

2012

July :: August :: September

Kaleidoscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Happy Summer to All!

I have been trying to write something for about a week and a half for the front page and can't seem to see any clear path to that article. I have writer's block. Everyone understands how blocks work for the most part. A block of any kind is generally something set up for the purpose of keeping something from passing through. You might come upon a road block or perhaps there is something blocking your way. But what I finally realized is blocks are actually only part of something bigger. We can "find" a block of time, or carve out a block of cake, or set up a city block. Someone can be a "chip off the old block" and one can be a block head. These are all parts of a whole.

If I could figure out what and where my block was then I could perhaps do something about it! What a concept?! I have all the power to make it happen! You see it isn't that I couldn't do anything about it but that I couldn't identify it. I realized once again I do not have to bend to what is outside of me as I hold the power to create change within and around me. Here is where I began to examine what was keeping me from moving forward. I decided that it wasn't that I couldn't write, it wasn't that I didn't have anything to convey. I figured out that my writer's block has been caused simply because the weather is phenomenal and I want to be at the lake every single minute! There it was, I didn't WANT to write. That was my block. I could, I should, and I have something to say. But my block was that a part of me wanted nothing to do with anything that was going to keep me from the lake. And that part was my block.

How easy was that?!? I took a good hard look at what to do with this block of mine. Could it be moved? Did I need help? Would I have to find a way around it or would I need to push through it? So many choices. I decided to push through because the lake was calling. And then it occurred to me that I had the article right there in my lap all along. The article was about figuring out what to do with all those blocks that present themselves to all of us every day. If we keep in mind that these temporary (yes, I said temporary) blocks, to where we want to go, get in our way, we can do something about them! They are only bits of something bigger and are manageable. They can be handled and there is ALWAYS something we can do about them.

The next time you encounter a block that has you stopped dead on your path, do something about it. Instead of sitting down and giving up, look at the block closely. Can it be moved or maybe you must climb over or under? Can you handle it on your own, or is help needed to move it? What is it a piece of? Have you been chipping at something so big, for so long, that pieces keep falling and getting in your way? Does the larger whole need looking at or is it enough to do away with one piece at a time? Even the big things can be broken down and worked around. However you choose to deal with it, deal with it! If you don't take a closer look, blocks can seem bigger than they really are and then we feel trapped. The sad thing is that many times these blocks are just before some of the biggest and best surprises in our lives happen. Some give up and some go get their picks and other gear. Don't let any blocks stop you from moving forward. EVER! Go get your gear right now and start chipping away at what lies ahead! Identifying and removing my block got my article written on time. Removing, or chipping away at your blocks today might just help you discover your life!

Now that my block is gone, it's LAKE TIME! Good luck with yours!
Take care,

Joan

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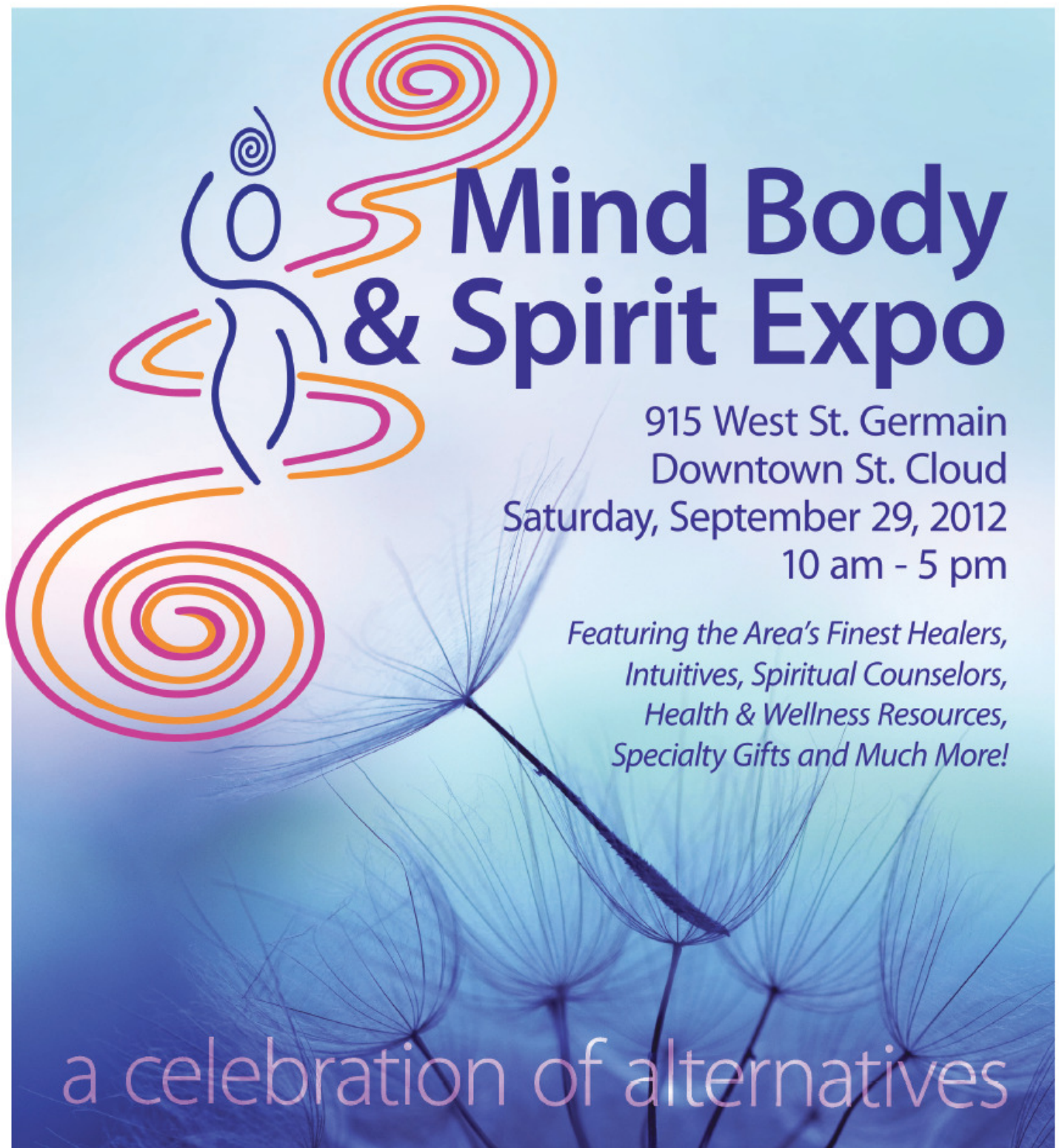
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Mind Body & Spirit
GIFTS & BOOKS

Downtown St. Cloud | 320.203.9630
www.mindbodyspirit-online.com

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



Mind Body & Spirit Expo

915 West St. Germain
Downtown St. Cloud
Saturday, September 29, 2012
10 am - 5 pm

*Featuring the Area's Finest Healers,
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STONES OF LOVE & PASSION

RHODONITE | RHODOCROSITE | ROSE QUARTZ

Rhodonite, Rhodocrosite, and Rose Quartz are three stones that are mentioned quickly when one asks the question, "What is a good stone for love?" Just like other stones that have similar qualities, they each have their own unique vibration for unique expressions of love. There is a stone for every desire in love and every stage of love. While Rose Quartz would be the best choice for compassionate, unconditional love of one-self, Rhodocrosite might be the best choice for a relationship full of fun and creativity, with a higher degree of passion. If one is looking for love that is balanced and has an element of grounding such as with mature love, then Rhodonite might be just what one is looking for.

Passion has very different definitions for many different people. Passion is often thought of in relation to sexual intimacy by some, others may find that passion within a relationship is about the sharing of one's life adventures with another, and still there are those that find that passion is about never letting go and with the proper balance in one's life a relationship can go the distance.

Rose Quartz is one of those stones that almost everyone recognizes. The "pink" quartz that is found in many places the world over would be considered the stone of empathy out of the three. It is particularly helpful with heartache or heart "break". It encourages self-love and reconciliation, with oneself and others, for pain caused in the past. Rose Quartz aids understanding when understanding is difficult. It also helps one to open their heart to the possibility of love again when one has been hurt within a relationship of any kind. Carrying Rose Quartz in one's pocket will aid in the discovery that one is enough and a relationship is not needed to feel complete; feeling complete can only come when one loves themselves. When the time comes that one is open to a partnership then having Rose Quartz in the bedroom can help with the courage to risk loving another.

Rhodonite is a "pinkish" stone with black markings that helps to balance the heart chakra, making it possible for the heart to both open and ground its energy at the same time. This slight grounding is the type of energy one feels when in a mature relationship. But this stone is no slouch in the heavy passion arena either! It is the astrological birthstone for Scorpios (and anyone who has a Scorpio in their life knows passion!). It is a stone to activate love energies and like Rose Quartz it aids in the recovery from hurt such as betrayal and abandonment. This stone's grounding energy also helps to nurture brotherhood and make one feel safe in the presence of love. Those who have high anxiety around those who they love should carry this stone to soothe those emotions. The calming energy will then help to bring balance to those relationships so they may become supportive once more. Rhodonite was derived from the Greek word for rose, "Rhodon", and the rose is known to be an expression of the emotions of love. Rhodonite was routinely given as a wedding gift in Russia with the pink color representing the lover's passion for one another and the black to represent the grounded worldly things one needs for a lengthy partnership such as loyalty, prosperity, and protection.

Rhodocrosite is like the other two pink stones in that it aids healing from loss and loneliness, heartache and betrayal. But this stone has a bit more childlike energy running through it. This creates a fun purpose. It creates spontaneous actions within the bearer and is a wonderful aid in creativity, both of new life and new dreams. Rhodocrosite is the best of the three to help with emotional scarring from incest or other abuse, especially when it occurred in childhood. It strengthens emotional expressiveness, friendship, and like all three stones it aids self-love. It creates a positive outlook on life, enhances the dream phases, and helps one feel closer to their spiritual energy.

The next time you are looking for an aid in finding love, whether it be a healing love, a mature love, or something with a little fun, you can come on in to Mind Body & Spirit and pick up a Pink Pebble and find out which one is for you and your love!

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.

BETH HENNING/INT (Available select Sundays by appointment, check online calendar for availability) \$150.00 hour **NEW**

Beth has studied and been a shamanic healer for 30 years. Additionally she co-authored Acupressure for Emotional Healing, a self help resource published by Bantam Books 2003, is founder of Tao Institute Inc, School of Acupressure, Massage & Holistic Therapies 2000. Licensed by the state of MN & in private practice for 30 years, Beth offers a variety of healing methods to clients, including stones, esoteric procedures, journey, relaxation, & transforming negativity & old patterning to light. Beth is certified in 850 Acupressure Teacher Training, Herbs, Jin Shin Jyutsu, Yoga, Chi Kung, Cooking Vegetarian for Chronic Disease, Animal Acupressure Massage & Shotokan Karate, & Massage. She is a member of AMBP, and NCCAOM, national organizations to promote good quality practitioners & healers, & regularly inputs the State of MN & Veterinary Board on Acupressure Massage licensing & other practical issues in the field of healing.

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.

JENNIFER THOMPSON/INTUITIVE, TAROT READINGS & NUMEROLOGY (Available select Saturdays by appt.) \$40.00 per 1/2 hr \$80.00 per hr

Service Description : Jennifer is a Third Generation Clairvoyant and Clairaudient Tarot Intuitive. Blessed with the ability to influence a positive energy shift in any area of your life. Jennifer will begin your reading with a general flow of information using Tarot, Numerology and Intuition. From there she will delve into your questions using Clairsentient, Clairaudient and Empathic gifts to provide more detailed insight." My goal is to remove your fears and enable you to make choices with clarity and confidence."

JOAN STOKES/ANIMAL COMMUNICATION & SPIRIT GUIDES (Available select Thursdays 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. Joan also works with Spirit Animal Guides that she many times can "see" around an individual. Once an Animal Guide makes themselves known one can work with the guide for whatever purpose they have come in for. Joan helps one to identify, acknowledge and deepen one's relationship with those unseen guardians and guides that are with us every day.

JODI TSCHIDA/HEALING TOUCH, REIKI, CRANIOSACRAL MYOFASCIAL UNWINDING (Available most Wednesdays by appt) 1 hour 75.00

Certified Energy Therapist specializing in Deep Healing. Jody incorporates Healing Touch, Reiki, and CranioSacral unwinding in a holistic energy-based approach to heal the whole person—physically, emotionally, mentally and spiritually.

JUREMA SILVA/INTUITIVE READINGS & BRAZILIAN ENERGY HEALING \$60.00 1/2 hr - \$95.00/hr. Available Tues, & Weds by appointment only.

(Consultations also available in Spanish and Portuguese). Jurema is a holistic healer, medium and a 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 the hope and confidence that you need.

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

(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 GrandMother's Collective, guided imagery, Karuna and Usui Reiki, advanced 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.

July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm INTERPLAY 6:30-8 pm	JUREMA Psychic/Healing 11-6 pm Full Moon	STORE CLOSED JULY 4TH	DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 pm	MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 JENNIFER T. Tarot/Numerology 10:30 –4:30
8 DRUMMING CIRCLE 6:30-8 pm	KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	PAULETTE LUCAS Psychic/Intuitive 11-4 pm TAMARACK Tarot/Astrology 11-6 pm	
15 KARLENE PLANTE 11-5 PM Sessions by Appt.	KELLI SPENCER Psychic/Medium 3-6 pm	JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm New Moon	JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm STEPPING INTO THE METAPHYSICAL 7-9:30 pm "Remote Viewing"	DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm New Moon	AURA PHOTOS 12-5 pm TAMARACK Tarot/Astrology 11-6 pm	INTERPLAY 10-12 pm HERBS & ALLERGIES 1-3 pm Herbal Consultations with Liz Johnson, available by appt MERRY MAC Energy Healing 10:30 –4:30
22	KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	JUREMA Psychic/Healing 11-6 pm	JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 pm	JENNIFER T. Tarot/Numerology 10:30 –4:30
29	KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	JUREMA Psychic/Healing 11-6 pm Full Moon (Blue Moon)				

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	2 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm Full Moon	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 pm	4 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 JENNIFER T. Tarot/Numerology 10:30 –4:30
5 DRUMMING CIRCLE 6:30-8 pm	6 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm INTERPLAY 6:30-8 pm	7 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	8 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	9 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-2 pm AURA PHOTOS 2-7 pm	11 INTERPLAY 10-12 pm MERRY MAC Energy Healing 10:30 –4:30
12 DRUMMING CIRCLE 6:30-8 pm	13 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	14 JUREMA Psychic/Healing 11-6 pm	15 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm STEPPING INTO THE METAPHYSICAL 7-9:30 pm "Parallel Lives"	16 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm New Moon	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm TAMARACK Tarot/Astrology 11-6 pm	18 INTERPLAY 10-12 pm MERRY MAC Energy Healing 10:30 –4:30
19 KARLENE PLANTE 11-5 PM Sessions by Appt.	20 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	21 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	22 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	23 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	25 JENNIFER T. Tarot/Numerology 10:30 –4:30 HERBS FOR CHILDREN'S HEALTH & WELL BEING 1-3 pm Herbal Consultations with Liz Johnson, available by appt
26 DRUMMING CIRCLE 6:30-8 pm	27 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	28 JUREMA Psychic/Healing 11-6 pm	29 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	30 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm Full Moon	31 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	

September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 JENNIFER T. Tarot/Numerology 10:30 –4:30
2 KARLENE PLANTE 1-5 PM Sessions by Appt.	3 STORE CLOSED Labor Day	4 JUREMA Psychic/Healing 11-6 pm	5 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	6 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	7 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	8 FACE READING 1-3 pm Herbal Consultations with Liz Johnson, available by appointment
9 DRUMMING CIRCLE 6:30-8 pm	10 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	11 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	12 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	13 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	14 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-7 pm	15 MERRY MAC Energy Healing 10:30 –1:30 2:30 –4:30 JENNIFER T. Tarot/Numerology 10:30 –4:30
16	17 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	18 JUREMA Psychic/Healing 11-6 pm	19 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm STEPPING INTO THE METAPHYSICAL 7-9:30 pm "10 Ways to Raise Your Vibration"	20 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	22 INTERPLAY 10-12 pm
23 30	24 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	25 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	26 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	27 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	29 MBS EXPO 10-5 pm

Intuitives, Psychics & Healers (continued)

LIZ JOHNSON/ MASTER HERBALIST (Available Saturdays 7/21, 8/18, 9/8 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 MCKENZIE/ENERGY WORK (Available most Saturdays by appointment)

\$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.

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!***

AURA PHOTOS & READINGS | Friday, July 20th, 12-5pm | Fridays, Aug 10th & Sept. 14th, 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.

DRUM CIRCLE | 2nd Sunday of each month | 6:30-8 pm | \$5 minimum donation | facilitated by Joanna Geppert L.Ac., M.Om., CMT

A drum circle is where participants gather in a circle to play a drum and/or other percussion instruments to awaken their tribal roots, connect with the earth and Spirit, and have fun! You need not have any previous experience to attend. Just bring a drum (or two if you have one to share) and an open mind and heart. Come join us! And feel the freedom of the soul that comes with drumming.

FACE READING | Saturday, September 8th | 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.

HERBS FOR CHILDREN'S HEALTH & WELLBEING | Saturday, August 25th | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

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

INTERPLAY-Unlocking the wisdom of your body | Select Tuesdays & Saturdays see calendars for dates and times | \$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.

KEEPING CALM & COOL WITH HERBS | Saturday, July 21st | 1-3 pm | \$25 | Liz Johnson **NEW CLASS**

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

MEDITATION | 2nd Monday of the Month | 7-8 pm | Suggested Donation \$5 or More | Brittina Seaborg or Anne Brady

Monday Meditation will be lead by either Anne Brady or 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.

Class Descriptions (continued)

MBS EXPO | Saturday, September 29th | 10-5 pm | Free Admission

Come and experience like minded people gathering for some fun, connection, and insight! This is your chance to meet new practitioners and get reacquainted with the ones you have met before. Learn a little more about yourself in the presence of a variety of healers, intuitives, and so much more! Get a new perspective or possibly win a door prize. There is something for everyone. Practitioners and possible modalities available will be announced. Watch for more information in the near future! See you here!

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! Class minimum 4.

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

JULY CLASS "REMOTE VIEWING" - Remote viewing is the practice of seeking impressions about a distant or unseen target using paranormal means, in particular, extra-sensory perception (ESP) or "sensing with mind". Remote viewers "see" objects and scenes across a room or up to hundreds or thousands of miles away by closing their eyes and focusing on the object or place.

STEPPING INTO THE METAPHYSICAL | Wednesday, August 15th | 7-9:30pm | \$25 | Bob Sullivan


AUGUST CLASS "PARALLEL LIVES" - Parallel lives are said to be non-physical 'lives' which are very different from the life you live. They express aspects of your being that often are complementary to your own life. We will examine this phenomenon and discuss how and why this may show up in our lives.

STEPPING INTO THE METAPHYSICAL | Wednesday, September 19th | 7-9:30pm | \$40 | Bob Sullivan

SEPTEMBER CLASS "10 WAYS TO RAISE YOUR VIBRATION" - In this class we will examine 10 practical ways to help lighten your load and raise your vibration. We will use the Aura camera to see your energy before and after the class and see how the vibrational change can show up in your energy system. Class fee includes 2 aura photos. Class attendance will be limited

"Understanding and Love are not two things, but One"

~Thich Nhat Hanh



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GUARDIAN OF THE LAKE

Many of us like to spend summertime by the water. If there is one bird everyone seems to recognize, besides the loon, it is the Great Blue Heron. Whether kayaking silently along a shoreline or sitting on a dock pondering life, the sight of a Great Blue flying overhead lifts the spirits and eases our worries. It seems everyone I have talked to about this bird lately has that same feeling. We feel peace and solitude, joy and somehow, a bit of security. I wondered why we all seem to feel this when we see this well known lake visitor?

I did a little studying and found that the Heron has been found all over the world in pictures and paintings throughout time. In ancient Egyptian mythology it was most likely the Phoenix that rose from the ashes and renewed itself every 500 years. There are legends that say the "Bennu" bird, as it was called in Ancient Egypt, was born out of the heart of Osiris, the son of Ra. And the Egyptian Book of the Dead says the Bennu bird was the Guide of the Gods to the land below. When one died the Heron would guide the soul to the land of the dead so they could rest for all eternity, unless they too decided to be born again.

No wonder we feel as if the Great Blue is trying to guide us sometimes when we are out on the lakes. And here is just another take on why we feel the peacefulness of this beautiful blue icon. In the pagan or ancient Celtic faiths the Great Blue Heron was the embodiment of the Goddess Rhiannon. The Great Blue has been called what Rhiannon would be called, "The Lady of the Lake". The Lady of the Lake guides all those who are lost and provides for those that are in need but mostly the Lady of the Lake guards the shimmering, wonderful lakes so they will be here for our kids tomorrow.

According to Ted Andrews, the Heron is a symbol of balance, able to be sure footed upon the ground and fly gracefully through the sky. They explore quietly and slowly along shorelines, waiting for opportunities. But once they have spotted what they want their swiftness in attack shows no hesitation. People with this Totem/Spirit Animal seek solitude and love to explore. Those who love nature and enjoy canoeing, etc, would highly resonate with the Heron. There is a sense of security in the Heron energy. They have the ability to evolve and become more adept at their talents so they may always be taken care of. If one chooses to accept the Heron as a spirit animal they will learn to walk into the deep waters with no fear and they will stand on their own two feet keeping themselves balanced at all times. Self determination, self reliance and guidance are the trademarks of the ever popular "lady" of the lake and spiritual guardian of the nature lover's soul, the Great Blue Heron.

JMS

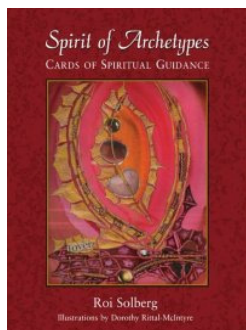


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FEATURED PRODUCT/ARTIST



Spirit of Archetype Cards

Written by:
Roi Solberg

Artwork by:
Dorothy Rittal-McIntyre



Dorothy
Rittal-McIntyre



From the Author and Artist of Spirit of Archetype Cards

"Archetypes allow the greater personality that is waiting within to be expressed or brought to life."

~ Carl Jung, *Archetypes and the Collective Unconscious*.

The Spirit of Archetype Cards were created to help you examine how you are currently choosing to live your life. The archetypes make you aware of the personality traits that you are exhibiting and the messages you are sending to others.

As you examine your personal story, you will find an archetypal element that defines and reveals the pattern you are living, such as Victim, Hero, Artist, or Child.

Once you identify the archetypes you are expressing, you can decide if they are empowering or dis-empowering you. Then you have choice to develop a strategy to change the story you are currently living to one that will allow the greater personality within you to be brought to life.

What is an Archetype?

An archetype is an energy pattern of expression or thought. These universal thought forms or patterns are available and active from birth.

Archetypes have both an illuminated and an un-illuminated (or "shadow") aspect to its personality. The shadow archetype is an un-illuminated or unknown part of you waiting to be expressed or healed.

Out of the hundreds of archetypes studied throughout history, I selected forty-eight that offer dramatic insights to the patterns and possibilities of your life. The archetypes were artistically conceptualized by artist Dorothy Rittal-McIntyre.

Roi Solberg

I have loved art since I was a girl and have always had an eye for color and design. As a young adult, I fell in love with art deco and Maxfield Parrish with all of his intense colors and the magical tone his pictures have. Later on I discovered the fun of adding collage as it gives a lot of freedom to the design element and adds a depth that I find intriguing.

The archetype project was a magical and life-changing experience for me, in my art and my life. I worked on six archetypes at a time, creating a watercolor background, choosing letters from newspapers, and gathering images from my picture collection.

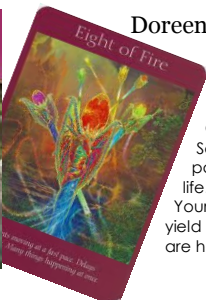
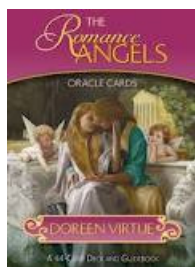
Colors, images, and inspiration came from dreams, meditations and quiet times or when I was gardening or walking. Then I would focus on one archetype as I began to search for symbols that represented the shadow and illuminated.

As I worked on each of the archetypes, I gathered a new perspective on my own life. I believe that my deep reactions added to my art, and I am proud to share it with you.

Dorothy Rittal-McIntyre

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