	14	15 The Joy of Life 7-9pm	16
17	18	19 Spirit of Being 7pm-9pm	20 Basics of Stones & Crystals 7:30-9pm	21 Intuitive Readings w/Barbara 2pm-7pm	22	23
24/ 31	25	26 Spirit of Being 7pm-9pm	27	28 Psychic Tiffany Johnson 11-2pm	29 The Joy of Life 7-9pm Soul Portraits w/Lisa Owen 11am-6pm	30 Empowerment for the Soul 12:30-4:30pm

# August 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Intuitive Readings with Barbara 3pm-7pm	4	5 7-9pm Spiritual Attunement	6
7	8	9	10	11	12	13 Healing Sessions with Frank & Lisa 11-2pm
14	15	16 Intuitive Readings w/ Barbara 11-3pm	17	18	19	20
21	22	23 Creating Sacred Space 7:30-9pm	24	25 Psychic Tiffany 11-2pm Angel Abundance 7-8:30pm	26	27
28	29	30	31			

# Events

## Angel Readings

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

## Intuitive Readings with Barbara

An intuitive reading is a personal interactive session. Barbara takes one beyond the known into the unknown and unseen to examine one's energetic patterns, blocks, beliefs, intentions, and expectations in order to provide one with a clear understanding of how to make new choices for creating the life one desires. Barbara's intent for each person is to recognize the power of their spirit by encouraging the mind and heart to walk hand in hand.

## Pranic Healing

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

## 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. Thursdays by appt.

## Spiritual Attunement

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

\*\*\*\***August's Session** is an introduction to Kabbalah and Soul Healing presented by Lisa Lillemoen. Lisa is an internationally known healer, teacher and author. She has three years of professional training in Integrated Kabbalistic Healing® and two years graduate studies in advanced healing and non-dual states of consciousness. Lisa holds a Bachelor of Science Degree in Sociology & Psychology. She has over twenty years experience as a Kabbalistic healer, teacher, psychotherapist, research and author. Lisa's focus for us will be on Healing the Infinite Now. See also Healing Sessions w/ Lisa. Join us to explore healing based in the Kabbalah. Learn a healing meditation deepening you into the Immanence of your divine presence. Donation of \$5.00 suggested. All are welcome to attend.—Call for more information.

## Tiffany Johnson

Tiffany Johnson is an internationally known psychic, speaker, healer, and teacher. She has been a guest and co-host on various radio shows throughout the Midwest giving a humorous yet honest perspective of metaphysical subjects. She can be heard this same day on the Loon-FM Radio Station at 10:00am. Her book "Seeds of Thought, A Comprehensive Guide to the New Age" can be purchased here at MBS. She will be here on May 24th from 11am-2pm for private readings. Call in for an appt. She has limited openings. Want more about Tiffany? [www.readingsbytiffany.com](http://www.readingsbytiffany.com)

## Soul 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. She facilitates and communicates this information with discernment to insure the best guidance for a persons life path. The guides and the angels will project the image of your soul essence thru her third eye on to the black charcoal paper. Using soft pastels & paint she follows the lines shown to her by the spirit guides. 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 The sessions can hold tools and direction on our life's journey for those compelled to have a Soul Portrait done. Lisa Owens: Psychic Medium, Reiki Master, and Artist (On Sacred Ground) Portrait Sessions....\$110  
For more information go to [www.lisaonsacredground.com](http://www.lisaonsacredground.com)

## Spirit of Being Level One

This class will give you experiences that allow you to see where and to what your energy and spirit is connected. The class will include experiential learning, discussion, guided visualizations, and reflective homework. Spirit of Being is a 6-session class. The class is closed after the first session. Begins  
Barbara Bjorklund Fee: \$120.00 prepaid for 6 sessions or \$25/per session

## Reading Circle

This is a fun time for children and their adults. (Any age child and any guardian, parent, grandparent, older sibling, etc.) We will spend time reading and acting through some children's books. Patience, tolerance, love, joy, and diversity will be some of the wonderful things in the children's books that will be explored. All books can be seen and fully screened up to the hour before each session by anyone wishing to do so. The book featured can be asked about by calling Mind Body & Spirit. Readers: To be announced. Fee: **Free** for all!!

## Creating Your Own Sacred Space

This class will take each person through a room in their home (on paper) that they would like to create some sacred space in. (not religious, although religion of any kind can be a focal point for anyone) Each person will, with help, plan out their own space just the way they would like to see it. The planning will be on paper but will be a visual that can be used for the further process to be carried out at home. It will be like home decorating with a fun twist! Many ideas will be given and much fun will be had. Joan Stokes & Merri Weis Fee: \$4.00 per person

## Empowerment of the Soul...Manifesting Your Truth in Life

In this workshop we will learn about what we need, want, & dream for our lives, to listen to the quite small voice of the mind, body, & soul, how to do good things for ourselves, and live in gratitude of the blessings we receive. We will explore the doors of faith, trust and truth using art, music, and movement to access this information. We all have Soul-Shine with soul work to do...

Let's learn together and make it fun.... Lisa L Owen

This is a four hour workshop with a break Fee: \$55

Saturday, May 14th & Saturday, June 4th 12:30pm-4:30pm

## The Basics of Crystals and Stones

This class will cover the basics of crystals (what are they used for, how to program them, how to work with them, how to cleanse them, etc.) Several stones will be introduced and explored for their properties, the best books on rocks and crystals will be examined, and lots of time for questions and answers. Good class for those who are beginners in the realm of the gifts from Mother Earth.

Joan Stokes & Merri Weis Fee: \$5.00 each person

## Angel Abundance

The energy of a group makes a group angel reading interesting and fun. We will start our gathering with a short meditation, then choose cards from Doreen Virtue's angel and goddess card decks. Each person can also choose a mantra or mind tool for additional guidance. What messages could the angels and feminine wisdom send to you? Come join us!

Maximum 14 angelic (or not-so-angelic) souls. Donation of your choice.

## The Joy of Life

Teaching The Joy Of Life by Hanakiah Zedek: Pathways beyond pain, fear, anger, and death. Exploring how life works to gain the most benefit from it.. Living life to the fullest incorporating all aspects into one divine experience. Receiving from the universe that which you truly are, seeing the Master within and living it as it is so. Hanakiah Zedek has been experientially delving into the known and unknown worlds for over 35 years. His knowledge is hands on. He is a Shaman, Mystic, Warrior, Sorcerer, Magician, Healer, Seer, Metaphysician, Quantum Explorer, Martial Arts Expert and Master.

Suggested Donation \$20.00. All are welcome to attend!

## Healing Sessions with Lisa

Lisa Lillemoen has three years of professional training in Integrated Kabbalistic Healing® and two years graduate studies in advanced healing and non-dual states of consciousness. Lisa will be available for scheduled healing sessions exploring healing based in the Kabbalah. Lisa will focus on Healing the Infinite Now. The longing in our heart is the direct flow of infinite tenderness. It is the place of our ideals, love and compassion. The heart also holds some of our deepest wounds. It is the place of heart-breaks, broken dreams and disillusionment. When the Immanence of the Divine is understood in both our shattering from history as well as our hopes and dreams of the future, deep healing takes place in the infinite now. See also Spiritual Attunement.



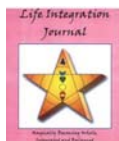
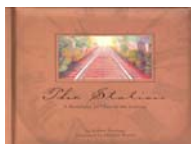
We have five books by gifted poets that grace our shelves. These cannot be explained, they must be read and then felt by the heart. I guarantee you will be pleased. *"Starlight"* by Michelle Lyn Milton, *"Quilt Pieces"* by Mary Willette Hughes, *"The Messenger"* by Lisa Edelbrock, *"To Speak of Things That Matter"* by Patty Dease, and our newest edition; *"Up to the Lake"* by Tom Hegg (illustrated by Warren Hanson).



Editor of Central Minnesota's own magazine Among Women, *Christine Hierlmaier Nelson*, has written a delightful kid's book about patience called *"Green Yellow Go! Nat Knows Bananas"*. Her sister, Joy Hierlmaier illustrates this great book about a little girl who learns about patience while waiting for a banana to get ripe. It comes with a beautiful little necklace with a silver banana that any child who loves this book would like to wear.



*"Seeds of Thought"* by Tiffany Johnson is "a clear and comprehensive look at what the "New Age" really is! Tiffany's zippy, yet no-nonsense approach takes the "weird" out of the way we look at things supernatural and invisible. Read this book to learn about the real world around and inside of you, to manifest your dreams, and enjoy the joys of life." Cyndi Dale, author of New Chakra Healing: Advanced Chakra Healing: Energy Mapping: and Attracting Prosperity Through the Chakras. This is a must-have!!



The last, but not the least, two books are *"The Station"* by Robert Hastings (illustrated by Marilyn Brown) which teaches us to cherish the journey instead of the destination, and *"Life Integration Journal"* by Richard Chandler, which helps us to journal our way to love, health, and success.

**Animal Communication**  
by Joan



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- \* Lost or Deceased Pets
- \* Spirit Guides
- \* Intuitive Medical Advice

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Joan Stokes, AHT

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**Imagine there's no countries  
It isn't hard to do  
Nothing to kill or die for  
And no religion too  
Imagine all the people  
Living life in peace...  
You may say I'm a dreamer  
But I'm not the only one  
I hope Someday you'll join us  
And the world will be as one.  
John Lennon, 1971**

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**Lisa L. Owen**

- ~Soul Portraits
- ~Shadow Drawings
- ~Readings
- ~Reiki Classes
- ~ Reiki Sessions



*Take heart.....*



*Your past is not your potential*

*~ Alice Walker*

*A Few Essential Facts :  
About Bergamot Oil*

- Bergamot is originally from the Canary Islands, Italy, and the Ivory Coast of Africa.
- The Bergamot tree is the result of cross-breeding lemon and bitter orange trees; although, the fruit of the Bergamot is called a pear!
- A mainstay in Italian medicine, it takes 1,000 fruits to hand press just 30 ounces of oil.
- Bergamot is the reason for the distinctive flavor of Earl Grey Tea.
- Properties include; calming, hormonal support, antibacterial, antidepressant, and has been used for hundreds of years in the middle east for skin conditions such as oily complexions.
- Bergamot is used for anxiety, depression, intestinal parasites, insomnia, viral infections (cold sores), fighting chronic fatigue syndrome, and other stress-related fatigue.
- Just the fragrance of the Bergamot oil is mood lifting and relieves agitation and anxiety.
- It can be inhaled, diffused, applied to chakras for balancing, apply over the heart for calming, and also applied to vita flex points.
- \*\*\*\*Avoid applying to skin that will be exposed to sunlight, as with other citrus, it can cause the skin to be burned in the area and/or discoloring can occur.

## *Intuitive Readings*

*with Barbara Bjorklund*



Creating an opportunity for you to release energetic blocks and clear the way for the next step.



**Make appointments through**

**Mind Body & Spirit 320-203-9630 or call Barbara at: 763-263-7952**

**Coupon**

20% off

Glass Ribbon Rondelles  
or  
Pewter Mini Taper Holders

Offer good July 1st thru August 31st ~ Coupon must be presented at time of purchase.

**Website!**

[www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com)



***Mind Body & Spirit***

***915 W. St. Germain St.***

***St. Cloud, MN 56301***

THE AIM OF LIFE IS TO LIVE, AND TO LIVE MEANS TO BE AWARE,  
JOYOUSLY, DRUNKENLY, SERENELY, DIVINELY  
AWARE

~Henry Miller