

2014
October :: November :: December

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi All!

Scores of things have become very clear to me lately. Nature must be respected. Weather can't be controlled nor entirely predicted- a truth more evident with each passing season. People are people; most want only to be happy and loved. And the true place one can find joy is within. The dreams within our hearts are all possible, but sometimes may need to be flexible.

I just spent a little over two weeks in Alaska with family. One of these family members is a six year old named Hailey. She is energetic to say the least! We probably all had plans and dreams for our trip. I know that Hailey wanted to see her Mom, (who is working there for the summer) and ride horse in Alaska. Seems easy, right? Her Mom could not take too much time off from work and so Hailey couldn't see her as much as she wanted. But for Hailey, that dream did come true. We tried and tried to make horseback riding a reality for her. With the shortage of hay in that area recently, horses are now difficult to come by. But she didn't give up. We found a horse somewhere unexpected and she was able to ride. Even though what she really wanted was for all of us to ride off into the mountains together, she was ecstatic to get the chance to ride at all. Instead of a 15 minute walk around the designated area, the gal took Hailey out for about a 40 minute ride much further. It turned out so much better than she imagined! She dreamt, it happened, but not exactly how she wanted. She didn't see any difference! That is more how we could strive to have our dreams be? Her dreams came true...just not perfectly.

Sometimes we don't want to accept it when we feel our dreams are not coming true, and we want to get away for a time. It's healthy and it's ok. But we can't run away. That is different from a get-away. Running is giving up, abandoning all hope that those imaginings might be within our reach. Are any of us really prepared for that? We all need our dreams. When they are not what we expect then perhaps we should change the idea, not try to change what we perceive to be keeping the dream from becoming real. Our happiness, our lives, and our dreams not being what we want cannot be blamed on others. It can only be blamed on us not being flexible with those innermost wishes.

Do you dream of horseback riding? A trip to Alaska? Maybe your wish is a new pet, or new love. It could be as simple as a long weekend to yourself. There are so many opportunities just around the corner to help us achieve even the smallest of dreams, if only we could see our dreams another way. If only we could see them as flexible, fluid. If only we could see them as achievable.

So here is to all the dreamers, who want to "get-away" from it all, like me. Go ahead and get away. Go ahead and dream like Martin Luther King Jr., imagine like John Lennon. Be flexible if some dreams don't come true, perhaps trust there is a reason you don't yet understand. Maybe suddenly you will find that life is going exactly as it is meant to. Take a breath and look to your heart...maybe your dreams have already come true?! Maybe you couldn't see it all along, because you were waiting for everything to turn out just perfectly.

Keep dreaming!

Namaste,

Joan and Merri

(edited by Laura Margaret Stokes)

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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

WHAT IS THE SENSE OF SCENTS?

When customers walk in to our shop, most are completely in love with the scent they encounter. The combination of oil laden candles, herbs, and incense fill the shop and some have said that it creates a feeling of coming home. Why? Because each one of those people have an olfactory receptor that is picking up something that makes them feel peaceful and gives them a feeling of safety and comfort. And although the shop smells nothing like any of their homes, now or from childhood, the memory recalled is one of home, whatever that may be. And each individual may have a completely different experience and memory or feel. Why is that?

I am not going to get into an in-depth discussion on aromatherapy. I am simply going to answer a couple of questions that so many have asked me over the years. And those questions are, "Why would I buy something to burn?" "Can I get this exact smell at my house?" "What candle or incense is right for me?" I am separating the ritual reasons for burning sage and other herbs as I have already addressed that in a different article called, "What to Burn?". Within this bit of information I am going to focus on our candles and our incense? The herbs seem to be understood a bit more than why we burn candles for health or why we burn incense for any other reason besides trying to hide another smell?

Incense got a bad reputation, in fairly recent history, as it was known to be used to hide or cover up potentially less legal things burning. And some fragrance candles, found everywhere including dollar stores, are filled with a great deal of perfumery so that nothing else within a five mile radius can be detected but that candle. Trying to hide smells has been one reason to burn something but there are many more reasons. What are they? This is something we are asked quite often and so I will attempt to answer this question as well as a few that go hand in hand with that "burning" question.

When lightning has knocked out the power we reach for the cheap white emergency candles in that top catch-all corner drawer we all seem to have. When we burn candles and incense with natural oils in them there are usually some underlying reasons that make it a ritual of sorts. Sometimes we do it to honor another or assist the healing of ourselves or another. And sometimes the ritual is meant to simply relax. Fragrances have been used for centuries for most of these same reasons. Some of the very first fragrances to be noticed were aromatic drift wood that were gathered and given to Japanese Royal families to honor them. Most of the time these fragrances were uplifting in one capacity or another and soon not only did people discover the ability of fragrances to lift moods, it was also found to create, because of these mood elevations, prosperity, longevity, health, emotional responses such as love and so much more.

Science has explored our oldest sense extensively and it has been determined that we have at the very least upwards of a thousand or more receptors for our sense of smell. Compared to our very small amount of receptors for sight and sound, approximately four different receptors each, our sense of smell is phenomenal. And yet, do we ever really stop to think much of our olfactory abilities and what they can do for us besides help us taste or perhaps inform us that the gym locker room needs airing out?

Our oldest, and probably best of the basic senses, is often never even thought of much, unless dinner is on fire and then we certainly pay attention! But you know those moments when suddenly we get a whiff of a scent that we have no words for but it evokes a memory that is quite possibly better remembered than any other memory? Why? Because our olfactory ability has an amazing capacity to somehow remember and bring back memories, stored deep inside our brains, that we wouldn't recall any other way. All scents, some we remember, and some we still have to learn have an effect on our brains.

THERAPEUTIC GRADE OILS

What are we preaching?

We would like to clear something up that seems to be mystifying for most people, ourselves included. The phrase "therapeutic grade essential oil" might not be used by us at Mind Body & Spirit from now on. We have used "therapeutic grade" solely as a generic all around term for an essential oil that can be, as the FDA states, "generally regarded as safe" (gras) and is a "pure" essential oil. So why have we stated that we sell "therapeutic grade" oils? We thought we were helping to give a standard for what our customers should look for in their oils. But ultimately we, as well as many others, may be actually doing a disservice to the whole natural world of alternative therapies without even realizing it.

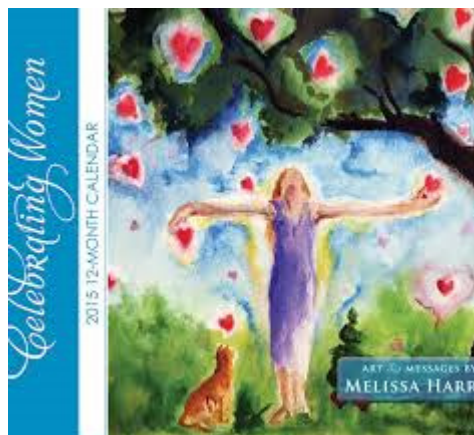
We consider ourselves fortunate that we have people who read the information on our website and our newsletters, and let us know if something is not quite on the mark. Just recently we had such a customer inform us about an old article written by Mountain Rose stating they have therapeutic grade essential oils. This customer informed us that Mountain Rose no longer puts the term "therapeutic grade" on their website or their products. Would one think this is because they no longer make a good product? This is not the case. The product is exactly the same. Then perhaps they were never a "therapeutic grade" oil carrying company to begin with? No, not the case either.

Here is the problem that we have been contributing to; the fact is that there is no such grading as "therapeutic". In fact, there is no grading system at all. While there may be a few reasons to oppose the FDA, they are still our governing agency when it comes to safety of products to put on, around or in our bodies. The FDA has no rating for essential oils. In fact there is essentially NO grading applied to essential oils by any governing agency. However there are terms and phrases coined by some companies to set standards of their own. The term "therapeutic grade" is a trademarked term used in tandem with the name "Young Living Therapeutic Grade" Oils. This label was actually trademarked by the MLM (multi-level marketing) agency to distinguish their oils from other oils on the market that might not be 100% pure or have additives, perfumes, etc in them. It was also their own way of setting a standard for what their own internal testing decides is "Therapeutic grade". Young Living decided that therapeutic grade sounded like a good term to use for first-rate quality essential oils. And truth be told, they have first "grade" quality oils but it is also a heck of a good marketing tool! Which is not a bad thing either.

That being said, you can clearly see we are not saying that Young Living oils are not good oils. They are very good oils! There are several excellent quality essential oils on the market today. And there are some oils that are not good quality. The good oils, and some not so good, go through the same standard testing for products of their kind, and then some of the good ones do their own testing in house and decide what "therapeutic" means to them. Another MLM company called DoTerra has done exactly the same thing that YL oils did. DoTerra trademarked their own version of what they set their standard for high quality oils at and call it "Certified Pure Therapeutic Grade" oils. DoTerra also have good oils. But both of these companies paid a fee to have those terms specifically trademarked for use on their oils only. It was not given to them by anyone outside of their own companies. They both do in house testing for their own standards of what their quality is going to be. Is it good? Sure, but that does not mean that other oils are not good. What is great about trade-marking your own phrase is that you can actually say that "No other company can state that they have "Certified Pure Therapeutic Grade" oils like our company can!" And that automatically translates as we have the best and it has no competitor.

Let's look at it another way. If I decided that I was the best mother in the world and trademarked the phrase "Certified Exemplary Maternal Progenitor" or CEMP. My own certification of what I have decided is the best Mom would be set and have a trademarked name attached. Would it make me the best Mom out there? Not even close! It would only be what I set as a standard for myself. Am I qualified to do that because I feel I have been a good mom? Who can really decide if there is no standard set already? Good question. But the cool name might convince some that I am the best there is?!

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**Melissa Harris
Celebrating Women
2014 Calendar**



**We always stock loose
Bamboo & Bamboo
arrangements**



**Seven
plus varieties**



**New Container Candles
(with an 80 hour burn time)**

New at MBS



Crystal Dream Jars



Blessing Bowls



**New Items
from
Raku Pottery Works**



Lava Bowls



Tree Free Journals

**New Candles from
Coventry Creations**



**New Blends of
Blessing Kits**

**New
Flags &
Banners**



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. Practitioners handle their own payments and some are unable to take payment by credit card, please be prepared with cash payment or call ahead to enquire. Thank you.

BETH HENNING | INTUITIVE HEALING (Available by appointment on request) \$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, and 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 consults with the State of MN & Veterinary Board on Acupressure Massage licensing & other practical issues in the field of healing.

BOB SULLIVAN | PSYCHIC READINGS | Saturday, November | 11:00 - 4:30 pm | 15 min-\$35 30 min-\$50 60 min-\$80 | Bob Sullivan

Bob has been doing a variety of classes and readings here at Mind Body & Spirit for many years. We have had requests quite often for just his psychic readings without the past life aspect or the aura photos combined. He has stepped up to answer that call! As listed above he is offering 15 min readings up to 1 hour readings. Bob is ready to do short, concise intuitive readings but his variety of knowledge and experience expands to so much more; energy healing, ghosts, auras, cleansings and clearings, UFOs, other phenomena and more, so prepare for a reading that could go anywhere? Appt times listed or on days when he is doing aura photos.

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY (Available select Sats by appt) \$50.00 half hour | \$100.00 hour

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 Fridays & by appt.) \$45.00 half hour | \$80.00 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 is needed. Joan helps one to identify, acknowledge and deepen one's relationship with those unseen guardians and guides that are with us every day.

JODI BECKER | ENERGY HEALING & ORACLE CARD READINGS (Available Monday-Thursday by appt.) \$45 1/2 hr | \$85 1 hr

As a Touch Therapist, Intuitive and Reiki Master, Jodi Becker provides a positive and inspiring energy healing. Using her intuitive abilities, she will give you insight during the healing session to help you understand what your body is telling you. The healing also expands your Clairvoyance as many people "see" during the session. Jodi holds a loving and peaceful space for you to let go of the old, and move forward feeling clearer and at ease.

ORACLE CARD READINGS | Select Saturdays | 11-4pm | \$45 half hour | \$85 hour

Experience a fun way to connect with your Guides/Angels using Oracle Cards! Sign up for an individual 30 minute session with Reiki Master and Intuitive Jodi Becker. You will learn how to use and energize Oracle Cards, and then Jodi will intuitively pull a card for you on an issue or question you have. She is able to offer a healing for grounding also, if needed. This is a wonderful tool that you can use at home to connect to the Spirit realm!

JUREMA SILVA | INTUITIVE READINGS & BRAZILIAN ENERGY HEALING

Intuitive Readings \$70.00 half hour | \$100 hour | Energy Healing \$125 hr (Available most Tuesdays, & Wednesdays – by appt only) Jurema is a Brazilian healer, medium & a spiritual teacher who brought to the U.S. an original combination of healing practices from her native country, Brazil. She transformed her spiritual knowledge & studies into this fascinating & mystic healing style that includes Intuitive Readings, Spiritual Counseling, Energy Healing Medicine, Reiki & more. Working with her spiritual guides and ascended master, she will bring the hope and confidence that you need. (Consultations also available in Spanish and Portuguese).

PAULETTE LUCAS | PSYCHIC INTUITIVE (Available most Fridays & Mondays by appointment) \$70.00 per half hour | \$125.00 per hour

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 Wednesday 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 and events!**

AURA PHOTOS & READINGS | Saturday, November 8 | 11- 4:30 pm | \$30 (beginning January 2015 \$35 each) | 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.

DEVELOP YOUR INTUITION BY UNDERSTANDING YOUR CHAKRAS | Saturday, October 18th | 1- 4pm | \$55 | Jurema Silva
The best way to start developing your intuition is through self-balance and awareness. By understanding the dynamics and the power of your chakras, you will be able to easily access your intuitive gifts with more clarity and undeniable confidence. From the root to the crown, Jurema will teach you how to release emotional blockages and limitations from your energy field that can make your psychic abilities cloudy and suppressed. This class will teach how to be more sensitive and aware of your emotional and psychological self, leading you to become the intuitive person that you have always dreamed of being. Your chakras are the vehicles that open the door to a better connectivity with your spirit guides and angels. Being in charge of the health of your chakras brings emotional and psychological harmony and self-awareness, allowing the power of your intuition to grow and flourish. Space is limited. Sign up today.

EDGE LIFE EXPO | Saturday, October 11th | 9:30-6 pm | **River's Edge Convention Center** | Jodi Becker & Jennifer Thompson
Come visit Jennifer and Jodi in the Mind Body & Spirit booth at this St. Cloud Edge Life Expo. Merri and Joan will be tending their MBS booth at the Women & Spirituality Conference in Mankato this same weekend so are unable to attend the St. Cloud Expo. Jennifer and Jodi will be available for questions regarding the store and also as a bonus will be doing their individual readings for people. Visit them early as I am sure these two incredible intuitives will book up! The readings will have a fee, which we do not set nor handle. Please enquire at the booth with the readers. There are wonderful speakers and gatherings at this Expo as well as many booths to get info from. Take along a friend and have a great weekend!

ELLIOT JACKSON: SPECIAL GUEST READER | PRIVATE SESSIONS WITH SOURCE

Fri & Sat, October 3rd & 4th | 10:30-6:30 pm & 10:30-4:30 pm | \$130 - 60 Minutes | \$70 - 30 Minutes

In a session, Source/God physically enters Elliott and speaks through him. Source will let you know if there is some area of your life that you should focus on. Source will let you know the best course of action. Source will inform you of the choices available to you. Source will inform you if other referrals are needed, i.e. doctor, dietitian, etc. Source will always reinforce the gift of freedom of choice, and how the choices of others may affect you. Remember, no question is off-limits.

GROUP CHANNELING & BOOK SIGNING WITH SPECIAL GUEST ELLIOT JACKSON | Thurs, Oct. 2nd | 6-8 pm | \$25

In a session, Source/God physically enters Elliott and speaks through him. Source will let you know if there is some area of your life that you should focus on. Source will let you know the best course of action. Source will inform you of the choices available to you. Source will inform you if other referrals are needed, i.e. doctor, dietitian, etc. Source will always reinforce the gift of freedom of choice, and how the choices of others may affect you. Remember, no question is off-limits.

INTERPLAY-Unlocking the Wisdom of Your Body | Saturday, October 18 | 10 am -12 pm | \$10 | Donna Fromm

Interplay is a creative process for personal/community transformation. It uses a system of practices rooted in storytelling, movement, song, and stillness to help you gain access to your own "body wisdom" - what works best for you, what gives you purpose, what makes you fully alive. Donna enjoys engaging with others by witnessing, encouraging, mirroring, and sharing bits of wisdom. Through many life experiences she has learned the peace that comes in trusting the Universe. She is a Liturgist, Musician, Massage Therapist, Reiki Master, Interplay Leader, and Spiritual Midwife. She presently practices a belief that life is about creating, playing, and resting.

Class Descriptions & Special Events (continued)

MANAGING NEGATIVITY | Saturday, November 15th | 11-2 pm | \$25 | Jurema Silva

Managing negativity can be a very difficult task. Negative thoughts and feelings affect everyone, causing mental and physical distress, low self-esteem, emotional unbalance and beyond. Understanding and avoiding negativity will improve the quality of your life and the ones around you. This class provides the tools to handle negative energies, rituals for self-protection, and also practical ways to elevate your vibration when negativity surrounds you. Jurema will guide you on self-clearing and on how to block/release the unwanted thoughts and feelings that often, without your knowledge, dominate and/or consume various aspects of your life. Don't miss this event. Space is limited. Call today!

MEDITATION | First Three Wednesdays of the Month | 6-7 pm | \$15 | Jodi Becker

Come and practice meditation with Jodi Becker, Reiki Master and Intuitive. Jodi will facilitate guided meditations to calm and ground your energy, and teach you different methods you can practice at home. Her guides will be present, and all will receive a healing during the meditation. Everyone will benefit from this class, and all levels of experience are welcome!

WOMEN & SPIRITUALITY CONFERENCE | Sat, October 11th, 8:30-7 pm | Sun, October 12th, 8:30-2 pm
| Mankato State University

Owners of MBS, Merri and Joan, have been tending a MBS booth for 11 years at this conference and would love to see many of you attend this wonderful event! Paulette Lucas has attended this event for many years and will be there again this year as well. Please check their website (included below) for information regarding the multitude of classes, guest speakers, gatherings, vendors, and much more, that this very large event has in store. Most years we tend to our booth but we have been fortunate enough to be able to attend just as you can for classes, etc and we had a fantastic time! You MUST check this event out! Women and older children (along with a few brave men) come from all over the country to attend this special gathering! Please stop by to visit with Paulette, in her own booth right next to ours, and the Mind Body & Spirit booth to say hi to Joan and Merri! We would love to see you there! This event is much better when shared with a friend so be sure and carpool and bring one, or a few others, along!! You won't be disappointed! Women & Spirituality Conference <http://sbs.mnsu.edu/women/conference/>

Scents continued from page 2

Scents might make us remember being strong when needed, or maybe we remember being vulnerable and small but still very much taken care of, and maybe even we remember something even further back than this lifetime, of struggles and joys that we can just barely grasp? Anything is possible! And these memories, along with new feelings from new scents that coincide with new memories created, affect thought processes in our brains, which create action in making a difference in our lives.

At one time, when cavemen needed their sense of smell for survival, it made sense that smells created quick actions that saved their lives. Today, we are able to experiment with so many more combinations to create another tool to use in our journey of evolution and spirituality. These combinations of essential oils and herbs blended into incense or melded into candles assist us in making choices, relax so we have the strength to put choices into action, lift our spirits to help manifest everything we desire for ourselves in this life, as well as help us to create prosperity, longevity, happiness and health, just as fragrances always have. And you thought they just smelled good!

Perhaps next time you pick up a candle, or some wonderful incense, you will remember that it does so very much more than just cover up something you don't want to smell? Incense and oil-infused candles are tools for you, not just fragrance. Burn these for your enjoyment and journey and use the Febreze for hiding kitty and Uncle Jack's cigar!

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	2 JODI BECKER Intuitive Healing 11-3 pm *SPECIAL GUEST: ELLIOT JACKSON Group Channeling & Book Signing 6-8 pm	3 SPECIAL GUEST: ELLIOT JACKSON Readings 10:30-6:30 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	4 SPECIAL GUEST: ELLIOT JACKSON Readings 10:30-4:30 pm JENNIFER T. Tarot/Numerology 10:30 –4:30
5	6 JODI BECKER Intuitive Healing 11-3 pm	7 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	8 Full Moon JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	9 JODI BECKER Intuitive Healing 11-3 pm	10	11 EDGE EXPO Visit our booth at the River's Edge Convention Center (St. Cloud) 9:30-6 pm WOMEN & SPIRITUALITY CONFERENCE Visit our booth at Mankato State Univ. 8:30-7pm
12 WOMEN & SPIRITUALITY CONFERENCE Visit our booth at Mankato State Univ. 8:30– 2 pm	13 JODI BECKER Intuitive Healing 11-3 pm	14 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	15 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	16 JODI BECKER Intuitive Healing 11-3 pm	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	18 *INTERPLAY Donna Fromm 10-12 pm JODI BECKER Oracle Card Readings 12:30-4:30 pm *DEVELOPING INTUITION Jurema Silva 1-4 pm
19	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	21 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	22 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	23 New Moon JODI BECKER Intuitive Healing 11-3 pm	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	25 JENNIFER T. Tarot/Numerology 10:30 –4:30 JODI BECKER Oracle Card Readings 2-4:30 pm
26	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	28 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	29 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	30 JODI BECKER Intuitive Healing 11-3 pm	31 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	

November 2014

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						1 JODI BECKER Oracle Card Readings 12:30-4:30 pm
2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	4 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	5 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	6 Full Moon JODI BECKER Intuitive Healing 11-3 pm	7 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	8 JODI BECKER Oracle Card Readings 12:30-4:30 pm BOB SULLIVAN Aura Photos & Psychic Readings 11-4:30 pm
9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	11 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	12 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	13 JODI BECKER Intuitive Healing 11-3 pm	14 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm *DOWNTOWN ART CRAWL 5-9 pm	15 JODI BECKER Oracle Card 12:30-4:30 pm *MANAGING NEGATIVITY Jurema Silva 11-2 pm
16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	18 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	19 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	20 JODI BECKER Intuitive Healing 11-3 pm	21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	22 New Moon JENNIFER T. Tarot/Numerology 10:30 –4:30
23 <hr/> 30	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	25 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	26 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	27 CLOSED	28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	29 JENNIFER T. Tarot/Numerology 10:30 –4:30

December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	2 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	3 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	4 JODI BECKER Intuitive Healing 11-3 pm	5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	6 Full Moon JODI BECKER Oracle Card Readings/Energy Healings 12:30-4:30 pm
7	8 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	9 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	10 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	11 JODI BECKER Intuitive Healing 11-3 pm	12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	13 JENNIFER T. Tarot/Numerology 10:30-4:30 JODI BECKER Oracle Card Readings 12:30-4:30 pm
14	15 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	16 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	17 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	18 JODI BECKER Intuitive Healing 11-3 pm	19 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JOAN STOKES Animal Comm/ Spirit Animals 11-3 pm	20 JODI BECKER Oracle Card Readings/Energy Healings 12:30-4:30 pm
21	22 New Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm	23 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-5 pm	24 STORE HOURS 10-3 PM	25 CLOSED FOR ANNUAL RESPITE	26 CLOSED FOR ANNUAL RESPITE	27 STORE HOURS 10-5 PM JENNIFER T. Tarot/Numerology 10:30-4:30
28 CLOSED FOR ANNUAL RESPITE	29 CLOSED FOR ANNUAL RESPITE	30 CLOSED FOR ANNUAL RESPITE				

*“Do not think that love, in order to be genuine, has to be extraordinary.
What we need is to love without getting tired.
Be faithful in small things because it is in them
that your strength lies.”*

Mother Teresa

Therapeutic Grade continued from page 3

Marketing is necessary in our world. If a company does not market themselves properly, they will not make it. And without good marketing a good product won't get where it should be, in the hands of those that need it. But perhaps our marketing might be getting out of hand. Merri and I have been using several different oils for many years. Some have been very good oils. Some have been from very small companies and others are from large MLM's. The only thing that has made any difference to us about oils is that they were good quality and that they work. We did the best research we could and got our information outside of all of the companies themselves about their products. And we tried them. If they worked for us, it was the only gauge we felt we could comfortably use and therefore chose to have oils we felt comfortable with in our store. We sell Mountain Rose and Gritman now. We also have a very small supply of Young Living oils in stock for convenience sake but most of the time anything Young Living can be ordered through us as well.

So why have we been calling the oils we carry therapeutic grade? Because to us that phrase meant a good quality pure essential oil that works. Little did we know that we were using a phrase that was patented! We were using a marketing tool and really didn't even know it. And it worked. It sold ALL the oils that we believe in, just as it sells the oils that the MLM companies believe in. But is the competition and

marketing going to hurt in the long run for all oils? It just might.

At one point when essential oils were still in their infancy they were just called oils. Most were adulterated with fragrance, etc. Then “pure” oils were marketed, and pure essential oils were next. There always have been adulterated and unadulterated but people were finally understanding the differences and uses for each. Somewhere along the way, organic became the next great thing. Finally percentages started showing up...100% pure, organic essential oil. And finally therapeutic grade or medicinal grade was the best there is. This is where we might be hurting ourselves. An anonymous healer from France proposed this (something I find quite true); “When we term our oils as “therapeutic” or “medicinal” we begin risking the loss of our freedom to use them. These “medicinal” oils could eventually become the property of the medical community, as has happened before, by referring to them as medicine. If this were to happen the adulterations could be severe. We will no longer have the oils that we have come to trust and that we have freely used. And if that happens, it will be a sad day indeed.”

Do your research as best you can. Get the best oils while being aware of marketing. Get caught up instead with good quality and what works for you. Feel inside for answers after you get the facts you need and then use the oils that are right for you. Remember that within the United States, and in many other countries, “Pure” only means they have to legally have some pure essential oil in the bottle. It does not mean it is not adulterated. 100% pure has the same legal interpretation, a few drops is all that is needed. And “organic”, which is on Mountain Rose bottles, can mean very little as well. (Except that we know it's a good oil because we have done our homework and used it and it works). Go with your intuition, it will not lead you astray!

Marketing aside, we have good oils. If we slip and call them therapeutic grade, you can correct us and remind us that there is no such thing. But also remember that Young Living calls their oils “therapeutic grade” because they have good oils! They just lead the way with the perfect term for quality. Too bad it is two-fold, it's a good term, but will the term hurt in the long run? Let's just all trust we, the people who know good medicine, can keep it from happening. And with diligence and education, maybe we can help keep oils where they belong...in the hands of those they help.

~jms (edited by Laura Margaret Stokes)



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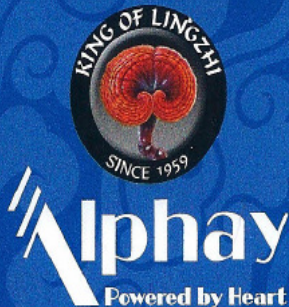


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*True joy is not an emotional state.
 It is not that which one feels when some desire
 is satisfied, or when everything at last goes well.
 It is inward; it is of the soul.*



~ J. Donald Walters

