

2018

October :: November :: December

KaLeidoscope

QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hello everybody!

I have read many articles recently on how misused language and "contact" behind screens is creating a poverty of the human spirit. There has been nothing but chaos coming at us daily and it's tough to trust or even listen to one another at times because of it. The love we should have for each other as human beings is weakening. I see withdrawal happening. It seems more people, best case scenario, want to merely hide at home behind television, computers, and phones, etc. The need to be together is still as strong as ever but the fear of being vulnerable is greater right now, and it is something that needs everyone's attention. I agree with Mother Theresa, "We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty." I agree with her that it is not what one has or has not but rather the lack of our shared humanness that creates poverty. When we lose the ability to reach out our hand to another, we will lose more than we could imagine.

There are too many of these articles to even speak to in this short message. The overall theme is not caring what is outside of ourselves. We teach a great deal here at Mind Body and Spirit to go within to find the answers you seek, but we don't want to go so far within that we forget we are an important, but small part of the whole. When we only focus on what is directly in front of us, or within us, we begin missing what the rest of that "whole" looks like.

Since Puerto Rico was hit by Hurricane Maria last year there have been almost 3000 people who have died due to many things that could have been prevented. I believe less than 70 died during the storm but the after effects kept killing and they are still in chaos and many are truly struggling. I don't tell you this to bring you down or say you must head right down there to volunteer, even though that would be awesome! The reason I am mentioning this is because so many of us are so focused on what is just outside our door or what is going on within ourselves that we miss what is happening to the part of US, out "there".

Many debate it is technology that has created this division and lack of trying to do more to help and connect with others. Some argue it is the lack of church attendance, etc. that has been creating this disconnection with others. And still others feel it is our busy lives that just keep speeding up. I would say it is a little bit of all of these but the real fault is in forgetting that we are not whole without the rest of the web. And the entire world is a web and whether we choose to think about others or not, we will feel them. These feelings will continue to make us feel hopeless when we feel others hopelessness, make us feel lonely when we feel others loneliness, and make us feel anger when we feel others who are angry. We cannot get away from it by not listening to the news or hiding under rocks...when others hurt we will hurt.

So what can we do about this? Begin with the smallest steps. If you can't volunteer in Puerto Rico or somewhere else half way around the world begin in your neighborhood. Make a connection! Help someone, no matter how little you think you might be helping it could be bigger than you realize. And together we can begin to turn things around with or without the help of politicians, or government, etc. We don't need help from governing powers. We have us! If you are already doing what you think you can...good for you! That's where we all need to be so the whole web can be whole and nurturing for one another again. Not possible you say? Maybe not but what have we got to lose if we keep trying? And what are we losing if we never do?

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

FAQ'S PART TWO

We get asked all the time what different things are or "mean" in our shop, Part 2:

LABYRINTH: A walking or moving inward journey, depicted much like a maze but with no dead ends, for meditation or prayer. Usually made in gardens with vegetation but we have carried many handheld ones for those who would like the experience without trying to find one perhaps far away.

HUMAN SKULLS: Symbolic of the cycle of life as we leave our shell behind but our souls move on. Or represents those that have gone before us. Honoring the dead while also remembering their lives.

TREES: Trees of life. Too many things to write here...so much symbolism. Very important symbol for connection but also the stages of our existence, birth, life and death. Or also the heaven(s), earth plane, and the underworld. And so very much more that it could be an article all itself!!!

DREAMCATCHER: Most notably from Native American Culture but other cultures have had similar ideas. Catches dreams within its web and sifts out the bad while only letting the good through.

VARIETY SYMBOLIZING THE CHAKRAS: Items to help balance the 7 or 8 main chakras (healing centers). Items for particular chakras to work on one at a time. There are many, many more chakras but learning about and working with these is a great beginning towards health of Mind Body and Spirit.

ABALONE SHELLS: Used as adornment or jewelry, used whole as a vessel for burning sacred sage and other such herbs, or used in coming of age ceremony in some West Coast Native cultures.

RITUAL CLEANSING HERBS, ETC: We have many different types of cleansing herbs available including sprays for those who cannot or do not like to burn in their dwelling or office space, etc. If things are not feeling positive in your space maybe it's time for a little cleansing? Most important thing of all to remember is it isn't what you burn in your ritual but the intention you have for the ritual.

FAIRIES: Who doesn't love fairies!? I have actually gotten a reaction from one person that thought that believing in fairies was against her religion? I can't imagine that these wee people of the forest, who actually have more stories worldwide than angels throughout history, could possibly be against a religion? You don't have to believe in anything if you choose not to....but remember not believing doesn't mean it's fake!

GLASS BALLS: Our hand blown glass balls have come from several places, including Canada, South Carolina, and even Poland. Witch balls are the ones with glass "fingers" that are seen in the inside center of the ball. These, at one time, were used as a protection to stop any negative energy much like the dreamcatcher. Other glass balls have been symbolic of friendships, trees of life and whimsical Fairy Orbs which bring fairies to your home to protect you.

CANDLES: From Chakra candles to specific intention candles you will find it here. We have our staples on hand most of the time and try to slip in a few new ones here and there. We have many that have essential oils in them to help with aromatherapy and for those who don't like any fragrance, even natural ones, we have the un-scented. Candles have been used in ritual in most societies and they will light your way as well! Stop by and see what all the talk is about (the great smells from our shop)...relaxing every time!

Next time I will finish up with shop items that are most asked about! Namaste



*"It's not about the pieces
but how they work together"*

Unknown



Intuitives, Psychics & Healers

For appointments, please check the online calendar or call for availability: Practitioners are scheduled by appointment only. Walk-ins possible if practitioner is already in. More info at www.mindbodyspirit-online.com (services page). **PLEASE** call if you cannot make your scheduled appointment (within an appropriate time) as most practitioners drive some distance to be at these scheduled appts. Payments are made directly to the practitioner. Please prepare for varied types of payment. Call ahead to inquire. Thank you. 320-203-9630

CATHI CUREN | ASTROLOGY READINGS | Thursdays & Saturdays (Please call Cathi for specific dates & times)

Individual Natal Chart Reading \$175.00 | 1 hour

Relationship Astrology (Two Charts) \$225.00 | 1 hour

New Baby Star Chart (up to 3 years) \$95.00 | 30 minutes

Astrological Design Inspiration \$325.00 | (2) 1 hour sessions

Info. required for readings: Accurate time of birth (date, month & year), as well as city, state or country information if born outside of the US. Please email information at least two weeks in advance of reading. For more information visit: www.astrologicalinteriors.com or contact Cathi by Email: cathicuren@gmail.com or Phone: (612) 735-4510. Cathi lives in California so all readings will be via phone or Skype.

JENNIFER THOMPSON | INTUITIVE READINGS: Your choice; Cups, Cards, Charms. What will it be???

Available most Wednesdays, Thursdays & select Saturdays by appointment | \$65 1/2 hr | \$120 hr

Cards: A Third Generation Tarot Intuitive, Jennifer is available for her ever popular tarot card readings as always. Jennifer will begin your card reading with a general flow of information through Tarot, Numerology & Intuition in combination with using her own Clairsentient, Clairaudient & Empathic gifts to provide more detailed insight.

Cups: Jennifer is adding more from her family heritage with skills honed throughout 3 generations of readers. A stunning antique 1920 OLD ROMANY fortune telling tea cup inherited from family, and access to The TALTOS fortune telling tea cup Vintage from 1988 are among her latest "new" tools. Jennifer will celebrate with you, in a fine tea sitting, and address your potential future with issues such as love, money, life purpose, career, relocation, weddings, engagements, break ups, relationships and travel.

Charms: "NOT A TEA DRINKER?" *No problem!* Special Tea Leaf Cards and Charm Castings are also available. In Jennifer's own words, "Tea and Tarot are a miraculous way to see into your future with ease and grace. Please, allow me the opportunity to help you understand what lies ahead of you on your life path." For more info. www.royalreadings.com (10% discount for all College Students and Veterans)

JOAN STOKES | READINGS | Most Mondays 5-7pm & Wednesdays 7-8pm | \$50 1/2 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 your unseen guardians.

JUREMA SILVA | INTUITIVE READINGS & BRAZILIAN ENERGY HEALING

Available most Tuesdays, Wednesdays, & select Saturdays by appt. | Intuitive Readings \$85 1/2 hr - \$125 hr | Energy Healing \$125 hr | Combination Intuitive Readings/ Energy Healing \$175 1.5 hrs

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 her 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 | \$80 1/2 hr | \$150 hr

Paulette was a therapist for over 20 years & has traveled extensively, visiting power centers around the globe, to develop her spiritual awareness of 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. For more than one person it will be \$20 per person coming into the room.

Classes & Special Events

REGISTRATION is needed for all classes, except A Gathering and Drum Circle. Occasionally we can accept walk-in participants; however, please call and check space availability. Payment is needed at the time of registration, except for A Gathering and Drum Circle. Call or stop by Mind Body & Spirit to register for classes. Instructors do not accept payment for classes. We do not have online registration. Be at the store fifteen minutes prior to class for check in. Classes are not refundable within 2 days of class time. **Thank you and enjoy your classes and events!**

ANIMALS WE JOURNEY WITH

Thursday, Oct 4th & Tuesday, Nov 13th | 7:15-8:45pm | Sat, Nov 24th & Dec 8th | 2:00-3:30pm | \$25 | Joan Stokes

The Spirit animals that have been traveling with you will be asked 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. As always, Joan's gatherings are lighthearted, so bring your playful side and ability to be open! This is not so much an in-depth CLASS focused on Spirit Animals but more of a short class before the Spirit Animals begin to make themselves known. (This is not a time to get in touch with your deceased animal friends as Joan works with those in appointments only.) **(Registration closes at noon on the day before class)** Not intended for children.

ASK JUREMA | Saturday, November 10th 1:00-2:30pm | \$45, \$50 at the door | Jurema Silva

Interactive discussion and lessons on intuition and mediumship. Jurema invites you to participate in this event where she will answer your questions about intuitive abilities and the spirit world. This presentation will focus on sharing experiences, and how your divine gift of intuition and mediumship can be used to enhance your life and the lives of others. Bring a notepad with your questions and concerns. This is the first time Jurema will be sharing, teaching and interacting with an audience that is looking to better understand their intuitive powers. This is a great opportunity for you to receive advice from one of the most popular and experienced psychic/healers in the upper Midwest. Don't miss this special and exciting event. Space is very limited. Sign up today!

DRUM-MAKING with WAYNE MANTHEY | Saturday, October 20th 11am - 4pm | 13" drum \$140 or 16" drum \$160

Create your own drum for more meaningful drumming. This class will bring out the ancestral roots in anyone. It's a deeply moving experience to make your own drum that will last years and will become a cherished piece to be passed between generations. This is a class you will remember for a lifetime. Everything is supplied. Bring a bag lunch. Space is limited; register now to reserve your place!

GUEST READER | Saturday, November 17th | 10:30 - 4:30pm | Claudia Johnson

Private Readings: \$45 for 15 minutes, \$40 if attending Gallery \$80 for 30 minutes, \$70 if attending Gallery.

Claudia is a naturally gifted intuitive, medium, and spiritual healer. As a professional dancer, she felt compelled to offer healing to other dancers in pain when she discovered she was feeling their injuries in her own body. As they healed, her pain also dissolved, and she would receive messages for them from Spirit Guides, Spirit Doctors, Angels, ancestors, friends, and even pets! Please sign up early as this event will fill fast.

HALLOWEEN TAROT GALLERY READING | Tuesday, October 30th | 5:30-6:30pm | \$40 | Jennifer Thompson

Halloween is the perfect time to connect with Spirit. Jennifer will start this Psychic Tarot Gallery Event with a blessing to connect with the other side. Time will be divided between receiving intuitive information from Spirit and Your Guides followed by your questions. Register early as maximum enrollment is 10 people, so as to connect with all the energies. Note: Please be seated 15 minutes before the event begins as no one will be admitted once the Gallery begins. A psychic reading is not guaranteed. Please bring pen and paper. Electronic recording is prohibited.

HUMP DAY HATHA YOGA | Select Wednesdays | 6-7pm | \$20 | Jennifer Thompson

Bring YOUR yoga mat, a towel and a waist belt or yoga strap. Yoga blocks are provided. (5% of proceeds will be donated on behalf of Mind Body Spirit & Jennifer to the Human Society of MN) For the Give, Grow, and Ground

MEDIUMSHIP GALLERY | Wednesday, November 14th | 7-8:30pm | \$30 | Claudia Johnson

A Mediumship Gallery is a fun way to experience a medium connecting to the spirit world in a group. Claudia will provide clear evidence so the recipient of the message can identify the spirit communicator. Helpful, often deeply moving and timely messages may come to you from angels, spirit guides, loved ones, friends, or pets. Time is limited, so no one is guaranteed a reading. There will be an introduction to mediumship and questions and answers afterwards. Join us for a fun, often healing, and amazing experience! Please sign up early as seating is limited.

MIND BODY & SPIRIT Fall EXPO | Saturday, September 29th | 10am-5pm | at our store/studio

See website calendar for details.

Continued on the last page

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	2 JUREMA Psychic/Healing 11:30-5:30 pm	3 JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm JOAN STOKES Intuitive Readings 7-8 pm	4 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm ANIMALS WE JOURNEY WITH 7:15-8:45	5 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	6 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
7	8 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	9 New Moon JUREMA Psychic/Healing 11:30-5:30 pm	10 JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm JOAN STOKES Intuitive Readings 7-8 pm	11 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	12 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	13 TOOLS OF PROTECTION & CLEANSING Jurema Silva 1:00-2:30 pm JENNIFER Intuitive Tarot 10:30 - 4:30 pm
14	15 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	16 JUREMA Psychic/Healing 11:30-5:30 pm	17 JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm JOAN STOKES Intuitive Readings 7-8 pm	18 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	19 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	20 DRUM MAKING Wayne Manthey 11-4 pm
21	22 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	23 JUREMA Psychic/Healing 11:30-5:30 pm	24 Full Moon JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 12:30 - 5:00 pm HUMP DAY HATHA YOGA 6-7 pm	25 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm STONES, ROCKS, & CRYSTALS Joan Stokes 7:15 - 8:45pm	26 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	27 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
28	29 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	30 JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 3:30 pm PSYCHIC GALLERY Jennifer Thompson 5:30 - 6:30 pm	31 JUREMA Psychic/Healing 11:30-5:30 pm JOAN STOKES Intuitive Readings 7-8 pm			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	2 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm DOWNTOWN ART CRAWL 5-9 pm	3 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
4	5 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	6 Election Day! JUREMA Psychic/Healing 11:30-5:30 pm	7 New Moon JUREMA 11:30-5:30 pm JENNIFER 12 - 5pm JOAN STOKES 7-8 pm HUMP DAY HATHA YOGA 6-7 pm	8 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	9 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	10 ASK JUREMA 1:00-2:30 pm CATHI CUREN Astrology (via phone or Skype) 2-5 pm
11	12 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	13 JUREMA Psychic/Healing 11:30-5:30 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45 pm	14 JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm MEDIUMSHIP GALLERY 7-8:30 pm	15 CATHI CUREN Astrology (via phone or Skype) 2-6 pm	16 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	17 CLAUDIA JOHNSON Special Guest Intuitive Readings 10:30-4:30 pm JENNIFER Intuitive Tarot 10:30 - 4:30 pm
18	19 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	20 JUREMA Psychic/Healing 11:30-5:30 pm	21 JUREMA Psychic/Healing 11:30-5:30 pm JENNIFER Intuitive Tarot 10:30 - 5:30 pm JOAN STOKES Intuitive Readings 7-8 pm	22 Full Moon STORE CLOSED	23 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	24 CATHI CUREN Astrology (via phone or Skype) 2-5 pm ANIMALS WE JOURNEY WITH Joan Stokes 2-3:30 pm
25	26 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	27 JUREMA Psychic/Healing 11:30-5:30 pm	28 JUREMA 11:30-5:30 pm JENNIFER 12-5 pm JOAN STOKES 7-8 pm HUMP DAY HATHA YOGA 6-7 pm	29 JENNIFER Intuitive Tarot 10:30 -2:00 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	30 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SACRED LIGHT OF HEALING Jurema Silva 1-2pm CATHI CUREN Astrology (via phone or Skype) 2-5 pm
2	3 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	4 JUREMA Psychic/Healing 11:30-5:30 pm	5 JUREMA 11:30-5:30 pm JENNIFER 12 - 5 pm JOAN STOKES 7-8 pm HUMP DAY HATHA YOGA 6-7 pm	6 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	7 New Moon PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	8 JENNIFER Intuitive Tarot 10:30 - 4:30 pm ANIMALS WE JOURNEY WITH Joan Stokes 2-3:30 pm
9	10 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm STONES, ROCKS, & CRYSTALS Joan Stokes 7:15 - 8:45 pm	11 JUREMA Psychic/Healing 11:30-5:30 pm	12 JUREMA Psychic/Healing 11:30-5:30 pm JOAN STOKES Intuitive Readings 7-8 pm	13 JENNIFER Intuitive Tarot 10:30 - 5:30 pm CATHI CUREN Astrology (via phone or Skype) 2-6 pm	14 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	15 CATHI CUREN Astrology (via phone or Skype) 2-5 pm
16	17 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	18 JUREMA Psychic/Healing 11:30-5:30 pm	19 JUREMA Psychic/Healing 11:30-5:30 pm	20 CATHI CUREN Astrology (via phone or Skype) 2-6 pm	21 PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	22 Full Moon CATHI CUREN Astrology (via phone or Skype) 2-5 pm
23	24 STORE HOURS 10-3 PM	25 STORE CLOSED	26 STORE CLOSED	27 STORE CLOSED	28 STORE OPEN TODAY 10-7 PM PAULETTE LUCAS Psychic/Intuitive 10:30 -6 pm	29 STORE CLOSED
30	31 STORE CLOSED	1 STORE CLOSED				

ROYAL READINGS

BY JENNIFER THOMPSON

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Classes & Special Events

SACRED LIGHT OF HEALING | Saturday, December 1st | 1-2pm | \$15 | Jurema Silva

One of my most attended events at the Mind, Body & Spirit is back. Let's gather to learn how to heal ourselves, others and the world. I'd love to share with you my powerful technique of healing. With your help, I will take you through the details on how to bring the pure energy of unconditional love and blessings from the Source to heal your own self, and not just that, also to heal those around you who are in need of physical, emotional, psychological and spiritual help. We will be channeling together the powerful white light of healing from the Universe towards us all, and sending this amazing energy to our loved ones, and to the world. This is an incredible unique experience that will bring healing, abundance and blessings to your everyday life. This healing method can be done alone, with the participation of your family or friends, any time anywhere. You will become the true conductor of healing energy that may transform your journey, including the lives of the ones who are suffering. Channeling the true light of healing from the Source individually or as a group elevates the positive vibration and intensifies the power of our own intention to heal. Don't miss this tremendous and exclusive event. Sign up in advance to guaranty your space!

STONES & CRYSTALS | Thursday, October 25th & Monday, December 10th | 7:15-8:45pm | \$25 | Joan Stokes

This is a light hearted class with very little structure. Joan will discuss a wide array of stones and crystals. 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. Have fun with stones, rocks, and crystals! Enjoy some time of questions and play as we explore the world of stones!

(Registration closes at noon on the day before class) Not intended for children.

TOOLS OF PROTECTION AND CLEANSING | Saturday, October 13th | 1:00-2:30pm | \$35, \$40 at the door | Jurema Silva

Are you feeling overwhelmed with negative energy around you? Do you feel like the Light is under attack? Are you feeling stuck due to undesirable energy? If you said yes to these questions, "Tools of Protection and Cleansing" is a must-see lecture for you. Jurema Silva will share her powerful and effective methods to combat bad vibes. She holds an extensive knowledge concerning human energies, spirituality and most important, the intricate process of the correlation between positive and negative vibes. Learn how to protect and cleanse your own self, your home, place of work and your loved ones, especially your children. Jurema will show you how to succeed staying under the light of protection daily.