

2011
April :: May :: June

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi Everyone,

A friend just recently gave this to Merri and I. It reminded us what being beautiful truly means.

One day a young man was standing in the middle of the town proclaiming that he had the most beautiful heart in the whole valley. A large crowd gathered and they all admired his heart for it was perfect. There was not a mark or a flaw in it. Yes, they all agreed it truly was the most beautiful heart they had ever seen. The young man was very proud and boasted more loudly about his beautiful heart.

Suddenly, an old man appeared at the front of the crowd and said "Why your heart is not nearly as beautiful as mine." The crowd and the young man looked at the old man's heart. It was beating strongly, but full of scars, it had places where pieces had been removed and other pieces put in, but they didn't fit quite right and there were several jagged edges. In fact, in some places there were deep gouges where whole pieces were missing.

The people stared - how can he say his heart is more beautiful, they thought? The young man looked at the old man's heart and saw its state and laughed. "You must be joking," he said. "Compare your heart with mine, mine is perfect and yours is a mess of scars and tears."

"Yes," said the old man, "Yours is perfect looking but I would never trade with you. You see, every scar represents a person to whom I have given my love - I tear out a piece of my heart and give it to them, and often they give me a piece of their heart which fits into the empty place in my heart, but because the pieces aren't exact, I have some rough edges, which I cherish, because they remind me of the love we shared. Sometimes I have given pieces of my heart away, and the other person hasn't returned a piece of his heart to me. These are the empty gouges -- giving love is taking a chance.

Although these gouges are painful, they stay open, reminding me of the love I have for these people too, and I hope someday they may return and fill the space I have waiting. So now do you see what true beauty is?"

The young man stood silently with tears running down his cheeks. He walked up to the old man, reached into his perfect young and beautiful heart, and ripped a piece out. He offered it to the old man with trembling hands. The old man took his offering, placed it in his heart and then took a piece from his old scarred heart and placed it in the wound in the young man's heart. It fit, but not perfectly, as there were some jagged edges. The young man looked at his heart, not perfect anymore but more beautiful than ever, since love from the old man's heart flowed into his. They embraced and walked away side by side. How sad it must be to go through life with a perfect heart.

Author Unknown

Take a moment now to think about all of those people who have made your heart imperfect.

Namaste,
Joan and Merri

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Monday - Friday | 10-7 pm
Saturday | 10-5 pm
Closed Sundays

Thunder Eggs

Thunder Eggs are the state rock of Oregon. Sunstone is the state stone. The only reason that Thunder Eggs did not make the grade to "stone" but instead became a "rock" is that it is a combination of minerals rather than a "pure" mineral combination. Interestingly enough many of the "stones" that are discussed in the most popular geology books and metaphysical books are indeed a combination of minerals and are not considered rocks. Why? Cuz someone said so. I, on the other hand, will claim that these treasure holders should be considered a stone of mystery, not just another volcanic rock. How did they get the name Thunder Eggs and why do I consider them a stone of mystery? Here's what I found when I went digging:

As far back as anyone can say these beauties have been named Thunder Eggs because the first peoples to find them both in the United States and Australia believed they were hurled around during thunderstorms or they were taken, by the gods, from the nests of the great thunderbirds and were used in wars against one another. The natives of both lands have rich stories about these stones. I call them the "stone of mystery" because just as one can never judge a book or person by their cover, one could never judge what these dull brown stones are until one looks inside. These stones form as lava around gas bubbles during the activity of volcanoes. As the lava cools so many things happen. There is a hollow area that is filled with minerals such as agate and opal and the shrinkage and cracking of the outside silica produces the star shaped pattern that is typically found within. No two Thunder Eggs are ever the same and the beauty within is always a surprise. Just as you never know the mysteries and beauty within each new person you meet so too the Thunder Egg remains a mystery until opened.

The natives believed that such great anger, that must have been when these were being thrown around, must follow with great peace and so these stones have been associated with peace. They are wonderful protective stones for children and help one learn how to deal with anger and how to have peaceful outcomes when strife is a challenge. They facilitate right thoughts with right actions. They also help with courage and self-confidence. Thunder Eggs remind us that peace and beauty are always just beneath the surface.

MBS PICKS

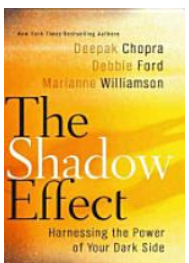
People ask all the time what books we recommend. We decided that just the two of us limit the books that one would consider a "good" read. So to expand the pool of books recommended we are introducing you to a series of practitioner, employee, and perhaps some customer picks! We will have these picks on hand and if not will order them for you in a timely fashion. We begin the series with Bob's Picks! These two books are Bob Sullivan's favorite recommendations at this time. Enjoy!

Oneness by Rasha



Oneness is a book which talks to the individual, at the same time addresses life, in all its varied forms. It is a book about personal ascension. Among the myriads of definitions and stories one may find on the internet about ascension happening on the planet now, it is easy to get confused. Oneness removes all the heat and focus from the actual events and stories and engages one in a very deep vision of individual soul transformation. This is one serious book recommended for souls who are seemingly in chaos in life: financial woes, relationships, physical ailments etc, all of which are hallmarks of shifts happening in consciousness, only exhibited by changes in the mundane life. Best taken in small bites....

The Shadow Effect - Illuminating the Hidden Power of Your True Self by Deepak Chopra, Marianne Williamson, and Debbie Ford



The Shadow Effect refers to the place deep down inside of each us, that we would prefer remain buried. It doesn't though. Instead, it shows up as a snide or hurtful comment, self-sabotaging decisions, or self-destructive & addictive behaviors. Chopra, Ford and Williamson contend that the more we try to silence the Shadow's voice, the louder it gets. The more we try to ignore its presence, the stronger it becomes. Instead, they give us very compelling reasons to acknowledge the existence of our Shadow. Then, bring it right out in the open & claim it as a piece of our humanity. At this point, we can shine a bright light of self-love on it. When a shadow is bathed in light, it disappears.

Lavender Oil Revisited

Those who use aromatherapy and essential oils regularly might use the phrase "when in doubt use Lavender". That is true in many cases and for the majority of people lavender oil will not hurt them. But just like any natural substance, including oils, one can be allergic so caution is advised with all oils until one knows how they react. Lavender can potentially cause seizure activity in epileptics, especially "spike" lavender (see below for pure lavender discernment). That being said lavender oil is liked by most and can be used by most. Lavender is well known for its calming effect on people and is ideal for helping most people get better rest, especially children. (When using oil on children, apply to bottoms of feet and be sure to use a carrier oil when applying directly to skin). This is a great oil to make "monster" spray (10-15 drops lavender in small spray bottle of water). It not only helps them sleep but empowers them so they can get rid of their own monsters.

Lavender is beneficial for skin irritations, especially burns, acne, dermatitis, bug bites, and rashes. It is also useful for easing headaches, allergies, insomnia, depression, PMS, and menopausal symptoms. These are just the tip of the iceberg for the uses of Lavender essential oil. In fact, Lavender is used today for so many things that I really only have room enough to be writing what it doesn't help with!

Make sure that you have pure or "true" lavender before using it on burns. If lavandin is used it could actually cause more skin irritation on sensitive areas. Here is how you can tell the difference: The smells are totally different. Once you smell the difference you will know it! But for beginners look at the label. If the essential oil that you are purchasing says the botanical name of *Lavandula angustifolia*, *officinalis*, or *vera*, then use it on your burns. This is the true lavender. If it says anything else such as *Lavandula spica*, or *latifolia*, ask the seller if the lavender is a hybrid, lavandin or specialty lavender. Ask questions. The other lavenders are still great for use in detergents, scents for rooms, and can be used for some therapeutic reasons. Stick with the pure Lavender for certain skin contacts and more sensitive therapeutic use. Ask questions, experiment, and then enjoy the calm of Lavender!

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Intuitives, Psychics & Healers

Please call or check online calendar page for appointment availability. Appts for the following practitioners can be made by calling 320-203-9630. Most practitioners are scheduled by appointment only. Some, though not all, will take walk-ins if the practitioner is already available at the store. Call ahead for availability. More information can be found on our Web site at www.mindbodyspirit-online.com (services page) It is extremely important that you PLEASE call if you cannot make your scheduled appointment (within an appropriate time) as most practitioners drive some distance to be at these scheduled appointments. It is also important that you are on time. You being on time helps everyone be on time. Thank you!

ANN DRAGSTEN/HEALING TOUCH (Available Select Thursdays) \$65.00 session

Holistic energy-based approach to healing the whole person, physically, emotionally, mentally, & 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.

BARBARA BJORKLUND/INTUITIVE GUIDANCE (Available most Tuesdays and Select Saturdays by appt) \$90.00 hour or \$50.00 1/2 hr
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.

BOB SULLIVAN/PAST LIFE REGRESSION (Call for availability) Sessions are 1.5 hours for \$65.00.

Past life regression can help identify, process & transform unresolved issues, beliefs or attachments. In facilitating a regression, we examine current issues such as unfinished business, limiting vows, trauma or un-grieved loss and help the client reprocess the event, bringing completion. It is also possible to recall positive lifetimes...life times of mastery, gifts, talents, safety, lovability, and worthiness.

BOBBI RICE/KINESIOLOGY (Available the 3rd Tues of the month or by appt) \$50.00 per hour Gift Certificates available.

Health kinesiology is a simple and non-invasive way of balancing the body's energy system to improve overall mental, emotional, and physical health. It uses manual muscle testing which helps evaluate the imbalances in the body and then helps determine what the body needs at the time. **AXIATONAL** As a healing modality Axiatonal opens your blocked energy pathways that hold back the Divine flow of Love. It is through fear, judgment, and other negativity that we block this flow. Golden lines connect all of our body parts much like the Meriden System and they connect us to all that is. They also reconnect us to the Divine Mind Itself. Axiatonal involves 3 stages. Each stage should be approximately one month apart. If you would like to experience Axiatonal and reconnect the flow of energy with the Divine give me a call and schedule your first session.

DIANE WINTER/NAME & BIRTHDAY READINGS (Select Wednesdays, or as needed by appt.) \$30 for 1/2 hour includes five page chart. Who are you? Why are you here? What does your future hold? Discovering the energies your name and day of birth may be attracting can open you up to treasures within you! Your reading will suggest your primary life challenge, natural gift to the world, hearts desire, ultimate goal, major life period, and personal year. Tape recording is welcomed!

JOAN STOKES/ANIMAL COMMUNICATION (Available most Thursdays by appt.) \$40.00 per 1/2 hr \$75.00 per hour

Joan has had over 20 years experience working with animals at various Veterinary Hospitals and has "talked" to the animals ever since she can remember. Joan is empathic and can feel what the animals are feeling in the moment, if she is allowed access. She "talks" to the animals via feelings and pictures and then translates those feelings and pictures into human language.

JUREMA SILVA/SPIRITUAL HEALER FROM BRAZIL \$50.00 per 1/2hr 95.00 per hour

(Available select Tuesdays, Wednesdays & Thursdays. Consultations also available in Portuguese & Spanish).

Twenty years ago Jurema brought to the U.S. a unique combination of healing practices from the Amazon natives, the magical Yoruba, the Spiritism Doctrine, Christianity and from Eastern culture – all that found in Brazil. She transformed her spiritual knowledge into this fascinating and mystic healing style that includes Holistic Reiki, Spiritual Guidance and Readings, Brazilian Energy Healing, Grieving Support and more. Her practices are helping people of all beliefs and cultures to see themselves as whole, without fears.

KELLI SPENCER/PSYCHIC MEDIUM (Available most Mondays by appointment) \$60.00 per 1/2 hour \$100.00 per hour

As a Psychic Medium Kelli channels your guides, angels, and also loved ones who have crossed over to speak directly with you to help you move on and deal with current life issues. Working closely with the Archangels, Ascended Masters, Angels and Goddesses, I give you insight as to what your guides want you to know and what direction you should be moving towards.

PAULETTE LUCAS/PSYCHIC INTUITIVE (Available most Fridays by appointment) \$60.00 per 1/2 hr and \$100.00 per hr.

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 more than 20 years. She works with spirit guides, angels, and deceased loved ones.

TAMARACK/TAROT & ASTROLOGY (Available most Fridays by appointment) \$1 per minute

Tamarack is a seasoned interpreter of the Tarot and a skilled Astrologer. Many of you have been asking for an in-house tarot reader. Well, here you have it! Tamarack is an especially talented artist with Mother Earth's gifts. Along with the deep connection she has with the earth comes a deeper understanding of the individual within the whole. Allow minimum of 30 minutes for tarot. 1-2 hours minimum for astrology.

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbody spirit-online.com</p>					<p>1</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p>	<p>2</p>
<p>3 <i>New Moon</i></p>	<p>4</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>MEDITATION For Kids/7-8 pm</p>	<p>5</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p> <p>SHAMANIC JOURNEYING 7-9 pm</p>	<p>6</p> <p>MEET & GREET WITH ARTIST MELISSA HARRIS 5-6 pm</p> <p>DEVELOPING & USING YOUR PSYCHIC AWARENESS 6-8 pm</p>	<p>7</p> <p>SPIRIT ESSENCE PORTRAITS MELISSA HARRIS</p> <p>VERY BASIC BELLY DANCE 7-8 pm</p>	<p>8</p> <p>SPIRIT ESSENCE PORTRAITS MELISSA HARRIS</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p>	<p>9</p> <p>SPIRIT ESSENCE PORTRAITS MELISSA HARRIS</p>
<p>10</p>	<p>11</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>12</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p>	<p>13</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>DIANE WINTER Numerology 12-3 pm</p>	<p>14</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>JOAN STOKES 11-3/by appt.</p> <p>VERY BASIC BELLY DANCE 7-8 pm</p>	<p>15</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> <p>REIKI LEVEL ONE 10:30-5:30 pm</p>	<p>16</p> <p>INTUITIVE ARTS FAIR 10-5 pm</p>
<p>17 <i>Full Moon</i></p>	<p>18</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>19</p> <p>BOBBIE RICE Kinesiology 11-3</p> <p>BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p>	<p>20</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>STEPPING INTO META-PHYSICS #1 7-10 pm</p>	<p>21</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p> <p>VERY BASIC BELLY DANCE 7-8 pm</p>	<p>22</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p>	<p>23</p> <p>ANGEL COMMUNICATION & HEALING 1-3 pm</p>
<p>24</p>	<p>25</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>26</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p>	<p>27</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p>	<p>28</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>JOAN STOKES 11-3/by appt.</p> <p>VERY BASIC BELLY DANCE 7-8 pm</p>	<p>29</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p>	<p>30</p> <p>HERBS FOR CHILDREN'S HEALTH & WELLBEING 1-3 pm Consultations w/Herbalist Liz Johnson available by appt.</p>

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm MEDITATION For Kids/7-8 pm	3 <i>New Moon</i> JUREMA Brazilian Energy Healing 11-5/by appt. BARBARA BJORKLUND Psychic/Intuitive 3-7 pm .	4 JUREMA Brazilian Energy Healing 11-5/by appt.	5 JUREMA Brazilian Energy Healing 11-5/by appt. JOAN STOKES 11-3/by appt.	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 by appt.	7
8	9 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm MEDITATION 7-8 pm	10 JUREMA Brazilian Energy Healing 11-5/by appt. BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt. SHAMANIC JOURNEYING 7-9 pm	11 JUREMA Brazilian Energy Healing 11-5/by appt.	12 JUREMA Brazilian Energy Healing 11-5/by appt.	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	14 BARBARA BJORKLUND Psychic/Intuitive 10:30-2:30 pm HONORING YOUR DREAMS 1-3
15	16 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm MEDITATION 7-8 pm	17 <i>Full Moon</i> BOBBIE RICE Kinesiology 11-3 BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.	18 JUREMA Brazilian Energy Healing 11-5/by appt. DIANE WINTER Numerology 12-3 pm STEPPING INTO META-PHYSICS #2 7-10 pm	19 JUREMA Brazilian Energy Healing 11-5/by appt. ANN DRAGSTEN Healing Touch 12-6 pm	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 by appt. .	21 DRUM MAKING 11-4 AURA PHOTOS 12-5 pm
22	23 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm MEDITATION 7-8 pm	24 JUREMA Brazilian Energy Healing 11-5/by appt. BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.	25 JUREMA Brazilian Energy Healing 11-5/by appt.	26 JUREMA Brazilian Energy Healing 11-5/by appt. JOAN STOKES 11-3/by appt.	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	28 KEEPING CALM & COOL WITH HERBS 1-3 pm Consultations w/Herbalist Liz Johnson available by appt.
29	30 STORE CLOSED	31 JUREMA Brazilian Energy Healing 11-5/by appt. BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.				For more detailed information on these events please see our online calendar. www.mindbody spirit-online.com

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>			<p>1 New Moon</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p>	<p>2</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p>	<p>3</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>REIKI LEVEL TWO 10:30-5:30 pm</p>	<p>4</p> <p>LIFE REVIEW 1-3 pm</p>
<p>5</p>	<p>6</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>MEDITATION For Kids/7-8 pm</p>	<p>7</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p>	<p>8</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p>	<p>9</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p>	<p>10</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>ART CRAWL 5-9 pm</p>	<p>11</p> <p>BARBARA BJORKLUND Psychic/Intuitive 10:30-2:30 pm</p> <p>HERBS & CHRONIC DISEASE 1-3 pm Consultations w/Herbalist Liz Johnson available by appt</p>
<p>12</p>	<p>13</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>14</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p>	<p>15 Full Moon</p> <p>DIANE WINTER 12-3 pm</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>STEPPING INTO META-PHYSICS #3 7-10 pm</p>	<p>16</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p>	<p>17</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>18</p> <p>AURA PHOTOS 12-5 pm</p>
<p>19</p>	<p>20</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>21</p> <p>BOBBIE RICE Kinesiology 11-3</p> <p>BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p>	<p>22</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p>	<p>23</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>JOAN STOKES 11-3/by appt.</p>	<p>24</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p>	<p>25</p> <p>WHISPERS FROM HEAVEN 1-3</p>
<p>26</p>	<p>27</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>MEDITATION 7-8 pm</p>	<p>28</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 3-7 pm/or by appt.</p>	<p>29</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p>	<p>30</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p>		

Class Descriptions

Please remember that ALL classes, with the exception of Monday night Meditations, need registration. Walk-ins will sometimes be excepted if room is available. Always call in advance if you plan a walk-in as classes can be canceled. Many classes will need a credit card hold to secure a place in the class. Classes are not charged until the day of class and they should be paid in the store, even if you have left a credit card number with us. (Rarely, but in some cases the instructor will take payment) Classes are not refundable within 2 days of class time. All classes should be registered for by calling, or stopping by, Mind Body & Spirit. We do not have online registration as of yet. Please be at the store at least ten to fifteen minutes prior to class for payment time. We accept cash, check, or credit cards. Thank you and enjoy your classes!

ANGEL COMMUNICATION & HEALING | Saturday, April 23 | 1-3 pm | \$20 | Jill Hendrickson **NEW CLASS**

Angels communicate with us every day and provide healing on a Divine level. Come and learn about the various angels and how they can assist you in every area of your life. You will be participating in a group hypnosis session to help you develop your angel communication skills.

AURA PHOTOS & READINGS | Saturday, May 21 & June 18 | 12-5 pm | \$25 | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy and images and captures it onto a polaroid picture. Based on the color, clarity, position and amount of color, it is possible to get a read on the mental, emotional, physical and spiritual energy of the subject captured in that moment in time. Bob uses his intuitive abilities to tap into the energy field of the photo and possibly identify your energy blocks, leaks, or other things about you. Enlightening!

DEVELOPING & USING YOUR INTUITION | Wednesday, April 6 | 6-7:30/8 pm | \$20 | Melissa Harris **NEW CLASS**

Everyone is psychic. That's all there is to it! In my many years of teaching and doing readings I have learned that everyone has the capacity to tune into their intuition and furthermore to enrich their daily lives by integrating these sensitivities. This evening I will share some ways in which you can learn to connect with Spirit. Connecting with Spirit helps us to be able to connect with our Spirit Guides, angels and totem animals and use the help they are willing to give. I began recognizing my own intuitive abilities in childhood and will discuss with you how to recognize and strengthen them. Included in the talk will be the use of card decks (such as Tarot and other divination tools) as well as crystals. Bring your questions and a willingness to go into the unknown.

DRUM MAKING | Saturday, May 21 | 11-4 pm | 13" drum \$110/16" drum \$135 | Wayne Manthey

Make your own frame drum for more meaningful drumming. This class will bring out the ancestral roots in anyone. It's a deeply moving experience to make your own drum that will last years and will become a cherished piece to be passed between generations. It's a class you will remember for a lifetime. Nothing to bring. Everything supplied. Reserve your space now!

HERBS FOR CHILDRENS HEALTH & WELLBEING | Saturday, April 30 | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

Herbs and Children are a natural match! Come and learn about safe alternatives to over the counter medicines that grow right in our own back yards. We will discuss safety in children's dose sizes, herbs for common issues from fever to allergies, and more. Come and touch and even taste the herbs that have been used to help children for centuries. Learn recipes, understand how a holistic approach to healing can help children become healthy adults.

HERBS FOR CHRONIC DISEASE | Saturday, June 11 | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

There are a number of diseases that creep up on us over the years—diabetes and arthritis are just two examples. Come and learn about herbs that work with the body to keep it healthy while dealing with chronic health issues. We will also go over ways to help delay the onset of these issues for younger family members. When herbs can help, when certain herbs need to be stopped. How to manage alternative health care with other medications will be discussed as well.

HONORING YOUR DREAMS | Saturday, May 14 | 1-3 pm | \$20 | Jill Hendrickson **NEW CLASS**

The dream time is essential to our very wellbeing. Come and explore what your dreams are trying to tell you. Having nightmares or disturbing dreams? I will offer some suggestions to releasing those reoccurring dreams. By honoring all dreams, good and bad, you will open the door to greater self-awareness.

KEEPING CALM & COOL WITH HERBS | Saturday, May 28 | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

There are cooling beverages from warm climates that can help keep us cool, and calm all summer long. Some help with blood pressure issues, others with stress, still others simply cool the body during these hot summer says. Join me for a fun and tasty class on cooling herbs. We will sample an herbal iced tea that is tasty and refreshing!

LIFE REVIEW | Saturday, June 4 | 1-3 pm | \$20 | Jill Hendrickson **NEW CLASS**

What is your life purpose? By reviewing your life, you can allow yourself to find reoccurring patterns that give you insight into what this life is all about. Once you become aware of your lessons, you can launch yourself forward and move on. You will be participating in a group regression hypnotherapy session that will provide life purpose clarity. We will also talk about Life-Between-Life hypnotherapy.

MEDITATION | 2nd, 3rd, 4th Monday of the Month | 7-8 pm | Suggested Donation \$5 or More | Practitioners Rotate

Monday Meditation will rotate among various practitioners, including Paulette Lucas, Kelli Spencer, and Anne Brady. As in the past, the facilitator will lead you through various meditation techniques that can enhance your peace of mind, help you feel closer to Spirit, and provide answers to your issues. Each hour session will consist of time to learn a process and practice it.

Class Descriptions cont.

MEDITATION FOR KIDS | 1st Monday of the Month | 7-8 pm | Suggested Donation \$5 or More | Paulette Lucas

This meditation class is geared towards helping children and young adults, ages 6 years and older, learn relaxation and visualization techniques. These techniques will help with calming anxious feelings as well as helping them feel good about who they are as individuals. Research has shown that meditation for kids also helps develop their concentration levels so they can be successful in school and many areas of their lives. Children 6 years to 12 years must be accompanied by a parent or adult guardian. All ages 12 and older, as well as adults, are welcome to attend. (Please be advised that this meditation could be interrupted as there are younger children learning.)

REIKI LEVEL ONE | Friday, April 15 | 10:30-5:30 pm | \$ | Deb Erickson **NEW CLASS**

In this class you will learn basic information on the chakra system, a brief history of Reiki and hand positions for giving a full body Reiki session. You will receive a level one attunement. Each student will give and receive a Reiki session. Cost is \$115 which includes the book "Reiki The Healing Touch First and Second Degree Manual. This book will be used in the level two class as well. *Space is limited. Sign up early. Unfortunately if the class does not fill it will not be offered. So I hope to see you there. peace deb

REIKI LEVEL TWO | Friday, June 3 | 10:30-5:30 pm | \$ | Deb Erickson **NEW CLASS**

In this class you will learn to scan the energy field, learn three symbols to enhance the Reiki energy including a symbol to use in distant healing. You will receive a level two attunement. Each student will give and receive a Reiki session using the symbols. Cost is \$135 *Space is limited. Sign up early. Unfortunately if the class does not fill it will not be offered. So I hope to see you there. peace deb

SHAMANIC JOURNEYING FOR BEGINNERS | Tue, April 5th or May 10 | 7-9 pm | \$25 includes shamanic drumming CD

Kelli Spencer Shaman Practitioner **NEW CLASS**

Have you wanted to implement meditation into your life but find it hard to do? Do you find yourself wanting answers, but can't seem to access them? Learn Shamanic Journeying to access the world of Mother Earth and your power animals that are here to help you get answers to questions that you have. For more information go to www.kellispencer.com Must be registered at Mind Body and Spirit before scheduled class dates.

STEPPING INTO THE METAPHYSICAL WORKSHOP SERIES **NEW CLASS**

"Stepping into the Meta-Physical" Workshop Series-This is your chance to get a great deal of information, in a more compact form, without losing any essentials. Bob Sullivan has taken many of his most popular classes and put them in one series! Bob's classes are great but, for some, it seems like a huge commitment to take them all. In this series (any of which can be attended without attending the others and they need not be taken consecutively) Bob will take the student on a journey through each of the following shown below. These workshops have something for everyone! Each three hour workshop in this series is only \$30.00! Great savings and great fun! Call today!

STEPPING INTO THE METAPHYSICAL #1 | Wednesday, April 20 | 7-10pm | \$30 | Bob Sullivan

Topics to include:

- Encountering the energy in ourselves and around us
- Protecting our energy
- Grounding
- Intuition and tuning into the world around us

*In Class Exercises and meditation

STEPPING INTO THE METAPHYSICAL #2 | Wednesday, May 18 | 7-10pm | \$30 | Bob Sullivan

Topics to include:

- Opening up to and developing our gifts
- Connecting with our guidance
- Soul Travel
- Reincarnation and much more...

*In Class Exercises and meditation

STEPPING INTO THE METAPHYSICAL #3 | Wednesday, June 15 | 7-10pm | \$30 | Bob Sullivan

-2012 and the ascension process

-Letting go.

-Understanding the concept of Oneness

Creating and Manifestation

*In Class Exercises and meditation

WHISPERS FROM HEAVEN | Saturday June 25 | 1-3 pm | \$20 | Warren & Mary Kay Holland **NEW**

Mary Kay & Warren Holland, Medium Healers, will be demonstrating various methods of communications and healings with loved ones and guides. It is an unusual combination of abilities. Includes individual readings as time allows, and an entertaining way of learning about soul-filled living.

This is from a newsletter written by Jill Hendrickson, another gifted intuitive and hypnotherapist we have been fortunate enough to have join us at MBS. She was at our Fall EXPO and now teaches classes and provides readings as well. Her words seemed to be very timely. She gave us permission to share with you. Enjoy!

BEing at PEACE in times of change.

I can't think of a time where there hasn't been some type of struggle or change in my life. As hard as I tried to control the things that came into my life, it kept showing me I couldn't. Here are some tips to reduce anxiety and feel at peace during change so that these changes move through you instead of overtaking you:

1. YOU ARE NOT ALONE - IT'S OKAY TO ASK FOR HELP

One of my greatest hurdles was to ask other people for help. I even pushed it away forcefully when my husband, Ken, was in the hospital. I thought I could handle everything on my own - working, seeing Ken at the VA, taking the dogs for a walk. And I did. At least for a while. Then it started to become overwhelming and I HAD TO ask for help. It was harder to admit to myself that I needed help than it was to find people willing to help me. There were so many people that knew about Ken's injuries and wanted to help. People I had never met called us wanting to donate whatever they could. It touches me deeply to know that there were so many caring people and organizations that were willing to help me. And they are waiting and willing to help you too!

2. LET GO - RELEASE YOUR CONTROL

Have you ever tried to get a child to go somewhere they didn't want to go? Once they get a grip on a door handle or solid object, good luck! Sometimes, we have a death grip on a certain outcome or way of life that we want and we don't want to let go. Yet, the fastest way to get through that situation is to release our control. Just like a rubber band, you pull and stretch to make it go where you want it to go. Once you let go, you don't just move forward - you launch yourself forward.

3. EVERYTHING HAS A PLACE - HONOR WHAT IS THERE

The age old question - why do bad things happen to good people? The fastest way to come to peace is when we realize that everything has a time and a place. Even the things we call 'bad' are here to teach us and the world so that we can ascend to a greater consciousness. Honor all things by giving yourself the time you need to process these experiences. This brings me back to one of the basic lessons I learned in Sunday school - Ecclesiastes 3:1-8.

A TIME FOR EVERYTHING

There is an appointed time for everything. And there is a time for everything under heaven.

A time to give birth, and a time to die

A time to plant, and a time to uproot what is planted

A time to kill, and a time to heal

A time to tear down, and a time to build up

A time to weep, and a time to laugh

A time to mourn, and a time to dance

A time to throw stones, and a time to gather stones

A time to embrace, and a time to refrain from embracing

A time to search, and a time to give up as lost

A time to keep, and a time to throw away

A time to tear apart, and a time to sew together

A time to be silent, and a time to speak

A time to love, and a time to hate

A time for war, and a time for peace

We need the negative to see the positive, If we did not have hot, we would not know cold. If we did not know dark, we would not know light. Remember, when you are in a lit hallway and open the door to a darkened room, the darkness does not overcome the light. It is the light that moves into the darkness to reveal what is inside. Let the light that is within you shine!

Life is complicated enough - Let's make living SIMPLE!

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SHAMANIC JOURNEYING FOR BEGINNERS

with Kelli Spencer, Shaman Practitioner

April 5th from 7:00 - 9:00 p.m.
and again on May 10th from 7:00 - 9:00 p.m.
at the Mind Body and Spirit Events Building, St. Cloud

Have you wanted to implement meditation into your life but find it hard to do? Do you find yourself wanting answers, but can't seem to access them? Learn Shamanic Journeying to access the world of Mother Earth and your power animals that are here to help you get answers to questions that you have.

For more information go to www.kellispencer.com
Register at Mind Body and Spirit or www.kellispencer.com

Please bring an eye cover and a pillow and blanket to make yourself comfortable, along with paper and pen to write down all of your journeys that you will be going on. There are limited yoga mats available, if you have your own mat please bring it along. You will be lying down for this type of meditation.

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Insight from the Dalai Lama

When I speak about love and compassion,

I do so not as a Buddhist, nor as a Tibetan, nor as the Dalai Lama.

I do so as one human being speaking with another.

I hope that you at this moment will think of yourself as a human being rather than as an American, Asian, European, African, or member of any particular country.

These loyalties are secondary.



Mind Body & Spirit

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"There is always time to add a word, never to withdraw one". Baltasar Gracian