

Kaleidoscope

Quarterly Newsletter
from
Mind Body & Spirit

July

August

September

2006

Hi all,

Merri and I were asked to read a newspaper, of sorts, that is local to another area of the country (Virginia Beach, VA), and one article in particular was so appealing to us that we felt the need to share it with our readers. It was written by Drema Baker (a.k.a. Aranea), the Publisher and Senior Editor of "If...A Journal of Spiritual Exploration". She is an excellent writer and if...you ever get the chance to pick up this wonderful publication, we recommend that you do so. This one, particular article really speaks to how we feel about religion. We constantly have people ask what religion we are. Many people are just not comfortable unless they can identify what box people come from. Well, just so you all know, we have no chosen box that we call home. We consider ourselves spiritual and do not identify with just one religion. We don't feel religions are a bad thing. A knife does not have to be a bad thing either. A knife has the potential to be a bad thing, but so does a hammer. Do you get what I am saying? It is all in what one does with the tool.

The basic idea of this article can be summed up in one of my favorite sayings from the Dalai Lama, "Every religion has a piece of the truth". Below are excerpts from Drema's article (with added commentary by me). Enjoy!

"Religious labels give us a comfort zone, a pre-determined set of ethics and morals decided upon by a community of peers or clergy, and by which we can direct our thoughts, actions, and goals. They help us to congregare, in most cases, into a community of like-minded folks with whom we can socialize, and to whom we can turn in times of need. Sometimes, they can help us make difficult choices, guided by what our religions have to say about the issue at hand".

Drema goes on to say that the danger is to accept the religious label, pull the lid closed, and shut out new ideas and philosophies. "To me, this is to shut off new growth, new possibilities. So I stepped out of the box that I had chosen, (Earlier in her article she had said that at one time she had considered herself mostly "Wiccan" or "Pagan"), and have begun to peek into other boxes, as well as examine those theories and philosophies that have, as yet, no box. Who knows what treasures I might find?"

"The label of Wiccan or Pagan hasn't really fit well for some time now, but I had no other "label" to use, so I left well enough alone. Once I decided that this was no longer "well enough" my ensuing explorations of other faiths brought a "duh!" moment – the realization that many of the tenets I accepted as Wiccan are shared by numerous other spiritual traditions: Buddhism, Gaianism, Gnosticism, Kabbalistic thought, Theosophy, and others, both Western and Eastern in origin." (I would like to add that even the Catholic, Lutheran, and other Christian religions have overlapping tenets with other religions.) "True, Wicca has some practices that may (I say "may") be unique to that religion, just as practices found in other religions "may or may not" be unique to them– as I am finding out. So if I am, at heart, a seeker, why accept one label over the others?"

In my opinion, here is the best part of the article: "What it boils down to is this: regardless of our religious labels – which granted, sometimes differ widely in spite of their similarities – most of us here have one very important thing in common: We are all spiritual people. We stepped into our chosen boxes because they offered, in our individual opinions, the best way for us to seek the Divine. And that's what we all desire – access to, or understanding of, or reunion with, the "Source". So, in the end, we're not that different after all. As is taught in numerous spiritual teachings, all paths lead to the center. While we should be proud of our own spiritual heritage and teachings, we shouldn't turn away from the TRUTH simply because it comes from someone else's box. Our differences help humanity to endure, just like diversity in any ecosystem; even more importantly, they can also help us to grow in knowledge and enlightenment, if only we will agree to share with and learn from each other as a true community of spiritual seekers."

At the end of this article all I have to add is thank you to Drema Baker and a big AMEN!

And as my favorite T-Shirt says, "God bless the whole world, NO exceptions",

Blessings,

Joan and Merri



Mind Body & Spirit

For information please call:
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www.mindbodyspirit-online.com

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Saturday 10-5pm
Closed Sundays

In This Issue:

EXPO Information

Featured Stone: Selenite

Featured Oil: Chamomile

Coupon: 3 Different Months-
Three Different Coupons!

Selenite

Crystal for the New Vibration

This is an ancient stone that is one of the most powerful crystals for the new vibration on earth. Selenite's vibration has not changed. It was just waiting for the people of the planet to catch up and now it is being felt by more and more of those people that are really waking to the "feel" of this beautiful crystal. Selenite carries the imprint of all that has happened in the world, this makes it a wonderful tool for accessing past lives. The more translucent the selenite the finer the vibration.

Selenite is also called Satin Spar, White Satin Spar, and Desert Rose. It is one of only three different crystals that do not need cleansing from taking on energies. Kyanite does not take on energy but is not generally used as a cleanser of other crystals, Citrine takes on energy but needs no cleansing as it dissipates the energy itself, and Selenite does not take on energy and also cleanses energy from other crystals, metals, and people. Selenite is so cleansing that to have it in all four corners of your home can help to ensure a peaceful atmosphere. It has also been used to "clean" an environment of unwanted "entities".

Great stone for judgment, in cases of fairness, as it clears the mind and assists insight into the bigger picture. This is a wonderful stone for those that are suffering from erratic emotional behavior. It will assist in bringing peace and calming and keeps external influences from affecting the mind so that one can think clearly. It will allow for a conscious understanding of what has been occurring at the subconscious level. Selenite can assist telepathy between individuals because of its ability to clear the mind of blockages.

It has been used in the alignment of spinal columns and also to help prevent epileptic seizures. It is an excellent stone for meditation as it can dissolve through all mind clutter and bring a peaceful mood to even the toughest of "busy" minds.

Selenite can be used to cleanse, recharge, and program another crystal. Just set the crystal on top of the selenite and let the selenite do its natural ability to cleanse the crystal. Then after the crystal is cleansed the selenite automatically starts to recharge and energize the newly cleansed crystal. After it has done what comes naturally you are able to have Selenite assist you in the programming of your crystal. Just simply visualize how you want the energy of your other crystal to perform and point the selenite at the crystal.

All of us can access our guides whenever we want and wherever we want, and selenite aids the speed of contacting those guides. Because of its frequency it is a direct route straight to our guides and angels. So, when working with your spirit guides, have a little piece of selenite always handy.

It has been used as a powerful love attractor as it has the unique ability to connect and balance the energy between two people. Because of its ability to clear the mind it is a wonderful stone for bringing clarity to relationships, especially when two people can't seem to get along because of unclear messages to each other.

Selenite has another unique characteristic; it aids healers in finding the areas that need healing. It will literally guide one to the place in the body that is in need of cleansing and healing.

There are several forms of selenite that can be found; raw rough chunks, smoothed spar, and polished wands, which all work beautifully. Another great form of selenite is called Desert Rose Selenite.

Desert Rose Selenite: helps to rid one of long running programs in one's mind that stop one from moving forward. It is excellent in strengthening and holding clear the thoughts and affirmations of purpose for oneself.

Try Selenite on a light stand, it is absolutely beautiful!

Be Careful Not To Get Selenite Wet, As It Can Dissolve In Water

Incense Sets



Single Stick Incense

Aroma Diffusers Sets



Chimes

WHAT'S NEW ?

- * Wind Chimes
- A Variety of New Jewelry
- * Touchstone ~Animal Totem Necklaces
- * Incense bottles
- * Single Stick Incense

Wind Chimes



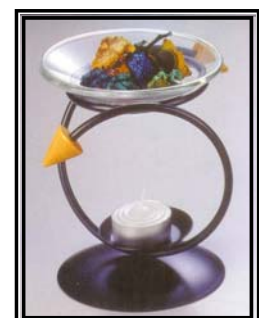
Butterfly
&
Dragonfly
Box Candles



Chakra Incense



Aroma Diffusers



Smokin' Incense Bottles

The Essentials of Chamomile Oil:

- Chamomile originates from Utah or Egypt, and is steam distilled from the flower of the Chamomile. It was used in Biblical times and, although not mentioned in the Bible, was and is used as an oil for awakening spiritual awareness and for bringing joy.
- For centuries, Mothers have been using it to calm crying children. Probably because it is a relaxant and combats digestive ailments and relieves toothaches.
- Relieves restlessness, ADHD, insomnia, and skin conditions, such as acne, dermatitis, and eczema. It is anti-spasmodic, anti-inflammatory, anti-parasitic, nerve regenerative, an anesthetic and it detoxifies the blood and liver.
- Combats depression because of its calming affect and minimizes anxiety, irritability, and helps stabilize emotions.
- Chamomile can be directly applied to ankles, wrists, and bottoms of feet or it can be inhaled, diffused, or taken as a dietary supplement.

***When applying or using any oil be sure and engage positive thoughts or prayer with the application. Several studies have shown that the electromagnetic frequencies of oils actually change with positive thought. It has been proven that negative thoughts lower oils frequencies by 12 MHz, positive thought raises it by 10 MHz and prayer raises the healing vibrations of essential oils by up to 15 MHz!

Thank you to David Stewart Ph.D. for his book "Healing Oils of the Bible" and Young Living's Essential Oils Desk Reference for today's information . Highly recommended!

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 guides, deceased loved ones and past lives. She uses her keen intuitive skills 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. Sharron will temporarily be gone for the months of July and August but will return to do Angel Readings in September for the EXPO. (See the advertisement on the EXPO for details of time, etc.)

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.

Soul Portraits & Shadow Drawings: are a combination of a reading and soul growth experience. Lisa uses her clairvoyant and clairaudient gifts to communicate with your angels and guides, bringing forth information for the highest good of all concerned in the moment. The guides and the angels will project the image of your soul essence thru her third eye on to the black charcoal paper. 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. A Soul Portrait session lasts about 1 hour and can be a very moving experience. A session 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) For more information go to www.lisaonsacredground.com

Soul Portrait Sessions....\$110/1hr Shadow Drawing Sessions....\$135/1 1/2hr Readings....15 min \$30 1/2 hour \$50 1 hour \$100

July 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>Call us for more information</i>			<i>on summer</i>	1
					<i>Angel Readings</i>	
2	3	4 <i>Store Closed</i> <i>Independence Day</i>	5	6 Intuitive Readings with Barbara Bjorklund 2-6pm	7 Spiritual Attunement 7-9pm <i>topic</i> Full Moon Rituals	8 <i>Psychic Readings</i> with Kate Zimmer 11-1pm <hr/> Wake up & Remember Noon-4:30
9	10 <i>Full Moon (Blessing Moon)</i> I.M. 1:30-2:45pm <hr/> Kristina Bloom Psychic Readings 10-6pm <hr/> Psychic Gallery 7-9pm	11 Spiritual Direction 7-8:15pm	12 Aura Photos 4:30-6:30pm <hr/> Auras & Our Energy 7-9:30pm <hr/> Reiki Clinic 7:15-9:00pm	13	14	15 Soul Portraits & Readings with Lisa Owens 10-5pm
16	17 I.M. 1:30-2:45pm	18 Top 10 Ways to Discover Your Life's Purpose 7-8:30pm	19 Reiki Clinic 7:15-9:00pm	20 Ann Dragsten Healing Touch Noon-6pm	21 Intuitive Readings with Barbara 2-6pm <hr/> Massage Class 7-8:30	22
23 30	24 I.M. 1:30-2:45pm	25 Give Yourself an Emotional Makeover 7-9pm <hr/> <i>New Moon</i>	26 Discovering your Past Lives 7-9:30pm	27 Psychic Tiffany Johnson 11-2pm	28	29

August 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Intuitive Readings with Barbara 10-2pm	2 Developing Psychic Gifts/ Spirit Guides 7-9:30pm	3	4 Spiritual Attunement 7-9pm <i>topic</i> Quantum Effect	5 <i>Psychic Readings</i> with Kate Zimmer 11-1pm
6	7 I.M. 1:30-2:45pm	8	9 Reiki Clinic 7:15-9:00pm <i>Full Moon</i>	10	11	12
13	14 I.M. 1:30-2:45pm	15	16 Reiki Clinic 7:15-9:00pm	17	18 Intro to Spirit of Being 10:30am-Noon <hr/> Intuitive Readings with Barbara 1-5pm	19 Soul Portraits & Readings with Lisa Owens 10-5pm
20	21 I.M. 1:30-2:45pm <hr/> Intro to Spirit of Being 7-9pm	22	23 Ghosts 7-9:30pm	24 Ann Dragsten Healing Touch Noon-6pm	25	26
27	28 I.M. 1:30-2:45pm	29	30	31 Psychic Tiffany Johnson 11-2pm		Call now to find out more about our summer <i>Angel Readings</i>

September 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>What do your Angels have to say to you? Call to find out more!</i>				1 Spiritual Attunement 7-9pm <i>topic</i> Oriental Medicine Acupuncture	2
3	4 <i>Store Closed</i> <i>Labor Day</i>	5	6 Intuitive Readings with Barbara 2-6pm <hr/> Intuition Class 7-9:30pm	7 <i>Full Moon (Harvest Moon)</i>	8	9 <i>Psychic Readings</i> with Kate 11-1pm
10 <i>Full Moon</i>	11 I.M. 1:30-2:45pm	12 Intro to Spirit of Being 7-8:30pm	13 Reiki Clinic 7:15-9:00pm	14 Ann Dragsten Healing Touch Noon-6pm <hr/> Stones I 7-9pm	15	16 Animal Chat 1-3pm
17	18 I.M. 1:30-2:45pm Spiritual Direction 7-8:15pm	19	20 Death Dying & the Otherside 7-9:30 <hr/> Reiki Clinic 7:15-9:00pm	21	22 <i>New Moon</i>	23 <i>Mind Body & Spirit Expo</i> 9:30am-7:30pm <i>Fall Equinox</i>
24	25 I.M. 1:30-2:45pm	26 Chakra Basics 7-9pm	27	28 Psychic Tiffany Johnson 11-2pm	29	30

Class Descriptions

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 simple tapping of fingers. It's true! Come find out more. In this Emotional Makeover Workshop, you will learn how to minimize sadness, anger, fear, and stress in your life to create greater health and joy. Valerie Lis July 25th 7-9pm Fee: \$10

(IM) Intentional Manifesting (IM)

Want to heighten your intuition? Gain momentum on an intention? Increase your confidence? Have greater optimism and enjoy yourself more? Synchronicity and meaningful coincidences are happening all the time, and this "class" 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. 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 an ongoing 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.

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.

July Session: Joaquin Alves discusses full moon rituals.

August Session: Hanakia Zedek on Quantum Effect.

September Session: Guest speaker Mike Geppert speaks on Chinese Medicine, and Acupuncture.

Couples Massage

Learn basic, simple techniques for relaxation and connection with **partner, friend, or family member**, etc. Friday evening July 21st from 7-8:30pm. \$15.00 per person. Pre-registration by Mon. July 17. Joan says the last class was fabulous! Come learn, laugh, and make someone you love happy!

Spiritual Direction Information Session

Interested in learning about a deepening process that assists growing awareness and intentionality in one's spiritual journey? Come and learn "how, what, and why?" about spiritual direction and have an opportunity to ask questions. Margaret Boatz, MA, has done spiritual direction, retreats and workshops in the St. Cloud area for 20 years and has a Certificate in Spiritual Direction. Tues. July 11th or Fri. Sept. 18th 7-8:15pm. Pre-register by July 10 or Sept 17. Free

Wake Up and Remember: A Women's Sacred Journey

An exciting mix of Energy work, Drumming, Dancing, Chanting, Spiritual Awakening Meditation, and sharing of stories. Many have forgotten who they are, that they have strength beyond measure, that they are here for a purpose. Morgan Dragonwillow has spent the last 16 years studying all things magickal. She has facilitated many women's groups and the energy within her circles is uplifting, motivating and inspiring. Suggested items to bring with: water and snack, comfortable clothing, a pillow or pad, and a drum. We will have a few drums to share also. No experience needed, this is for all women to enjoy.

Sat. July 8th 12-4pm Fee: Sliding scale of \$5.00 to \$25.00 (pay what you can afford-no one will know what your payment was)

Spirit of Being - An Introduction

You've heard about this class and you've wanted to know more! Not sure you want to make a 6 session commitment but really curious what everyone is talking about? Here's your chance for a taste of the Spirit of Being Level One Class. Meet with and speak to the instructor and find out what you've been missing and then decide for yourself if the "Spirit of Being" is what you've been searching for.

Barbara Bjorklund **3 Different Times to catch this class:**

Friday, August 18th 10am-Noon

or Monday, August 21st 7-8:30pm

or Tuesday Sept. 12th 7-8:30pm Fee: Only \$10.00

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. Next Class begins on Tuesday October 3rd. The class is closed after the first session.

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

Classes by Bobby Sullivan: Assistant to Well-Known Author and Teacher, Echo Bodine, Bobby has studied with others such as Renowned Psychologist and Author Julia Ingram. Bobby ventured out on his own last year, leaving his job in Advertising for a Minneapolis Film and Video Production Company, to pursue a full time career of teaching and healing and has recently taken over the beginning Psychic Development classes at "The Center" (Echo Bodine's) as well as building his healing practice in the Minnesota area. You **can hear** Bobby every Saturday Night as Co-host of the **radio show "Intuitive Living"** with Echo Bodine on **FM 107 in Minneapolis/St. Paul. For more information check out our web site.**

*****Auras and Our Energy** Weds. July 12th 7-9:30pm \$25.00

Can you feel a heavy or light vibe around people or maybe when you walk into a room? In this class, we will explore what an Aura is, where our Aura is located, How to see Auras, and How our energy is affected by other people, thoughts and feelings. You will also learn how to protect and clear your energy and the spaces you live and dwell in....and much more. You will also have the opportunity to have an Aura Photograph taken (additional fee of \$20.00)

*****Discovering Your Past Lives** Weds. July 26th 7-9:30pm \$25.00

Ever feel like you have been there before? You might have been! In this class, we will explore the ability for us to access our Past Lives and discover how Past Life Regression can reverse negative life patterns such as poor relationship choices, limiting beliefs, fears and phobias, blocked creativity, addictions, and health problems. Also, in this class you will be able to experience a Past Life regression in a group setting.

*****Developing your Psychic Gifts** Weds. Aug. 2nd 7-9:30pm \$25.00

Are there times that you just know what is going to happen? In this class, we will examine the four Psychic Gifts of clairvoyance, clairaudience, clairsentience, and claircognizance. We will demonstrate different exercises that will allow you to help develop these gifts. We will also look at how we communicate with our Guides, Angels and deceased loved ones.

*****Ghosts** Weds. Aug. 23rd 7-9:30pm \$25.00

Do you see and hear things that you can't explain? In this class, we will examine the phenomenon of Ghosts...look at different photos of ghosts. Discuss how they look and feel. Also, we will discuss techniques on how to identify if you have ghosts. Learn what to do if you want to get rid of your ghosts. Discuss Spirit attachments and much more.

*****Intuition** Weds. Sept. 6th 7-9:30pm \$25.00

Does your head say one thing but your gut says another? In this class, we will examine Intuition. Described in the Bible as "The Still small voice" inside each one of us. Learn how each and everyone of us possesses the gift of intuition. Learn how to tune in to it...Learn how Intuition can lead you to living life more powerfully. Learn how accessing your intuition can get you in the flow! Learn how our logical mind gets in the way of hearing the voice within.

*****Death, Dying and the Other Side**

Weds. Sept. 20th 7-9:30pm \$25.00

Do you think that life just ends when we die? In this class, we will examine the dying process and discover how our soul's perspective of death is much different from ours. We will look at the process we go through and what happens to our soul when it reaches the other side.

Intuitive Reader-Kristina Bloom

Monday July 10, 2006 only
at Mind Body Spirit

Kristina is traveling from beautiful Seattle, WA to make her first appearance here at MBS. We are delighted to have her and trust many of you will take the opportunity to visit with this gifted Intuitive from the West Coast. She is available to do Energy Healings and Readings. Kristina will also be doing a gallery in the evening doing readings in a group setting from 7-9pm. Her fees are \$1.00 per minute for 1 hr sessions.

Please call MBS with any other questions

Spirit of Being

Level One



Encouraging the Mind
and
Heart to walk Hand in Hand

NEW!
Additional Class
Location in
Becker!

The focus of this class is learning to be fully present in any given moment. This experience will give you the awareness to identify where and to what your energy is connected. You will explore ways to empower yourself and reframe your beliefs for a freer, clearer and deeper connection to yourself and others. Classes will include:

Intuition ~ Guided Visualization
Experiential Learning ~ Discussion
Reflective Homework
Tools to Support Change

New Classes Begin:
October 3 from 7-9pm at MBS
or
October 5 from 7-9pm in Becker
6 sessions prepaid \$120

Inspiring and Insightful
Information for Your Life

Classes by Merri and Joan

Chakra Basics

Chakras are the energy vortexes, so to speak, of the body. These are just as important a part of our system as the circulatory, respiratory, skeletal, etc. systems for keeping us healthy. Join us for a quick look at the chakras and learn a little about how to keep these energy wheels spinning for your best health. This medicine is thousands of years old and most of us are still only aware of a fraction of it. Start with this class and get the basics.

Merri and Joan Fee: \$8.00 per person

The Basics of Crystals and Stones I

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. 15% discount on all stone related purchases (subject to Joan and Merri discretion) on class night.

Joan & Merri Fee: \$8.00 per person

Animal Chat 101

Join Animal Communicator Joan Stokes, at the Studio, with your animal companion for an informal chat. Please, only bring your animal companion if they are in a good place both physically and emotionally. Bring large dogs only if friendly with others smaller than themselves and bring only secure cats that are use to dogs.

(You can always call ahead and ask Joan if it is a good idea that your friend comes with you. Photographs of animals past and present work just as well. Difficult situations such as those with aggressive tendencies should be handled separately and not brought to this gathering.) Learn some techniques and exercises that you can do to increase your abilities to communicate.

Joan Stokes - Saturday, September 16th 1pm-3pm

Fee: \$20.00 for the class and gathering (any extra communication

Present this coupon at the Mind Body & Spirit Expo,
on September 23rd to enter the
Kaleidoscope Special Drawing

Name _____

Phone _____

Sarongs

15% off

Mind Body & Spirit

Good for the entire month of July 2006

One Coupon per Customer Please

New at Mind Body & Spirit

TOP TEN WAYS TO DISCOVER YOUR LIFE'S PURPOSE

Do you wonder what you were sent here to do? With clues from the intuitively inspired Top Ten List, Valerie provides all you need to discover your purpose in life.

Tuesday, July 18, 6:30-8:00 pm, \$10.

GIVE YOURSELF AN EMOTIONAL MAKEOVER

If any of your emotions are on overdrive, perhaps it's time to make a change. 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.

Tuesday, July 25, 7:00-9:00 pm, \$10.



Valerie Lis instructs how to enhance and control intuition with The Silva Method and is an advanced trainer and practitioner in Emotional Freedom Techniques (EFT), a method proven to eliminate stress and neutralize harmful emotions.

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Animal Communication

by Joan



"A Voice for your Pet"

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Joan Stokes, AHT

- * Emotional/Behavioral Issues
- * Lost or Deceased Pets
- * Spirit Guides
- * Intuitive Medical Advice

915 W. St. Germain, St. Cloud, MN 56301

Whispers of Spirit Expo

Sunday, October 15, 2006

10 am ~ 5 pm

Four Points by Sheraton Hotel

Admission \$3 or 2/\$5 Minneapolis (35W & Hwy 280/36)

Intuitive & Psychic Readings, Energy Healings, Aura Imaging
Metaphysical Books & Gifts, Crystals & Stones, Art, More!!

Free Speakers include Tiffany Johnson, Carolyn Vinup, Brenda Hill,
Carol Lowell, and Michele Mayama & Chris LaFontaine!

Spend the day enlightening your spirit!

www.whispersofspirit.com

*If the stars should appear
but one night
every thousand years,
how man would marvel and adore.
~ Ralph Waldo Emerson*



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Somewhere in time
the truth shines through
And the spirit knows
what it must do
Somewhere in you
there's a power with no
name
It can rise to meet the
moment
and burn like a flame
And you can be stronger
than anything you know
Hold on to what you are
Don't ever let it go

Steve Winwood
From the movie "Balto"



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Leroy (Satchel) Paige