

2011
July :: August :: September

KaLeidoScoPe

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Please Note: After this issue, we will no longer be sending our quarterly newsletter, Kaleidoscope, via postal mail. If you prefer a hard copy, we encourage you to pick up one at the store or easily print one from the Newsletter page of our website. Please visit our website and join our email list to receive newsletter notifications, special discounts and the latest information about classes, special events, and products.

Hi Everyone,

As I write this I am about three and a half weeks from heading to Europe with my daughter, Laura. By the time you are reading this I will be home. We have been planning this trip most of her life as she started asking when she was seven if I would take her to Paris! She never gave up on that dream and I am fairly convinced that it is a past life connection that has driven her passion for this adventure. She has never wavered from wanting to go but she has wavered in her belief that we would. And belief is everything.

We had planned to go on this trip to Paris last year in the spring. Laura was very excited but apprehensive and doubting we would make it happen. Besides the obvious that her mother is not rich and this was going to be expensive, she also thought the Universe, God, or whatever the choice, was against her. Well, her mother had been saving and the tickets were bought. The passports arrived. She still had doubt. I had, what I thought was belief for us both. That is clearly not enough. The volcano in Iceland started acting up. It wasn't going to be a problem yet but Laura believed it would. The volcano exploded, flights were canceled, air quality was bad. I probably could have still gone but talking to people in Paris led me to realize that the air quality would not be good for Laura's asthma. I told Laura that if she had belief that we were actually going, we would. She laughed at me and said, "I am sure that the volcano erupted JUST because of me!" I answered her sarcasm with, "The volcano didn't erupt because of you but it has effected you because of your belief. You see, any given day there are tragedies, as well as miracles, happening all over the world. They effect you according to your beliefs. If you don't believe in miracles, then you won't see them. If you believe that something is going to get in your way, it will." She believed we would not be going last year. We didn't.

This year, she believes. At least she is giving it EVERYTHING she's got. Then I was thinking the other day about how badly she has always wanted this and I began to worry about her satisfaction with the trip. After so many years of excitement about it I was starting to worry that she would be disappointed because it wouldn't meet her expectations. Now there was work to be done on my end! You see...worry is a form of negative belief. And now my belief or worry could create disappointment for my daughter. My work on this worry began with me reminding myself that the only thing that could create disappointment for Laura is herself. I have no control over her experience. I only have control over my experience.

We all have complete control over our experiences. We have the power to make every experience an experience of a lifetime. And the power lies within us to create the best or the worst time of our lives within every experience. We choose every day. We don't always have the choice what happens. We don't make bad things happen because of our beliefs, but our beliefs make bad things effect us. And our beliefs make good things effect us as well. It's tricky. So, Laura worked on her beliefs and I worked on my negative beliefs (worry) and we are going on our trip. I believe it will be, an experience of a lifetime!

Namaste, Joan

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PEACOCK

Peacock symbolism: Vision, Royalty, Spirituality, Awakening, Guidance, Protection, & Watchfulness.

In Greco-Roman mythology the Peacock tail has the "eyes" of the stars. In Hinduism, the Peacock is associated with Lakshmi who represents patience, kindness and luck. In Persia the Peacock is seen as a guardian to royalty, and is often seen in engravings upon their thrones. In Christianity the Peacock represents the "all-seeing" church. The Peacock also represents resurrection, renewal and immortality within the spiritual teachings of Christianity. Themes of renewal are also linked to alchemical traditions too, as many schools of thought compare the resurrecting phoenix to the modern-day Peacock.

The Peacock has been linked to Kuan Yin and it is this deity that is supposedly the creator of the beautiful colors of the Peacock's signature tail feathers. Legend tells us Kuan Yin could have been immortal but stayed because she wished to aid humanity in their spiritual evolution. Kuan Yin taught people, through her own compassionate spirit, to live together as friends. When she decided to go to the heavens she appointed a guardian to keep the earth peaceful. She called a bird, with dull brown feathers, to her. She rubbed her face and brushed her hands down the length of its feathers, which created a kaleidoscope of colors and beautiful eyes on the end of each long feather. The Peacock feathers remind us that Kuan Yin is compassionately watching over us.

It has also been said that the Peacock is the earthly manifestation of the phoenix. The feathers are talismans to protect the wearer from accidents, poisoning, diseases, and other disasters. For this reason the Peacock feather represents immortality, and can absorb negative energies, protecting those who wear them. Just like the phoenix those who wear the Peacock feather can rise from the ashes.

Peacock energy can help you on your spiritual path and breathe new life into your walk of faith. The Peacock is a symbol of the compassion of Kuan Yin and the integrity that is possible in all religions. It is the watcher of all. Remember, the cry of the Peacock is a call to Kuan Yin to help her people. The Peacock is a reminder to all of us to show our true colors.

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GIFTS FROM THE OCEAN

The sound of the ocean soothes most people. Actually any movement of water seems to be a natural neutralizer of all stress and chaos within. People have had a love affair with water since life began. Why? We are basically made up of mostly water and we spend our beginnings in the womb emerged within a water of sorts. Although we don't all feel safe in water, most of us feel a sense of well-being to be near it. And the waters of the world hold many treasures that we have only begun to discover. When we hold something or wear something that was born of water we naturally feel a wholeness or connection with it. This is one of the many reasons that Pearls, Abalone, White Shell, Wampum, and much more have been highly thought of and cherished for thousands of years in many different cultures.

There are almost as many stories of these riches from the deep as there are cultures. Chinese dragons were water creatures and legend has it that pearls may have been the tears of the gods falling from the heavens when dragons fought and died. And yet other cultures have said that pearls were "dragon tears" of the dragons that were left behind when man began to kill them. Pearls then became known for relieving sadness and grief, especially from losing a loved one. And abalone shell pieces tumbled by the ocean and washed up to shore were thought to be dragon scales and small tumbled pieces are still called that today. Since dragons have long been known to be strong protectors, and magical creatures, pearls and abalone have been traditionally known to be worn for protection and magic. White shell was worn by many Native American peoples to honor and remember White Shell Woman who is important to the creation story and was the wife of water. Aboriginal tribes believed, and some still do, that spiritual power can be gained by carrying certain shells. Also the people of Hawaii believe that Mana, or a person's soul is deep within a person's bones. Since shells, as bones, protect the Mana of the creatures of the deep, this community purports that shells represent protection for the soul. Wampum, a type of shell, was used as a form of money by Native tribes as it was a symbol of richness and honor. The longer a strand of Wampum, the more it was worth. Many times Wampum was beaded together with white shell beads made from Whelk shell. White shell had a spiritual meaning and was a symbol of truth and purity. Many tribes didn't even have a word that meant lie until they learned what a lie was from the white man. More Wampum meant more stature and higher stature meant more wealth and higher wisdom.

The Pearl has long been known to be associated with the moon. It represents the ebb and flow of life and change within life. Just as the moon affects the tides so too does the Pearl affect the bearer in making beautiful change possible. It has been known to enhance personal integrity and provides a reflection of the self or reflection of the soul so that one may know themselves on a deeper spiritual level. It has long been used to increase fertility and ease childbirth. The Pearl also helps the one wearing it to connect to the Goddess and ultimate feminine energy. They are very calming and it is said that to hold a pearl will make one want to gently rock from side to side like being tumbled by gentle waves. The Pearl resonates with the solar plexus and heart chakras and can help bring harmony to relationships. Abalone shell can also make one feel a sense of security. It has gentle blue, white and green ripples of color that look like the waves of the ocean. It has also been used to increase intuition and imagination. Mother of Pearl is the white part of the Abalone shell, and Paua shell is the blue part. It is called Mother of Pearl as it is the shell or protector of the Pearl. The Mother of Pearl is often given to loved ones, especially Mothers as it represents connection to family. Young women within some Apache tribes wear Abalone for coming of age ceremony as it is the next step to becoming mothers. In China, the Pearl is worn for immortality, (dragons are immortal as they do not die natural age deaths but can be killed by man), enlightenment, and wisdom. All shells have been traditionally used for help with skeletal health, dysfunctions of the spinal column, joint disorders, calcium deficiencies, and also helps with hearing disorders.

A Pearl is made from a secretion of an oyster or mollusk that is produced to protect it from foreign objects. When a small grain of sand finds its way into an oyster or mollusk it is an irritant and the creature begins to produce nacre which is a shiny, shimmering substance that begins as a type of organic glue around the sand. This is the same beautiful substance that creates the inner shiny colors of shells. As the creature keeps coating this over and over a pearl is formed by the multitude of layers. With an irritant being the catalyst for the eventual beauty, Pearls have also been known to hold the energy of cleansing as the moon cleanses, gently dislodging "irritants" from our lives. Pearls can take between seven and eight years to develop. There are many types of Pearls including; natural-made without the help of man, cultured-made when a foreign substance is intentionally put into an oyster or mollusk, baroque-pearls with irregular shapes, blister pearls-pearls that grow attached to the shell of the creature, and freshwater-pearls which form in fresh water and resemble puffy rice.

Finally, it is important to mention that whatever one is drawn to is what one may need. Many people come into the shop looking for "birthstones". There is nothing wrong with this and tradition is nice sometimes. But keep in mind that birthstones were "picked" out by the American National Association of Jewelers in 1912 and they really had no basis for their "picks". They were just that, picks. And traditionally Pearls have been given on the 1st, 3rd, 12th, and 30th anniversaries. Again, tradition is nice but there is no substitution for choosing what your intuition says you or a loved one need. Listen to your intuition, it will never lead you wrong. Get something for yourself today that leads you back to your beginnings.

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.

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 by appointment) \$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.

DIANE WINTER/NAME & BIRTHDAY READINGS - NUMEROLOGIST (Available Weds (or as needed) by appt.)\$30 for 1/2 hour includes a 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. 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 (On Tuesdays receive a \$10 discount on all 1/2hr & hour sessions) (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.

LIZ JOHNSON/ MASTER HERBALIST (Available select Saturdays by appointment)

Liz began her journey to herbalism and other "alternative" healing modalities in 1985. After having seen her father go through years of misdiagnosis and pain with heart disease, Liz was left questioning whether there were alternatives to his experience. This opened Liz to Traditional and Natural Healing. Along with several years of correspondence courses, etc, she apprenticed with Registered Herbalist, Matthew Wood (www.matthewwoodherbs.com). Liz continues with her education to this day, seeking out teachers, schools, and conferences to enhance her twenty years experience in the Traditional and Modern uses of herbs and other healing methods. These opportunities have included Australasian College of Herbal Studies, and with the American Academy of Acupuncture and Oriental Medicine. Liz has been in private practice since 1995. Liz does workshops and classes and also does individual consultations by appt.

MADAM CAROLYN/PALMS, CRYSTAL BALL, TAROT (Available August 6th and September 21st)

Madam Carolyn has been reading palms at the Minnesota Renaissance Festival in Shakopee, MN for thirty years as well as other Ren Fests around the U.S. She has been on the radio, television and has recently published "Psychic Palmistry Revealed by Madam Carolyn". She has studied with American Indian Shaman's, Gypsy Readers and many other ethnic readers and with her own psychic ability has developed a style of reading that is uniquely her own. \$100.00 for Palms & Tarot. \$130.00 Palms, Tarot and Crystal Ball. Palmistry Only: \$55.00. Call with any questions. Tape recorders are welcome. As said, this is LIMITED so don't miss this chance!

PAULETTE LUCAS/PSYCHIC INTUITIVE (Available most Fridays & Mondays 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. 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.

July 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>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> | <p>2</p> |
| <p>3</p> | <p>4</p> <p>STORE CLOSED</p> | <p>5</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> | <p>6</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> | <p>7</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>EXPLORING STONES 3-5 pm</p> <p>ANIMAL SPIRIT GUIDES 7-9 pm</p> | <p>8</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> | <p>9</p> <p>YOGA FOR THE RIVER 9-10am</p> <p>HERBS FOR CHRONIC DISEASE 1-3 pm Consultations w/Herbalist Liz Johnson</p> |
| <p>10</p> <p>YOGA FOR THE RIVER 2-3pm</p> | <p>11</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>12</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>STEPPING INTO THE METAPHYSICAL 7-9:30 pm</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>ANN DRAGSTEN Healing Touch 12-6 pm</p> <p>JOAN STOKES 11-3/by appt.</p> | <p>15 Full Moon</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> | <p>16</p> <p>AURA PHOTOS 12-5 pm</p> |
| <p>17</p> | <p>18</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> | <p>19</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> | <p>20</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> | <p>21</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>JOAN STOKES 11-3/by appt.</p> <p>INTERPLAY 7-9 pm</p> | <p>22</p> <p>THE BATTLE FOR THE SOUL 7-9 pm</p> | <p>23</p> <p>SINGING & SIGNING "CATIE THE COPYCAT" Juliana Howard 1-3 pm</p> |
| <p>24/31</p> | <p>25</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> | <p>26</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> | <p>27</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>INTERPLAY 7-9 pm</p> | <p>28</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>JOAN STOKES 11-3/by appt.</p> | <p>29</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>DRUMMING THE SOUL AWAKE 7-10 pm</p> | <p>30 New Moon</p> |

August 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|---|--|---|---|
| | 1 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm | 2 JUREMA Brazilian Energy Healing 11-5/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm | 3 JUREMA Brazilian Energy Healing 11-5/by appt. | 4 JUREMA Brazilian Energy Healing 11-5/by appt. JOAN STOKES 11-3/by appt. | 5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 by appt. | 6 BEGINNING PALMISTRY 10:30-12:00 MADAME CAROLYN Palms/Tarot Crystal Ball 12:30-4 pm |
| 7 | 8 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm MEDITATION 7-8 pm | 9 JUREMA Brazilian Energy Healing 11-5/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. | 10 JUREMA Brazilian Energy Healing 11-5/by appt. | 11 JUREMA Brazilian Energy Healing 11-5/by appt. JOAN STOKES 11-3/by appt. | 12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 13 Full Moon |
| 14 | 15 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm | 16 JUREMA Brazilian Energy Healing 11-5/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. STEPPING INTO THE METAPHYSICAL 7-9:30 pm | 17 JUREMA Brazilian Energy Healing 11-5/by appt. DIANE WINTER Numerology 12-3 pm INTERPLAY 7-9 pm | 18 JOAN STOKES 11-3/by appt. ANN DRAGSTEN Healing Touch 12-6 pm | 19 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-7 pm SIZZLING ART CRAWL 5-9 pm | 20 SIZZLING ART CRAWL 10-5 pm |
| 21 | 22 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm | 23 JUREMA Brazilian Energy Healing 11-5/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. | 24 JUREMA Brazilian Energy Healing 11-5/by appt. | 25 JUREMA Brazilian Energy Healing 11-5/by appt. JOAN STOKES 11-3/by appt. INTERPLAY 7-9 pm | 26 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 27 INTRODUCTION TO HERBS 1-3 pm Consultations w/Herbalist Liz Johnson available by appt. |
| 28 | 29 New Moon KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm | 30 JUREMA Brazilian Energy Healing 11-5/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. | 31 JUREMA Brazilian Energy Healing 11-5/by appt. | | | For more detailed information on these events please see our online calendar. www.mindbodyspirit-online.com |

September 2011

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|---|--|---|--|--|---|--|
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| <p>4</p> | <p>5</p> <p>STORE CLOSED</p> | <p>6</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> | <p>7</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>DIANE WINTER 12-3 pm</p> | <p>8</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p> <p>JOAN STOKES 11-3/by appt.</p> | <p>9</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> | <p>10</p> |
| <p>11</p> | <p>12 <i>Full Moon</i></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>13</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>INTERPLAY 7-9 pm</p> | <p>14</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>STEPPING INTO THE METAPHYSICAL 7-9:30 pm</p> | <p>15</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>CHAKRA BASICS 3-5 pm</p> <p>HOW TO COMMUNICATE WITH ANIMALS 7-9 pm</p> | <p>16</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>ART CRAWL 5-9 pm</p> | <p>17</p> <p>HOME HERBAL MEDICINE CHEST 1-3 pm</p> <p>Consultations w/Herbalist Liz Johnson available by appt.</p> |
| <p>18</p> | <p>19</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> | <p>20</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>SHAMANIC JOURNEYING (Beginners) 7-9 pm</p> | <p>21</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>MADAME CAROLYN Palms/Tarot Crystal Ball 2-7pm</p> | <p>22</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>JOAN STOKES 11-3/by appt.</p> <p>INTERPLAY 7-9 pm</p> | <p>23</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> | <p>24</p> <p>MIND BODY & SPIRIT EXPO 10-6 pm</p> |
| <p>25</p> | <p>26</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> | <p>27 <i>New Moon</i></p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>SHAMANIC JOURNEYING (Intermediate) 7-9 pm</p> | <p>28</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> | <p>29</p> <p>JUREMA Brazilian Energy Healing 11-5/by appt.</p> <p>JOAN STOKES 11-3/by appt.</p> | <p>30</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</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!

ANIMAL SPIRIT GUIDES | Thursday, July 7 | 7-9 pm | \$15 | Joan Stokes

Joan Stokes, animal communicator, will take you on a guided meditation to finding and recognizing your animal spirit guides. Animal spirit guides can be very powerful in our lives, and when we bring them into our consciousness, and ask them for assistance, it can create great changes in our lives. Joan will help you to find your spirit guides and sometimes she is able to "see" them around you. Come, feel and experience what is unseen but with you all the time.

AURA PHOTOS & READINGS | Saturday, July 16, Sept 24 | 12-5 pm | Friday August 19 | 2-7pm | \$25 | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy and images & captures it onto a polaroid picture. Based on the color, clarity, position & 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 & possibly identify your energy blocks, leaks, or other things about you. Enlightening!

BEGINNING PALMISTRY | Saturday, August 6 | 10:30-12:00 pm | \$30 | The Renaissance's "Madam Carolyn" **NEW CLASS**

Madam Carolyn has been reading palms at the Minnesota Renaissance Festival in Shakopee, MN for thirty years as well as other Ren Fests around the United States. She has been on the radio, television and has recently published "Psychic Palmistry Revealed by Madam Carolyn". She has studied with American Indian Shaman's, Gypsy Readers and many other ethnic readers and with her own psychic ability has developed a style of reading that is uniquely her own. She is available for private readings in Palmistry, Tarot, Crystal Ball, etc. from 12:00 until 4:00 the same day.

CHAKRA BASICS | Thursday, Sept 15 | 3-5 pm | \$15 | Joan Stokes

Think you are the only one who doesn't know much about the chakras? Think again. Chakra is from the ancient Sanskrit language and means "wheel". These "wheels" of energy are healing centers within and around the body and play an important role in our physical, emotional, and spiritual health. Join us for a BASIC look at these vortexes of energy called chakras and how they affect our lives.

DRUMMING THE SOUL AWAKE | Friday, July 29 | 7-10 pm | \$20 | Jaime Meyer **NEW CLASS**

In Jaime's words: "Drumming starts at 7 PM. Don't stress over being a little late. There are all kinds of drums in the room from all kinds of traditions. We welcome all drummers and all experience levels! It's not a wide open drum jam - I facilitate lightly, suggesting rhythms and teaching whatever needs to be taught. But, the core of our drumming is that we allow the spirit of the drum to "play through us." The drumming lasts for about 90 minutes. We take a short break, then the second part of the evening is more directly ceremonial, meditative, or shamanic - whichever word you wish to use. We include the break between the two parts so that those who want the drumming but not the ceremony may exit. Jaime's events often sell out and he has written a book called "Drumming the Soul Awake". He is also available for individual shamanic journeying, journeying for them, or doing a divination on an issue they are working on, (please call for more information) If you would like to know even more, please visit his website at www.drummingthesoulawake.com.

EXPLORING STONES | Thursday, July 7 | 3-5 pm | \$15 | Joan Stokes

Stones I This class is for the beginner's into the world of stones. Learn the best resources for knowing your stones. Learn some basics of some well-known stones & crystals and some not so well known. We will discuss taking care of & cleansing your stones & crystals, how to work with them, & "feeling" their energy. Every person attending class leaves with a stone or crystal picked especially for them.

HERBS FOR CHRONIC DISEASE | Saturday, July 9 | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

There are a number of diseases that creep up on us over years—diabetes and arthritis are just examples. Come & 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. Private sessions may be scheduled with Liz before or after class.

HOW TO COMMUNICATE WITH ANIMALS | Thursday, Sept 15 | 7-9 pm | \$15 | Joan Stokes **NEW CLASS**

Joan Stokes has been communicating with animals her whole life. Want to learn the secrets? There aren't any!!! Everyone is born psychic. But everyone has different gifts within that psychic realm. Join this class & find out if "talking" to the animals is one of your gifts. (Joan will have a future class, this fall, for kids and animals. This one is for adults only. Thanks!)

HOME HERBAL MEDICINE CHEST | Saturday, September 17 | 1-3 pm | \$25 | Liz Johnson

There are wonderful remedies for simple health issues, like splinters, scrapes, colds, and indigestion, that are easy to make and 100% natural. Come and learn how to make some of these natural healing teas, tinctures, and poultices. We will also go over how much and how often to take homemade remedies and what to do when a home remedy is not enough. Private sessions may be scheduled with Liz before or after class.

INTERPLAY-Unlocking the wisdom of your body | Days vary 7/21, 7/27, 8/17, 8/25, 9/13 9/22 | 7-9 pm | \$10 | Donna Fromm

Interplay is a creative process for personal/community transformation. It uses a system of practices rooted in storytelling, movement, song, and stillness to help you gain access to your own "body wisdom" - what works best for you, what gives you purpose, what makes you fully alive. **NEW CLASS**

Class Descriptions cont.

INTRODUCTION TO HERBAL MEDICINE | Saturday, August 27 | 1-3 pm | \$25 | Liz Johnson

Want to understand the basics of traditional and natural medicine? This is the perfect class to ask all those questions that seem too silly to ask! From, "My friend says that bathing in cayenne is good for the skin. Is that true?" to "I always eat garlic when I think I might get sick, is that a good idea?" Find out about safe, sane, and beneficial herbal use. We'll cover myths and facts about herbal medicine for simple health needs, from preventative healing to dealing with immediate health needs. Private sessions may be scheduled with Liz before or after class.

MEDITATION | 2nd 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.

SINGING & SIGNING "Catie the Copycat" | Saturday, July 23 | 1-3 pm | Free Event | Juliana Howard **NEW**

Local composer and author Juliana Howard will read and sign her children's book Catie the Copycat illustrated by her granddaughter Sophia Heymans. Come enjoy this delightful story about a little girl who has a dream and finds herSELF. The event includes a sing-along, featuring Gramma Juliana on her red ukulele! Fun for kids....of ALL ages!

SHAMANIC JOURNEYING BEGINNERS | Tuesday, September 20 | 7-9 pm | \$25 includes shamanic drumming CD

Kelli Spencer Shaman Practitioner

Have you wanted to implement meditation into your life but find it difficult 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, your power animals and your spiritual guides who are with you to help you receive answers to the questions you may have. For more information go to www.kellispencer.com Must be registered at Mind Body and Spirit before class scheduled dates. Class size limited.

SHAMANIC JOURNEYING INTERMEDIATE | Tuesday, September 27 | 7-9 pm | \$25 includes shamanic drumming CD **NEW CLASS**

This class is designed to take you even further into the knowledge of who you are within the realms of your spirit being. Along with accessing your power animal(s) and spiritual guides, you will learn how to use the guidance of the elementals, wind, fire, earth, air, water and more along with directions North, East, West, and South and the seasons to further you on your journey to learn more about yourself and how this will help you in your life as you have it today. You must be proficient in journeying or have participated in my Beginning Journeying class to participate in this class. For more information go to www.kellispencer.com Must be registered at Mind Body and Spirit before class scheduled dates. Class size limited.

STEPPING INTO THE METAPHYSICAL WORKSHOP SERIES

"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 workshop in this series is only \$25.00!

STEPPING INTO THE METAPHYSICAL - JULY CLASS | Tuesday, July 12 | 7-9:30pm | \$25 | Bob Sullivan

-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 - AUGUST CLASS | Tuesday, August 16 | 7-9:30pm | \$25 | Bob Sullivan

Topics to include: Ghosts, Aliens and other things in the etheric plane...

STEPPING INTO THE METAPHYSICAL - SEPTEMBER CLASS | Wednesday, September 14 | 7-9:30pm | \$25 | Bob Sullivan

Self Healing, Opening up to becoming a healer, How to Channel Healing energy to others.

*In Class Exercises and meditation

THE BATTLE FOR THE SOUL A lecture cycle with Dr. James Ulness | Friday, July 22 | 7-9 pm | Free will offering **NEW CLASS**

Dr. James Ulness, professor emeritus of Psychology at Concordia College in Moorhead, presents a three-part lecture cycle drawn from the work of Austrian philosopher and spiritual scientist Rudolf Steiner. He addresses the forces that battle for the human soul and gives guidelines for building a steadfast foundation upon which to stand in these tumultuous times. Sponsored by Great River Anthroposophical Circle. Contact Mary Swank (320-253-0754) or Carol Nichol (320-632-5221) for more information.

June 23 @ Unity Church of St. Cloud, 7-9 PM | July 22 @ Mind Body Spirit, St. Cloud, 7-9 PM | August 19 @ Good Earth Food Co-op, St. Cloud, 7-9 PM

YOGA FOR THE RIVER A Fundraiser for the Ganges | Sat. July 9, 9-10am | Sun. July 10, 2-3 pm | Michelle Moschkau **NEW CLASS**

These hour-long yoga classes will be taught with an emphasis on connecting to body awareness. We will practice various ways to explore strength and flexibility while being in the present moment, without judgment. The asanas (postures) of the class will be at a moderate level of difficulty, with the understanding that each individual can participate at their own capacity according to what is right for the moment. A quiet, supportive environment is held for each individual to allow for moments to unfold naturally. Questions can be taken at yoga.with.michelle.ahimsa@gmail.com All proceeds from this event will go to the Sankat Mochan Foundation, an organization in Varanasi, Uttar Pradesh, India, working to clean up the pollution in the Ganges river. More information on the organization's efforts and the river will be available at the fundraiser, and you can also check out the information online: <http://sankatmochan.tripod.com/> Minimum donation of \$10 per class.

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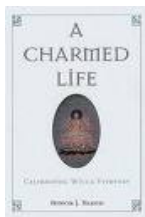


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MBS PICKS

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 or will order them for you in a timely fashion. Next in our series are LuAnn Borders's Picks! LuAnn works at the shop when she isn't doing her "real" job. She is an avid reader and has read a great deal of books in this arena. These two books are LuAnn's favorite recommendations at this time. Enjoy!

A Charmed Life; Celebrating Wicca Every Day by Patricia J. Telesco



Everything an eclectic, green, hedgewich could wish to connect with. This book has everything from the solo activities that an eclectic would enjoy to the herbal that a hedgewich would enjoy to things that include family and friends. This is a book that celebrates every day activities in every day life.

The Way of the Green Witch by Arin Murphy-Hiscock



As the cover says: Rituals, Spells, and Practices to Bring You Back to Nature. Here comes spring and summer. What a great time to read this book as it deals specifically with nature's bounty and how we can access and use the bounty of Mother Earth in our day to day practice. Shrines, alters, sacred space, herbs, crystals, kitchen alchemy, so much information in 276 pages. Arin Murphy-Hiscock is a Canadian Author and that is one of the reasons I picked up this book. I have since read her other books as well.

Arin is a practicing Wiccan and a member of the Black Forest Clan.

A stylized human figure composed of colorful swirls in orange, green, and blue. The figure is positioned on the left side of the poster, with its head at the top and its body extending downwards. The swirls form the limbs and torso, creating a sense of movement and energy. The background is a blue sky with a bright sun in the upper left corner and a green field of grass at the bottom.

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"If you do not change direction, you may end up where you are heading."

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By injuring any part of the world's system, you injure yourself.

There is no such thing as a win/lose situation.

Think of life on this planet in terms of systems and not detached elements.

Broaden your field of vision and assimilate the knowledge you have.

See that the environment does not belong to any single country to exploit and then disregard.

You cannot afford to think of your relationship with the earth as a one-night stand.

There's no such thing as a free glass of milk. It's time to buy the cow.

Za Rinpoche



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" Be Content with what you have; rejoice in the way things are.
When you realize there is nothing lacking, the whole world belongs to you. ". Lao Tzu