

2012

October :: November :: December

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

“The great thing in this world is not so much where you stand,
but in what direction you are moving.”

~ Oliver Wendell Holmes

Well here we are in an election year. That's ALL I have to say about that. Wasn't that a relief? Someone who is NOT going to tell you how to vote, ask who you will vote for, or what "party" you support. I don't know how you feel but the word party always meant something fun to me! Election years seem to take the joy out of everyone's sails. Here is something I want you all to remember...vote the way YOU want to. Don't be swayed by even one single person. Not Merri and I. Not your spiritual leaders. Not Mom and Dad. Listen to the voice inside and only the voice inside. That is the ONLY place you will ever find the complete truth about anything. (We have said it before but it is well worth saying again!)

Ok, I lied because I just told you how to vote. But the beauty of it is I told you to vote for yourself (no, don't put your name on the ballot unless you feel you're the right person for the job), just vote how you want to. I wouldn't recommend not voting. Because well, not voting is apathetic and apathy doesn't help anyone, and it also gives you zero rights later on to complain about who is in office.

And here is the big secret that no one talks about during an election year; if you vote with your conscience, it will be ok! Things go awry often when we listen outside of ourselves. For those who consult any Holy book to decide what you should do, remember this; there is one fact that is clear; before there was an Old Testament, New Testament, Koran, Torah, Talmud, Veda, Tipitaka, or any other scripture written by men whether Divinely inspired or not, there was first and foremost the conscience. The conscience or "knowledge within" is your God speaking to you. (This is not my opinion but is told to us in more than one Holy book and has been said by more than one Spiritual leader.)

I think that some people get confused between conscience and conscientiousness. Conscience is defined, by dictionaries, as the sense of moral goodness or blameworthiness of one's own conduct, intentions, or character together with a feeling of obligation to do right. How do we know what is right? Listen within. Now conscientiousness is defined as conformity to what one considers to be correct, right, or morally good. How do we find conformity? Only by looking outside of ourselves. The voice within is truly a part of ourselves; whereas, conformity is becoming that which is not necessarily ourselves.

For myself there is just one law that seems to come from "the Divine's voice within". That law is to love one another. That isn't much different from the words we are all familiar with, "Do unto others as you would have them do unto you." As I write there is turmoil going on surrounding a movie that is making headlines because it made fun of a religious prophet. When some people of that religion saw this, they rioted, which led to deaths. Ask yourselves this; did either side listen to the God within before acting? My opinion would be no. And just because one doesn't listen within does not give someone else permission not to listen either. An eye for an eye never came from within anyone, if they were truly listening.

Think deeply before checking those boxes. Vote to not hurt another, especially if it is something you are being told to do from outside of your own conscience. Vote with your conscience as it is your soul speaking. And no matter who is elected, whether a school board member or President of the United States, remember that the day after the elections, you can wake up, still be who you are, listen within, and make the changes that need making. Perhaps you could be the leader others are waiting for!

By the way...No matter what your Holidays are or how you celebrate...Peace to you and to us all this year and beyond!

Til next time,
Joan

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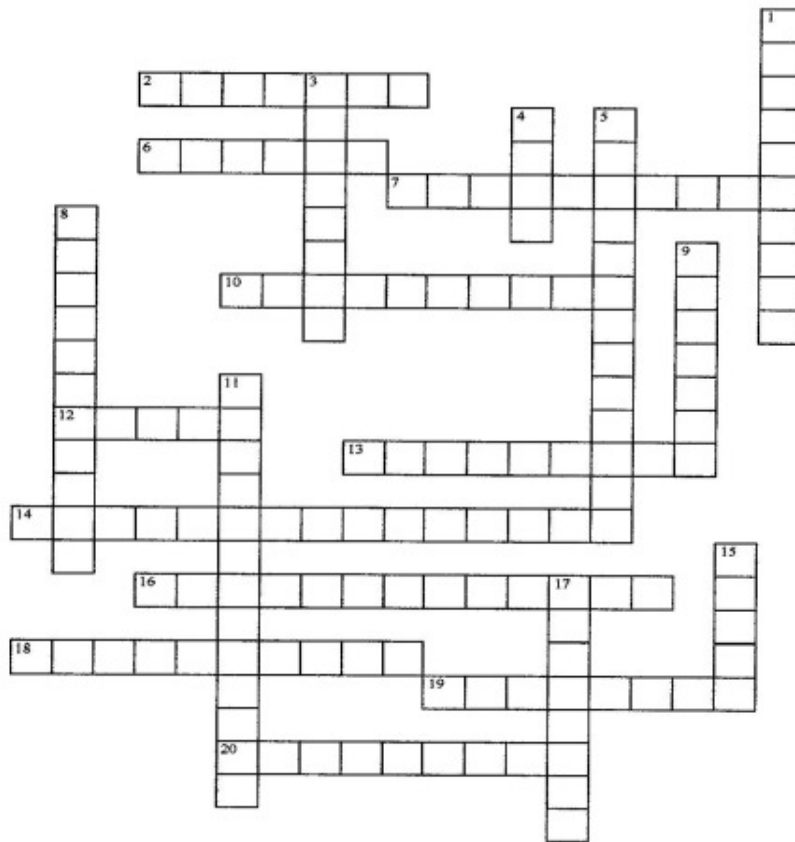
Mind Body & Spirit
GIFTS & BOOKS

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

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

Stoned Crossword Puzzle

(Test what you have learned-clues come from past newsletters)



ACROSS

2. I am not truly a Jasper, like my second name says. I was a living algae, in Africa, a very long time ago.
6. I have so many names that even I get confused...but my name just means spotted or colorful stone.
7. I am as blue as the sea and help you to stay above it just like the sailors of days gone by.
10. I come from a very hot, dry place. I am the type of Selenite that might look like a popular flower but I certainly don't smell the same. (2 words)
12. I am not really a stone. I rolled off of trees a LONG time ago! I am VERY soft and easing of pain is what I do best.
13. That other pink stone gets all the love, but I have loving vibrations too!
14. I am as dark as night and will keep the negative out or change it if it stays. (2 words)
16. I am fairly new and pretty too! Jasper is my second name. Look for the doorways in all my COLOR!
18. I am tinkled pink to tell you I am all about Unconditional Love! (2 words)
19. Whenever your other stones need clearing, I can cleanse them of their energy, but don't try cleansing me in water or I'll disappear!
20. I am baby blue or sometimes green and help you to speak. In the a.m. look at me and joy you will have all day.

DOWN

1. I am black but can be seen through and will help ease your grief and TEARS. (2 words)
3. I am called the "Sobriety Stone" and I am a royal color. I will connect you to your Higher Power.
4. Some say I am bad luck to buy for oneself but that is just a story from a children's book from long ago. Carry me and your sight will improve. I am sparkly because of my water but be careful so I don't dry out and crack.
5. Fairies love me! All my siblings are different colors, blue, green, red, and white. I think I am the brightest though and our last name rhymes with Bright! (2 words)
8. I will help to open your third eye, when the other two just aren't enough. I am deep blue with a sparkle or two! (2 words)
9. I am a Quartz Crystal stone too! When you carry me you will never feel blue because I'll make you happy like the sun and help abundance find you.
11. I can do it all and I am easy to work with because you can see right through me. (2 words)
15. I have many varieties but people search in Minnesota to find my Superior Self.
17. Shaman in Africa carried me to protect themselves from the evil EYE. (Can be written as one or two words)

SINGING BOWLS

Almost everyone, including children, that come into the shop are familiar with Singing Bowls. Everyone seems to understand that they make sound somehow. Then most people pick up the bowls and begin to roll the "striker" on the inside of the bowl. Most are then embarrassed when we show them that the striker is used on the outside of the bowl. MANY of you have done it and no one should be embarrassed. We should all be more like the kids that come in and know they are just learning and say "ok" when we correct them. No need to be embarrassed about learning. The only time anyone need be embarrassed is when one chooses not to learn.

Now that we all know that the striker or mallet is used on the outside of the bowl to make the bowl sing, we are left with why does it sing? It "sings" because of the vibration created from the striker on the bowl's metal. That vibration has a sound which is then "caught" within the inside of the bowl due to the bowl's construction. Much like the way using a wet finger on the lip of a wine glass will create a sound from the vibration of the glass. The amount of time it plays and the tone of the sound are relative to the size and construction of the bowl. So now that one knows how a bowl sings, why would one want a bowl that sings?

The beginnings of singing bowls are apparently cloaked in mystery as to the exact timing they were used for sound only. First and foremost, the people Merri and I have met call the bowls just singing bowls and not necessarily "Tibetan" singing bowls. The reason for this is that there is more indication that singing bowls were first made in either Nepal or outside of Tibet but still in the Himalayans; therefore, perhaps they should be called either Nepalese Bowls or Himalayan Bowls. During the Bronze Age many bowls were made but were used as bowls only. There are several "sources" that indicate that singing bowls have been found that could be potentially three or four thousand years up to ten thousand years old. These bowls were apparently not used as singing bowls, but as vessels to hold various items or for decoration, as the thickness would not be conducive to making beautiful tones. It is possible that at one point metal bowls were just bowls to the people just as our wine glasses are just wine glasses? Then one day a particularly gifted and insightful artisan looked at a bowl, tipped it upside down and discovered that it was basically, in its design, an upside down bell? This person saw things differently and looked outside the box so began trying to make music with the decorative bowls. From there many began developing much simpler bowls and experimented with sizes, thickness, etc. Since the oldest singing bowl found to date by actual "experts" is approximately 600 years old, and most of the other instruments, tingshas, bells, drums, etc have been found to be older, it is said singing bowls are a fairly young instrument developed for sound. All is speculation with a mix of stories handed down, but today's singing bowls captivate and mesmerize the same way they did five to six hundred years ago.

This "instrument" bowl became a sacred icon for ritual in Buddhism, but all religions enjoy some type of ritual that utilizes song or music of some sort. Ancient bowls and tingshas, made in Tibet and Nepal, were said to be made of an alloy of 12 metals. This has never been substantiated and may have just developed as folklore but this adds to the enchantment. According to this same folklore the supposed alloy of metals, on very rare occasions, had an addition of metals from meteorites. Some traditionalists say that this combination made a rich sound far superior and enlightening than the best of them made today. Some indicate, as most "experts" still have no idea if there is actual evidence to support this, that Tibetan Monk-made bowls were made from a seven metal alloy which correspond to the seven visible heavenly bodies. (Gold/Sun, Silver/Moon, Mercury/Mercury, Copper/Venus, Iron/Mars, Tin/Jupiter, Lead/Saturn). Whether or not there is any evidence of this, some elders will hold to the stories which make up their mystical heritage. We are sure of one thing only. Most bowls made today and sold on today's market are made up of "bell metal" which is an alloy of copper and tin, also known as bronze, with some having the addition of zinc.

Not only are bowls used widely in ritual of many kinds, they are therapeutic as well. Sound therapy is a growing modality for health. Vibrational sound instills an instant sense of calm which aids in meditation and peacefulness which lower stress levels. Besides the metal bowls there are also wonderful bowls used for meditation, therapies, etc made from clear quartz and other precious gemstones. This addition of healing qualities of gemstones within a sound therapy tool has clearly been miraculous for many.

All cultures and religions have a rich history with sound which is likened to a love affair. When one hears beautiful tones they are captivated. When a singing bowl is played almost everyone in a room will turn their heads to hear or move closer to that wonderful sound. It captures you and you are then lost in the moment. Just like falling in love something keeps us bound and we can't explain it but we love it! I don't know much about what sound does to the human body. Perhaps we become slightly hypnotized as the sound helps release some natural feel-good drug within our bodies? I do remember a sound therapist visiting one day explaining that tones created by the singing bowls create a sense of harmony and synchronize the left and right hemispheres of the brain. This synchronization puts the body into balance and when we are in balance, health is sure to follow. Because we know that being in the moment is the only time one can feel real peace of mind, it is that peace that draws us to listen as long as we can.continued on page 11

Thank You! A Gift to You, Our Supporters

Merri and I have owned and operated this "business" called Mind Body & Spirit for over ten years now. We know that we would not be journeying into our eleventh year had it not been for, our friends and customers, the people who keep MBS thriving. So for the next year, beginning October 1st, 2012, we are going to have a drawing each month for a gift to one loyal customer. We will not disclose what gift will be given any particular month, but will choose the gift before drawing the name. You may enter as many days as you like but only once per day. A drawing entry is available to each and every person who makes ANY purchase at all. It does not matter the amount, it can be \$5.00 or \$500.00, every purchase gets an entry (but still keep in mind that it is limited to just one entry per day, regardless of how many purchases made, so that we may be fair to each and every customer). It is the customer's responsibility to ask for an entry at time of purchase. Below is the list of gifts that we will be giving away. (Please keep in mind these are NOT in any order and the order will not be announced which makes it more fun!)

List of Gifts: (in no particular order)

- | | |
|--------------------------------------|---|
| 1. \$50.00 Gift Certificate | 7. 30-minute Intuitive Reading with Joan Stokes |
| 2. Tarot of Transformation Deck | 8. Singing Bowl |
| 3. Decorative Hand Blown Glass Ball | 9. \$25.00 Gift Certificate |
| 4. Bamboo Arrangement | 10. Altar Art |
| 5. Frame Drum | 11. Wind Chime |
| 6. Basket of Goodies & Such Surprise | 12. 30% off entire one-time purchase |

Gifts are given at the sole discretion of and chosen by MBS owners, Merri Weis and Joan Stokes. For whatever reason a gift listed is not available, an alternate gift will be chosen by Merri or Joan before the name is drawn for that month. Online or phone orders are not eligible for gifts. Items must be picked up at the store by the person chosen to receive gift or representative thereof*. No gifts will be shipped. Just fill out an entry form available at the front desk with your name, phone number, and email so that we may contact you if your name is chosen to receive a gift. (No information that we collect is ever given out to anyone outside of MBS.) If you are chosen to receive a gift, we will contact you by phone, email or both (if both given), just ONE time. When you are contacted you will have three days to contact us back. *When you contact us we will set up a time for you to come in and YOU WILL DRAW FOR WHAT GIFT YOU RECEIVE. If after three days we do not hear from you we will call the alternate name on the list. We will be drawing just two names each time. The alternate then has three days after they are contacted to contact us as well. Good luck to everyone!



Kelli Spencer

Channel for the Angels • Psychic Medium
Vibrational Coaching • Shaman Practitioner
Bach Flower Essence Practitioner • Certified Natural Health Professional


1/2 HOUR AND 1 HOUR READINGS ARE AVAILABLE IN PERSON OR VIA PHONE

In person:
Home Office - 32315 70th Avenue Cushing, MN 56443
If you would like a session with Kelli at her home office, please call 320-240-6399 or visit www.kellispencer.com to schedule an appointment.

Mind Body and Spirit - Mondays from 3:00 - 6:00 p.m.
If you would like a session with Kelli at Mind Body and Spirit, please call 320-203-9630 or visit www.mindbodyspirit-online.com to schedule an appointment. You can also contact Kelli at 320-240-6399 or visit www.kellispencer.com

By phone:
320-240-6399 If you would like a phone session with Kelli please call 320-240-6399 or visit www.kellispencer.com to schedule an appointment.

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Freezer with Refrigerator	Varied Temps	8 weeks
Freezer	Varied Temps	6 months
Deep Freezer	0 degrees F	8+ months



*We have only this moment,
sparkling like a star in our hand...
and melting like a snowflake.*



- Francis Bacon

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	2 JUREMA Psychic/Healing 11-6 pm INTERPLAY 6:30-8 pm	3 JUREMA Psychic/Healing 11-6 pm	4 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm ANNE BRADY Intuitive Healing 10-4 pm	6 MERRY MAC Energy Healing 10:30 –4:30
7	8 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	9 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	10 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	11 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	12 PAULETTE LUCAS Psychic/Intuitive 11-2 pm	13 INTERPLAY 10-12 pm JENNIFER T. Tarot/Numerology 10:30 –4:30
14 BETH HENNING Energy Work 12-4 pm	15 KELLI SPENCER Psychic/Medium 3-6 pm New Moon	16 JUREMA Psychic/Healing 11-6 pm ANNE BRADY Intuitive Healing 10-4 pm	17 JUREMA Psychic/Healing 11-6 pm AURA PHOTOS 2-6 pm STEPPING INTO THE METAPHYSICAL 7-9:30 pm "Co-creating with the Universe"	18 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm FROM CHAOS TO CALM 6:30 –8:30	19	20 MERRY MAC Energy Healing 10:30 –4:30
21	22 KELLI SPENCER Psychic/Medium 3-6 pm	23 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	24 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	25 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	26 AURA PHOTOS 2-7 pm	27 JENNIFER T. Tarot/Numerology 10:30 –4:30
28	29 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm DRUMMING CIRCLE 7 pm Full Moon	30 JUREMA Psychic/Healing 11-6 pm	31 JUREMA Psychic/Healing 11-6 pm			

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm	2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm READING TEA LEAVES 6:30-8:30 pm	3 MERRY MAC Energy Healing 10:30 –4:30
4	5 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	6 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm INTERPLAY 6:30-8 pm	7 JUREMA Psychic/Healing 11-6 pm AURA PHOTOS 2-6 pm STEPPING INTO THE METAPHYSICAL 7-9:30 pm "Angels & Ascended Masters"	8 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm PERSONAL BOOTCAMP Create the Life You Desire 6:30 –8:30	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS 2-7 pm	10 DRUM MAKING 11-5 pm JENNIFER T. Tarot/Numerology 10:30 –4:30
11 BETH HENNING Energy Work 12-4 pm	12 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm MEDITATION 7-8 pm	13 JUREMA Psychic/Healing 11-6 pm New Moon	14 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm	15 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm PERSONAL BOOTCAMP Create the Life You Desire 6:30 –8:30	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm ANNE BRADY Intuitive Healing 10-4 pm	17 INTERPLAY 10-12 pm MERRY MAC Energy Healing 10:30 –4:30
18	19 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	20 JUREMA Psychic/Healing 11-6 pm BARBARA BJORKLUND Intuitive Readings 2-6 pm	21 JUREMA Psychic/Healing 11-6 pm	22 THANKGIVING CLOSED	23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	24 JENNIFER T. Tarot/Numerology 10:30 –4:30
25	26 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	27 JUREMA Psychic/Healing 11-6 pm ANNE BRADY Intuitive Healing 10-4 pm	28 JUREMA Psychic/Healing 11-6 pm JODY TSCHIDA Energy Work 11-6 pm Full Moon	29 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm JOAN STOKES Animal Communication/ Spirit Animals 11-3 pm PERSONAL BOOTCAMP Create the Life You Desire	30 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 MERRY MAC Energy Healing 10:30 –4:30
2 	3 KELLI SPENCER Psychic/Medium 3-6 pm PAULETTE LUCAS Psychic/Intuitive 11-6 pm	4 JUREMA Psychic/Healing 11-6 pm ANNE BRADY Intuitive Healing 10-4 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 PERSONAL BOOTCAMP "Create the Life You Desire"	7 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	8 JENNIFER T. Tarot/Numerology 10:30 –4:30
9 BETH HENNING Energy Work 12-4 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 AURA PHOTOS 2-6 pm STEPPING INTO THE METAPHYSICAL 7-9:30 pm "The Art of Letting Go "	13 DIANE WINTER Numerology (Name/B-day Readings) 12-5 pm CEREMONY: A NEW BEGINNING 6:30-8:30 pm New Moon	14 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	15 MERRY MAC Energy Healing 10:30 –4:30 INTERPLAY 10-12 pm
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	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 ANNE BRADY Intuitive Healing 10-4 pm	22 JENNIFER T. Tarot/Numerology 10:30 –4:30
23 	24 OPEN 10-3PM	25 CLOSED FOR ANNUAL RESPITE	26 CLOSED FOR ANNUAL RESPITE	27 CLOSED FOR ANNUAL RESPITE	28 CALL FOR POSSIBLE OPEN HOURS Full Moon	29 CALL FOR POSSIBLE OPEN HOURS
30 CLOSED FOR ANNUAL RESPITE	31 CLOSED FOR ANNUAL RESPITE					

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.

ANNE BRADY | INTUITIVE HEALING Medical intuitive/energy healing combo \$105.00 (approx 60 -75minutes)

Intuitive coaching (readings) \$75.00 (approx. 45-60 min) | (Available select Tuesdays & Fridays by appointment)

Medical intuitive, teacher, Intuitive Coach and change assistant! Anne combines her training as a medical intuitive, shamanic practitioner, life coach and hypnotherapist to provide insights and healing to individuals and couples in need. The body sometimes speaks to us using discomfort, dis-ease and dysfunction as a method of communication. Anne can help you decipher the messages and bring healing into your life, through body/energy work/intuitive combination sessions, intuitive reading and coaching sessions and unconscious mind shifting techniques. Anne can help you Create the life you truly desire for yourself!

BETH HENNING | INTUITIVE HEALING (Available select Sundays by appointment, check online calendar for availability) \$150.00 hour

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 & Shotakan 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, plus handout. Discovering the energies your birth name and birth date may be attracting can open you up to treasures within you! Your reading will suggest such things as your primary life challenge, daily challenge, natural gift to the world, heart's desire, ultimate goal, and current personal year energies and ways to balance the traits in these energies. The handout includes a personal worksheet of all your number energies and a 2-page summary of your most important number.

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." Jennifer is certified by the Tarot Certification Board of America. What people are saying:

" Intensely on the spot. Thoroughly In-depth. Brought a lot of things into focus. " Thank you C.M.

"Thank you for the insight the information will be very helpful for me in my life. This was my first tarot reading. I will absolutely come back to have another one."K.H.

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 select 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 (Available Tues, & Weds – By appt only) \$60.00 1/2 hr - \$95.00/hr.

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, Energy Healing Medicine, Reiki and more. Working with her spiritual guides and ascendant master, she will bring the hope and confidence that you need. (Consultations also available in Spanish and Portuguese).

Intuitives, Psychics & Healers (continued)

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 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 select 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.

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 | Fridays Oct. 26th & Nov. 9th 3-7pm | Select Wednesdays, 2-6 pm | \$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 at least 24 hours in advance.

CEREMONY: A NEW BEGINNING | Thurs. Dec. 13th, 6:30-8:30pm | \$20 | Joan Stokes | Maximum 15 participants

When there is a new moon above, it's a magical time to dream of and create that new beginning you have been learning about in your classes this year. With the new shift just days away it couldn't be a better time to put into play what you have been wanting to start. This isn't a class but a ceremony to take what you have learned about yourself, and what you want in your life, and start the authentication of that new beginning. You have taken the classes to learn, unblock, and retrieve. Now, join Joan in a ceremony to celebrate it and believe in it! (Each participant will receive a gift to help move those dreams forward.)

DRUM CIRCLE | October 29th (full moon) | 7:00-8:30 pm | \$5 | facilitated by Joanna Geppert, L.Ac., M.Om., CMT

A drum circle is where participants gather in a circle playing drums and other percussion instruments to awaken their tribal roots, connect with the Earth and Spirit, and have fun! 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, to enhance manifestation and for healing. 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, and an open mind and heart. This is a two part event. The first 60 minutes will be the drum circle. The last 30 minutes will be a drumming meditation. The pulsing of the drum will help those who find meditation difficult get into a meditative state. It also helps those who meditate easily get into their meditation faster. Come experience the freedom of the soul that comes with drumming!

DRUM MAKING | Saturday, November 10th | 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 take a wood frame, the protective essence of a deer, natural dye, the direction and stories from a master drum maker and make a drum that will last years and 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!

Class Descriptions (continued)

FROM CHAOS TO CALM | Thursday, October 18th | 6:30-8:30 pm | \$25 | Anne Brady

Do you want to feel more at ease? Would you like to greet the day feeling focused and optimistic, instead of dreading all that's got to get done? It's so easy to get caught up in our to do lists, and what do we do when one list, is on top of the next list, and the next, and so on. This kind of life can leave us feeling empty as well as exhausted. This class will teach you how to make the most of your time and energy by identifying your true values and priorities and developing tools to keep you focused on them and moving forward in life with a sense of calm. Say good-bye to constant chaos!

INTERPLAY-Unlocking the wisdom of your body | Select Tuesdays & Saturdays see calendars for dates and times | \$10 | Donna Fromm
Interplay is a creative art form that uses movement, voice, stillness, and community to help people unlock the wisdom of their bodies. It integrates body, mind, and spirit. Interplay offers the opportunity to put the body and soul back together. Interplay uses an incremental method and simple tools that allow people to honor themselves by consciously choosing to do what feels right for their body. A trademark of Interplay is play...having fun! It is open to everyone; all sizes, ages, levels of flexibility and playfulness.

MEDITATION | 2nd Monday of the Month | 7-8 pm | Suggested Donation \$5 or More | Joan Stokes or Anne Brady
Monday Meditation will be lead by either Anne Brady or Joan Stokes. 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 BOOTCAMP - Create the Life you Desire! | Thursdays Nov 8th, 15th, 29th, & Dec 6th | 6:30-8:30 pm | 4 classes \$80 | Anne Brady
Does life need a little cardio blast? lol. Tired of seeing the same patterns emerging in life again and again? Feeling stuck? Want things to be "different" or "better" but not sure how? In this four week class you will explore how you're doing what you're doing to create the life you have and how to create the changes you truly desire for yourself. We will work together in a fun, supportive environment to break down the old barriers that keep us stuck, then envision and create our way into the life that loves and supports you! This class requires a willingness to look at yourself and explore so please come only if you're willing to get real and get creative!

READING TEA LEAVES | Friday November 2nd | 6:30-8:30 pm | \$20 | Minimum 3 Participants, Maximum of 10 | Joan Stokes
This very casual class will take you into the old world ways of reading tea leaves. Then after discussion about the old ways we will try some unconventional new twists to this intuitive art form. This class will look at how much fun groups can be with a tradition that was usually a one on one experience in the past. Tea will be provided but please bring along a favorite tea or two if you like particular kinds, as an important part of the process of reading tea leaves is drinking the tea first! (Any tea can work. And you will discover that even coffee grounds can be used if you are just not the tea drinking type!)

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, October 17 | 7-9:30pm | \$25 | Bob Sullivan

OCTOBER CLASS "CO-CREATING WITH THE UNIVERSE" - In this class we will look at creating what you want in your life and the art of manifesting. Find out what is necessary for you to actualize the dreams that you have created and work on different techniques that will allow you bring your desires into reality.

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

NOVEMBER CLASS "ANGELS & ASCENDED MASTERS" - In this class we will look at the phenomenon of Angels and Ascended masters working on our lives. Understand how Angels may show up, how we can call on and access their help.

STEPPING INTO THE METAPHYSICAL | Wednesday, September 12th | 7-9:30pm | \$25 | Bob Sullivan

DECEMBER CLASS "THE ART OF LETTING GO" - In this class we will examine what it takes and why it is so important to master the art of letting go of things in our lives. We will look at techniques to assist us in bringing our consciousness to the awareness when it is time and how to let go of things in our lives.

Answers to Crossword Puzzle from pg 2

A little humor for those who know that Dec. 23, 2012 is about an energy shift and not the end of the world, even though it may seem that way for some not wanting to shift. I googled something for this date and this is what appeared...

First Entry:

Dec. 23, 2012 Will we all die this day?

Second Entry:

Dec. 23, 2012 Discounted Cruise Specials!

I know you're smiling!

Across	2. Kambaba
6. Jasper	
7. Aquamarine	
10. Desert Rose	
12. Amber	
13. Rhodonite	
14. Black Tourmaline	
16. Polychromatic	
18. Rose Quartz	
19. Selenite	
20. Turquoise	
Down	1. Apache Tear
3. Amethyst	
4. Opal	
5. Orange Calcite	
8. Lapis Lazuli	
9. Citrine	
11. Crystal Quartz	
15. Agate	
17. Tiger's Eye	



by, Jeremy Diller



New Pieces Just In From Raku Pottery Works

SINGING BOWLS CONTINUED

Not only are singing bowls healing, and a wonderful meditation and ritual tool but they also help us all to connect to one another. When we play a singing bowl we create not only peace for ourselves but we send that vibrational peace outward into the world. As this vibrational peace travels it meets up with others creating an even stronger, more connected universe. Through this peaceful resonance all peoples, animals, even possibly those who mean to do harm, will feel this connection to all other living beings, and peace will come if only for a moment. This moment of connection may be all that is needed to create the kind of change we wish to see in the world. Whatever the beginning of singing bowls, whatever the names given, or whatever metals they include isn't what we truly care about. It's the peace they instill and the tones they sing for us that draw us to these enigmatic vessels we call singing bowls. So get one for yourself or a friend, or dust the one off that you have on a shelf and begin making music that just might help, change the world. JMS

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