

2016

October :: November :: December

KaLeidoscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi all

Just recently my daughter lost a friend to a violent act. Although she hadn't seen him for a few years, it was devastating for her. Being just 26 years old herself it was difficult thinking that a funny, wonderfully protective, beautiful friend of 27 could be gone just like that. He was a soldier. He had been to Korea and was headed to Iraq or Afghanistan next. He was shot here in the USA, by an unknown person that left him to die. There may never be any answers as to why...there wouldn't be any good ones either way. Those who knew him did not fear he was going to die at the time he did. And they will mourn, but they will have memories to help them heal and keep him close because fear hadn't taken those away. I am glad that between the tears my daughter can smile and laugh because of the memories gained by knowing him. I am glad that there are tears and laughter instead of fear for her.

A boy we all came to know as the boy that made everyone hope was found. He had died many years ago. But his mother did not give in and let fear win. His mother chose hope instead. She took her fear and put it on a shelf to make room for hope. If his family had chosen fear instead, the wonderful changes that were made to bring hope and safety to others never would have been. And hope could die if fear becomes what we choose to grow from either of these losses. But here they should have been safe? That's what was believed by their mothers, Tim's grandmother, Jacob's family, their best friends, a small rural community, and my daughter. None of us have any guarantees that tomorrow everyone we know will be with us. We don't have any guarantee that we will be here tomorrow. If we give in to fear, we become not only enemies to ourselves but we only add to the dread that is building all around us. And fear is the single worst crippling emotion we can get caught up in. It is subtle, it is insidious, it is bullying, and we all need to help one another not be victims to it.

Fear is strengthened by the news. Fear is strengthened when we can't see past the bad. We don't need to put on rose colored glasses and be completely oblivious to all but we can decide if fear will help or make things worse. Does fear of loss make sense? Our fear of losing those we love keeps us from embracing the time we are with them. And later, that fear will not bring us cherished memories. We can put up all sorts of barriers to keep what we own but we could lose everything to a fire any time. Although it would be difficult, we would renew. Spending time building barriers and fearing the loss of what we have does nothing to put out the flames. We might fear not having the life we always imagined for ourselves, but those other lives imagined would not have made us who we are. Fear would have kept us from becoming who we are meant to be.

There are things it makes sense to fear. When you are hiking and terror strikes when you suddenly see a rattlesnake, it may keep you from stepping on that creature. Good for you and the snake! When soldiers are at war and they fear losing a comrade, that fear may fuel a hero, and keep two people alive. Fear has its place. And it's a good tool. But to fear things we only imagine is not using it as a helpful tool. It is like using a hammer to eat with. We can live that way but we would be much fuller if we used the proper tool.

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

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LEMURIAN SEED CRYSTALS

I first heard the name Lemurian Seed Crystal back before Merri and I ever dreamed of Mind Body & Spirit. I was truly cynical about the "Seed Crystals" that were "planted" by the people of the lost civilization of Lemuria. It sounded a lot like someone had just watched an Indiana Jones movie and made something up! Were these "new" crystals just quartz given a new name and story to help sell more quartz? Until I met enough people who knew about the energy of stones and crystals and until I really worked with crystals and other stones for a while, I assumed quartz was quartz. Then Merri and I visited Mount Shasta, where there is a lovely shop with an on-hand expert on Lemurian Seed Crystals. That little shop had an attic area that was filled with a couple HUNDRED boxes of these wonderful tools of light. Merri and I sat down to play and that is when we found out, or rather felt, they were for real.

What are Lemurian Seed Crystals? They are single quartz "seeds" planted by the ancient people of Lemuria just before both Atlantis and Lemuria disappeared. These seeds are said to speak to all other quartz crystals on the planet in response to earth's dilemmas as they all try to heal the planet. Each one of these seeds are called such as they were first found by themselves and not in clusters as other points most often are. They hold knowledge of humanities beginnings and information on how to heal ourselves and our planet. They are crystals with great intensity and must be held to appreciate them. It is said that Lemuria and Atlantis were filled with very different people. They both included good people but with a very distinct difference. Atlantians preferred numbers, mathematics and intelligence when it came to how they healed and solved problems or how they related to each other. Lemurians were drawn to healing through their hands with great compassion and intuition. The Lemurians were the peace keepers who wrote down the stories and so they were also called the record keepers. The Atlantians were a very proud people who made many new discoveries and moved forward quickly in advancements to make lives easier through architecture and other mathematical innovations. They were a very intelligent race except they were too greedy and wanted more and more. The Lemurians were content with what they had and spent much of their time in planning for civilizations to come, as they knew that eventually the Atlantians would create their demise. This is exactly what happened. Atlantians were not a "bad" people but there were people within their tribe that did not want to sacrifice advancement for a chance they may be hurting themselves or the planet. In the end, both civilizations were gone. But before they were gone, the Lemurians had already seeded the planet with information from both civilizations to help us do better.

These Seeds were meant to be found at the perfect healing time for earth's people and earth itself. They began to appear steadily in the 20th Century, knowing that the earth and its people needed them the most at this time. They began sending out a warm, yet powerful signal and the first ones were found on a mountain in Brazil. Separated from one another but almost sprouting from the ground as if beginning to grow upwards, these crystals began finding their people.

They are recognized by their matt and almost dull appearance which does not give any indication of the light and energy within these gentle "beings" of knowledge. When held they can be felt throughout the entire body. The energy seems to affect people in many different ways. Some smile as if they have come home. Some cry. Some don't feel anything but they have a "knowing" that the crystal is theirs. It is almost as if the Lemurians were able to imbue the seeds with their compassion and love for all as well as immense knowledge of so much more. This wisdom would only be received by the individual who would be able to access it when they held "their" crystal. The crystal will find you when you are ready. Is there only one per person? I have never had that answered when I have asked. I would imagine there are some individuals who have more to do than others so perhaps they need more seed crystals? I'm just not sure.

One more really unique thing about these crystals is they have striations on them that hold information in codes like a UPC symbol would. These codes are said to send information at a very deep level. The person who is meant to receive it will someday put into action what must be done to help heal the past, which in turn heals the present. To download information from the crystal, just do a simple "scanning" with your hand back and forth over the "UPC Code" while touching the crystal. The information won't come rushing in as if you just listened to a book on tape. That might be too much for some and even though it was time to find the crystals, perhaps it isn't quite time to use the knowledge within them?

Besides the dullness and codes there is another unique characteristic that is not necessarily always the case but very often these crystals have a very slight pink hue. I feel this is because they are filled with so much compassion they must resonate as the rose quartz does with the higher heart. It is only a theory.

The Lemurians had to leave but the gifts they left us are calling out for all to hear. It is said that each person will hear the call of "their" crystal. We have witnessed this, ourselves, here at MBS. In well over 14 years now we have never had to put our larger Lemurian Seed Crystals on the shelves in the store. We have sold ALL of them from the back room. It has been a wild phenomenon to watch people come in and ask if we carry these crystals right after we have brought some into the building. They never make it to the floor. We have sold MANY larger seed crystals but they have been asked for, and not seen. Perhaps you have been hearing the call and come in and are not sure why? Well it could be because we just recently got about 20 or so seeds and they are waiting for their people to come pick them up.

Now for the first time the crystals we received are asking us to release them to the shop and not keep them in back. These Lemurian Seeds were hand brought by people from Brazil directly to our shop and did not go through any vendors to make their way here. They have been sending out their energy. They have been calling out. Listen closely because maybe your Lemurian Seed Crystal has made its way to you now and is waiting. It is definitely time for healing. It might soon be time for action?

Intuitives, Psychics & Healers

For appointments, please call for availability: 320-203-9630 or check the online calendar page for appt availability.

Most practitioners are scheduled by appointment only, some practitioners accept walk-ins if the practitioner is already at the store. 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. Payments are made directly to the practitioner. Some practitioners are unable to take payment by credit card; please be prepared with cash payment. Call ahead to enquire. Thank you.

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS & NUMEROLOGY | Available select Sat by appt | \$50 1/2 hr | \$100 hr

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 | \$50 half hour | \$95 hour

Joan has 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 you to identify, acknowledge and deepen your relationship with those unseen guardians and guides that are with you every day.

JUREMA SILVA | INTUITIVE READINGS & BRAZILIAN ENERGY HEALING

Available most Tuesdays & Wednesdays by appointment | Intuitive Readings \$75 1/2 hour - \$125 hour | Energy Healing \$125 hour | Combination Intuitive Readings/ Energy Healing \$175 1.5 hours

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. 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).

NICOLE BRENNY | INTUITIVE, TAROT READINGS | Sat, Oct. 21st 12-4:30 pm , Nov & Dec by appointment | \$75 half hr | \$100 hr

A reading with Nicole tends to be very in depth. During a reading Nicole uses tarot cards, clairsentience and channeling to access your higher self and guides in order to offer you the best possible guidance for this stage in your journey. Nicole specializes in life path and career readings, but loves to offer guidance on relationships and finances too. By looking at underlying major themes in your life from the past moving into the future, Nicole helps to guide you closer towards the future you've always envisioned for yourself. The future you've dreamed of is possible and after a reading with Nicole you will know more clearly how to make your dream real. Each additional 15 minutes is \$30

PAULETTE LUCAS | PSYCHIC INTUITIVE | Available most Mondays & Fridays by appointment | \$70.00 half hr | \$125.00 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 26+ years. She works with spirit guides, angels, and deceased loved ones.

TILLY EVAN-JONES | PALM READING | Check online calendar for availability | \$35 per 1/2 hour | \$60 per hour

Tilly has read palms since her youth. The science of palm reading fascinated her. She finds herself looking at peoples hands and pondering their meanings at odd moments. Her readings incorporate all parts of the hand. It's shape, color, texture and markings. Using her knowledge of palms and hands and a strong intuitive sense she delights in the opportunity to talk with you about your life. A grandmother of two young boys she spends her time at her acreage south of St Cloud. There she gardens, writes, dreams of raising chickens and takes forays out into the world with her friend and life partner, John and their competitive chuck wagon. She believes that your life really is in the palm of your hands!

Class Descriptions & Special Events

ANIMALS WE JOURNEY WITH | Friday, November 25th | 6:30-8:30 or Saturday, December 10th 1-3 | \$25 | Joan Stokes

Limited Room (No Sign Up after noon on Nov 23) 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 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 your playful side and ability to be open! (Not intended for children)

Class Descriptions & Special Events continued

AURA PHOTOS & READINGS | Fridays, Nov 11th & Dec 9th | 2-6 pm | \$35 each 20 minute session | Bob Sullivan

The Aura Camera is a special device that reads the frequency of energy & images and captures it onto a photo. 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 at 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.

BEGINNER'S STONES | Tues. October 11th | 3-5 | \$25 | Joan Stokes | Limited Room (No Sign up after noon on Oct. 10th)

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!

BUILDING SELF CONFIDENCE | Sat, October 15th | 12-3 pm | \$45 in advance | \$55 at the door | Jurema Silva

Self confidence is extremely important in all aspects of our lives. Yet, so many people struggle to develop it. Without confidence you second guess your decisions finding yourself defensive, apologetic and hard to become successful. Not to mention, lack of self confidence is the number one reason that prevents most people to connect with their intuition and the divine power. On the other end, confident people laugh more, are more motivated and ambitious, plus willing to take risks with her or his personal and professional life. Self confidence brings positive thoughts and attitudes resulting in a great leadership performance with remarkable results. Jurema will teach you step by step ways to recognize your level of confidence and most important, prepare you to transform your journey, strengthen your mind, manage your emotions and improve your intuition. It is never to late to boost confidence.

CENTER FOR SELF HEALING CLINIC (CSH) | Mons. 5:30-8:30, Thurs. 2:30-4:30, & select Saturdays 9:30-12:30

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 on occasion facilitator input into case management. Please wear loose clothing, layers, clean socks, no perfumes, or extra make up if possible. Call ahead to reserve a spot; no shows are omitted from future attendance without 24 hour notice.....We look forward to serving you!

Please contact Beth Henning at 320- 293-3834 to schedule your session.

GHOSTS AND SPIRITS | Friday October 28th | 6:00 to 8:00 pm | \$25 | Jurema Silva Back by popular demand!

Jurema will share her extensive knowledge about this fascinating issue and ask the audience to share their own connections and/or encounters with ghosts and spirits. This is a great opportunity for you to learn more about the subject, get answers to your questions, tell your own experience and satisfy your curiosity. It is a one of a kind gathering that you can not miss!

INTUITION TALK - Q&A | Saturday, November 12th | 11-2 pm | \$50 in advance | \$60 at the door - Jurema Silva

This special lecture with Q&A is a rare chance for you to have your questions about intuition answered from one of the most amazing international psychic/mediums, Jurema Silva. Her broad knowledge on spirituality and intuition will make this lecture a fascinating day for everyone who is looking for answers. Bring your questions & prepare to share your own experience with Jurema, who has been counseling and teaching thousands of people all over the world. This lecture is for all. Don't miss this opportunity!!!

MEDITATION | First Three Wednesdays of the Month | 5:30 pm | Free will offering | Linda Scherer

Linda Scherer has been a licensed therapist for 17 years. She practices Integrative health care which views symptoms and life challenges as invitations to move toward wholeness. She is offering an 8-week Mind Body Skills Group which provides a supportive small group space for participants to learn and practice a variety of mindfulness and intuition building practices together. To get a taste for these practices, join Linda for meditation on Wednesdays at 5:30, the first three weeks of the month. There is no need to pre-register for this class, simply text or call 320-309-5381 a minimum of one hour in advance to RSVP.

MIND BODY & SPIRIT FALL EXPO | Saturday, October 1st | 10-5 pm | Onsite | See website calendar for more information.

STONES, ROCKS & CRYSTALS! | Tuesday, December 13th | 6-8 | \$35 | Joan Stokes | Limited Room

(No Sign up after noon on December 12th)

This is a surprise class that Joan is putting on. All she will say is that it will be well worth your time! Intended for adults only.

TEA LEAF READING | Tuesday, Nov. 11 | 7-8:30 | \$25.00 | Joan Stokes | Limited Room (No Sign Up after noon on Nov. 10th)

Just as it says; learning to read tea leaves! Learn something fun, intuitive, and insightful that you can share with friends and family on Thanksgiving!

THE GATHERING | Saturday, October 22nd | 5:30-8 | \$40 before Oct 15th, \$50.00 after Oct 15th, | Joan Stokes | Limited Room!

No sign up after noon on October 21st

Some Native tribes and Farmer's Almanac call October's Full Moon "Hunter's Moon"; a time when we gather together that which will sustain us through the long winter. Other's call it "Moon of the Changing": a time when we begin the journey inward seeking peace and truth. And still other's call it "Moon of the Animal Time"; a time that Animal Spirit Guides show themselves. Joan has created a class around ceremony where the student puts down pen & paper and learns through participation only. Come for the fun! Learn while celebrating! (Bring a pillow of any kind, a drum or rattle if you have it, and dress comfortably) Intended for adults only.

October 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|---|--|
| | | | | | | 1 MBS FALL EXPO Onsite 10-5 pm |
| 2 | 3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 4 JUREMA Psychic/Healing 11-5 pm | 5 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm | 6 CSH CLINIC Beth Henning 2:30-4:30 pm | 7 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 8 CSH CLINIC Beth Henning 9:30-12:30 pm |
| 9 | 10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 11 JUREMA Psychic/Healing 11-5 pm BEGINNER'S STONES Joan Stokes 3-5 pm | 12 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm | 13 CSH CLINIC Beth Henning 2:30-4:30 pm | 14 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 15 JENNIFER T. Tarot/Numerology 10:30 -4 pm BUILDING SELF CONFIDENCE Jurema Silva 12-3 pm |
| 16 | 17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 18 JUREMA Psychic/Healing 11-5 pm | 19 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm | 20 CSH CLINIC Beth Henning 2:30-4:30 pm | 21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 22 Full Moon CSH CLINIC Beth Henning 9:30-12:30 pm THE GATHERING Joan Stokes 5:30- 8 pm |
| 23 30 New Moon | 24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 25 JUREMA Psychic/Healing 11-5 pm | 26 JUREMA Psychic/Healing 11-5 pm | 27 CSH CLINIC Beth Henning 2:30-4:30 pm | 28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm GHOSTS & SPIRITS Jurema Silva 6 - 8 pm | 29 NICOLE BRENNY Intuitive Tarot 12-4:30 pm |


November 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|---|--|---|--|
| | | 1 JUREMA Psychic/Healing 11-5 pm | 2 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm | 3 CSH CLINIC Beth Henning 2:30-4:30 pm | 4 PAULETTE LUCAS Psychic/Intuitive 11-6 pm DOWNTOWN ART CRAWL 5-9 PM | 5 CSH CLINIC Beth Henning 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 -4 pm |
| 6 | 7 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 8 JUREMA Psychic/Healing 11-5 pm | 9 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm | 10 CSH CLINIC Beth Henning 2:30-4:30 pm | 11 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS Bob Sullivan 2-6 pm TEA LEAF READING Joan Stokes 7-8:30 pm | 12 INTUITION TALK Jurema Silva 11 - 2 pm |
| 13 | 14 Full Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 15 JUREMA Psychic/Healing 11-5 pm | 16 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm | 17 CSH CLINIC Beth Henning 2:30-4:30 pm | 18 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 19 CSH CLINIC Beth Henning 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 -4 pm |
| 20 | 21 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 22 JUREMA Psychic/Healing 11-5 pm | 23 JUREMA Psychic/Healing 11-5 pm | 24 STORE CLOSED | 25 PAULETTE LUCAS Psychic/Intuitive 11-6 pm ANIMALS WE JOURNEY WITH Joan Stokes 6:30 - 8:30 pm | 26 |
| 27 | 28 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 29 New Moon JUREMA Psychic/Healing 11-5 pm | 30 JUREMA Psychic/Healing 11-5 pm | | | |

December 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|--|---|--|---|---|
| | | | | 1 New Moon CSH CLINIC Beth Henning 2:30-4:30 pm | 2 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 3 CSH CLINIC Beth Henning 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 -4 pm |
| 4 | 5 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 6 JUREMA Psychic/Healing 11-5 pm | 7 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm | 8 CSH CLINIC Beth Henning 2:30-4:30 pm | 9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS Bob Sullivan 2-6 pm | 10 ANIMALS WE JOURNEY WITH Joan Stokes 1-3 pm |
| 11 | 12 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 13 FullMoon JUREMA Psychic/Healing 11-5 pm STONES, ROCKS, & CRYSTALS Joan Stokes 6 - 8 pm | 14 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm | 15 CSH CLINIC Beth Henning 2:30-4:30 pm | 16 PAULETTE LUCAS Psychic/Intuitive 11-2:30 pm | 17 CSH CLINIC Beth Henning 9:30-12:30 pm |
| 18 | 19 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm | 20 JUREMA Psychic/Healing 11-5 pm | 21 JUREMA Psychic/Healing 11-5 pm MEDITATION 5:30-6:30 pm | 22 CSH CLINIC Beth Henning 2:30-4:30 pm | 23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm | 24 STORE HOURS 10-3 pm |
| m | 26 STORE CLOSED CSH CLINIC Beth Henning 5:30-8:30 pm | 27 STORE CLOSED | 28 STORE CLOSED | 29 New Moon STORE CLOSED CSH CLINIC Beth Henning 5:30-8:30 pm | 30 STORE CLOSED | 31 STORE CLOSED |

Mind Body & Spirit



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Continued from front page

So use fear as it was meant to be used and leave what you imagine in the light. It can't survive there. Leave fear to those who cannot see the sun because the curtains they have pulled, due to their fear, have blocked it. Leave fear to those who follow someone who feeds them more of it. If and when you get the chance to pull back a curtain, illuminate one's path if you see them blindly following out of fear. Perhaps then hope can be the tool we hang on to. Put fear back on the shelf, next to the hammer and other tools, for a time when it is really needed.

Hope, love, forgiveness, understanding, are tools that make life rich. Fear creates loss which can then create fear and that pattern might never end. You choose.

Here are some posts from Facebook by my daughter's friend, Tim, who was killed in Seattle over Labor Day weekend, 2016. He died young, but he lived while he was here. His friends say he lived!

- "You can't plan life, all you can do is be available for it"
- "Always a good idea to sit back and let the flowers get some sun. That's what I say"
- "Life is the greatest game of all. Cept without a reset button" (Remember that)
- "Time for some relax and reflect time...I'm feeling a half full cup right about now"
- "Family has 3 letters at the end, ILY. I love you" "RIP Grand-dad, see you on the other side"
- "Life must be lived as play"
- "Why should I worry?"
- "Too many questions, funny how that works when there are no answers"

There are no answers for 9/11. There are no answers that could ever make sense as to why Jacob and Tim left this world too soon for those that loved them. There are no answers for terror, cruelty, hatred, and harm. Nothing will answer why. Being afraid won't help. Let's take away from these tragedies the two things it makes sense to hang on to instead...the words that Tim posted that teach us how to live....and Jacob's smile in the picture that will forever remind us to hope.

Thank you to Jacob and Tim, for those gifts.

Namaste,
Joan and Merri