

2015
January :: February :: March

KaLeidOscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hello all,

Happy? Exhausted? Relieved? Melancholy? Sad? Tranquil? Hopeful? Whatever you are feeling I trust you have all had an interesting holiday season? I say interesting because it is such a mixed bag isn't it?! A new little one is born, and we lose another, we spend too much or we don't think we got the "right" gifts, someone gets engaged and another gives the ring back, and we try to be joyful and we all try to live through the stress, the laughter and the tears. And even if we all shared the same household each one of us would have a different opinion on what the season has been for us. And that great word "interesting" is so versatile that it can virtually mean just about anything depending on how one says it, or the intention behind it. It is a wonderful word that fits almost any occasion. Because it can be used so creatively! The one thing that we know for sure is when this word is used it generally stands for something we want to know more about...there is a story to be told...because it is interesting.

As you peruse this newsletter you will probably notice one very different thing about this latest addition...it is shorter, no articles! Some of you might be disappointed and others...might not care, but it is what it is. We just couldn't keep up with it all and we had to choose priorities and the newsletter articles did not make the list. To those that are disappointed be assured that once in a while, when time allows, I will put an article on our website or email one out to you! No worries to those not missing them...it won't bog down your email too much! Now that we have streamlined the newsletter we can focus on doing what we do best...shopping for you! We can spend much more time going out and about and finding you the products you want for your continued journey on this amazing, frustrating and INTERESTING path we all like to call life!

So until next time I/we will trust that you all have a great start to 2015! Try find something new to do this year. Just begin and suddenly you will create something for yourself that opens new paths, and new stories, that you would swear were never there, (they were, but you just didn't see them). It might not even look anything like what you started, but before you even know it...everything will be much more interesting!

Namaste,
Joan and Merri

Here are some interesting quotes we found for you!

When you're curious, you find lots of interesting things to do. ~Walt Disney

...photography is an art of observation. It's about finding something interesting in an ordinary place... I've found it has little to do with the things you see and everything to do with the way you see them. ~Elliott Erwitt

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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



NEW ALASKAN REFLECTIONS DREAM CATCHERS

These handmade, one-of-a-kind dream catchers are made with antlers and beautifully embellished with fur, leather, and beads. Many people hang a dream catcher above their bed to sift their dreams and visions. The good is captured in the web of life and carried with people, but the evil in dreams drops through the hole in the center of the web and is no longer a part of

NEW FANTASY FIGURINES

We offer a wide variety of fantasy figurines -- faeries, dragons, goddesses and more -- by artists such as Jessica Galbreth and Amy Brown.



NEW BEAUTIFUL HANDMADE BAGS

A local seamstress from Foley, Minnesota, creates these beautiful bags with high-end materials. Each bag features outside and inside pockets, unique trimmings, and gorgeous fabric combinations.



NEW GRATITUDE APOTHECARY JARS

These 32 oz. glass apothecary jars are printed with timeless inspiration. They come in their own gift box and include a simple set of instructions and some blank cards to get started. Add a special daily dose of Gratitude in your home or make it a great gift for friends and loved ones.

Continued from front page...

I never said I wanted a 'happy' life but an interesting one. I have learned a lot. I have become strong and resilient, as is the case of almost every human being exposed to life and to the world. ~Isabel Allende

Be willing to step outside your comfort zone once in a while; take the risks in life that seem worth taking. ... It will be a heck of a lot more interesting. ~Edward Whitacre, Jr.

Be unpredictable, be real, be interesting. ~James Dashner

Life is to be lived. So you had bloody well better find some way it's going to be interesting. And you don't do that by sitting around. ~Katharine Hepburn

(PS...to those we have seen this season, thank you once again for supporting Mind Body & Spirit!! If we have seen you lately, thanks so much for visiting and enjoying what we try to create for you . If we have not seen you for a while, please let us know why so that we can fix anything that is broken? We have great spiritual glue and would like to get at the repair soon!! Unless you are too busy because we have not figured that one out for ourselves! Other than that please don't hesitate to bring your concerns in, along with your praise as it helps to hear the good (with the maybe not so good), and we will see what can be done! We want EVERYONE to experience the best here at MBS and we would love to hear from you!
(as long as you are kinda nice about it)

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 | 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 & Shotakan 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 | TBA check online calendar for dates & times | 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 randomly by appointment) \$45.00 half hour | \$85.00 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
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.

SATURDAY CARD READINGS | Select Saturdays | 11-4pm | \$30 for 20 minutes | \$45 half hour | \$85 hour
With your busy schedule, do you find yourself wanting some guidance and answers from a quick 20 minute reading? Jodi Becker is offering shorter sessions for readings on Saturdays. She uses her Clairsentient and Intuitive abilities to help you with challenges and questions including relationships, life interests, managing stress, and increasing Spiritual growth. She also uses Oracle Cards to give additional messages from the Spirit realm to guide you. Call to schedule now!

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 23+ 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!

ANGEL REALMS | Saturday, February 28th | 1-3 pm | \$20 | Jodi Becker

Learn about the many different angel realms and the role they play in the Universe and on Earth. Jodi Becker will give interesting and exciting information about different legions of angels, so you can feel a greater connection to them and call for their assistance. Guardian Angels are just one of many legions that are here to help us all. Come and have fun as we have group discussion during the class!

AURA PHOTOS & READINGS | TBA check online calendar for dates & times | \$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.

CLINIC (TAO INSTITUTE) | Mons. 5:30-8:30, Thurs. 2:30-4:30, & select Sats. 9:45-12:45 | 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 and advanced theories, to complete their independent case works and or advanced credentialing. It has created affordable sessions to allow all persons to attend a 55 minute time slot, and work privately towards a treatment goal with a rotation of clinicians if attending consecutively. . Sessions include an intake, questions to clients, tongue and pulse reading, various styles of bodywork and energy movement, emotional - spiritual balancing if warranted, effort towards pain relief and 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, and 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, and 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.

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!

MIND BODY SKILLS GROUP | Tuesdays, 1/13-3/17 (no class on 3/3) | 7-9 pm | \$240 | Linda Scherer

Mind Body Skills groups are highly experiential and introduce intuition building practices to integrate into your daily life. Practices include Meditation, Guided Imagery, Autogenic training (self hypnosis), Breath Work, Movement, Journal Writing, and Drawing. The group set up includes practice, sharing of personal experience, and sharing of support, all the while, asking members to look inward not outward for guidance. Linda Scherer, LICSW has been a Licensed Independent Social Worker for 17 years and is currently a candidate for certification with the Center for Mind Body Medicine. See cmbm.org for more information about cmbm groups. \$240 includes all sessions and a jump drive with written and audio recordings of CMBM guided imagery. (Space is limited to 9)

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Closed for New Year's Day	2 ~REOPEN~ NORMAL HOURS AFTER RESPITE	3 JENNIFER T. Tarot/Numerology 10:30 -4:30 JODI BECKER Oracle Card Readings 12:00-4:30 pm
4 Full Moon	5 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	6 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	7 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	8 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	10 CLINIC Tao Institute 9:30-12:30 pm JODI BECKER Oracle Card Readings 12:00-4:30 pm
11	12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	13 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm MINDFULNESS SKILLS 7-9 pm	14 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	15 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	17 JENNIFER T. Tarot/Numerology 10:30 -4:30
18	19 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	20 New Moon JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm MINDFULNESS SKILLS 7-9 pm	21 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	22 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JENNIFER T. Tarot/Numerology 10:30 -4:30	24 CLINIC Tao Institute 9:30-12:30 pm JODI BECKER Oracle Card Readings 12:00-4:30 pm
25	26 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	27 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm MINDFULNESS SKILLS 7-9 pm	28 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm	29 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	30 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	31 JENNIFER T. Tarot/Numerology 10:30 -4:30

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 5:30-8:30 pm	3 Full Moon JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm MINDFULNESS SKILLS 7-9 pm	4 JUREMA Psychic/Healing 11-5 pm JODI BECKER Intuitive Healing 1-6 pm *MEDITATION 6-7 pm	5 JODI BECKER Intuitive Healing 11-3 pm CLINIC Tao Institute 2:30-4:30 pm	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	7 CLINIC Tao Institute 9:30-12:30 pm JODI BECKER Oracle Card Readings 12:00-4:30 pm
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March 2015

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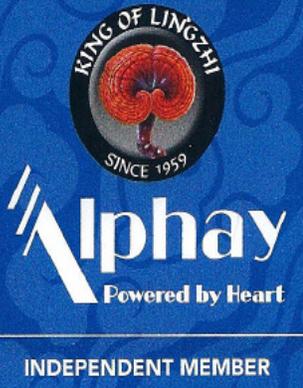


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 Anxiety, Pain, Fatigue etc.
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Oracle Card Readings bring:
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 Wisdom from the Spirit Realm

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INDEPENDENT MEMBER

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*I need to learn how to be content with simply not knowing,
 and be at peace with the notion
 that everything does not need an explanation.*



~ J. Donald Walters

