

2011

October :: November :: December

KaLeidOscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi Everyone

In the last newsletter I spoke of the upcoming trip to Europe I was about to take with my daughter, Laura. Many people have asked how the trip to Europe went? It was almost as good as we imagined it to be! Was it perfect? No. And a perfect trip, in my opinion, is a boring trip! What would one talk about? What does one learn? We saw the Eiffel tower...it was perfect. We went to the Louvre...it was perfect. We strolled along the Seine and the Champs-Élysées...it was perfect. Bored yet? See? The fun stuff was Laura trying to look cool and then running into a waist high post! (That's what those good looking guys in Paris can do to an 18 yr old!) I laughed very hard! And then there was her mother, yes, ok, me...thinking I knew what I was doing and tried to pull a duffle and a rolling bag through a subway turnstile. (If one knows what they are doing there are special doors to the side for pulling luggage through) This was payback. Laura laughed her ___ off while I struggled to get unstuck! Yes, I was much funnier. Ha Ha.

Everything is about perspective. At the beginning of our trip we stayed at a nice resort, by a lake, in a beautiful town located in the south of Belgium. This was not planned real well. No trains. No buses. We didn't have a car. The closest town with a bus station was about 12-15 miles distance from the resort we would be staying at so we decided to get a taxi. The taxi had to come from another town and so it cost about 60 dollars for that trip. We got to the resort, (did I mention it was raining?) and waved goodbye to the taxi driver. We checked in and then we asked where we could get some groceries as we were staying for a few days. The woman behind the desk politely replied, "Just 10 minutes by car!" What was the other option for the next three days? They had a cupboard with a few staples like rice, beans, and things we had never seen before. And choice of beverages were cheap wine or Coca Cola. So we took our beans and cola, and headed to our bungalow, about a quarter mile walk, with our luggage, in the rain. We were SOOO not bored now!

We ended up only staying 2 days and 2 nights. Why? Spiders. Laura wanted the big room. I took the small room. I noticed three dead spiders curled up under my curtains. Huh? Someone must have sprayed for spiders? Didn't think much about it. We slept well. The next day was beautiful weather and we had a great day. Then evening came. Laura was headed to bed and she started yelling to me. I ran in her room and she was asking me to help her get her stuff out of the room. She saw spiders. Ok, there's that pesky perspective again. Most people can handle a spider...or two. After I told the spiders I was terribly sorry, I began to kill them. After the count of about 13 I started to look around the room. There were no less than 30 or so spiders that we could pick out. The spiders were under her bed, over her bed, next to the bed... We sealed up the room with towels and Laura slept, not well, on the couch in the living room. The next day we packed and went to check out. I asked for a cab and told the wonderful woman behind the desk about the spiders we encountered and how I was afraid that small children would start to disappear if they didn't do something about it. She smiled and said, "Welcome to the country!" Laura does not usually swear. But that day she walked out and very colorfully mentioned that she had grown up in the country and never saw so many blankety-blank spiders EVER! Everything is about perspective. Since I regularly talk to people about power animals, etc, coming to them as guides, I tried to point this out to Laura. She gave me the look. You know the one. I spoke no more.

continued on page two...

In This Issue

Featured Stone
page 3

New Product
page 2

Practitioners
page 4

Event Calendars
pages 5-7

Classes
pages 8-10

MBS Picks
page 10

Creating Ritual
page 11



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front page continued...

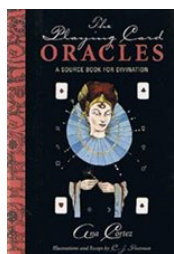
Vacations are kind of like...well, life. Sometimes it runs smoothly, sometimes...not so much, but still mostly worth it. Not that we ever want to admit it, if life went smoothly all the time, we'd get bored too. And if everything went according to plan, what would we learn? What new perspectives would we see? Take our visit to the Eiffel tower for instance. Two things happened there that made us both see with new perspective.

The first was for me. We had been in Europe for a week already and had experienced nothing but wonderful people every step of the way, even if the spider lady was a little off. Everyone was helpful and if they couldn't speak English and I couldn't speak their language, we made it work. Until the French woman at the Eiffel tower. (Cue the music from JAWS!) She was in uniform. She was there to help tourists. She did not smile. I greeted her with the traditional "Bon jour" and tried to speak anything I could remember in French (ok, not much, but I did try!). I asked, in French, if she spoke English. I assumed, since she was helping tourists that she did but it seemed polite to ask. She just stared. I said something else. She stared. I finally said, "That's all I know, I don't know much French". She stared and said, "What did you want me to do about that?!" Ok, I was immediately angry! But I kept my cool and said, "Well, I really don't think you can do anything about that!" I continued, "But, could you please answer my question?!" She answered, in a very rude way, like I was just that stupid. I walked away and was fuming. After talking to Laura about the rude woman for 20 minutes, I realized that I had allowed the rude woman 20 minutes! Wow. I hadn't even given 2 seconds extra thought about the dozens of wonderful people we had met on our journey so far, but gave her so much time? I really felt pretty small just then. It wasn't pleasant but I learned not to take the beautiful people for granted that day. I noticed every smile, every polite gesture, and every nice thing done for the rest of the trip. I learned because it didn't go perfectly.

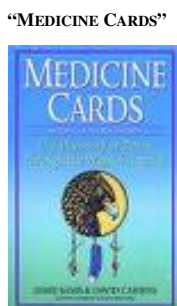
Two of the best moments, for me, happened at the foot of the Eiffel tower. The first was when I looked back at Laura the moment we came around the corner of the trees and she looked up at the tower she dreamed of seeing since she was seven. And she smiled. It was beautiful. It was a spontaneous, beautiful smile. The smile on her face at that moment, made my entire trip worth it. I would go through a hundred turnstiles, walk through miles of rain and sleep with a family of spiders, to witness that smile again! The next best moment came as the second new perspective. Laura had talked so much about wanting to go to the top of the Eiffel Tower before we went to Paris. When we got there she just stared at that tower. It was so grand to her. Many in its history saw it as an ugly pile of iron. She saw beauty. And then I looked into going up to the top. The line to wait for tickets was about an hour and a half wait. Then the line to stand in to wait our turn to go up was approximately an hour and a half. I told her it would be three hours but I was with her every step of the way. It was her dream. Or so I thought? She looked at the lines. She looked at the tower. She looked at the lines again. Then she looked at me and said, "I came to see the Eiffel Tower. If we go to the top of the tower we'll see the city from up high but we can't see the tower if we're on the tower?" She said, "Let's not waste the time we could be sharing seeing other beautiful things". That's my daughter. She knew that sometimes one needs to give up a goal or change direction to find out what one really wanted all along. And it doesn't hurt to try a new perspective!

Till next time,
Joan

Old Favorites and Newly Arrived



"PLAYING CARD ORACLE"

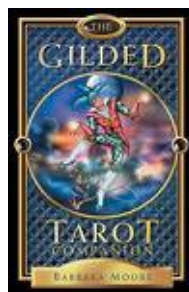


"MEDICINE CARDS"

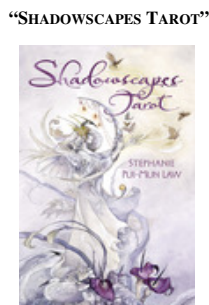


"TAROT OF TRANSFORMATION"

"UNIVERSAL WAITE"



"THE GILDED TAROT"



"SHADOWSCAPES TAROT"

"ENCHANTED ORACLE"



"THE HIDDEN PATH"

"The purpose of all the major religious traditions is not to construct big temples on the outside, but to create temples of goodness and compassion inside, in our hearts."

~Dalai Lama Quotes on Purpose

SUGILITE

Sugilite has been known as the "Stone of Inner Truth". It is called this because it keeps one securely on their soul's chosen path without interference or persuasion from outside influences. Sugilite is wonderful for children, especially those with learning difficulties, as it helps them express themselves when they have difficulty doing so. It helps one have the ability to meet emotional challenges while remaining true to one's convictions. This is a very rare stone found in only 2 locales around the world. One mine is found in Japan and the other is found in South Africa. It is also referred to as Lu-lulite and Royal Azel. Sugilite, has its first recorded discovery in Japan toward the end of World War II. This stone was named after Dr. Kenichi Sugi. The stone "name" is pronounced "soo-ga-lite" or "soo-gi-lite". It can range from light lavender to lavender so deep it almost appears black. The best lavender purple coloring is used in jewelry. Since Sugilite is rare, little is found in tumbled form. Even though discovered in Japan around 1944, this stone was virtually unheard of until the 1980's, when the New Age market discovered that its vibration resonated with the "Age of Aquarius". Since it was discovered near the end of World War II it has often been thought of as a stone that will show its availability only to those who are of a peaceful mind and heart. It also aids the healing of those suffering from pain and sorrow. The stone was discovered in 1944. Shortly after its appearance, Japan was devastated by the bombings that took place August of 1945. This was no coincidence as it appeared when needed. This stone's vibration was helping to heal those physically and emotionally injured, even without their awareness.

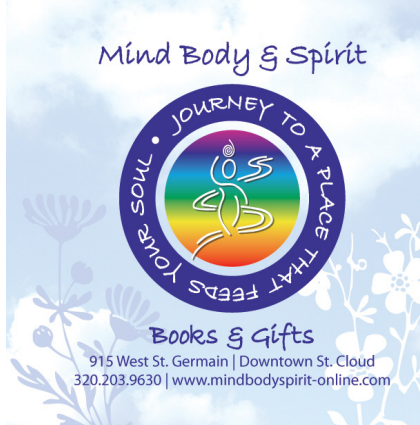
One would think that this was strictly a seventh chakra stone as it is lavender purple but it actually resonates with the sixth chakra or brow chakra as well. This is, however, one of those stones that can overlap two chakras as it can help one to discover their guides through meditation which is both sixth and seventh chakra functions. It overlaps in the sixth and seventh chakras as it also helps one in channeling those that have passed, which in turn releases the pain involved in the loss of that person. This stone has a harmonizing effect on everything near it. It helps groups work together in agreement rather than be at odds. This harmonizing effect also helps with disorders originating in the sixth chakra. It eases worry and enhances mental rest. It assists those suffering from epilepsy, neuromuscular disorders, and other motor functions that have been compromised. Sugilite balances the nervous system. It also lessens pain associated with nervous system disorders. It is used to dissolve tensions, alleviate paranoia, and dispel fears. Good stone for those faced with PTSD, Schizophrenia, and any other mental disruptions of the mind-body-spirit connection.

The best way to benefit from the effects of Sugilite is to carry or wear it regularly. Meditating with Sugilite on a daily basis is best for those suffering from chronic pain or for those wanting to discover their life's path. Sugilite is said to draw out pain. This is a great stone for expressing one's eccentricities! And don't we all have a few of those?! Enjoy Sugilite for a healthier and happier you!

JMS



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- body & energy work
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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.

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 most Thursdays by appt,) \$30 for 1/2 hour includes a 7 page chart.

Discovering the energies your name and day of birth may be attracting to you can open you up to treasures within you! Your reading will suggest your primary life challenge, daily challenge, natural gift to the world, heart's desire, ultimate goal or maturity, current personal year and major life period energies, and ways to balance the traits in these energies.

JOAN STOKES/ANIMAL COMMUNICATION (Available most Tuesdays 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/BRAZILIAN ENERGY HEALING & READINGS \$50.00 -1/2hr 95.00 -hour (On Tues. 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, Kelli will 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.

MERRY MACKENZIE/ENERGY WORK (Available most Saturdays by appointment)\$40 per session - special introductory price

Merry allows healing energy from the Highest Source (God, Creator, etc) to flow through her--simply acting as a conduit or facilitator to deliver the healing energy to another. Depending upon preference, she can focus on specific complaint areas that may need "spot energizing," or she can provide a more general overall treatment. Merry believes that healing should be a simple, uncomplicated process and that feeling good is our natural state of being. She has a special interest in working with individuals who feel they may be starseeds, contactees, walk-ins, or soul braids. (Sessions typically run approximately 45-60 minutes)

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.

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more detailed information on these events please see our online calendar. www.mindbodyspirit-online.com</p>						<p>1</p> <p>MERRY MAC Energy Healing 10:30 – 1:30 2:30 – 4:30 by appt.</p> <p>INTERPLAY 2-4 pm</p>
<p>2</p>	<p>3</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>INTERPLAY 6-7:30 pm</p>	<p>4</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p>	<p>5</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>STEPPING INTO THE METAPYSICAL 7:00-9:30 by appt "Ghost Hunting"</p>	<p>6</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm</p>	<p>7</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p>	<p>8</p> <p>DRUM MAKING 11-4 pm</p>
<p>9</p>	<p>10</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>MEDITATION Anne Brady 7-8 pm</p>	<p>11</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p> <p>POISED POSTURE, FLUID MOVEMENT 6-8 pm</p>	<p>12 <i>Full Moon</i></p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>ENERGY ANATOMY 6:30-8:30pm Part One</p>	<p>13</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p> <p>DIANE WINTER Numerology 12-5pm</p>	<p>14</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> <p>READINGS WITH DAN FURST</p> <p>BOOK SIGNING & TALK 6:00 pm DAN FURST AUTHOR OF "SURFING AQUARIUS"</p>	<p>15</p> <p>MERRY MAC Energy Healing 10:30 – 1:30 2:30 – 4:30 by appt.</p> <p>READINGS WITH DAN FURST</p>
<p>16</p> <p>READINGS WITH DAN FURST</p> <p>CIRCLE DRUMMING 7-8:30pm</p>	<p>17</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p>	<p>18</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p>	<p>19</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>ENERGY ANATOMY 6:30-8:30pm Part Two</p>	<p>20</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm</p>	<p>21</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> <p>AURA PHOTOS 2-7 pm</p>	<p>22</p> <p>MERRY MAC Energy Healing 10:30 – 1:30 2:30 – 4:30</p> <p>INTRODUCTION TO HERBS 1-3 pm Consultations w/Herbalist Liz Johnson available by appt</p> <p>INTERPLAY 10-noon pm</p>
<p>23/30</p>	<p>24/31</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm (Oct 31st only)</p>	<p>25</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p>	<p>26 <i>New Moon</i></p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>LET'S STRESS LESS 6:30-8:30pm</p>	<p>27</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm</p>	<p>28</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p>	<p>29</p> <p>MERRY MAC Energy Healing 10:30 – 1:30 2:30 – 4:30</p> <p>SPIRIT RELEASEMENT 1-3 pm</p>

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 JUREMA Brazilian Energy Healing 11-2/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm JOAN STOKES 2:30-6:30 by appt	2 JUREMA Brazilian Energy Healing 11-6/by appt. STEPPING INTO THE METAPHYSICAL 7:00-9:30 by appt "Developing your Psychic Gifts"	3 JUREMA Brazilian Energy Healing 11-6/by appt. DIANE WINTER Numerology 12-5pm	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm SOUL PORTRAITS 10:30-5pm DIVINE BECKONING 6-8 pm	5 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 SOUL PORTRAITS 10:30-1:30pm VOICES OF THE ANCESTORS 2-4 pm
6	7 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm INTERPLAY 6-7:30pm	8 JUREMA Brazilian Energy Healing 11-2/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. JOAN STOKES 2:30-6:30 by appt	9 JUREMA Brazilian Energy Healing 11-6/by appt. PERSONAL ALCHEMY 6:30-8:30 pm	10 Full Moon JUREMA Brazilian Energy Healing 11-6/by appt. DIANE WINTER Numerology 12-5pm	11 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 Drumming the Soul Awake 7-10 pm	12 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 Working with Power Animals, Guides, & Nature Spirits 10:30-3:30pm
13	14 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm MEDITATION Kelli Spencer 7-8 pm	15 JUREMA Brazilian Energy Healing 11-2/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. JOAN STOKES 2:30-6:30 by appt	16 JUREMA Brazilian Energy Healing 11-6/by appt.	17 DIANE WINTER Numerology 12-5pm ANN DRAGSTEN Healing Touch 12-6 pm	18 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-7 pm ART CRAWL 5-9 pm	19 HERBS FOR COLDS & FLU 1-3 pm INTERPLAY 10-12 pm MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30
20 CIRCLE DRUMMING 7-8:30pm	21 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm	22 JUREMA Brazilian Energy Healing 11-2/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. JOAN STOKES 2:30-6:30 by appt	23 JUREMA Brazilian Energy Healing 11-6/by appt.	24 CLOSED FOR THANKSGIVING	25 New Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 by appt.	26 FORGIVENESS 10:30-1:30pm
27	28 KELLI SPENCER Psychic/Medium 11-6 pm PAULETTE LUCAS Psychic/Intuitive 3-6 pm	29 JUREMA Brazilian Energy Healing 11-2/by appt. BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt. JOAN STOKES 2:30-6:30 by appt	30 JUREMA Brazilian Energy Healing 11-6/by appt.			For more detailed information on these events please see our online calendar. www.mindbodyspirit-online.com

December 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</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm</p>	<p>2</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p>	<p>3</p> <p>HEALTH & MAGIC IN THE KITCHEN 1-3 pm Consultations available by appt.</p> <p>MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30</p>
<p>4</p>	<p>5 KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>BATH & BODY FOR THE HOLIDAYS 6:30-8:30pm</p>	<p>6</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p>	<p>7</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>STEPPING INTO THE METAPHYSICAL 7:00-9:30 by appt "Karma"</p>	<p>8</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm</p>	<p>9</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>AURA PHOTOS 2-7 pm</p>	<p>10 Full Moon</p> <p>INTERPLAY 10-12 pm</p> <p>MERRY MAC Energy Healing 10:30 –4:30</p> <p>LIFE REVIEW 1-3 pm</p>
<p>11</p> <p>CIRCLE DRUMMING 7-8:30pm</p>	<p>12</p> <p>KELLI SPENCER Psychic/Medium 11-6 pm</p> <p>PAULETTE LUCAS Psychic/Intuitive 3-6 pm</p> <p>MEDITATION Paulette Lucas 7-8 pm</p>	<p>13</p> <p>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p>	<p>14</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p>	<p>15</p> <p>DIANE WINTER Numerology 12-5pm 7-9 pm</p> <p>ANN DRAGSTEN Healing Touch 12-6 pm</p>	<p>16</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p>	<p>17</p> <p>MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30</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>JUREMA Brazilian Energy Healing 11-2/by appt.</p> <p>BARBARA BJORKLUND Psychic/Intuitive 2-6 pm/or by appt.</p> <p>JOAN STOKES 2:30-6:30 by appt</p>	<p>21</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p>	<p>22</p> <p>JUREMA Brazilian Energy Healing 11-6/by appt.</p> <p>DIANE WINTER Numerology 12-5pm 7-9 pm</p>	<p>23</p> <p>PAULETTE LUCAS Psychic/Intuitive 11-6 pm</p> <p>TAMARACK Tarot/Astrology 11-6 by appt.</p>	<p>24 New Moon</p> <p>OPEN ON CHRISTMAS EVE 10-4pm</p>
<p>25</p>	<p>26</p> <p>CLOSED HOLIDAY BREAK</p>	<p>27</p> <p>OPEN 10-5pm</p>	<p>28</p> <p>CLOSED HOLIDAY BREAK</p>	<p>29</p> <p>CLOSED HOLIDAY BREAK</p>	<p>30</p> <p>CLOSED HOLIDAY BREAK</p>	<p>31</p> <p>CLOSED HOLIDAY BREAK</p> <p>INTERPLAY 10-12 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. Please 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. Online registration coming soon! 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!

AURA PHOTOS & READINGS | Fridays 10/21, 11/18, 12/9 | 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!

BATH AND BEAUTY FOR THE HOLIDAYS | Monday, December 5th | 6:30-8:30pm | \$25 | Jane Reckow CMT, CNHP **NEW CLASS**

In this class we will choose therapeutic grade essential oils to customize your own lotions, spritzers, bath soaks and scrubs. We will be using recipes for health promoting bath and body products that smell delightful. Each person will take home 2 products with the option to make and buy more. Great gift ideas for the holidays! Class cost includes products and recipe books.

CIRCLE DRUMMING | Sundays, 10/16, 11/20, 12/11 | 7-8:30 pm | Donation | Joanna Geppert L.Ac., M.Om., CMT **NEW CLASS**

Circle drumming has been in existence for thousands of years in most tribal cultures throughout the world. It was done to celebrate the seasons, for giving thanks, for ceremonies, and for healing. Now this time honored practice is available to you. If you've been looking for an easy, uplifting spiritual practice, then drumming is exactly what you've been looking for. Drumming is for everyone. You need not have any previous experience to attend. Just bring a drum (or two if you have one to share), an open mind, and an open heart and experience the freedom of the soul that comes with drumming. This is a free event. If you like you may donate a non-perishable food item or money for the food shelf.

DIVINE BECKONING | Friday, November 4th | 6-8 pm | \$30 | Lisa Owens **NEW CLASS**

Divination is communicating or beckoning with God presences, divine energy of our angels, guides and source life force energies. We'll learn how the divine communicates with us while demonstrating tools of divination such as the pendulum, tea leaves, psychic mirrors & stone communication. Lisa will share a brief history of divination. She will also be giving instructions to care for, clean, & maintain a clear connection with the Divine. Lisa was taught divination by the old ones and will share this information with you.

DRUM MAKING | Saturday, October 8 | 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!

DRUMMING THE SOUL AWAKE | Friday, November 11 | 7-10 pm | \$20 | Jaime Meyer **SPECIAL GUEST**

This activity welcomes all drummers and all experience levels! It's not a wide open drum jam as Jaime will facilitate lightly. The core of the drumming is allowing the spirit of the drum to "play through the drummer." 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. Jaime's events often sell out and he has written a book called "Drumming the Soul Awake". If you would like to know more about Jaime, please visit his website at www.drummingthesoulawake.com.

ENERGY ANATOMY | Wednesdays, October 12 & 19 | 6:30-8:30pm | \$55 /\$50 each if you sign up with a friend | Anne Brady **NEW CLASS**

In this class participants will learn the basic anatomy of the body and how the energy body integrates with the physical body. We'll explore each energy center's vibration and touch on what changes in the energy field represented in each area. This is a great class for body-workers and energy-workers alike, and for anyone with an interest in how their body functions as a whole.

FORGIVENESS | Saturday, November 26th | 10:30-1:30pm | \$35 | Jane Reckow CMT, CNHP

The goal of this class is to release old negative energy and clear it, creating an opening for healing and forgiveness. We will be working with therapeutic grade essential oils and the chakra system to raise ourselves to a new higher frequency. Please bring a journal to record in and wear comfortable clothing. Pre-registration is greatly appreciated !!

HEALTH & MAGIC IN THE KITCHEN | Saturday, December 3rd | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

Herbs sit in a kitchen drawer, or on a rack, waiting for you to become inspired to cook! Each herb in the kitchen can help both the body and the mind to be more balanced and healthy. Each herb has a host of magickal uses. Learn the magick that you can cook with every day and the other ways that these wonderful herbs & spices can be used!

HERBS FOR COLDS & FLU | Saturday, November 19th | 1-3 pm | \$25 | Liz Johnson

Come and join our herbalist, Liz Johnson, and discuss ways herbs can fight colds and flu and even prevent flu and colds! Learn the secrets of Calendula, why too much Echinacea is not a good thing, and what cooking with garlic and cayenne can do for you. We'll try an immunity enhancing tea or two as well as learn what to do when a cold or flu gets to you.

class descriptions cont.

INTERPLAY-Unlocking the wisdom of your body | Days & times vary 10/3, 11/7 6-7:30 pm | 10/22, 11/19, 12/10, 12/31 10-noon | \$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.

INTRODUCTION TO HERBAL MEDICINE | Saturday, October 22nd | 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, & beneficial herbal use. We'll cover myths & 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.

LET'S STRESS LESS | Wednesday, October 26th | 6:30-8:30pm | \$15 | Jane Reckow CMT, CNHP
In this class we will explore various methods for reducing stress. Essential oils for stress reduction will be experienced along with breathing, yoga, massage and other modalities for relaxation. Class includes handouts & mini oils therapy (Please prepay & pre-register)

LIFE REVIEW | Saturday, December 10th | 1-3pm | \$20 | Jill Hendrickson
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 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.

PERSONAL ALCHEMY | Wednesday, November 9th | 6:30-8:30pm | \$30 or sign up with a friend \$25 each | Anne Brady **NEW CLASS**
This class is designed to teach people the age old alchemical process and how we can utilize this wisdom for our own personal growth. We'll learn the steps of alchemy and how to engage fully in the process of change in our lives.

POISED POSTURE, FLUID MOVEMENT | Tuesday, October 11th | 6-8 pm | \$20 | Andrea Fedele **NEW CLASS**
Achieve more ease and fluidity of posture and movement in your life. Andrea teaches people how to use their bodies more efficiently so that they can do what they do better and more comfortably. The method she teaches, called the Alexander Technique, helps people to unravel tension patterns they've had for most of their lives and regain poised posture as well as fluidity and ease of movement. Through fun, experiential activities you will be introduced in this class to the Alexander method for changing habits of the body in posture and movement.

READINGS WITH DAN FURST | Friday - Sunday, October 14-16 | Call to schedule your appointment **SPECIAL GUEST**
Dan will be at MBS Oct. 14 - 16, and will give readings at "special Friends of MBS rates" \$125 for Astrocartography, \$100 for birth chart and transits (both 90 minutes), tarot \$40 (30 mins) or \$80 (one hour). Astrology readings include an mp3 recording that can be played on any computer. Bring a flash drive, and you can take everything (mp3, chart and astrocartography maps) with you when you're done. For more information on Dan's reading go to <http://www.hermes3.net/astrology2.htm>.

SOUL PORTRAITS | November, 4th 10:30-5 pm & 5th 10:30-1:30 | Lisa Owen **SPECIAL GUEST**
Soul Portraits are a combination of a reading and a healing. Lisa uses her clairvoyant and clairaudient gifts to communicate with your angels and guides, bringing forth information for the highest good of all concerned in the moment. She facilitates and communicates this information with discernment to insure the best guidance for a person's life path. The guides and the angels will project the image of your soul essence, thru her third eye, on to the black charcoal paper. Using soft pastels she follows the lines shown to her and relays information coming through. \$15 min readings \$25 with picture \$45 | 1/2 reading \$50 with picture \$75 (9x12) | 1 hr reading \$100 with picture \$151 (11x17) | 1-1.5hr \$200 relationship portraits (11x17) | 1.5-2hrs \$250 shadow portrait (11x17). Call with any questions.

SPIRIT RELEASMENT | Saturday, October 29th | 1-3pm | \$20 | Jill Hendrickson
Come and find out what spirit attachments are and why you need to release them periodically. Possession is more common than you think and they aren't like the possessions you see in the movies. Learn the symptoms and how to safely release them while protecting yourself. You will experience a gentle group spirit releasement with Master Hypnotherapist, Jill Hendrickson.

more classes.....

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 - OCTOBER CLASS | Wednesday, October 5th | 7-9:30pm | \$25 | Bob Sullivan
Ghost hunting . Learn both the art of using technology and psychic abilities to detect, communicate with and cross spirits to the other side.

STEPPING INTO THE METAPHYSICAL - NOVEMBER CLASS | Tuesday, November 2nd | 7-9:30pm | \$25 | Bob Sullivan
Developing your psychic gifts - Focus will be on opening up the 3rd eye and communicating with your guides.
*In Class Exercises and meditation

STEPPING INTO THE METAPHYSICAL - DECEMBER CLASS | Wednesday, December 7 | 7-9:30pm | \$25 | Bob Sullivan
Karma: Learning how to discover our karma and work toward bringing balance to the life lessons that we come here to experience. *In Class Exercises and meditation

SURFING AQUARIUS: A BOOK SIGNING & TALK by Dan Furst | Friday, October 14 | 6-7:30 pm | Free **SPECIAL GUEST**
Author of "Surfing Aquarius" & "Dance of the Moon" Dan has been a professional astrologer for over thirty years. He has written his immensely popular Universal Festival Calendar since 1998. He's an internationally respected authority on rituals and spiritual practices around the world. He has worked as a writer, actor, teacher and ceremonial artist in New York, Hawaii, Japan, India and Egypt, and lives now in Pisac near Cusco, Peru. For more information on Dan's book go to http://www.llewellyn.com/author.php?author_id=4803.

VOICES OF THE ANCESTORS | Saturday, November 5th | 2-4pm | \$30 | Lisa Owen **NEW CLASS**
Indigenous people around the world have recognized the primary importance of Ancestors in our lives. Forming bonds with the ancestors will give us a strong way to grow spiritually and give us a sense of support and purpose. This workshop will cover different ways to communicate with the ancestors and departed spirits. We will also discuss what the different kinds of spirits are, good mediumship practices of communication and ways to strengthen the connection with the departed.

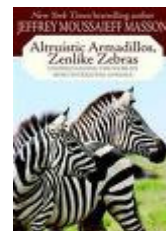
WORKING WITH POWER ANIMALS, GUIDES, & SPIRITS OF NATURE | Sat, November 12 | 10:30-3:30pm | \$55 | Jaime Meyer **NEW CLASS**
Whether or not you have worked with otherworldly guides this workshop will offer you practical techniques for safely opening yourself to the helping powers of the spirits. This kind of work is basic to the ancient shaman's path and also a source of joy and healing in today's out-of-balance world.

MBS PICKS

Joan's Picks:

Book: Altruistic Armadillos, Zenlike Zebras Understanding the World's Most Intriguing Animals
Author: Jeffrey Moussaieff Masson

This book is great for all ages! I ALWAYS recommend Ted Andrews book, Animal Speak, for any interested in animal spirit guides because it, quite frankly, is still the best book on understanding these guides. When you want to move further into the understanding, I recommend getting to know animals on a deeper level. Altruistic Armadillos, Zenlike Zebras does just that. Jeffrey Masson has written several books which deal with the aspect of animal emotions and the relationships animals have with people and with each other. Because animal spirits are connected to our esoteric selves, they must be understood on many levels. We must do more than have the surface information to bring them into our lives so they may assist us as they are meant to. This book is a wonderful beginner's guide into a greater understanding of their world.



CD: Olivia Newton-John "Grace and Gratitude" renewed

Ten years of listening to music in this arena brings a myriad of instruments and voices to one's ears. I have enjoyed many of the fabulous artists out there. I was beginning to wonder; however, if I would ever come across a CD that I enjoyed more than, or just as much, as Walela (Rita Coolidge & Relatives). I found such a CD a few short years ago, called Grace and Gratitude, at a Walgreen's. It was being sold there to raise money for Breast Cancer. I cannot say enough about this CD! It is the music to listen to when sad or depressed, happy and centered, sharing with friends, doing ritual, balancing chakras, or just remembering the answers to so many why questions. It is guaranteed to brighten anyone's day! It has been renewed and has a little more music than the original. In my opinion they should have left the cover art alone but it isn't the cover that makes the music. Buy this CD. You will not be disappointed!



CREATING RITUAL

In past newsletters we have looked at creating sacred space for ourselves. But Sacred Ritual is very important for us as well. Those involved in spiritual gatherings, a group, parish, or congregation, have the opportunity to experience ritual with other individuals and many find that this practice is enough for them. Others want more outside of or in addition to the groups they find within their "religious" institutions. And yet there are many who have a deep spiritual connection with a higher power; although, without a group do not know how to practice ritual. In this article we will look at why ritual is important and how to make beautiful ritual a part of one's life. This is true whether associated with a particular religious group or not.

The very first thing we will discuss is rules in Spiritual Ritual. When one stops worrying about RULES, a whole world of possibility begins. Rules are my pet peeve! I am not suggesting we don't have laws, yada...yada. What I am suggesting is that rules have no place when one is creating ritual. That last line is going to have some religious leaders tied up in knots but it is not meant to show any disrespect at all. I understand that it is not so much rules as tradition that is embraced within some of the guidelines. And it is important for some to follow tradition and their culture right to the letter, but for others this is not necessary for their spiritual practice. Another reason why religious groups make rules is to create smooth operation. All large groups of people tend to make rules or laws to create ease. Simply put, it is to control. This need not be considered a bad thing as these particular groups find it easier to have rules to follow and everyone has a right to belong or refuse to belong to any such group; therefore, if you choose it then follow the rules. If this is not your choice, at all times, read on.

When one is struggling with how to create ritual the last thing needed is for someone to tell them how simple it really is. But that is exactly what I am about to do. The reasons for ritual are quite simple; forming community, gaining help or insight, the desire to be closer to the Divine, or simply the honoring of the Divine. What are the common elements of ritual in or out of a religious setting? Three elements are primary. Others are secondary. The three primaries are: prayer, music, and some sort of cleansing, which can be a variety of agents which will be discussed later. Let's take a look at prayer first.

Prayer: Prayer can be a set group of words that one repeats over and over to create a meditative state. Examples of which would be praying the rosary or when one uses mala beads to recite mantras repeatedly. Generally speaking, when these prayers are spoken they come not from a linear place such as acknowledgement of the "words" but rather are used as a vehicle to a spiritual plane. On this plane, one meets a higher power in a place of grace. Some prayer has no words at all and comes directly from the heart. Many people are aware that God, Great Spirit, or whatever you choose to call your higher power, does not need words to know exactly what you are asking or wanting to "say". Words are more for the human than they are for the higher power. And finally, some prayer is random, fluid, impromptu, and can appear to be gibberish or poetry. The words used in a prayer are of little concern. It is where the prayer comes from that makes the difference.

Music: Here is an interesting aspect of most ritual and one that has had many rules applied to it in numerous settings throughout time. To this day there are religious establishments that do not allow certain music within the ceremonies or walls. I remember wondering throughout childhood why the drum was not something that we ever saw in church. It seemed that the only instruments allowed in church were the organ, piano, or guitar (sparingly). One couldn't tell if this was more because of logistics or dislike. Spiritual music is a relative term. One person may feel as though a harp is the music of angels. The next might perceive this instrument to have too many roots within the pagan community; therefore, it would not be acceptable within a non-pagan sanctuary. Some Native Americans feel that drums should never be handled by women. Some religions still have underlying vibes that the drum is a symbol of "goddess energy" and this may cause some discrepancies for the faith practiced in that establishment. Accordingly, the only place one might find a brass instrument such as a trumpet might be a Baptist church because they like to praise God in a loud and big way! And perhaps they were paying attention to the many depictions throughout history of God's angels playing trumpets in heaven! Again, none of these "rules" are bad for any church to choose. But any music, anytime, anywhere, that you find to be speaking to the spiritual place within yourself, is perfect for your ritual. You can sing it, play it, or listen to it. It is totally up to you!

Why music? Music has a universal language all its own. Within every living being there is a place that can only open to the sacred through melody and harmony. Whether chanting, humming, listening, singing, or playing an instrument, it seems that humans are drawn to, and open up to, music. Music truly touches the "jewel in the lotus", our souls, or the sacred within. It makes us laugh, cry, fill with joy, or go deep inside ourselves where we meet the divine. Music is truly one of the most important aspects of ritual for most people.

To be continued...Next time we will finish with Cleansing, Secondary parts, group ritual, a quick daily ritual for oneself, and the importance of having fun in Ritual.

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Saturday, October 29 10:00 a.m. - 5:00 p.m.

REIKI LEVEL II

Saturday, October 30 9:00 a.m. - 4:00 p.m.

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