

Kaleidoscope

Quarterly Newsletter
from
Mind Body & Spirit

October
November
December

2002

Hi Everyone!

I had a dream the other night, about my oldest daughter, Ami, who will be 18 in January. In the dream she wanted to show me something that she could do. I looked down and we were standing on the edge of an open square that had a beam going across it, and the beam was, as she told me in the dream, 57 feet above the ground. (The ground was concrete.) I was horrified to watch her, not just walk, but run across the beam. Ami made it several times back and forth and then stopped. My heart was racing and I was worried each and every time she went across that beam. I reached out a couple of times to catch her and she would dart away from me. While she was standing still, in the middle of the beam, out of my reach, she leaned over to look at something, she turned towards me and smiled, and then she stepped off the beam! I saw her fall, but did not see her land. (What I felt in that moment I cannot even put into words). I saw stairs and ran down the steps, my heart was throbbing in pain in reaction to my thoughts of what I might find at the bottom of the steps. There was a door to the opening where she had fallen. I opened the door and woke up.

We have all had dreams like this, perhaps prophetic, perhaps our own work, perhaps a lesson, perhaps all three and more? I pondered all day as to why I had this dream. I asked for some clarity. Then during a deep, day dream two days later I opened the door: There was my beautiful daughter right where she had fallen in the other dream. Ami was dead. I started to cry and she got up, in her spirit form, and walked to me. Ami held out her hands and looked at me with such peace on her face and said, "Mom, it's ok to be sad, you will miss me, but you must not feel guilt, because it's my journey, and it was my step to take."

Ok, wow! This really hit home for Merri and I. We both have children. Merri has twins that are now 22 years of age and she has a 17 year old. I have my 17 year old, Ami, from the dream, and a 15 year old. We have had a our share of challenges in the last couple of years. Not because of "bad" kids, but mostly due to "well meaning" parents! We tend to butt in sometimes where we clearly don't belong. There are some parents who believe this to be their "right" as parents perhaps under the guise of protecting their kids. Not true, because the only thing holding that theory up is fear. If they are in danger, jump in, but so many times we jump in and find there was nothing to jump for and all we create is waves! How do you know when to take that jump? You won't always know, and you won't always be right, and that's not wrong, but we can do better. We can all pay attention and maybe try a little harder to let them take their own steps. And for those of you reading this who don't have children, there are plenty of people that we jump in to save who don't need saving.

I was talking to a wonderful woman the other day, and she was telling me about some trouble she was having with her son, real trouble, not the typical teen stuff. She is feeling some grief and guilt, torn between knowing she has done the "right" things, and she is wondering if she could have done something else or something more. I believe her son is an Indigo child who has chosen a tough road, but it is HIS road. I told her what I am going to tell you all now, and what I hope I am paying attention to as well, (and I believe it was what my dream was trying to teach me): Our loved ones, including our children and anyone else we know, have their own journeys. The best thing that we can do for them is to not protect them to the point where we become an obstacle on their journey. We can love them, we can try to understand them, we can even give them support and advice, but when we step in the way, they cannot find their path, and that is what all of us have come to do, find our own path and take it. Trust seems to be a key to this. Merri and I have a little way to go on this trust yet, because I believe we try to protect too much, we worry, and we get in the way where we don't belong, but we are learning.

Love them, but get out of the way! Then, perhaps in giving them their own journey back, your journey will become clear.

Blessings,
Joan and Merri

"Journey to the Place that Feeds Your Soul"

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Saturday 10-5pm
Closed Sundays

More of the Essentials of Using Oils:

We have told you about a great deal of oils, over the last few years, and I would imagine that sometimes you believe that it is just too many oils and too much to take in and some of you just don't use oils because of this. We decided this was a shame and how could we help with this? Simple; we created a list of oils that we consider the essential, essential oils. These oils are the ones that Merri and Joan recommend people carry with them, if they can. Other oils that we have talked about, through many articles, can be on a shelf at home waiting for their need.

Essential, Essential Oils:

1. **Lavender**- **Regenerative! Cleans cuts, soothes and heals burns and insect bites**, reduces insomnia, eases and releases headaches, eases earaches, gives over all sense of well-being. **Balances all body systems.** WHEN IN DOUBT USE LAVENDER!
2. **Peppermint**- **Eases headaches** (can clear headaches!), helps **ease fatigue** (pop a little peppermint in your afternoon drink and it will perk you right up!), eases bronchitis, **soothes depression** and aids relief of asthma. **Aids digestion and eases tummy trouble.**
3. **Eucalyptus**- **Helps one to breathe easier, good for all respiratory ailments, asthma, earaches, and helps ease low energy.**
4. **Lemon**- **Eases colds and fevers, antiseptic, memory aide, insect repellent, and it purifies drinking water** (also makes it taste better, for those who (Joan) don't enjoy water much).
5. **Clary Sage**- **Muscle relaxant, easing and soothing sore and strained muscles**, (Those with severe pain of arthritis or other bone pain may want to add Wintergreen to their oils as it is a stronger pain killer.), eases symptoms associated with PMS and Pre-Menopause, eases menstrual cramps, depression, and insomnia.
6. **Ylang Ylang**- **Eases anxiety, depression, mental fatigue and frustration.** Stimulates the adrenals and balances male/female energies. Helps with high blood pressure and rapid breathing. **Increases self-love, confidence, peace, emotional support, joy to the heart, and happiness.**

Those with Children may want to carry Chamomile- for children: eases earaches, teething pain, fevers, stomach aches and hyperactivity.

Addition because most don't eat as they should, Grapefruit - helps cleanse the kidneys, lymphatic and vascular systems and helps to dissolve fats.

Carry all of these with you in small bottles and have your own little natural pharmacy at your fingertips! **Enjoy!!!**

Thank you to "The Complete Book of Essential Oils & Aromatherapy" for some of the information for this article.

Website!

www.mindbodyspirit-online.com



Kelli Spencer
Psychic Medium
Medical Intuitive

"Connecting you to your loved ones and guides."
320.240.6399
kellispencer.com

*"In this world hate
never yet dispelled
hate.
Only love
dispels hate.
This is the law, an-
cient &
inexhaustible"*

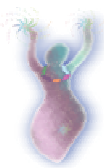


ANGEL READINGS

*Messages of Love and Support
from the Angelic Realm*

SHARRON E. JORDAN

*Certified Angel Therapy
Practitioner
Ireland 2003
Reiki Master
320.251.3490
after 3 p.m.*



Wisdom Stones

by Janet Quinn

*May your journey
bring you to deeper
and deeper knowing of
yourself as woman -
whole, beautiful,
powerful and forever
connected to the
Infinite Source.*

Janet F. Nuria Quinn,



You have chosen every experience, every challenge, every joy and every wound as a gift to yourself and as a tool for your Soul's evolution and growth. However, for most humans, the creation process has generally taken place outside of your conscious awareness. Are you ready for that to change?

The Creator Cards honor the Truth of your divine Creatorship. They are designed to help you expand into your own balance and clarity, from which you can begin to create your Reality in a more conscious way.

The Creator Cards will not give you answers. Rather, they will help you find your own answers, discover your truest Truth, and assist you in making the most appropriate choice for you in this moment.

To bring balance, wholeness and New Energy into your life all that is required is your choice and your allowing. Are you ready?



Creator Cards

Tuning Forks



Space Clearing



Body Tuners



Otto128



Intuitive/Psychic Readings:

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. Barbara's fees are \$75.00/hour and \$40.00/1/2 hour

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. Fees: \$20.00 per 15 minutes, \$45.00 per half hour, \$75.00 per hour.

Readings with Kate Zimmer

Kate is a clear and direct channel to receive loving guidance through her and your Spirit Guides, Angels, Ascended Masters, Totems, Fairies, deceased loved ones and past lives. She uses her skills in clairvoyance, clairaudience and clairsentience to relay messages, insights and answers to the many questions affecting you on your path. Kate is a Reiki Master and Certified Basic 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 Angels, Sharron will help guide you. If you are looking for a little peace, maybe some enlightenment, or perhaps just some comfort and guidance, this is definitely a reading for you. Sharron has been with us for many years now and has inspired many with her gifts! Fees \$60.00/hour and \$35.00 per 1/2 hour 3:00pm-7pm

Aura Photos and Readings

Find out what your aura looks like that only special photography can uncover. Bobby Sullivan will "read" your photo and give you some insight into what your body is trying to tell you. This is fun and informative. Don't miss out on a chance to see the "real" subtle you. \$20

Paulette Lucas

Paulette was a therapist for over 20 years and has traveled extensively, visiting power centers around the globe, to develop her spiritual awareness for herself as well as those she works with. Paulette is a Clairvoyant, trance medium, and empathic who has now "officially" been reading for 15 years. She works with spirit guides, angels, and deceased loved ones. She has moved here to St. Cloud from New Orleans and is now available for private consultations. By Appointment Only. \$60.00 per 1/2 hour and \$100.00 per hour.

Kelli Spencer

Psychic medium: I connect you to your loved ones and guides. I am clairvoyant, clairaudient, claircognizant, clairalient, I am a medium, which means that I am a bridge between this world and the next. I work with individuals that need closure, validation, or peace of mind that their loved ones are ok on the other side. Fee: \$60.00 per hour

Numerology Readings with Diane Winter

Who are you? Why are you here? What does your future hold? Find out what the numbers or energies hidden in your birth date and birth name can tell you. Reading includes summary of your most important energy and a personal worksheet of your energies.

Fee: \$25.00 for 1/2 hour session

Energy Healing:

Kimberlee Bluhm

Quantum Touch: (in a nutshell) The Quantum Touch Practitioner learns to focus and amplify life force energy. When the practitioner holds a high vibrational field of life-force energy around an affected area, through a process of resonance and entrainment, the client naturally matches the vibration of the practitioner, allowing one's own biological intelligence to do whatever healing it deems necessary. Kimberlee (as well as her Dad, as this seems to be a family affair), is a practitioner of Quantum Touch. Fee: \$65.00 per hr.

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. In fact we believe she is our best kept secret that we shouldn't keep a secret. Ask us just how good she is! Ann's fee is \$60.00 per session.

Therapeutic Touch with Michele Berg

Based on the age-old principle that energy flows within and around us, Therapeutic Touch balances and energizes the energy field to promote self healing. Many forms of Therapeutic Touch exist, some are structured and others are more free form. The benefits are profound and include reduced anxiety, release of blockages, release of past emotional traumas, relief from fatigue, clarity, balance and more. There are many modalities that fall under the umbrella of Therapeutic Touch. As a Reiki Master, Integrated Energy Therapy Practitioner, and Chakra Therapist; I offer all three of these therapies. I believe that each person is unique and, therefore, has unique needs so each session I offer is designed specifically with you in mind. You may either request the modality you would like for your session or allow me to provide as I feel guided (generally a combination of modalities). \$65 per hour

October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Intuitive Readings Barbara 3-7pm	3	4 Angel Readings with Sharron 3-7pm	5 Readings Carl Franklin 10:00-4:30 Spiritual Attunement Intro Talk Carl Franklin 7:30-8:30pm \$10	6 Readings w//Kate 11-1pm Carl Franklin Workshop 9:30:4:00 Readings 6-9
7 Carl Franklin Readings 9am-Noon	8 Psychic Channel Kelli Spencer 10-6pm Book Group # 1 11:50am - 1:11pm	9 Intuitive Readings Barbara 3-7pm Creating Miracles 7-9pm	10 Reader Paulette Lucas 11-6pm Reiki Clinic 7:15-9:00pm	11 Ann Dragsten Healing Touch 11-6pm <i>New Moon</i>	12 Quantum Touch K. Bluhm 10-2pm	13 Women in Spirituality Conference in Mankato, MN
14 Women in Spirituality Conference in Mankato, MN	15 Book Group # 2 11:50am - 1:11pm	16 Intuitive Readings Barbara 3-7pm 2012 A Time for Transformation 7-9:00pm	17 Reiki Clinic 7:15-9:00pm	18	19	20 Intuitive Readings Barbara 11-3pm
21 Whispers of Spirit Expo	22 Book Group # 3 11:50am - 1:11pm	23 Intuitive Readings Barbara 3-7pm	24 Circle for Healing 7-9:30	25 Ann Dragsten Healing Touch 11-6pm	26 <i>Full Moon</i>	27 Personalized Relaxation Cd's 10-1pm Therapeutic Touch 1-4pm Michele Bergh
28	29 Reader Paulette Lucas 11-6pm Book Group # 4 11:50 - 1:11pm	30 Intuitive Readings Barbara 3-7pm Ghost & Spirits 7-9pm	31			

November 2007

Sun Mon Tue Wed Thu Fri Sat

				1	2 Quantum Touch 10-2pm <hr/> Spiritual Attunement "Original Split" 7-9pm <hr/> Animal Reiki 6-10pm	3
4	5 Book Group # 5 11:50am - 1:11pm	6 Intuitive Readings Barbara 3-7pm Discover Your Past Lives 7-9pm	7 Intuitive Paulette Lucas 11-6pm	8 Angel Readings with Sharron 3-7pm	9 New Moon	10
11	12 Readings w/Kate 11-1pm <hr/> Book Group # 6 11:50am - 1:11pm	13 Intuitive Readings Barbara 3-7pm <hr/> UFO, Aliens and ... 7-9 pm	14 Numerology Readings with Diane 12-4pm Reiki Clinic 7:15-9:00pm	15 Ann Dragsten Healing Touch 11-6pm	16	17 Personalized Relaxation Cd's 10-1pm <hr/> Therapeutic Touch 1-4pm Michele Bergh <hr/> Readings with Barb 11-3
18	19 Psychic Channel Kelli Spencer 10-6pm <hr/> Book Group New Book #1 11:50 - 1:11	20 Intuitive Readings Barbara 3-7pm	21 Intuitive Paulette Lucas 11-6pm <hr/> Reiki Clinic 7:15-9:00pm	22 <i>Closed for the Holiday</i>	23	24 Full Moon
25	26 Book Group #2 11:50 - 1:11	27 Intuitive Readings Barbara 3-7pm	28 Circle for Healing 7-9 pm	29 Ann Dragsten Healing Touch 11-6pm	30 Quantum Touch Kimberlee Bluhm 10-2pm	

December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Psychic Readings w/ Kate 11-1pm
2	3 Book Group #3 11:50 - 1:11	4 Angel Readings with Sharron 3-7pm	5 Intuitive Paulette Lucas 11-6pm	6 Ann Dragsten Healing Touch 11-6pm	7 Spiritual Attunement Manifestation 7-9pm	8 Intuitive Readings Barbara 11-3pm
9 New Moon	10 Psychic Channel Kelli Spencer 10-6pm Book Group # 4 11:50 - 1:11	11 Intuitive Readings Barbara 3-7pm	12 Reiki Clinic 7:15-9:00pm	13 Angel Readings with Sharron 3-7pm	14 Quantum Touch K. Bluhm 10-2pm	15 Relaxation Cd's 10-1pm Therapeutic Touch 1-4pm Aura Photos 11-2 pm Auras & Our. 2-4 pm
16	17 Book Group # 5 11:50 - 1:11	18 Intuitive Readings Barbara 3-7pm	19 Intuitive Paulette Lucas 11-6pm Reiki Clinic 7:15-9 :00pm	20 Ann Dragsten Healing Touch 11-6pm	21	22
23 Store Open 10am-5pm <hr/> 30 <i>Closed</i>	24 Store Open 9am-3pm <hr/> Full Moon 31 <i>Closed</i>	25 <i>Closed for rest, relaxation, and family time</i>	26 <i>Closed</i>	27 <i>Closed</i>	28 <i>Closed</i>	29 <i>Closed</i>

Class and Event Descriptions

Personalized Relaxation CD's Receive a personalized relaxation CD created with your feedback. Every one of us has unique needs and together we'll create a relaxation experience using your preferences in music, affirmations, and length of time. If you have had trouble in the past with relaxation CD's just randomly pulled off the shelf, then not working for you, this is your chance to get the CD that is made just for you, unique, just like you. Some areas that these CD's can help with are anxiety and stress reduction, ADHD, self-esteem, relaxation, visualizations, insomnia, addictions, creativity, chronic pain relief and much more. Get the personal touch. \$20 each

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. Donation/First Friday Every Month and facilitated by Frank Sowada

October 5th Session: Carl Franklin 7-9pm See page 9 for details. There is a \$10.00 fee for this talk.

November 2nd Session: The Original Split 7-9pm Discussion about the Original Split and all that was created from that point.

December 7th Session: Manifestation 7-9pm Discussion will focus on manifestation and what has become of it.

Book Group –Mondays

Class Time is 11:50-1:11PM Class cost is \$30.00 for six weeks

"Sara, Book 1" [The Teaching of Abraham] by Esther and Jerry Hicks. We will be learning techniques to enhance our lives and make our DREAMS come true...~!!! Second book that will be read and discussed: "The Woman's Belly book, finding your true center for more energy, confidence, and pleasure." Lead by Twyla Rice

Animal Reiki - 11/2

Class Time is 6PM - 10:00PM Class cost is \$60.00

Come join us for a fun class to learn more about what Reiki is, how to do Reiki with animals and techniques of self healing. You will receive a level I attunement and will be able to start practicing with your new Reiki skills immediately. Class is appropriate for all experience levels- the only thing you need is a desire to learn a different way to interact with animals! Lead by Tai Salisbury www.theanimalexperience.com

Carl Franklin: Lecture/Workshop/Readings: Oct. 5th, 6th, & 7th See page 9 for details

Women in Spirituality Conference/Mankato, MN Oct. 13 & 14th <http://sbs.mnsu.edu/women/about/news/WomenSpirit07.pdf>

Whispers of Spirit Expo Oct. 21st <http://www.whispersofspirit.com/expo.html>

Classes by Bobby Sullivan:

Former 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 2 years ago, leaving his job in Advertising for a Minneapolis Film and Video Production Company, to pursue a full time career of teaching and healing.

Circle for Healing - Calling All Healers! 10/24 & 11/28

Class Time is 7PM – 9:00PM Class cost is \$15

Whether you are a healing professional or someone that is just developing your gifts, this is a participation group for anyone that has taken any form of energy healing training...The purpose is to provide a place that healers can unite to practice, to trade ideas, to discuss problems, to learn new techniques and to receive healings. Each class will begin with a discussion on a particular topic...We may also have guest speakers and/or healing demos. Then we will breakout to practice on each other.

Discovering Your Past Lives - 11/6

Class Time is 7PM – 9:00PM Class cost is \$25

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 relationships 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.

Auras and Your Energy – 12/15

Class Time is 2pm – 4:30 Class cost is \$25

Explore **what an Aura is...** Where your Aura is located and how to actually see it! Discover how your energy is affected by other people and by your own thoughts and feelings. 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 a photo of your aura taken and interpreted with the Aura Imaging camera (Additional Charge of \$20) **Aura Photos open to public.**

Creating Miracles in Your Life - 10/9

Class Time is 7PM – 9:00PM Class cost is \$25

Examine the art of creating what you want in your life. We will look at what is necessary for you to actualize the dreams that you have created and work on different techniques that will help you manifest what you desire so you can live a miraculous life.

2012 A Time for Transformation –10/16

Class Time is 7PM – 9:00PM Class cost is \$25

In this class we examine the phenomenon of 2012. A time that many prophets have declared to be the end-time and others call the time of the Universal transformation. We will examine the different beliefs around this topic. The history surrounding the 2012 time and what this could mean for us.

Ghosts and Spirits in the Material World - 10/30

Class Time is 7PM – 9:00PM Class cost is \$25

Join Psychic and Ghost-buster Bobby Sullivan as he shares his experiences as a ghost buster in dealing with ghosts, haunting and possession. In this class we will examine the phenomenon of Ghosts and view various photos of ghosts and spirit energy. We'll also discuss how it looks and feels to encounter a ghost. Learn how to tell if you have ghost...and what to do if you want to get rid of your ghosts. Also, we will discuss Spirit attachments, Angels and much more...

UFO, Aliens and Other Life Forms in our World and Beyond-11/13

Class Time is 7PM – 9:00PM Class cost is \$25

Ever wonder if you were all alone? In this class we will discuss some of the different alien groups that are believed to be involved in our planetary system, why they are here....We will look at photos, symbology and discuss the important purpose the earth serves in the galaxy.



Carl Franklin is a Metaphysical Researcher. He holds a Theology degree and is a Minister of the Coptic Fellowship International (a spiritual/metaphysical organization embracing all faiths, beliefs and philosophies). While studying for his counseling degree, he became interested in utilizing both his conscious and subconscious mind. Practicing self hypnosis has allowed him to go beyond the 5 senses. He is a channeler, dowser, creator/recorder of the acclaimed "Alpha Breakthrough Series" of self help CD's, an international speaker on various topics such as: Spiritual Parapsychology, The Crystal/Indigo Children, The Ascension Process and The Spiritual Realm. In his Life Script readings, he is able to tap into the Akasic record of individuals helping them to remember their life's plan.

Carl Franklin will be at Mind Body & Spirit October 5th, 6th, and 7th!

Overview of Weekend:

The earth and humanity are ascending. We are at the end of an age and about to enter the age called the 5th dimension. The process to get us to that place is called Ascension. The individuals that are at the forefront of this process are called Light Workers. They have different DNA which enables their potential to be raised. These individuals are identified as Indigo/Crystal.

Friday Night Session: Lecture --- October 5th, 7:00pm to 8:30pm, \$10.00

CRYSTAL/ INDIGO CHILDREN --- What are the physical traits of a person carrying Crystal/Indigo energy, their traits, their behaviors and DNA? These will be identified. How do you raise and educate these exceptional people? If this topic interests you, this indicates that you carry this energy and your children, probably, carry more than you. Understanding yourself and your family will result in experiencing this lecture. Carl, by dowsing, will demonstrate identifying these traits in an individual.

Saturday Workshop: Workshop --- October 6th, 9:30am to 4:00pm, \$ 60.00

THE ASCENSION PROCESS and the Dimensions --- How did the earth and humanity get to this point in its development? What is the 3rd dimension of awareness? What are the challenges of going through the 4th dimension (which we and the planet are in at this time)? What are the long term results of being in the 5th dimension level of consciousness? The Light Workers are in the forefront of the process. It would be helpful to understand who we are and what we are to do during in these times. This will be a day of exciting exploration.

Readings:

LIFE SCRIPT READINGS --- Anyone coming into the physical earth plane states, before ever getting here, their purpose for being upon the planet. This purpose is one of personal growth and service. When you were born, you left behind your memory. Thus, unable to remember what your true purpose is for being here. In a Life Script Reading, while in the meditative state, you will enter the Temple holding the Akasic Records. By viewing the records, through the guidance of Carl, the individual's script is brought into their conscious memory. Then, a knowing occurs of what one has accomplished and what is yet left to be done.

In addition, the individual will be checked for Crystal/Indigo energy, how many Guides/ Masters are overlighting them, how much time they spend in the 3rd, 4th, and 5th dimensions of awareness, plus becoming aware of how balanced (masculine/feminine and head/heart) they are. Family members can be checked for Crystal/Indigo energy without being present.

Readings-- October 5th, 10:00am to 4:30pm October 6th, 6:00pm to 9:00pm October 7th, 9:00am to 12:00pm All readings cost \$60.00 and last 45 min. You may sign up for these classes and readings at Mind Body & Spirit starting TODAY!

Carl and Ortrun's (his partner) CD's will be available, cost \$15.00 each



Barbara Bjorklund
~ Intuitive ~
763.263.7952

Intuitive Energy Readings ~ Classes and Workshops
barbarabjorklund.com
"Encouraging the mind and heart to walk hand in hand."



Judith Newby
Transmedium • Clairvoyant • Clairaudient
Tarot • Psychometry • Automatic Writing
Pet Communications • Telephone Readings

*To Release & Grow in Love & Truth
To Let Your Spirit Soar with Your Soul*

320-352-3625
www.JudithNewby.com

Conversations with Carol

AN EVENING OF INTUITIVE READINGS



Three Sisters
PUBLISHING HOUSE



6:30-9:00 pm

Thursday, September 20, 2007

Kelly Inn, Downtown St. Cloud

Featuring Hay House Author & Radio Personality
Dr. Carol Ritberger

Join Three Sisters Publishing House for this special presentation featuring Hay House Author and Radio Personality Carol Ritberger, PhD. As the author of *Your Personality*, *Your Health* and *What Color is Your Personality*, Carol helps people understand how personality and emotional, psychological and spiritual energy can lie at the root of illness, disease and life crises. Everyone attending this workshop will discover their personality color and learn about their unique strengths and gifts, as well as their challenges and stressors. Participants will then be randomly selected for readings.

Carol has devoted more than 25 years to researching how stress and emotions contribute to the formation of disease in the body. As an international speaker, she conducts workshops focused on the human energy system, body/mind health, stress management and personality typology. Carol's work with energy, health and healing will be featured in her new book, *Healing Happens with Your Help*, to be released in 2008. Although not everyone will receive a reading, all participants and audience members will take away insights that change perceptions, perspectives and possibilities. Carol is a highly sought-after medical intuitive, and this is a rare opportunity to meet her and watch her work.

Registration

\$20 (SEND Students \$10)

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What People Are Saying About Dr. Carol Ritberger

Carol's presentations are filled with humor and joy, and will give you new ways to understand yourself, your friends, your family and your associates.

Louise L. Hay, Author
You Can Heal Your Life

Carol is one of the most awesome teachers of our time, and her work has the power to change your life.

Joan Borysenko, Author
Minding the Body, Mending the Mind

Fossils

Every once in a while I will glance around the shop to see if there is anything that perhaps is not being seen or not being appreciated as I see they should. I noticed one day that fossils don't seem to be noticed very much. I wondered if it was because we didn't know much about their significance. Up until now we have just had them because they are cool. It was time I learned something and now I will share with you what I have learned.

There are as many fossils as there were plants, animals, etc. in the days of the dinosaurs and before. I will speak of fossils in a general sense and then break it down to the fossils that we have carried regularly in our shop, Ammonites and Orthoceras.

What are fossils? Generally skeletal remains (bones, leaves, etc) are replaced with fine, hard Quartz, creating a "fake fossil", however, sometimes the fossils retain their chemical composition, but most of the time fossils have nothing left of the creature or plant that lived so long ago. What is left is what filled in or replaced the living organism as it dissolved and basically becomes a stone. Rarely and highly prized, are fossils replaced with beautiful Pyrite or Opal.

All things are energy and all things have energy. The "stones or rocks" that we call fossils have an energy and a vibration just as all the stones and crystals we have learned about do. Fossils have mystical properties and healing properties as well. As ancient as they are, Fossils are believed to increase longevity. They help one to access the Akashic records, the records of all that was, and will ever be. Shaman in many cultures have used fossils to enhance and amplify their healing as they automatically bring to the shaman the ways of many healers that have gone before. All fossils can help increase accomplishments in the area of business and they also aid one in being open to change and new ideas.

Fossils in general are believed to reduce toxins that one picks up in one's environment. They also reduce stress and balance the emotions, helping one to be more confident in themselves. Fossils can increase one's ability to be telepathic, and help with communication. Fossils also help one with fatigue, digestive disorders, rheumatism, stiff joints, arthritis, and aid in the healing of ailments of the skeletal system, bones, hands, and feet.

Ammonite: this is an extinct fossilized animal similar in structure to the snail and they lived approximately 400 million years ago. The ammonite fossil is a protective stone giving stability and structure to one's life. It helps in changing negativity into a smooth flowing energy. It is also helpful in calming nerves and can be used as a muscle relaxant. Good stone for those ailing from postpartum depression. It helps one to solve complex problems and puzzles and is a wonderful stone for architects or those that work with any design related efforts. The ammonite got its name from the great ram headed Egyptian god, Amun.

Ammonites were known as Draconites in the Middle Ages and were thought to have fallen off of Dragons. In England ammonites were frequently interpreted as being coiled snakes that had been turned to rock and had somehow lost their heads, and are often called "snakestones". It has become a tradition in part of England, called Whitby, to carve snakeheads onto ammonites, this tradition has continued to the present day and these snakestones are sold by many fossil dealers in England. Elsewhere in England it was believed that these snakestones were once fairies, or tiny inhabitants of the forest, that had committed crimes, and for their crimes they were turned into snakes and then were turned to stone. In Greece these fossils were known as Ophites and were kept as charms, protection amulets against snakebites and as a cure for impotence, blindness, and barrenness. Australian aborigines often carry ammonites as they believe the fossils contain magic powers and can help with prophecy. In India they are often used to represent the God Vishnu in Hindu temples. Himalayan tribes call them "Wheels of God". Medicine men and women of the Navajo and other Plains Tribes carry ammonites in their medicine bags and they are known as "wanisugna" or "life within seed, seed within shell". The Blackfeet tribe considers ammonites to be "journey stones" and they believe that if one found or was given an ammonite before a long journey it would be a good omen and would bring protection and good travels. In Ethiopia the possession of an ammonite would lead to dreams in which one can see the future.

Orthoceras: A type of nautiloid, its name actually means "straight horn". The orthoceras also lived approximately 400 million years ago alongside the ammonites. Very little is written about this particular fossil. The general attributes of all fossils are also attributed to the orthoceras. The orthoceras is said to inspire the imagination, and since it was a fearsome hunter it brings to the bearer great courage. This fossil had "legs" or tentacles coming out of the top of its head! This shows us or teaches that it is very important to look at life from more than one view.

Fossils are a great addition to any stone lover's collection but is also a great healing tool that brings with it the wisdom of the ages. Come on in and see what we have at this time for fossils! We might not believe that they drop off of dragons anymore, but they are so cool!

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moment before starting to improve the world"

Anne Frank