

2017
January :: February :: March

KaLeidoScope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

NEW WINTER HOURS BEGINNING JANUARY 2017 : M-F 11AM-7PM, SAT 10AM-5PM

Hi All!

Winter and all of it's wonderful changes is upon us now! For some, Winter is a wonderland and for others it is the dreaded season before the dawn of Spring. We try to bring you products that will help bring you energy and positive feelings whatever the Season.

For us, the coming year is a promise of new and exciting things. With your continual input, we try to bring in new items all the time. We are continuously searching for new gifts that uplift and renew smiles and attitudes.

The beautiful Lemurian Seed crystals, I wrote about in the last newsletter, are now available in the shop. We also just put out three huge, gorgeous Elestial Crystals! They are a rare find and we are so pleased to be able to offer them here for your enjoyment or for purchase. I believe they all have water inside of them, but one has a clearly visible large bubble at the very top of the crystal. I love them! They are truly OUTSTANDING! You better hurry before I take them all home!

We couldn't wait until Spring to expand our fairy garden. It never ceases to make us smile and lift our spirits! We trust it will lift yours as well! Spring is just around the corner! (You may say I'm a dreamer.....but I'm not the only one.)

Recent additions: new oracle cards from Native American Wisdom , Angel cards, and some fun new banners as well as some wood art to brighten your space. We located some encouraging new artwork and we brought in a few wonderful new natural stones and crystals as well as a handful of enhanced crystals, (they have good energy too!) As always, our candles smell awesome and we just added some new ones to try out. And NEW SINGING BOWLS are on the way!!!

We are working on getting some grab bags out after the new year begins as we know they are well liked! Although our space only allows us to keep a small selection of books and music on hand, we are always getting new selections to offer, so always check back to see what you might have missed. Please don't forget about the wonderful things hanging above and around you. Make sure and visit the case of crystals and stones in our loft. They are BEAUTIFUL and worth the climb.

As 2016 draws to a close, Merri and I wish you all the Happiness and Positive Energy which a New Year always has the opportunity to bring. We at MBS Thank You as we are now in our 15th year of helping you reach your potentials and beyond.

Until next time!

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

A Community is Gathering

The beginning of a new year is upon us or has just begun depending on when you first found this. There are many who feel it is the perfect time to begin anew. New Year resolutions are a tradition of sorts; unfortunately, several of our intentions fall to the wayside as the busyness of life takes away the ambition we had for change when we toasted to the New Year. There are countless articles advising us how to keep our stamina up, especially for those whose resolution was to get more fit in the new year. Some profess there is no better way to recreate ourselves than to exercise ourselves into a higher metabolism and train for that next marathon. While this is an admirable resolve there are other aspects of ourselves that we often don't find articles about. Our Spiritual selves need to be recreated as well.

When we are feeling sluggish and our energy is waning, when walking to the fridge for a snack, we feel the motivation to get more active and there are plenty of avenues "out there" for us to do so. But when it comes to renewing our spiritual energy where do we go and what do we do then? The answer for some may be to ask their minister or spiritual director of whatever individual religion they find community in. This is a wonderful beginning. But what if you would like to share that truth with others and learn from others? For some, spirituality is made whole and healthy by engaging with and sharing our stories with those who wish to share theirs as well. We can join a gym to get our body fit, go to a library to expand our knowledge and energize our brain power, and engage in a book club to find friends who like the same genre we do. But where do we find encouragement for the growth and health of our spirituality outside of church?

What if you don't regularly attend a religious community? What does one do then? From what I have seen over the years you go it alone. And for the most part I have seen good things springing from the people who delve endlessly into their books and pour over as much as they can trying to gain access to who they are in a healthy, spiritual sense. The topic of religion vs spirituality has been discussed here before and so I believe we are mostly on the same page when I say that I am not wishing to dismiss anyone's religious affiliation. Those are important to people wishing to fill that desire within us all, to have support from a community of like minds. To have somewhere "where everybody knows your name" so to speak. But for those who have not found a community yet, for those who would like to expand that community outside of their religion, or for those wishing to enhance or share their experiences, where do we go?

It is difficult finding places for spiritual community, outside of a religious organization. Some find their friends or even dates at their local church bazaar. Others reach out to the internet for making new friends, etc. And some of us get a bit too attached to our good friend, Netflix. But there is nothing quite like a community of like minds to raise our spirits and help restore our spiritual natures.

There have been several who have come to the shop looking for community. And within the walls here at MBS it is felt. But the community is dispersed and individuals come in one at a time, sometimes just to shop for a special item to uplift a sick friend, someone having a birthday or maybe uplift themselves. Sometimes it helps to just sit quietly in our upstairs loft and meditate or just breathe. It is felt and it provides one with a sense of community that fulfills and strengthens enough, but leave others wanting more.

I would like to offer more, beginning at the start of the new year. I am proposing we begin again here at MBS to build community that can meet up and share with each other. We held these gatherings the first few years we were open but life got busy and other things took precedent. In the spirit of creating relationships and community, outside of the shop itself, to provide growth and health to our spiritual selves, I will be opening the studio for such gatherings once again. (Please see the calendar for dates, times, etc.)

We will begin meeting once a week on the 2nd, 3rd and 4th weeks, which I am envisioning becoming monthly as time goes on. It won't matter when you can make it, there is no sign up for attendance and no worries about whether you miss one. There will be a small fee which will be a free will donation to pay for heat, electricity, rent, cleaning, etc. from those who can give. No one will be left out because of ability to pay or not. I won't put any stipulations about children to begin, as it is difficult for some to find adequate childcare so they may attend, but if anyone becomes too much of a distraction, (child or adult), we will revisit the parameters.

What do you need to bring? An open heart and an open mind. That's it! Anything else is up to you! Several people have inquired about this and it felt like it was a good fit for me as well so I look forward to seeing you there. The first few times will be laying the groundwork but plenty of time for fun and sharing and community! All are welcome without regard to affiliation. Remember, it will be your group. I will be there to make sure to provide the logistics, the place, and guidance (for now) to create a safe space.

The year 2017 can be what we make it! Want resolutions? Exercise, eat healthy, find balance between work and play and then come to MBS to make some friends and meet the community you all feel when you step through the doors of the shop. We'll be waiting for you!

Intuitives, Psychics & Healers

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

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 | Intuitive Readings \$75 1/2 hour - \$125 hour

Energy Healing \$125 hour | Combination Intuitive Readings/ Energy Healing \$175 1.5 hours

Jurema will be back in March on most Tuesdays & Wednesdays by appointment .

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).

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.

Dress Up Your Space With

Stones & Crystals



Wood Art



Salt Lamps



Winter | Spring Classes & Special Events

A GATHERING | Most 2nd, 3rd, and 4th Thursdays of each month, beginning Jan 19th through March 23 | 6:30-8 | Joan Stokes | Fee - Free Will Donation Towards Rent, Electricity, instructor time, etc. (No sign up required at this time)

This is not a class but a gathering of like minds to share, lend an ear, learn from and teach each other. All are welcome and no one is turned away because of inability to pay the fee. Please read article on page 2 of this newsletter for more insight about this group.

ANIMALS WE JOURNEY WITH | Jan 12, 7-8:30pm or Mar 2nd 6:30-8pm | \$25 | Joan Stokes

Limited Room (No sign up after noon on Jan 11th for Jan class, no sign up after noon Mar 1st for Mar class!) 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)

**AURA PHOTOS & READINGS | Fridays, January 27th & March 10th | 2-5:30 pm
\$35 each 20 min. session, which is due upon appt sign up | 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.

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

STONES, ROCKS & CRYSTALS! | Thursday Feb 2nd | 6:30-8:30 | \$35 | Joan Stokes | Limited Room
(No Sign up after noon on Wed Feb 1st)

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

“Live as if you were to die tomorrow.

Learn as if you were to live forever.”

~ Mahatma Gandhi

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CSH CLINIC Beth Henning 5:30-8:30 pm	3	4	5 CSH CLINIC Beth Henning 2:30-4:30 pm	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	7 JENNIFER T. Tarot/Numerology 10:30 –4 pm
8	9 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	10	11	12 Full Moon CSH CLINIC Beth Henning 2:30-4:30 pm ANIMALS WE JOURNEY WITH Joan Stokes 7pm - 8:30 pm	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	14 CSH CLINIC Beth Henning 9:30-12:30 pm
15	16 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	17	18	19 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 6:30-8 pm	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	21
22	23 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	24	25	26 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 6:30-8 pm	27 New Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS Bob Sullivan 2-5:30 pm	28 CSH CLINIC Beth Henning 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 –4 pm
29	30 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	31				

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 CSH CLINIC Beth Henning 2:30-4:30 pm STONES, ROCKS, & CRYSTALS Joan Stokes 630 - 8 pm	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	4 JENNIFER T. Tarot/Numerology 10:30 –4 pm
5	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	7	8	9 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 6:30-8 pm	10 Full Moon PAULETTE LUCAS Psychic/Intuitive 11-6 pm	11 CSH CLINIC Beth Henning 9:30-12:30 pm
12	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	14	15	16 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 6:30-8 pm	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	18
19	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	21	22	23 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 6:30-8 pm	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	25 CSH CLINIC Beth Henning 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 –4 pm
26 New Moon	27 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	28 JUREMA Psychic/Healing 11-5 pm				

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 CSH CLINIC Beth Henning 2:30-4:30 pm ANIMALS WE JOURNEY WITH Joan Stokes 6:30 - 8:00 pm	3 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	4 JENNIFER T. Tarot/Numerology 10:30 -4 pm
5	6 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	7	8	9 CSH CLINIC Beth Henning 2:30-4:30 pm No Gathering Tonight!	10 PAULETTE LUCAS Psychic/Intuitive 11-6 pm AURA PHOTOS Bob Sullivan 2-5:30 pm	11 CSH CLINIC Beth Henning 9:30-12:30 pm
12 Full Moon Daylight Savings Time	13 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	14 JUREMA Psychic/Healing 11-5 pm	15 JUREMA Psychic/Healing 11-5 pm	16 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 6:30-8 pm	17 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	18
19	20 PAULETTE LUCAS Psychic/Intuitive 11-6 pm CSH CLINIC Beth Henning 5:30-8:30 pm	21 JUREMA Psychic/Healing 11-5 pm	22 JUREMA Psychic/Healing 11-5 pm	23 CSH CLINIC Beth Henning 2:30-4:30 pm A GATHERING Joan Stokes 6:30-8 pm	24 PAULETTE LUCAS Psychic/Intuitive 11-6 pm	25 CSH CLINIC Beth Henning 9:30-12:30 pm JENNIFER T. Tarot/Numerology 10:30 -4 pm
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Joan Stokes

**Animal Communication Services
& Spirit Animal Guides**

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Mind Body & Spirit Gifts & Books
915 W. St. Germain, St. Cloud, MN 56301

email: joan@joanstokes.com | web: joanstokes.com



JUREMA SILVA

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320-260-7305

JuremasHealingGarden@yahoo.com
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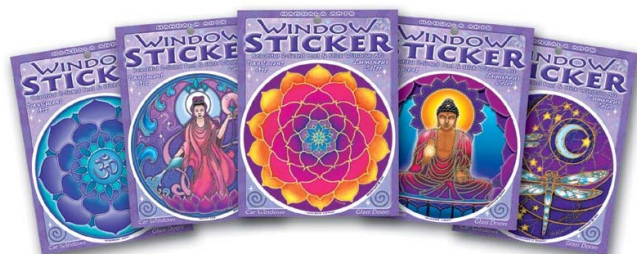
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**“Who’s God is God, whose light is light?
Who’s law is wrong, who’s might is right?
..I believe in peace, my only wish,
I believe that we can co-exist”**

From “Ring the Bells” ~ Melissa Etheridge