

Kaleidoscope

Quarterly Newsletter
from
Mind Body & Spirit

April
May
June

2006

Hi all,

This issue has some great stuff in it. Be sure and put "The Celestine Prophecy" on your calendar right now! It is going to be great and we can't wait to see you all there. Everyone bring a friend. Check out page 11 of the newsletter for more. We need attendance so that we can get more great events like this to our community. Also check our website to see what we are planning for after the show. We are trying to put together a reception, after the movie, so anyone who would like can stay and chat about the movie.

There are three different coupons to look for in this issue and so much more! Now for just a little something I would like to share.

I was watching the news the other day, something I very rarely do, and it hit me that I truly wanted to write something in the newsletter about what is really near and dear to both Merri and I. Tolerance of others. Other's cultures, other's religions, other's lives. Just because it is different, just because it is not like ours, does not make it something to fear.

I read something on a website and I only remember bits and pieces but I do remember some of it quite clearly. Somewhere in America: Every hour, someone commits a hate crime. Every day at least eight black people, three white people, three gay/lesbian people, three Jewish people, and one Latino person become victims of hate crimes. Every week a cross is burned. Crosses are still being burned! If these things do not shock us all than I believe there is something we are all missing. Every single person (except for perhaps a very small percentage,) is just like you and I. They have hopes, dreams, jobs, worries, pain, joy, some have children, and some have special animal friends. The same things that are important to us are important to them. Our ways of doing things and our cultures might be different, but we all love, and we all cry, we all laugh, and we are all worried about loved ones and their futures due to war, natural disasters, and so much more, and we all smile when a child smiles. When you see others, pretend you are looking in a mirror. If we could all see the angel in every person, as well as in ourselves, we could live inside a John Lennon song. Crazy? Maybe. But isn't crazy sometimes comforting? I know these thoughts are comforting for me. Some days seeing the angel in others is what keeps me going. And Merri and I see many angels walk through our doors.

I would like to leave you with one last thought; I also read this on the internet and wanted to share because it was great: "Tolerance is a personal decision that comes from a belief that every person is a treasure." Every person is a treasure and I encourage every one of you to read a simple little book called "The Little Soul and the Sun". It has a message that will leave you seeing every person you encounter a little differently than before. Trust me, it is a book that every person would grow from. If we do not have the book in stock than we have it in the library here at MBS. If you would like the book we can special order it for you. It is for all age groups and has a message for all. By the way, the truth is, one person does make a difference, be that person and live according to what Ghandi says, "Be the change you wish to see in the world."

Peace and Blessings,
Joan and Merri



Mind Body & Spirit

For information please call:
(320) 203-9630

www.mindbodyspirit-online.com

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Saturday 10-5pm
Closed Sundays

In This Issue:

Featured Stone: Calcite

Featured Article: Meditation

Featured Oil: Cypress

Coupon: 10, 15, and 20% off

(Find 3 different coupons in this issue!)

Calcite

Calcite is one of the earth's most abundant crystals (next to quartz) and makes up 4% of the earth's crust! It naturally comes in several colors: clear, white, pink, honey, yellow, orange, green, red, and blue. These colorings also have variations of translucency and opaqueness. Calcite is also commonly found in geodes and caves, which of course are like giant geodes, and are made from the accumulation of mineral deposits flowing from the ground above the caves which consist mostly of calcium carbonate. It gets its name from the Greek word "chalis" which means lime. There are more than 300 crystal forms identified in calcite and these forms can combine to produce a thousand different crystal variations. Calcite also produces many twin varieties that are favorites among collectors. There are also phantoms, included crystals, color varieties, pseudomorphs and other unique types. There simply is no end to the varieties of calcite. Stalactites and stalagmites, cave veils, cave pearls, "soda straws" and the many other different cave formations that millions of visitors to underground caverns enjoy are made of calcite. Even the banded onyx that is made into vases, bowls, cups, and carved animals are a form of calcite. Why does one want to have calcite? Because of its outstanding metaphysical properties, healing abilities and its extraordinary diversity and beauty!

Historically, calcite has been used as a poultice for skin diseases such as ulcers, warts, and suppurating wounds. The metaphysical uses for calcite are many and although all calcite have many of the same characteristics and properties, each of the colors display unique properties as well. We have had many of the different types of calcite here at MBS and we generally have a variety at all times. If there is a particular one that you would like to have, and we don't have it currently in stock, never hesitate to ask if we can get it special for you.

All calcite have the following characteristics and properties: calms and relieves frustration, reduces and relieves fears, improves memory, balances female/male (yin/yang) polarities, and calms the mind bringing more mental clarity; therefore, enhancing mental abilities. As with Citrine this is an excellent stone for students having difficulty with school because of mental clarity. (Not mental ability but mental clarity)

White calcite (opaque) enhances energy flow at the cellular level, aids joint flexibility and provides spiritual protection.

Blue calcite aids the healing and strengthening of bones and joints, increases feelings of joy and peacefulness, and helps healing after emotional crises. This stone is great for soothing those who are energetically sensitive. It has been called the "cocoon" of gentle spiritual light. It is a wonderful stone for creative work and removes blockages affecting the right side of the brain and the third eye.

Clear calcite (translucent) is also called Icelandic Spar and Optical calcite. It aids kidney, spleen, and pancreas functioning and healing, helps one see a situation clearly, helps us to visualize the reality we want to create; therefore, is a fabulous manifestation stone which amplifies intent.

Green calcite (opaque & semi-translucent) helps heal infections, especially of the skin, helps one find the positive in anything or anyone, and provides for movement in "stuck" areas. This stone also stimulates the heart chakra and brings fresh energy wherever it goes.

Honey calcite (translucent yellow) calms the digestive system, helps release old beliefs, and projects creative thought into reality. This beautiful crystal stone provides intellectual power and aids the completion of long term or complex projects.

Orange calcite (opaque) is an energy amplifier, grounds excess energy, helps mind, body, and spirit to become one, and helps the mind understand the process. The Orange calcite is a playful stone, especially in the area of sexuality playfulness, and is the perfect stone to help keep or build one's confidence. Fairies love this stone!

Pink calcite (opaque and translucent) is a wonderful detoxifier, aids meditation, blends the energies of the heart and mind, helps release old hurtful patterns, and opens hurt to unconditional love. The opaque stone is an empathic stone and teaches empathy and the connection to one's heart. The translucent crystal is a holder of deep compassion for all mankind. It is a stone of peace and brings forth the "truth" of one's heart. This has been called the crystal of Kwan Yin because of the connection with its compassionate properties. This has been a harder stone to come by recently and we are looking for it because, we feel, it seems everyone right now should be carrying the Crystal of Kwan Yin to help the world find peace.

Red calcite (opaque and translucent) increases and strengthens the prana or life force and aids the balancing of hormones. This stone also assists problem solving and has been known to attract love and increase inner strength.

COMING THIS SUMMER

Courses for L.I.F.E. presents ...

TOP TEN WAYS TO DISCOVER YOUR LIFE'S PURPOSE

Do you wonder what you were sent here to do? Do you want clarity to recognize and understand your personal life mission? With clues from the intuitively inspired "Top Ten List," Valerie provides all you need to learn your own truth and discover your purpose in life.

GIVE YOURSELF AN EMOTIONAL MAKEOVER

It's natural to feel emotions such as sadness, anger, fear and stress, although too much is harmful to the mind and body. If any of your emotions are on overdrive, perhaps it's time to make a change. Emotional Freedom Techniques (EFT), shown on CNN and the Discovery Channel, allow you to self-treat with fingertip tapping on your face and upper body. In this Emotional Makeover Workshop, you will learn how to eliminate sadness, anger, fear and stress in your life to create greater health and joy.

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Michele Bergh

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Coupon

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Mind Body & Spirit

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 Environmental applications

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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.

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 the fourth Thursday each month 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. Call in for an appt. She has limited openings. Want more about Tiffany? Log on to www.readingsbytiffany.com

Animal Communication with Joan Stokes

Call for appointments with Animal Communicator Joan Stokes. She is available sporadically and only by appointment. 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 understandable language for us humans. Find out what is on your animal companion's mind today. Fees: \$1.00/minute with a minimum reading of 15 minutes.

Readings with Kate Zimmer

Kate is a clear and direct channel to receive loving guidance from 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 various Angels, Sharron will help guide you.

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.

Jennifer Kunin

Holographic Repatterning: Combining practical applied kinesiology with behavioral repatterning protocols, ancient energy adjustment systems, and conscious body-mind-spirit elevation. Holographic Repatterning has been known to root causes and negative beliefs buried in the unconscious. It also helps release fears, angers, and despair that can rule a person's life. It can open doors to new possibilities and help you attain them.

Vibrational Healing: A combination of Reiki and other healing techniques guided by Ascended Masters, God and the client's own soul and assisted by the Angelic Realm.

Suggested Energy Exchange \$60.00 per hour For more information call Jennifer @ 612.508.0840. For appointments call Mind Body & Spirit

April 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>Don't forget upcoming;</p> <p><i>Graduations</i> <i>Weddings</i> <i>New Babies & Mother's and Father's</i></p>		<p>1</p> <p>April Fool's Day</p>
<p>2</p> <p>Daylight Savings Time</p>	<p>3</p> <p>Intuitive Readings with Barbara Bjorklund Noon-4pm</p> <p>I.M. 1:30-2:45pm</p>	<p>4</p> <p>Intro to Flower of Life 7-9pm</p>	<p>5</p>	<p>6</p> <p>Celestine Prophecy the Movie 7pm</p> <p>(no advance tickets)</p>	<p>7</p> <p>Spiritual Attunement 7-9pm <i>special guest</i> Shirly Moore</p>	<p>8</p> <p>Healing Touch Class 9am-4pm</p>
<p>9</p>	<p>10</p> <p>I.M. 1:30-2:45pm</p>	<p>11</p> <p>Stones II 7-9pm</p>	<p>12</p> <p>Reiki Clinic 7:15-9:00pm</p>	<p>13 <i>Full Moon</i></p> <p>Ann Dragsten Healing Touch Noon-6pm</p>	<p>14</p>	<p>15</p> <p>Psychic Readings with Kate Zimmer 11-1pm</p>
<p>16</p>	<p>17</p> <p>Spirit of Being I 7-9pm (six sessions)</p> <p>I.M. 1:30-2:45pm</p>	<p>18</p>	<p>19</p> <p>Angel Readings 4-7pm</p> <p>Reiki Clinic 7:15-9:00pm</p>	<p>20</p> <p>Spirit of Being II 7-9pm (six sessions)</p>	<p>21</p>	<p>22</p> <p>Intuitive Readings with Barbara Bjorklund 10-2pm</p>
<p>23</p> <hr/> <p>30</p> <p>The Flower of Life Workshop 10-6pm</p>	<p>24</p> <p>Spirit of Being I 7-9pm</p> <p>I.M. 1:30-2:45pm</p>	<p>25</p> <p>Holocaust Remembrance Day</p>	<p>26</p>	<p>27 <i>New Moon</i></p> <p>Spirit of Being II 7-9pm</p> <p>Psychic Tiffany Johnson 11-2pm</p>	<p>28</p> <p>The Flower of Life Workshop 10-6pm</p>	<p>29</p> <p>The Flower of Life Workshop 10-6pm</p>

May 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Beltane Spirit of Being I 7-9pm I.M. 1:30-2:45pm	2 <i>How to give an Angel Reading</i> Fun for Family & Friends! 7-9 pm	3 National Day of Prayer →	4 Intuitive Readings with Barbara 2-6pm Spirit of Being II 7-9pm	5 Spiritual Attunement 7-9pm <i>topic</i> Healing Energies Ishaya's Intro. from 6:30-7:15 Full Course Cont. 7:30-10 Cinco de Mayo	6 Ishaya's Meditation 10am-5pm
7 Ishaya's Meditation 10am-3pm	8 Spirit of Being I 7-9pm I.M. 1:30-2:45pm	9 Vibrational Healing with Jennifer Kunin 12-6pm Chakra Basics 7-9pm	10 Reiki Clinic 7:15-9:00pm	11 Ann Dragsten Healing Touch Noon-6pm Spirit of Being II 7-9pm	12	13 Full Moon Buddha Day (Wesak)
14 Mother's Day	15 Spirit of Being I 7-9pm I.M. 1:30-2:45pm	16 Angel Readings 4-7pm	17 Reiki Clinic 7:15-9:00pm	18 Spirit of Being II 7-9pm	19	20 Psychic Readings with Kate Zimmer 11-1pm
21	22 Intuitive Readings with Barbara Noon-6pm Spirit of Being I 7-9pm I.M. 1:30-2:45pm	23 Vibrational Healing with Jennifer Kunin 12-6pm Know Your True Colors 7-9pm	24	25 Psychic Tiffany Johnson 11-2pm Spirit of Being II 7-9pm	26	27 New Moon
28	29 I.M. 1:30-2:45pm	30	31	Don't forget upcoming; Graduations Weddings New Babies & Mother's and Father's Day		

June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>Don't forget upcoming ;</p> <p>Graduations Weddings New Babies & Mother's and Father's Day</p>	1	<p>2</p> <p>Spiritual Attunement 7-9pm <i>special guest</i> Lisa Nicholson</p>	<p>3</p> <p><i>Psychic Readings</i> with Kate Zimmer 11-1pm</p>
4	<p>5</p> <p>I.M. 1:30-2:45pm</p>	6	7	<p>8</p> <p>Ann Dragsten Healing Touch Noon-6pm</p>	9	<p>10</p> <p>Healing Touch Class 9am-4pm</p>
<p>11 <i>Full Moon</i></p>	<p>12</p> <p>I.M. 1:30-2:45pm</p>	<p>13</p> <p>Vibrational Healing with Jennifer Kunin 12-6pm</p>	<p>14</p> <p>Reiki Clinic 7:15-9:00pm</p>	<p>15</p> <p>Angel Readings 4-7pm Castalia in Concert <i>Pagan Music with a Celtic Flair</i></p>	16	17
<p>18</p> <p>Father's Day</p>	<p>19</p> <p>I.M. 1:30-2:45pm</p>	20	<p>21</p> <p>Reiki Clinic 7:15-9:00pm</p>	<p>22</p> <p>Summer Solstice Psychic Tiffany Johnson 11-2pm</p>	23	<p>24</p> <p>Intuitive Readings with Barbara Bjorklund 10-2pm</p>
<p>25 <i>New Moon</i></p>	<p>26</p> <p>I.M. 1:30-2:45pm</p>	27	28	29	30	

Class Descriptions

Angel Abundance Workshop

How to Give an Angel Reading *Fun for Family and Friends*

Would you like to boost the quality of the card readings you give yourself, family and friends? This class will give some insights into "looking at the whole picture" when doing a card reading. Please bring a piece of jewelry or other small item. If you own a Doreen Virtue card deck (any deck), please bring that also. (Two people can share one card deck) Join us for a little "angel" fun! Led by, Sharron Jordan,

Tuesday, May 2nd, 7-9pm Cost:\$14.44

Basics of Crystals and Stones II

The continuation of the process of learning about the many stones that we have in our shop and what Mother Earth has to offer. Not a more advanced class, just more stones to look at that we don't have time for in Stones I.

Joan Stokes and Merri Weis Fee: \$5.00 per person

(IM) Intentional Manifesting (IM)

Aligning with the Rhythm and Flow of Life.

Want to heighten your intuition? Focus? Creativity? Gain momentum on an intention? Increase your confidence? Become attractive to opportunities? Have greater optimism and enjoy yourself more? Synchronicity and meaningful coincidences are happening all the time. Intentional Manifesting will set an environment for you to become consciously aware of this reality. You will discover the power of your mind to attract more of what you desire -- maintain a state of calm -- enjoy a healthy balance -- contribute positively to others and to the world. **IM** sets the environment for intuition, inspiration, and insights. This opportunity is a must for anyone who chooses to proactively design their life rather than live a life subject to circumstances. This is a progressive 4 week experience with the option to continue on and on-going basis. The **IM** concept was created for people who believe life is meant to be enjoyed, without the need to struggle. Monday 1:30-2:45pm

Facilitated by: Cyndi Silva. 685-3291 \$33/ mo

Intro. To the Flower of Life-Merkaba:

This workshop is an introduction to the Flower of Life workshop in which you learn a meditation for the activation of your living MerKaba field. These teachings of the MerKaba were originated by Drunvalo Melchizedek. Mer-a specific kind of light with counter-rotation, Ka-individual spirit, Ba-manifestation of spirit or physical body. Define the MerKaBa and learn techniques for remembering who you are. Also learn how to breathe in a way that directs the prana through the pineal gland. Jennifer Kunin Thursday Feb. 2nd from 7-9pm. \$10.00 per student.

Flower of Life Workshop

A beautiful 3-day workshop of sacred ceremony and heart opening exercises. Activation of your MerKabah will be learned through meditation. After this is learned it can be utilized for interdimensional travel. It is a powerful tool for clear guidance, conscious creating and synchronicity. Experience profound changes at every level of your life! Learn about Sacred Geometry, the universal language that allows us to access ancient knowledge contained in our cellular memory. Learn to understand wisdom from cultures that have left the Earth long ago. 3 day workshop \$222.00

Chakra Basics

Think you are the only one who doesn't know much about the chakras? Think again. Join us for a basic look at the chakras and why they are an important part of our health.

Merri and Joan Fee: \$8.00

Carl Jung, Myers Briggs and Magic

Carl Jung was a brilliant theorist, scientist and mystic. His legacy to magic is manifold, from his conception of the levels on consciousness, to the four function of the human psyche. These ideas will be discussed as they apply to individual psychology, group psychology and magical practice. Led by Castalia 1.5 hours fee: \$7

Spiritual Attunement

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.

Donations are encouraged. All are welcome.

April Session: Guest speaker Shirley Moore will talk about plant, mineral, and elemental kingdoms. This will include Flower essences, gem elixirs, and environmental essences.

May Session: Healing energies that are practiced in the area. Exploration of energies of the body, physical, mental, emotional, and spiritual.

June Session: Guest speaker Lisa Nicholson. She will be discussing the MerKabah as a symbol and as a healing tool. The MerKabah is a crystallized energy field that is comprised of specific sacred geometries that align the mind, body, and heart.

Ishayas Ascension Meditation Technique

The Ishayas' Ascension Meditation teaches a series of simple mechanical techniques, based on Praise, Gratitude and Love. These techniques allow us to go inward, reconnecting with our Divine nature. As a result of using the techniques our spiritual journey deepens, expands and accelerates, bringing newfound peace, ease and simplicity to life.

Free intro. Class on Friday 6:30pm-7:15pm.

Full Course - Reconvenes after the Intro. Class on Friday from 7:30 - 10 pm;

Class then continues on Sat 10-5pm & Sun 10 - 3 pm

This is a **12 hour+** course for just \$300.00 per person.

Call MBS for more information or go to www.ishaya.org

Healing Touch Class

You will experience information regarding the History of Healing Touch, as well as the philosophy and goals. You will develop a basic understanding of the concepts of the Human Biofield, and we will also discuss energy principles basic to Healing Touch. During the experiential segment of the class you will explore the assessment of the Human Energy Field, and learn specific Healing Touch Techniques. The class will be taught by Dana Spates, Certified Healing Touch Practitioner, IET Practitioner, Registered Yoga Instructor, MS in Natural Health. Pre-registration is necessary. There will be a one hour break for lunch which will be on your own. Participants should bring their own blanket and pillow for use during the class. Fee: \$80.00 which includes CEU's Sat, Apr. 8th or June 10th, 9am-4pm

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 February 21st Barbara Bjorklund

Fee: \$120.00 prepaid for 6 sessions or \$25/per session

Spirit of Being Level Two

More Spirit of Being for those who have taken Spirit of Being Level One. Designed to further the recognition of your personal energetic system. This advanced course will help you move beyond the knowing into the living and appreciating what is. Learn how to be free to embrace and accept the gifts that you have to offer to yourself and the rest of the world.

Barbara Bjorklund **Next session begins April 20th**

Fee: \$120.00 prepaid for 6 sessions or \$25/per session

Know Your True Colors

Learn the basics from Carol Ritberger's work "What color is your Personality?". During this class each person will discover their personal color, through a series of questions, designed by Carol, that is based on the Meyers Briggs testing. We will discuss each personality type. Then we will focus on why it's important to know your personality color and the personality colors of your loved ones, co-workers, friends, etc. Open up a whole new world of understanding yourself and those around you.

Joan Stokes & Merri Weis fee: \$7.00



Meditation



I thought I would tackle the subject of meditation. I have had several people ask me why I would try and write an article about something that has so many aspects to it? That is exactly why. I believe that many are baffled, bewildered, and just plain old intimidated by the vast amount of information available. I trust I will get rid of some of the intimidation through this article.

There are as many types of meditation as there are cultures. Within those cultures are people who translate and change the meditation practices of that culture to what will eventually be their own form of meditation. When they have done so, they create a name for it and market it as the latest “right” way to meditate. So let’s start there. **THERE IS NO CORRECT WAY TO MEDITATE AND YOUR WAY WILL BE PERFECT FOR YOU!** I found a quote, that I truly believe says what meditation is, (from an article that did not give the author and so to whomever it was, thank you for your insight). “Meditation is a place where the conscious mind directly observes the swirling undercurrents of the subconscious”. That’s it. It really is that simple. We do it every evening in our dreams even if you believe you don’t dream, it happens. The trick is to do this without sleeping!

I looked up meditation in dictionaries and encyclopedias for research on this article and found these three definitions: 1. a devotional exercise of, or leading to, contemplation. 2. a contemplative discourse, usually on a religious or philosophical subject. 3. meditation is the practice of focusing the mind, often formalized into a specific routine. It encompasses any of a wide variety of spiritual practices which emphasize mental activity. What I am asking now is for you to look beyond these words: devotional, exercise (if this word makes you think of working out at a gym, etc.) religious, specific, spiritual (only if spiritual in your mind leads you to religious), and mental activity (because for some this brings nasty flashbacks of homework that I want to avoid). The reason I am asking that you let go of these is I have found that many get nervous about meditation because they believe it may go against their religion or that it is difficult, and many give up before even trying. Let’s take a look at contemplation instead. The definition of contemplation is: thoughtful observation, study, and/or intention with consideration. Synonymous with contemplation is: reflection.

Okay! These are things we can now work with. After all, we do these things every day even when we are not paying attention. There is the other trick, we need to pay attention, because this is what brings it from the subconscious to the conscious. So, our new definition of meditation is paying attention to our intentions and thoughtful observations. Why? For two reasons basically: To bring those intentions and observations to the forefront of our conscious state will help create that which we know is true in our subconscious. In other words: It will bring our dreams into reality. This, in my opinion, is the most necessary part of meditation. Here is my reasoning: As far as the emotional rewards of meditating, they are many but you can get some of these same rewards emotionally by talking to a good friend or a therapist. As far as physically rewarding it ranks right up there with all sorts of other forms of relaxation. And as far as mentally rewarding it is no greater than focusing on a quiet project for an extended period of time. Meditation not only helps emotionally, like speaking with a friend or therapist, and not only helps physically because of the relaxation that it provides, and mentally because of the focus that is a part of contemplation. It also moves us forward because it provides for our deepest and truest thoughts to become “real”. Meditation will make our intentions move forward because we become aware of the thoughts and when we become aware of the thoughts, they become a physical, living, breathing entity all their own. So meditation is not just about sitting lotus style or breathing correctly or becoming enlightened. It is about getting to know what is inside of you so that you can be the best you can be, (sorry Marines, not trying to steal a tag line!).

I have not told you how to meditate in this article. Everyone out there has a different way to meditate. Here is what I suggest; focus on just a few things: Find a quiet place, give yourself the time you think you will need, and either have a narrative CD playing for you to help you gain a meditative state (we have some awesome CD’s called Bliss Trips for sale here at MBS) or use a repetitive sound of some sort, such as mantras, wind chimes, other tranquil music, etc. (all of these things can either be found or asked about at MBS). As it becomes easier for you to meditate you will need smaller and smaller amounts of time to get yourself into a meditative state. One thing you will find is that when you first begin you will need more time and it will seem long, as you do more meditation you will need less and less time but will want more and more time. We can help beyond this. I have a great article on how to meditate if anyone is interested. There are also many good shaman, guides, coaches, etc, out there ready and willing to help. And if you like learning from a book there are many of those too. Which are the best? That question is a little like what is the best way to meditate? Remember that the best way to meditate is your way and only you will know what that entails. **USE YOUR INTUITION TO KNOW WHO TO ASK, WHAT TO READ, AND HOW TO MEDITATE.**

Please ask questions, please seek what you need, please just get meditating. There is a world of possibilities within you, you just need to know how to open the door. Meditation is the door to self-discovery, it is the key to tranquility, and it can be done by anyone, anytime, anywhere. I will leave you with another insight I read, “You know that almost eerie calm you see in Buddhist monks, that we all secretly want to feel too? Well, they weren’t born that way.” You have all you need inside of you, come in and let us help you discover yourself, through meditation.

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It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.

~ Alan Cohen

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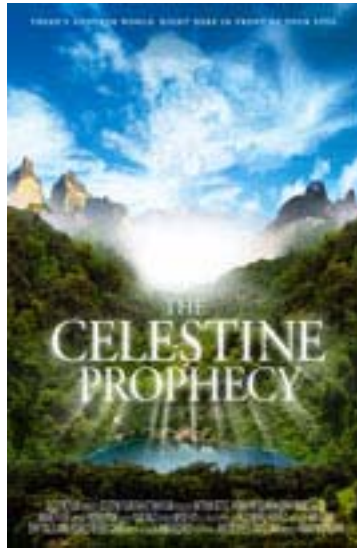
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Based on James Redfield's worldwide best-selling novel, The Celestine Prophecy is a spiritual adventure film chronicling the discovery of ancient scrolls in the rainforests of Peru. The prophecy and its nine key insights predict a worldwide awakening, arising within all religious traditions, that moves humanity toward a deeper experience of spirituality. The film features an international ensemble cast including Mathew Settle,

Thomas Kretschmann, Sarah Wayne Callies, Annabeth Gish, Hector Elizondo, Joaquim de Almeida, Jurgen Prochnow. And Obba Babatundé.

Using an approach that is part adventure tale, part parable, and imbued with intriguing and exhilarating music, the film tells the story of John Woodson (Mathew Settle), whose life is at a crossroads. He is about to experience a dramatic and profound metamorphosis. Through a mysterious set of coincidences, he finds himself on an adventure to Peru in search of ancient scrolls, known as the Celestine Prophecy. Resistant at first, skeptical and unsure, John finds that with every step he takes, each person he encounters leads him to a new understanding. It is only in this letting go to a higher consciousness that he uncovers life's true purpose and his own destiny. Rated PG for some violence, 99 minutes.

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