

2012
April :: May :: June

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hello All! As I sit here at the Body Lab Holistic Expo and many of you are asking where the new newsletter is, I feel pressure to get on it! So here I am, getting on it! I feel that this article may potentially upset some people. If you get upset easily please turn to another page and skip this one. If you enjoy thought, and things that create thought, then by all means read on.

As I look at so many familiar faces a warm feeling has come over me, and it isn't because it's unusually balmy for March either! I get this wonderful sensation because there are so many great people here and a slew of them frequent Mind, Body & Spirit! Now some of you are thinking it's going to be one of those fluff articles that have no substance and serves only as an ego boost for the customers. The rest of you are thinking... "keep talking because I love hearing about how great I am!" But that is the extent of the gushing about how great you are, so soak it up!

Ok, so back to that warm fuzzy feeling I was having... I got to thinking about what spirits look like and what elementals look like and I believe I see some walking by. (You sit in a booth all day with no daydreaming! I dare ya! ☺) That is when a lovely woman who paints fabulous pictures sits down with me. We begin a conversation about what Angels look like. She is telling me about a particular church that she knows of that wouldn't allow certain types of Angels projected upon their walls. I say projected and not just painted because there are numerous types of Angels all around us. And yet, some churches (religions) have perceptions of what Angels look like and they feel there can be no discussion of it. I find this interesting, bothersome, and perhaps a bit entertaining, as I trust you will as well.

Later in this newsletter I have an article on what Angels look like. The article is about all the different things I have read over the years and all the different stories I have heard from people who have seen Angels. But before that I am going to give my opinion on what I think about a church telling people what Angels look like. Already I can hear some people's thoughts going "oooooh, that seems too controversial", or "this is going to disturb someone". Good. This won't be the first time I have been regarded as disturbing and I am sure it isn't the last! ☺

Ok, here is my opinion. Keeping in mind that opinions are just that...OPINIONS. Opinions can be based on fact but are not necessarily fact. I am going to veer slightly here. Fact is another great word. I bet every time we all get real sure of our facts, God just smiles. I know I would. You see, those who believe in a higher power, using the name God for convenience' sake here, believe that this higher power is omnipotent. Omnipotent is all knowing, all seeing, all powerful! If I were God (which I am most certainly NOT because WOW...whenever I think one of my jobs is tiring I just think of that!), I would certainly mess with people and their "facts". ☺

Have I mentioned I get scattered? Back to that opinion of mine. Angels have MANY different forms. The reason my opinion is as such is not because I have personally spoken with said Angels, that I recall easily. My opinion is based on fact. The fact, most people agree on, that God is Omnipotent. If God is Omnipotent then, once again, how can WE limit what God creates? WE CAN'T! So, what do Angels look like? Read my article or just think about what God might create. We could BOTH be right!

'Til next time,
JMS

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Love and kindness are the very basis of society.

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~Dalai Lama Quotes On Kindness

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RELEASING GRIEF

A healing ritual facilitated by: Karen Elielsen
Saturday 4/21/12 ~ 9am-3pm
Cost: \$63 per person
@ Norwegian Woods Retreat House
Princeton, MN

Karen is a graduate of the Echoes of the Ancestors
three year training facilitated by Malidoma Some
of the Dagbara people of west Africa.

Email: Karen@ElementalRituals.com for details

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Twyla Ethen
OWNER

WHAT DO ANGELS LOOK LIKE ?

(First and foremost, this article is not written to put anyone down, to be a detriment to one's stature in a church setting, or to say that anyone is wrong. It is merely an article to make one think. And pondering life's little mysteries are just one of the great gifts we have all been given by our Higher Power! I realize that many of you call your Higher Power differing names but in this article I choose to call our Higher Power God, for ease in writing.)

What do Angels look like? It is interesting that this answer all depends on who you ask. If you ask a fire and brimstone preacher it will be a fire and brimstone Angel. These Angels are strong masculine beings with swords, shields, and angry looking faces. If you ask a man that is one of the higher ranking men within a church system you may get the answer that all Angels in the Bible are depicted as being male, and there is a Hierarchy of Angels. And if you ask someone like me, you will get the answer that there are as many different forms being shown to us as there are people on the earth, depending on what we are in need of. (And that is a LOT of forms...over 7 Billion by last estimate!)

If you read the Bible, which I do sometimes when I want to check out things like this specifically, you would find out that not all Angels appear to be of masculine form. It is inferred sometimes but it is also outright told to us that an Angel has appeared as a burning bush as well! Most of the passages will just say Angel. Not he, not him, not the man, nor anything that comes close to this "fact". But, in some of the passages it clearly states that a man was seen; therefore, it is assumed by some that ALL Angels are then men. Ok?!? Well, I was an A student in my Philosophy studies in college and I can comfortably say, this is not logic, it is assumption.

So here is my logic. We have been told throughout time, through various accounts, that Angels are messengers, guardians, warriors, guides, supporters, etc., etc. They are, what one might say, in the service department. They provide service to both God and to God's people. Whatever service they are providing will be the form they take. From countless examples of what people have seen throughout the world this has been the case. I don't believe that from this logic can we clearly say what Angels truly look like in their "natural" form. It could be that their natural form, as well as God's "natural" form is pure light and love. I believe this would be difficult to give form. I dare anyone to try and paint pure love. Since we, as humans, cannot even fathom what "pure" love would look like then Angels appear the way we as individuals perceive them. I doubt a young child sees an Angel as a warrior but rather a child, or perhaps a mother figure so as not to be fearful. Mary, the mother of Jesus in the Bible, saw the messenger Angel Gabriel as being a man. This would make sense, as women of that time saw men as being authoritative and she would be more likely to believe someone who "looked" like they had authority. And someone who has been severely injured by people in the past may very likely see an Angel in the form of an animal because it would more likely give them a feeling of pure love and understanding. And someone who is frightened may need a strong Angel with a sword and shield and that is what they see.

I believe I have seen Angels. I have seen bright lights and I have seen them look like you and I. And one thing I know for certain, I have never been frightened of them. So, whether they look like men, women, children, cherubs, animals or they have wings or not. Whether they play harps or have beautiful voices, Angels take form as we need them to take form. I believe God is love; therefore, I see Angels in forms of love. What do you think Angels look like? No matter what, I can't imagine that you are wrong.

One last thing before I go. And I realize that I may get some flack over this as well. As long as I am just spouting my opinions...the whole God made man in "his" likeness needs pondering. First of all, God looking like men with two arms, two legs, no breasts, and well you know...comes from the line that God created "man" in God's likeness. What is curious is that at no time, for those wanting to look it up, does the Bible say that the likeness is just the physical! In God's "likeness" could refer to what is inside the heart and soul of people and NOT what we look like on the outside? It could be that since being banished from Eden, God's likeness is no longer there? Or perhaps God's likeness has been here all along? Perhaps we have trouble seeing it? Or maybe, as with the Angels, we believe it must look a certain way and we miss it altogether? Just thinking.

And there it is, for what it's worth, my opinion.

JMS

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) \$70.00 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. For more information on Healing Touch see page 10.

BARBARA BJORKLUND/INTUITIVE GUIDANCE (Available select 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 6 page chart.

Discovering the energies your name & 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 & major life period energies, & ways to balance the traits in these energies. Provide name & birth date at time of scheduling.

JASON PLEVELL/SHAMANISM & MERIDIAN CLEANSING/BALANCING NEW (Available Mondays & Tuesdays by appointment)

All Services: \$25 for 1 session | \$64 for 3 sessions | \$123 for 7 sessions (The very first time you see Jason it is \$25.00. Please do not ask for your first visit to be part of a special pricing after you have seen him. No refunds on Special Pricing. Thank you.)

As an educator, trainer, mentor, and natural health practitioner, Jason lives to serve his community by helping individuals manifest their true potential and take control of their life. Learn more on our website about Jason and his modalities listed here ~ Soul Retrieval ~ Soul Mapping Through Medicine Wheel ~ Plant Energy Bio-Feedback ~ Spirit Animals ~ I Ching Reading ~ Meridian Balancing.

JOAN STOKES/ANIMAL COMMUNICATION (Available by appt.) \$45.00 per 1/2 hr \$80.00 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/INTUITIVE READINGS/REIKI \$60.00 1/2 hr - \$95.00/hr. (Available most Wednesdays by appt.)

Jurema is a holistic healer, medium and spirituality teacher who brought to the U.S. an original combination of healing practices from her native country, Brazil. She transformed her spiritual knowledge and studies into this fascinating and mystic healing style that includes Intuitive Readings, Spiritual Counseling, Brazilian Energy Healing, Reiki and more. Working with her spiritual guides and ascendant master, she will bring you the hope and confidence you need. (Consultations also available in Spanish and Portuguese).

KARLENE PLANTE/ TAPPING IN LIFE STORY ENERGY RE-PATTERNING, THE GRANDMOTHER ENERGY COLLECTIVE CHANNEL NEW

(Available select Sunday's, personal sessions by appointment) 45-60 minutes. \$80

Karlene offers 22 years of experience with spiritual direction in formal academic settings, in private practice as an advanced massage therapist and while developing and honing a multi-modality process for accessing and resetting deep patterns of dis-ease created in our bodies through our life's stories. Some of the tools used in both group and individual sessions are Tapping-In meridian re-patterning, channeled wisdom/activations from the GrandMothers Collective, guided imagery, Karuna and Usui Reiki, advance therapeutic body work, sounding with crystal/metal singing bowls, tuning forks and vocalizations, essential oils, flower and personalized elemental essences.

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.

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	3 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm BARBARA B. Intuitive Readings 2-6 pm	4 JUREMA Psychic/Healing 11-6 pm	5 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	7 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30
8	9 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	10 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm INTERPLAY 6:30-8 pm	11 JUREMA Psychic/Healing 11-6 pm	12 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	14
15 DRUMMING CIRCLE 6:30-8 pm	16 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	17 NICOLE Energy Work 11-3 pm JASON PLEVELL Meridan Balancing 10-12 pm BARBARA B. Intuitive Readings 2-6 pm	18 JUREMA Psychic/Healing 11-6 pm STEPPING INTO THE METAPHYSICAL 7-9:30 pm "Meeting & Working with Your Spirit Guides"	19 ANN DRAGSTEN Healing Touch 12-6 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	20 AURA PHOTOS 2-7 pm	21 INTERPLAY 10-11:30 pm MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 HERBS & ALLERGIES 1-3 pm Private consultations available by appt
22 TAPPING IN AND JUMP FOR JOY 3-5:30 pm KARLENE PLANTE Sessions by Appt.	23 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm	24 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm	25 JUREMA Psychic/Healing 11-6 pm	26 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 pm	28 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30
29	30 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm					

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm BARBARA B. Intuitive Readings 2-6 pm	2 JUREMA Psychic/Healing 11-6 pm	3 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	5
6 DRUMMING CIRCLE 6:30-8 pm	7 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm INTERPLAY 6:30-8 pm	8 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm ANIMAL SPIRIT GUIDES 6:30-8 pm	9 JUREMA Psychic/Healing 11-6 pm	10 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	11 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	12 MBS MINI EXPO 10-5 pm
13 GRANDMOTHERS BLESSING 1:20-2:30 pm KARLENE PLANTE Sessions by Appt.	14 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	15 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm BARBARA B. Intuitive Readings 2-6 pm STONES FOR BEGINNERS 6:30-8 pm	16 JUREMA Psychic/Healing 11-6 pm	17 ANN DRAGSTEN Healing Touch 12-6 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	18 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-7 pm	19 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 FACE READING 1-3 pm Private consultations available by appt
20	21 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	22 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm POISED POSTURE FLUID MOVEMENT 6-8 pm	23 JUREMA Psychic/Healing 11-6 pm STEPPING INTO THE METAPHYSICAL 7-9:30 pm "Grounding & Protecting Yourself"	24 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	25 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 pm	26 INTERPLAY 10-11:30 pm MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30
27	28 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	29 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm	30 JUREMA Psychic/Healing 11-6 pm	31 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm		

June 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	2 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30
3 	4 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm INTERPLAY 6:30-8 pm	5 JASON PLEVELL 10-12 pm NICOLE 11-3 pm BARBARA B. 2-6 pm STONES FOR BEGINNERS 3-4:30 pm ANIMAL SPIRIT GUIDES 5-6:30 pm	6 JUREMA Psychic/Healing 11-6 pm	7 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-7 pm	9
10 DRUMMING CIRCLE 6:30-8 pm	11 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	12 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm	13 JUREMA Psychic/Healing 11-6 pm STEPPING INTO THE METAPHYSICAL 7-9:30 pm "Getting Unstuck"	14 ANN DRAGSTEN Healing Touch 12-6 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	15 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	16 ANGEL PORTRAITS 10:30-4 pm MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30
17 	18 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive	19 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm BARBARA B. Intuitive Readings 2-6 pm QUARTZ CRYSTALS-HEALING 6:30-8 pm	20 JUREMA Psychic/Healing 11-6 pm	21 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	22 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	23 INTERPLAY 10-11:30 pm HERBS & DIET 1-3 pm Private consultations available by appt MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30
24 	25 JASON PLEVELL Meridan Balancing 10-12 pm KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	26 JASON PLEVELL Meridan Balancing 10-12 pm NICOLE Energy Work 11-3 pm	27 JUREMA Psychic/Healing 11-6 pm	28 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	29 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 pm	30

Intuitives, Psychics & Healers (continued)

MERRY MCKENZIE/ENERGY WORK (Available most Saturdays by appointment) **NEW**

\$50 - whole body treatment (60 minute session) \$25 - basic chakra balancing (30 minute session)

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 & that feeling good is our natural state of being.

NICOLE WULFEKUHLE/REIKI, (IET) ~ INTEGRATED ENERGY THERAPY & REFLEXOLOGY **NEW** (Available most Tuesdays by appointment)

60 minutes \$55 and 90 minutes \$65 Nicole qualified in Beauty and Holistic Therapies in the United Kingdom in 1989, having trained for three years. She then followed her passion and spent 20 years teaching holistic therapies in a variety of educational establishments across the UK. She has also continued her own education, enabling her to add to her portfolio of skills and further develop her spiritual side on this wonderful journey of life. She has a genuine passion for helping people, promoting healing and making a positive difference in the health and wellbeing of others. Call today for your appointment!

PAULETTE LUCAS/PSYCHIC INTUITIVE (Available most Fridays & Mondays by appointment) \$70.00 per 1/2 hr and \$125.00 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 select 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. Feedback on Tamarack has been amazing. Set your appointment up today! Allow minimum of 30 minutes for tarot. 1-2 hours minimum for astrology.

Class Descriptions & Special Events

*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. We do not have online registration as of yet. Please be at the store at least ten to fifteen minutes prior to class for payment time. We accept cash, check, or credit cards. **Thank you and enjoy your classes!***

ANGEL PORTRAITS | Saturday, June 16 | 10:30-4 pm | Paulette Salo **(Special Event ~ NOT a Class)**

See your guardian angel as your angel paints their picture through my hands. I intuitively paint your angel's likeness for you. This includes your angel's name & a personal message from your heavenly messenger. My mission is to encourage people to talk with their angels so their lives are easier and it is so fun to know who they are! \$75 for a 9x12 pastel (2 or more are \$60 each) 16 x 20 oil portrait on canvas is \$150.00 Please pre-register.

ANIMAL SPIRIT GUIDES | Tuesday, May 8th 6:30-8 pm & June 5th 5-6:30 | \$20 | Joan Stokes

Joan Stokes, animal communicator, will teach you how you can find & recognize your own Spirit Animals. Spirit Animals can be very powerful in our lives, & when we bring them into our consciousness, & ask them for assistance, it can create positive changes in our lives. Joan is sometimes able to "see" them around an individual and she will share this with the group. Come, feel & experience what is unseen but with you all the time. Class limit 10, Class minimum 3.

AURA PHOTOS & READINGS | Fridays 4/20, 5/18, 6/8 | 2-7pm | \$30 | 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! Please pre-register.

CIRCLE DRUMMING | Sundays, 4/15, 5/6, 6/10 | 6:30-8 pm | \$5 donation | Joanna Geppert L.Ac., M.Om., CMT

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.

FACE READING | Saturday, May 19th | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

Find out what is hidden in the faces you see every day! We will explore the face and what it reveals about personality. Bring a picture of someone you know that you can write on. The picture should be of the front of someone's face. Class minimum 4.

GRANDMOTHERS BLESSING | Sunday, May 13 | Group Channel 1:20-2:30 pm | \$20 | Karlene Plante **NEW CLASS**

A group channel from the Grand Mother Energy collective that embraces, guides, challenges and supports all that reside on Earth. The Grand Mother's offer on this day, messages, blessings and instructions for the vitality of the heart, both physical and beyond. At times during channeling the message may come through toning, that has no translation into any known language pattern. This toning can be felt by some to flow directly to the energy patterns created by one's life story. An opportunity to receive a personal/family group blessing/activation follows the group event. (Personal activation post channel \$5/person).

Class Descriptions (continued)

HERBS & ALLERGIES | Saturday, April 2st | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

Plagued with hay fever? Fighting food intolerances? All kinds of allergies can be minimized with herbs! Join Liz Johnson, our herbalist, to learn about what helps when an allergy strikes, what can make an allergy strike less often, and what to avoid in the herb world when you have allergies. Come and try a tasty tea that may help you with your allergies. Class minimum 4.

HERBS & DIET | Saturday, June 23rd | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

We are becoming obsessed with weight as a nation. There are healthy ways to improve weight management. Have you ever gone on a diet only to become frustrated at those times when the pounds just do not seem to be coming off? Come and learn about herbs used to create a full feeling, dealing with food cravings, and general weight loss. Class minimum 4.

INTERPLAY-Unlocking the wisdom of your body | Tue 4/10 M. 5/7 M. 6/4 -6:30-8 pm & Saturdays 4/21, 5/26, 6/23 -10-11:30 am | \$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.

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

Monday Meditation will rotate between Anne Brady and Brittina Seaborg. 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.

MBS MINI EXPO | Saturday, May 12th | 10-5 pm | Free Admission | Multiple Practitioners, Intuitives, Prizes, Etc.

Most of you know what this is all about. And for those who don't; it is a day filled with meeting people, finding some guidance or perhaps learning something new about yourself! These mini Expos are held in our studio next door and generally have at least 10-12 readers, practitioners, etc waiting to meet you and work with you for fun, for intuitive insight, and healing. Join us. You will not be disappointed! (Charges only for services, entrance is free.)

POISED POSTURE, FLUID MOVEMENT | Tuesday, May 22nd | 6-8 pm | \$20 | Andrea Fedele

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.

QUARTZ CRYSTALS-HEALING | Tuesday, June 19th | 6:30-8 pm | \$25 | Joan Stokes **NEW CLASS**

Joan will take the student into the world of the Quartz Crystal. From how they are formed and how the formation affects particular personalities to how to work with them for amplification, divination, and healing practices. We will discuss working with spheres, points, and everything in between. Even if you think you know Quartz, this class may just surprise you. (Each student will receive their own Quartz during this class to work with and keep). Class limit 10, Class minimum 3.

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! Class minimum 4.

STEPPING INTO THE METAPHYSICAL | Wednesday, April 18th | 7-9:30pm | \$25 | Bob Sullivan **NEW CLASS**

APRIL CLASS "MEETING & WORKING WITH YOUR SPIRIT GUIDES" - In this class we will examine the idea of spirit guides and how they show up in our lives. We will work through various exercises that will help you connect and work with your guides on a deeper level.

STEPPING INTO THE METAPHYSICAL | Wednesday, May 23rd | 7-9:30pm | \$25 | Bob Sullivan **NEW CLASS**

MAY CLASS "GROUNDING & PROTECTING YOURSELF" - In this class we will examine the art of grounding and protecting our energy and how it can help boost our energetic system and well being. We will work through some exercises and meditations to help you plug in and put up protection when you need it.

STEPPING INTO THE METAPHYSICAL | Wednesday, June 13th | 7-9:30pm | \$25 | Bob Sullivan **NEW CLASS**

JUNE CLASS "GETTING UNSTUCK FROM LIFE PATTERNS THAT KEEP US FROM MOVING FORWARD" - In this class we will examine the patterns that the Universe presents to us and what it is we need to learn about ourselves and do to release the stuck energy. We will look at different tools and processes to help us recognize and release these patterns so we can release the energy.

STONES FOR BEGINNERS | Tuesdays, May 15th 6:30-8 pm & June 5th 3-4:30 | \$20 | Joan Stokes

Have fun with stones, rocks, and crystals! Joan will discuss a wide array of stones and crystals and why many of us have a love affair with stones from the time we are kids. Why are they good for us? What should we look out for when looking for the latest "NEW" stone? And much more. This is a light hearted class with very little structure. Even as adults we tend to learn more while having fun. We might play like kids at this class but it is intended for adults only. Enjoy an evening of questions and play as we explore the world of stones! Class limit 10, Class minimum 3.

TAPPING IN & JUMP FOR JOY | Sunday, April 22nd | 3-5:30 pm | \$25 | Karlene Plante **NEW CLASS**

Tapping In and jump for joy. An active participation class that utilizes gentle tapping and mental refocusing techniques to release the stored energy of life stories filled with tension, fears and worries, heartbreak, disappointments, frustrations and pain of many kinds. By the end of the session you may find you want to jump for joy at the changes taking place in your body.

HEALING TOUCH

by Ann Dragsten

It's no "secret" that healthcare in America is confusing, expensive and not always the answer to our problems. With the high cost of healthcare, people are starting to wake up to the fact that they are in charge of their own health. And if you live a healthy lifestyle, it's not going to cost you as much. This is just one of the reasons for turning to holistic/complementary therapies. I am a registered nurse and have been practicing Healing Touch Therapy for almost 12 years. This complementary therapy focuses on balancing your physical, emotional/mental and spiritual well-being. By understanding they are deeply connected we can work together to guide and support you in allowing your body's natural healing ability to restore health and happiness to your life.

Healing Touch Therapy with Ann is a powerful, holistic, energy-based approach to healing. Some of the reasons you may seek this therapy is to reduce stress and anxiety, pain relief, depression, cancer, infertility, emotional problems, searching for guidance on your life's journey, need a gentle objective listener to talk to without being judged, or just curious how energy therapies can help you. Whatever the reason, some of the benefits include deep relaxation, decrease stress and anxiety, release of blockages and emotional traumas which maybe causing you pain, reduces pain and promotes a sense of well-being. You remain fully clothed except for shoes and light touch on or above your body is used to clear, energize and balance your energy system. It is safe for all ages and is endorsed by the American Holistic Nurses Association. The majority of HSA accts and flexible spending accts maybe used. My passionate approach to healing honors the body, mind and spirit of each individual on their journey to personal growth, self discovery and healing.

For more information see my website HealingTouchWithAnn.com or call me at 763-232-9732. To set up an appointment call Mind Body & Spirit at 320-203-9630.

QUARTZ CRYSTALS

Quartz Crystals have an incredible history. They are surrounded in mystery, magic, science, and energy. Clear Quartz Crystals (which will be known as Quartz throughout the rest of this article) are the most powerful healing and energy amplifier on the planet because of its unique helical spiral crystalline form. The Quartz absorbs, stores, releases, and regulates energy and is excellent for unblocking energy. These crystals can also store information like a natural computer. They have been called master healers because they stimulate the immune system and bring the body into balance in preparation for healing.

How does one communicate with a crystal? Isn't a crystal "just" an inanimate rock that has no feeling, memory, or abilities? Strangely this is what many believe even though several scientists have been able to measure the "energy" of Quartz for years. They can be used for directing energy as well. A man by the last name of Vogel was the first to scientifically document the power of the Quartz Crystal. In fact, while he was cutting quartz into different shapes, etc. to figure out how to direct energy, he indirectly discovered the laser. And for those who have read about Atlantis or Lemuria there have been centuries and centuries of communication with and co-work done with crystals. Quartz "talks" energetically to all other Quartz on the planet, bringing us all closer together.

This is clearly a very brief glimpse into the world of Quartz Crystals and what they are all about. For more, please join Joan Stokes on June 19th from 6:30-8pm, for an exploration of the vast information from the past, present, and maybe even future of these wonderful tools that we call Crystals.

NICOLE W.

Nicole Wulfekuhle qualified in Beauty and Holistic Therapies in the United Kingdom in 1989, having trained for three years. She then followed her passion and spent 20 years teaching holistic therapies in a variety of educational establishments across the UK. She has also continued her own education, enabling her to add to her portfolio of skills and further develop her spiritual side on this wonderful journey of life. In 2010, Nicole moved to the United States, believing this to be her spiritual home and the place where she could make a meaningful difference in peoples lives. She has a genuine passion for helping people, promoting healing and making a positive difference in the health and wellbeing of others. Nicole offers a range of Holistic healing services with the intention of improving health and wellbeing, including Reiki, crystal healing (incorporated within other services), IET and Reflexology.

Reiki Master ~ Nicole works intuitively to correct energy imbalances during the treatment and incorporates the use of healing crystals to enhance the therapeutic effectiveness of the treatment. She incorporates a range of advanced techniques into her practice.

Integrated Energy Therapy ~ IET works directly with your 12-strand DNA using the violet angelic ray which is brought to us through nine healing Angels of the energy field.

Reflexology ~ allows the body to enter into a deep state of relaxation which allows the body to stimulate its own natural healing. Nicole is qualified with The British School of Reflexology.

For more on Nicole and her modalities please see extended information on our website. Call & Schedule!

JASON PLEVELL

The body naturally draws what it needs to maintain balance. When it comes to health, there is a constant internal and external relationship between the outside forces of Life and to that of our physical forms. Our environment and surrounding Natures are literally just as important as the food we put into our bodies because both provide sustenance and a necessary energy that propel our "Selves" forward on both the physical and spiritual planes of reality. Negative energy, whether intentional or not, interrupts the flow of that balanced energy. To continue to maintain the original balance that the body naturally has, we must first become aware of two ideas; one, that the negative energy exists and two, that we are consciously or subconsciously preventing it from freeing itself. We must learn to let it go. It's important to note that we do not force it to leave, but rather allow it to leave.

As human beings, we understand the process of the outside force of food, and how it is metabolized by the body and turned into a form of energy that operates on the cellular level. As spiritual beings in physical forms, we recognize the concept of the outside forces known as emotions, feelings, energetic frequencies, and vibrations, and the impact they can have in maintaining the healthy balance of psychosomatics in our Life. Many theories, however, still conclude with the open-ended questions that continue to leave many of us scarred and without solutions..."Why do I feel this way?" and "Why me?"

Our realities are created by how we respond to the opportunities in our Life. But a congestion of outside forces, for example; putting ourselves in dysfunctional environments that cause an excess of stress and then not properly cultivating a healthy response for those difficult times, creates an imbalanced flow of energy as the direct by-product. Imprints of this imbalanced and inhibiting energy are left within our own vibrational patterns; thus, generating dysfunction and disease at the very core of who we are. Consequently, manifestations of organ dysfunction, physical pain, feelings of depression, being disconnected from the world, and the idea that you are not yourself, can occur. Clearing of these imprints can be done through various techniques, those of which I hope to share with you.

My name is Jason Plevell. As an educator, trainer, mentor, and natural health practitioner, I am genuinely passionate and live to serve my community by helping individuals manifest their true potential. I practice the techniques offered through Traditional Chinese Medicine and Shamanism to assist individuals in working through their manifested health concerns. I love to work with individuals or groups of all ages in awakening their own healing energy and inner gifts. Additionally, my true passion lies in helping children. I truly believe every child is gifted and just needs subtle guidance in sharing of his or her gifts. I specialize in Meridian Cleansing, a form of "needleless" acupuncture combined with some of the earliest Chi Gung moves. It is an ancient technique originally discovered by Traditional Chinese Medicine, used to unlock stagnant forms of energy that has lodged itself within the 12 main meridians of the physical body. Cleaning and clearing this energy works miraculously to cleanse the organs and their systems within the body as a whole. Additionally, when this stagnant energy is released, an individual's sense of clarity and understanding is restored to a whole new level, allowing his or her senses to be heightened and thus opening his or her world to an abundance of possibilities.

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