

2015
July :: August :: September

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi all!

Living in gratitude can be difficult sometimes. It's so easy to judge others, to look over the fence at "the other side" and see nothing but green for miles. When we lack gratitude, we see how good other people have it – how they have all the money anyone could possibly ever need, time to travel, the flexibility to do whatever they want, and few responsibilities. "They have so much more and are not the least bit grateful," we might say. "Oh, what I would do with all they have!"

Sometimes when we lack gratitude, we also see people who have less than us as lazy or ungrateful. Deep down, we maybe even worry that we could be in their situation someday. "Look at how everything is just handed to them, and they are not grateful! I would just love to sit around and do nothing and get paid!"

How skewed thoughts can get when we do not live in gratitude! And how easy it is for us to become angry and forget what we do have by spending so much time looking outside of ourselves. Is the grass really greener on the other side? Maybe if we all spent less time thinking about what others have or don't have, we might just see the grass under our feet and realize just how green it really is!

Although I used money as a metaphor for what others have or don't have, it isn't always money that we see on "the other side." Sometimes its love, health, children, jobs or other circumstances or components we feel are missing from our lives.

Recently, I was angry because I did not have enough sunshine on my mini vacation up north. Can you imagine? Instead of being grateful for the beautiful rain we were getting, I was angry because I did not have sun! It was just a quick, human response to not getting what I wanted. I won't beat myself up too long over it, but it just got me thinking about gratitude and how so many of us forget to feel it and know it and live in it. Instead of complaining about the lack of sun, I should have been thinking about how beautiful everything was going to look on my next outing because of the rain. My days would have been so different!

Day to day small things, if seen through the eyes of gratitude, can be life changing for us! And when we live in gratitude, what we have seems to grow exponentially!

What I am saying is nothing new. We all know it, but sometimes reminders are a good thing. Some ultra rich people use their money and time to try to help others. Some ultra poor have nothing but a bit of bread and a cardboard box, yet they invite others to share that bit of food and shelter. Both of these examples are living in gratitude for what they have. I need reminders that my grass is very green—a beautiful green! Maybe you do too?

No matter what we have, life is so much more fulfilling if we remember to be grateful. If every time we catch ourselves looking over the fence we stop, look down at our feet, close our eyes and know the beauty we each have there, maybe we could begin the steps towards living in gratitude? And maybe someday "the other side" might not even exist for us anymore?

If we try to remember that no one really has it all, no one really lacks everything, and we are all here to learn something on our "Earth Walk", then judgment will lessen and we'll take one giant step to believing that what we have is enough. Gratitude can make that a reality.

Till next time, in deep gratitude for all of you,
Namaste, Joan and Merri

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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

Saturday, October 3, 2015
10 am - 5 pm

a celebration of alternatives
*Featuring the Area's Finest Intuitives, Healers,
Spiritual Counselors, Specialty Gifts,
Health & Wellness Resources, and Much More!*

FREE
ADMISSION
for individual
services

MALACHITE

Malachite is a popular stone for a couple of big reasons. It is extremely beautiful, with its two-tone green concentric rings, swirls, stripes, and amorphous patterns. It also provides aid in the release of and protection from toxins. But this green wonder has so very much more to offer.

Although this green, heart chakra stone has a high copper content and so would seem to resonate with the element of earth, it is actually water that is Malachite's resonating element. That's because of its wavy appearance and the way its energy circulates around us, creating a "washing" of sorts that releases toxins built up in our systems.

The green ray encourages growth as well as creativity, but the vibration can be very powerful so be careful to prepare for it as it can bring up surprising emotions. Because of its makeup, Malachite grounds creative forces that come from the heart and connects this creativity from soul to heart to mind.

Throughout time, Malachite has been used for decorating walls and pillars in temples and castles, especially with inlaid work. And like the stone Lapis Lazuli, it was cherished by royalty and often ground into powder for paints or eye shadow.

Although Malachite was once found in some areas of Russia, it is now mostly found in Africa near Zaire. Collectors of all levels seek hand-polished specimens and animal carvings.

Some of the extra-special perfect concentric circles within Malachite are from crosscuts of stalactites. These more rare formations are called "Peacock's Eye." Because of this connection with the peacock, and the peacock's connection to the Phoenix, there is an element of rejuvenation to Malachite's healing abilities.

Physically, Malachite has been known to help detoxify the liver, stimulate the brain, alleviate sexual dysfunction and relieve menstrual cramps or pain associated with other ailments such as rheumatism. It aids in strengthening the immune system and has been said to help shrink tumors caused originally by toxins or afflictions of the 4th chakra.

Malachite works as a buffer to toxins and is especially helpful against radiation and toxin buildup from electronics. But surprisingly, although it aids in protecting against toxins, Malachite is a toxic substance itself because of the high level of copper it contains. It is made safe through polishing and covering with a resin. But the resin, as well as the Malachite itself can be broken down or harmed by extreme heat, acids, ammonia, and intense hot water.

When making jewelry or carvings, you should ensure sufficient ventilation and masking if available. Also, this stone should never be used in tinctures or ingested. Even something as harmless as infusion with water can cause illness. The resin coating that makes Malachite a safe stone can have weak areas where water can seep in and then flow back out releasing the copper into the water. And finally this stone should not be worn by those with heart illness for long periods of time as it has been known to increase heart rate and could be harmful.

As with most stones this one doesn't just help with physical issues. It also helps us feel emotions deeply and release painful past memories such as childhood trauma. If you are seeking adventure in life, this stone will help make that a reality by bringing creativity and extra energy to these thoughts. It encourages healthy relationships and awakens and balances the heart chakra. If you are in an unhealthy relationship, Malachite will assist in the decision to leave the relationship behind.

Malachite has been called the "Keeper of Dreams" because if you put it under a pillow or close to your sleeping area, it will keep the memories of your dreams until you're ready to have the knowledge. When you are ready the recall will happen fully. It is also a wonderful stone for the elderly as it will help one to recall memories long thought forgotten and can bring peace in older age.

We have many different forms of Malachite at the shop. Please come on in and ask us to assist you with finding the one that "belongs" to you! Everyone can benefit from having Malachite within their collection of healing stones.

jms

Intuitives, Psychics & Healers

Please call or check online calendar page for appointment availability. Appointments 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 | \$150.00 hour | call 293-3834 to schedule your session

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

For date & times check online calendar | \$35 15 minutes | \$50 half hour | \$80 hour | 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?

GRACE JAEGER | PSYCHIC READINGS & ENERGY HEALING

Available Mon-Wed & select Saturdays by appointment | \$45 half hour | \$90 hour

Psychic Readings

Grace is a psychic medium who describes her life's purpose as being a Messenger for Spirit. In this capacity, her readings will always be lovingly honest, whatever the message. She makes no claims to be a fortune teller and considers her readings to be more akin to Spiritual Guidance. Using her handmade "Grace Cards", she will call on Spirit to help find the information that is for your highest good.

Energy Healing

As a conduit for Universal Healing Energy, Grace will direct that energy to you for you to use wherever and however the energy is most needed. She is also experienced with releasing emotions through Heart Barrier work. Grace is a certified Quantum Touch Practitioner, trained in Hands on Healing, an EFT Practitioner and a ULC ordained minister.

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY

Available select Saturdays by appt | \$50 half hour | \$100 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 by appointment | \$45 half hour | \$85 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 Tuesday-Thursday (through July) by appointment | \$45 half hour | \$85 1 hour

Energy Healing: As an Intuitive and Reiki Master, Jodi channels energy that is calming, grounding and extremely positive. The energy benefits everyone for all issues, especially assists with anxiety, fatigue, depression, mental chatter and physical issues. Spiritually, the healing helps you to connect easier to your guides and your intuition, as your energy level is raised to a higher, more peaceful vibration.

Oracle Card Reading: Jodi is an Intuitive, empathic and Clairsentient healer/teacher. She uses her abilities to give guidance for challenges including relationships, managing stress, and increasing spiritual growth. She uses Oracle Cards during the reading to give additional messages from the Spirit realm to guide you.

Intuitives, Psychics & Healers

JUREMA SILVA | INTUITIVE READINGS & BRAZILIAN ENERGY HEALING

Available most Tuesdays & Wednesdays by appointment | Intuitive Readings \$70 half hour | \$100 hour | Energy Healing \$125 hour

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 Mondays & Fridays by appointment | \$70.00 half hour | \$125.00 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 23+ years. She works with spirit guides, angels, and deceased loved ones.

Class Descriptions & Special Events

ANIMALS WE JOURNEY WITH | Tuesdays, July 28 1-3 pm & September 15 7-8:30 pm | \$25 | Joan Stokes

This is not a class but a gathering of animals. Spirit animals that have been traveling with you will be asked, in a short meditation, to show themselves. Then Joan will tell the group what she "sees" around each person and perhaps the room. This is a chance for a group of friends, (or group of potential friends as this kind of experience facilitates), to have spirit animal readings in a space that allows exploration into how the energy of these animals effect us and those around us. How do we interact differently when our animals within come out? A wonderfully casual and fun way to bring to light our spirit animals and what they mean for us. As always, Joan's gatherings are lighthearted, so bring only your playful side and ability to be open! (Class Max is 8, Class Min is 5)

AURA PHOTOS & READINGS | Fridays, Jul 17, Aug 28, Sept 18 | 2-6 pm | \$35 each 20 minute session | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy & 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.

BEGINNERS STONES | Tuesdays, August 11 | 1-3 pm (class may run longer) | \$25 | Joan Stokes

Have fun with stones, rocks, and crystals! Joan will discuss a wide array of stones and crystals and why many of us have a love affair with stones from the time we are kids. Why are they good for us? What should we look out for when looking for the latest "NEW" stone? And much more. This is a light hearted class with very little structure. Even as adults we tend to learn more while having fun. We might play like kids at this class but it is intended for adults only. Enjoy some time of questions and play as we explore the world of stones! (Class Max is 10, Class Min is 4)

CLINIC (TAO INSTITUTE) | Mons. 5:30-8:30, Thurs. 2:30-4:30, & select Saturdays 9:30-12:30 | Tao Institute 293-3834

Tao Institute has created an Advanced Supervised Clinical Study whereby certified Acupressure- Asian Bodywork clinicians hone their skills, by combining styles, integrating movement, applying intermediate & advanced theories, to complete their independent case works & or advanced credentialing. It has created affordable sessions to allow all persons to attend a 55 minute time slot, & work privately towards a treatment goal with a rotation of clinicians if attending consecutively. Sessions include an intake, questions to clients, tongue & pulse reading, various styles of bodywork & energy movement, emotional - spiritual balancing if warranted, effort towards pain relief & self help education, and sometimes Director input into case management. Fully clothed style. Please wear loose clothing, layers, clean socks, no perfumes, or extra make up if possible. Sessions offered Monday evening, Thursday afternoon, & alternating Saturday's 9:30 am to.....We look forward to serving you! Call ahead to reserve a slot, no shows are omitted from future attendance without 24 hour notice. Sessions offered Monday evenings, Thursday afternoons, & alternating Saturday's 9:30 am to.....We look forward to serving you! **Please contact the Tao Institute at 293-3834 to schedule your session.**

MIND BODY & SPIRIT Fall EXPO | Saturday, October 3rd | 10-5 pm | Onsite | See website calendar for more information

MEDITATION | First Three Wednesdays of July | 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!

Jodi will be leaving us and moving to Rochester, MN at the end of July to be closer to her family. We have enjoyed having her with us at MBS and will be sorry to see her go!

With her leaving, we will no longer have anyone to facilitate meditation; if you or someone you know would be interested please inquire with either Joan or Merri.

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 GRACE JAEGER Intuitive /Healing 10:30-2 pm JUREMA Psychic/Healing 11-5 pm *MEDITATION 6-7 pm	2 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	4 CLOSED TO OBSERVE THE 4TH OF JULY HOLIDAY
5	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Intuitive/ Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	7 GRACE JAEGER Intuitive /Healing 1-5 pm JODI BECKER Intuitive Healing 1-6 pm	8 GRACE JAEGER Intuitive /Healing 10:30-2:30 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	9 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	11 CLINIC Tao Institute 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 –4:30 JODI BECKER Card Reading Energy Healings 1-4:30 pm
12	13 GRACE JAEGER Intuitive /Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	14 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Intuitive /Healing 1-5 pm	15 New Moon GRACE JAEGER Intuitive /Healing 10:30-2:30 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	16 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	17 AURA PHOTOS Bob Sullivan 2-6 pm	18 JENNIFER T. Tarot/Numerology 10:30 –4:30 JODI BECKER Card Reading Energy Healings 11-4:30 pm
19	20 CLINIC Tao Institute 5:30-8:30 pm	21 JODI BECKER Intuitive Healing 1-6 pm	22 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	23 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	24	25 CLINIC Tao Institute 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 –4:30
26	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CLINIC Tao Institute 5:30-8:30 pm	28 ANIMALS WE JOURNEY WITH Joan Stokes 1-3 pm	29 JUREMA Psychic/Healing 11-5 pm	30 CLINIC Tao Institute 2:30-4:30 pm	31 Full Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm	

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 GRACE JAEGER Intuitive /Healing 12-4 pm JENNIFER T. Tarot/Numerology 10:30 –4:30
2	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Intuitive/ Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	4 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Intuitive /Healing 1-5 pm	5 GRACE JAEGER Intuitive /Healing 10:30-2:30 pm JUREMA Psychic/Healing 11-5 pm	6 CLINIC Tao Institute 2:30-4:30 pm	7 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	8 CLINIC Tao Institute 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 –4:30
9	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Intuitive/ Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	11 GRACE JAEGER Intuitive /Healing 1-5 pm BEGINNER STONES Joan Stokes 1-3 pm	12 GRACE JAEGER Intuitive /Healing 10:30-2:30 pm	13 CLINIC Tao Institute 2:30-4:30 pm	14 New Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm ART CRAWL Downtown St Cloud Noon-9 pm	15 JENNIFER T. Tarot/Numerology 10:30 –4:30
16	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GRACE JAEGER Intuitive/ Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	18 GRACE JAEGER Intuitive /Healing 1-5 pm	19 GRACE JAEGER Intuitive /Healing 10:30-2:30 pm	20 CLINIC Tao Institute 2:30-4:30 pm	21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	22 CLINIC Tao Institute 9:30-12:30 pm GRACE JAEGER Intuitive /Healing 12-4 pm
23	24 SAME SCHEDULE AS PREVIOUS MONDAY'S	25 JUREMA Psychic/Healing 11-5 pm GRACE JAEGER Intuitive /Healing 1-5 pm	26 GRACE JAEGER Intuitive /Healing 10:30-2:30 pm JUREMA Psychic/Healing 11-5 pm	27 CLINIC Tao Institute 2:30-4:30 pm	28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS Bob Sullivan 2-6 pm	29 Full Moon JENNIFER T. Tarot/Numerology 10:30 –4:30
30	31 SAME SCHEDULE AS PREVIOUS MONDAY'S					

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 JUREMA Psychic/Healing 11-5 pm	2 GRACE JAEGER Intuitive /Healing 10:30-2:30 pm JUREMA Psychic/Healing 11-5 pm	3 CLINIC Tao Institute 2:30-4:30 pm	4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	5 GRACE JAEGER Intuitive /Healing 12-4 pm JENNIFER T. Tarot/Numerology 10:30 -4:30
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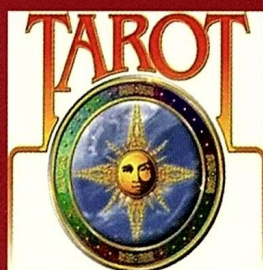
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