2018

January :: February :: March



QUARTERLY MIND BODY & SPIRIT NEWSLETTER

Hi all,

We are at the beginning of a new year and I don't know about all of you but I am hoping and praying that 2018 is a bit calmer, a bit lighter, and a lot better! But why do I feel that way? Why do I hold any expectations for a new year? After all, do I not create my own reality? Isn't it I who can change the direction of my sails if my ship isn't going the way I want it to? Perhaps we hear those things so often that we forget that sometimes we need to just hold on tight because we don't always have as much control as we think we might!? And sometimes we have more control than we think! We might not have control over the choices that others make but we do have control over how we think and act. We have control over what we do with what gets thrown at us. And the most important thing to remember is not to be so hard on yourself when you fail in your thoughts or actions, because as I said we don't always have complete control. We can't always be a leader, other times we MUST be leaders.

We teach a lot of ideas in the "new age" philosophy. We have taught that one need not allow certain aspects of negativity into their life. We teach that it is our decision what kind of life we choose to live and then we can make it happen. We speak of making choices before we came to this earthly existence. We all made choices about what we wanted to learn while here, but we were in Spirit form, so a bit of understanding is necessary. We sell books about attraction and how what we put out, into the universe, comes back to us. And I know I am always telling people to not blindly follow anyone! We must look to our leader within to decide who to trust because we must trust ourselves before trusting anyone else. I believe whole heartedly that all of this is true and makes sense. It also puts a lot of pressure on us. Sometimes that's okay but when we really don't have control, for whatever reason, when is it time to "let go and let All That Is" handle it? And when is it time to step forward and be a leader? When do we have control and when do we not? This can be difficult to decipher but this I believe is the reason why we teach what we do. It is all about empowerment. When we can make a difference we must. When we need to step away we must. When we need to know the difference we check within and we check in with the Universe.

We must remember we are all leaders in a way and that we make a difference every day. By the choices we make every single day to choose kindness instead of malice, we are leading. We lead when we show others that fear does not have control over us. We show others how to lead when we encourage them to step up and do what they think they cannot do. A true leader empowers others without discouraging. Great leaders never need to have control over others because they lead by example. Also the greatest of leaders make their followers stronger, never weaker! And all can be leaders. But when is it ok to be a follower? You will know. When is it ok to be a blind follower? Never!

There are times when we can step aside and merely observe because that is what we are called to do. You see, the voice inside comes from All That Is. When we check inside ourselves for answers we are checking in with God, Buddha Philosophy, Allah, Universe, or Great Spirit, etc. We have a direct line to All That Is because we are a part of All That Is. So when that voice inside is pushing you to be a leader and speak up, then you must speak up! When the voice inside is calling out to you to follow, then follow. When the voice inside tells you to rest because there is nothing you can do right now but hold on, then hold on tight and trust it's going to be okay. But we must listen to know what to do. In trusting our inner voice to let us know when it is time to lead, follow, or step away we are empowered. Try not to play guessing games with this because it can be very discouraging, disappointing, and aggravating to go down that rabbit hole! It really is simple. If you listen to and feel what's going on inside yourself, the answers are there. It is simply there. Then act because you have that ability to do what must be done. When changes are needed there are three choices. Pray, Follow, or Lead. These may change from time to time so it's not a one-time check in!

We all have a role in making 2018 a better year. Even if you were not like me and loved everything about 2017, things can always be better.

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Mind Body & Spirit

Downtown St. Cloud | 320.203.9630 www.mindbodyspirit-online.com

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

PROTECTION STONES REVISTED

There have been many people who have visited us asking for protection stones again recently. Perhaps it has increased once again because there seems to be much more fear lately? For whatever the reason, many people are asking and so it is time to revisit stones for protection.

Throughout the ages people have worn different amulets to protect themselves from a variety of things. But nothing has surpassed the possession or wearing of stones for a sense of security. It is prolifically found in ancient writings and even some hieroglyphs illustrate the wearing of stones for what some scholars believe to be protection. Two oldest protection amulets were made from amber and ammonites. Shells, bones and stones seem to have been our first adornments but stones seem to have the most purpose other than symbolic.

When someone comes in for advice on a protection stone first thing that we might ask is protection from what? Is it truly physical danger? Is it perceived fears or dream state fears? Is it psychic attack? Is it protection during travel? Maybe it is protection around water? Or perhaps one needs protection from themselves? The list goes on.....When one finally looks at their fear, and identifies it clearly, many times that is all it actually takes to bring peace and security. Sometimes it requires a little assistance and this is where stones can help.

We have, but some have forgotten, a natural shield for protection. When someone comes in that needs their shield "up", we suggest Chinese flourite. Flourite provides a shield, or helps us to remember through vibration or energy, that we already have one and help get it working! Fluorite can also be placed in an office as a boost to one's own shield? Seafarers of yesteryear use to wear aquamarine to protect against drowning. It won't hold a head up out of the water once you fall in but it will help to keep your senses to prevent falling in. If one does fall in it is there to help one remember how to swim as we all have that innate talent, we have just forgotten. That is just a couple of examples that shows us how many ways they can protect us. All the protection stones work in similar ways to that, meaning different ways to help through energy vibrations.

Below I am listing what I believe to be some of the more common and important "protection" stones and how they assist us. This is not a complete list as there are many more. Please keep in mind that this is only a guide.

For children: agates, especially blue of any kind as this brings in the angelic realm

From the evil eye: tiger eye, malachite, eye agate

Shielding: fluorite, amber, sapphire

During travel (physical and metaphysical): yellow jasper, red jasper, green jasper

From depression: sunstone, citrine, rose quartz, From entities that battle angels: seraphinite, celestite From bad dreams: kyanite, amethyst, attuned clear quartz From physical injury: sardonyx, agates, peridot, carnelian

During court battles: hematite, red jasper

From drowning: aquamarine, blue aragonite, moonstone (at night esp), rutilated quartz

From radiation: rutilated quartz, malachite From not trusting oneself: rose quartz, amazonite

From bad luck: jade, agate

When a warrior is going into battle: ammonite fossil From going into debt: pyrite, ruby, jade, diamonds

During childbirth: amber, moonstone, rose quartz, hematite

From emotional breakdowns: kunzite, green jaspers, lithium quartz, moss agate

From being hurt emotionally by someone you love: rhodonite

Against cancer: watermelon tourmaline

From psychic attack: tourmalinated quartz, amethyst, attuned clear quartz, smoky quartz, and many black stones including but not limited to, black obsidian, apache tears, black tourmaline, hematite, onyx

--AND FINALLY--

From fairy mischief: staurolite

From mischievous mermaids: coral (both red and white)

j.m.s.



You will never be able to escape from your heart. So it is better to listen to what it has to say. Paulo Coehlo



Intuitives, Psychics & Healers

For appointments, please check online calendar or call for availability: Practitioners are scheduled by appointment only. Walk-ins possible if practitioner 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 enquire. Thank you. 320-203-9630

CATHI CUREN | ASTROLOGY READINGS | Thursdays 2-6 pm and Saturdays 12-4 pm

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 and year of birth, and city, state or country information if born outside of the US. Please forward at least two weeks in advance of reading to cathicuren@gmail.com. For more information visit: **www.astrologicalinteriors.com** or contact Cathi by Email: cathicuren@gmail.com or Phone: (612) 735-4510, to schedule an appt Call Mind, Body & Spirit at 320-203-9630

JENNIFER THOMPSON | INTUITIVE, TAROT READINGS

Available most Wednesdays, Thursdays & select Saturdays by appointment | \$65 1/2 hr | \$120 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 her 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 | READINGS | Appts Most Mondays 5-7pm & Wednesdays 11-1pm | \$50 1/2 hr | \$95 hr

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 appointment | Intuitive Readings \$75 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 | \$70 1/2 hr | \$125 hr Paulette was a therapist for over 20 years and 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.

Continued from the front page

2018 can be better or it could be worse, it could be a year that slips by without meaning or a year that made our entire life worth living. What we do makes a difference in 2018 for ourselves and others. So, here's to the end of just hoping 2018 is better and here's to doing our part to make 2018 better than any other year! Lead if you must, follow if you are called, sit still if needed, and prayer helps all three. So check inside, and then do what you must to be the difference, make a difference, or manifest a difference for even better!

Happy 2018 to all, Namaste, Joan and Merri

Winter | Spring Classes & Special Events

A GATHERING | Second & Fourth Thursdays of each month | 7:15 - 8:30 | Free Will Donation | Joan Stokes
This is not a class, but rather 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 donate. Donations are applied to space fees. See calendar for exact dates.

ANIMALS WE JOURNEY WITH | Tuesdays, Jan 16, Mar 13 & Thursday, Feb 15 | 7:15-8:45 pm | \$25 | Joan Stokes This is not a class, but a gathering of animals. Spirit animals that have been traveling with you will be asked 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! (No Sign up after noon on the day before class) Not intended for children

DRUM CIRCLE | Joan Stokes

Drum Circle coming back in April!

MEDITATION TROUBLESHOOTING | Tues, Feb 6th or Tues, Mar 27th | 7:15-8:30pm | \$25 | Joan Stokes

Join Joan for a look at the issues that prevent one from meditating successfully. What is a successful meditation? How does one know that meditation is helping? And what kind of meditation works best for each person?

One guided meditation as well as shorter practice included. Kept small for success! Sign up today!

(No Sign up after noon on the day before class)

MESS STRESS | Saturdays, Feb. 17, 24 & Mar. 3rd | 11-1pm | \$15 per attendance | Joan Stokes

If you've done therapy to get your inside less messy but your home can't seem to get into shape then perhaps this group might help. This isn't a therapy group and it isn't organization 101; however, it is much like a weight watchers support system for those who can't seem to manage clutter. This is a group that will provide accountability and help you gain control of your "stuff". Not facilitated by a therapist but by someone like you...someone with experience in clutter. (Not for those who feel clutter is not doing dishes one evening but for those 2 loads shy of becoming a hoarder. In other words, it isn't the "Biggest Loser" show but also not for those wanting to lose the last ten pounds for their class reunion.) Must come to first one to join, but can miss others. (No Sign up after noon on the day before class)

MIND BODY & SPIRIT SPRING EXPO | | 10-5 pm | Onsite See website calendar for Expo coming in EARLY SPRING!

SACRED HEALING LIGHT | Friday, February 2nd | 6-7 pm | \$15 | Jurema Silva

Let's gather to learn how to heal ourselves, others and the world. I want to share for the first time in public my powerful technique of healing. This is an incredible, unique experience that will bring healing, abundance and blessings to your everyday life. This healing method can be done alone or with others. You will become the true conductor of healing energy that may transform the journey. Channeling the true light of healing from the Universe as a group elevates the vibration, and intensifies the power of our own intention to heal. Don't miss this exclusive event. Space is very limited.

STONES & CRYSTALS FOR BEGINNERS | Tuesday, Jan. 30 & Feb. 27 | 7:15-8:45 pm | \$25 | Joan Stokes

Have fun with stones, rocks, and crystals! Joan will discuss a wide array of stones and crystals. 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! (No Sign up after noon on the day before class)

UNDERSTANDING THE CHAKRAS | Saturday, March 24th 1-3 pm | \$55 | Jurema Silva

Energy centers, known as Chakras, govern specific areas of physical, emotional, mental and spiritual aspects of your life. The chakras' system is the base of an ancient practice of healing and knowledge, extremely essential to anyone learning the connection between body, mind and spirit. Jurema will clarify in detail where the chakras are located as well as how the chakras affect one physically, emotionally and spiritually. You will experience how to use powerful techniques to unblock your chakras and allow healing energy to flow. Understanding the Chakras will help you practice self-healing to improve your journey. Don't miss this class. Space is very limited.

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Full Moon STORE CLOSED	JUREMA Psychic/Healing 11:30-5:30 pm	JUREMA Psychic/Healing 1:30-5 pm	CATHI CUREN Astrology 2 - 6 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	PAULETTE LUCAS Psychic/Intuitive 11-4 pm JUREMA Psychic/Healing 11-4 pm CATHI CUREN Astrology 12 - 4 pm
7	PAULETTE LUCAS Psychic/Infuitive 11:30 -6 pm	JUREMA Psychic/Healing 11:30-5:30 pm	JUREMA Psychic/Healing 1:30-5 pm JENNIFER Intuitive Tarot 11:30 - 5:30 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm A GATHERING Joan Stokes 7:15-8:30 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	JUREMA Psychic/Healing 11-4 pm JENNIFER Intuitive Tarot 11-4 pm CATHI CUREN Astrology 12-4 pm
14	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45 pm	JUREMA Psychic/Healing 1:30-5 pm JENNIFER Intuitive Tarot 11:30 - 5:30 pm JOAN STOKES Intuitive Readings 11-1 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	JENNIFER Intuitive Tarot 11–4 pm CATHI CUREN Astrology 12 - 4 pm
21	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm	JUREMA Psychic/Healing 1:30-5 pm JENNIFER Intuitive Tarot 11:30 - 5:30 pm JOAN STOKES Intuitive Readings 11-1 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm A GATHERING Joan Stokes	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	JUREMA Psychic/Healing 11-4 pm CATHI CUREN Astrology 12 - 4 pm
28	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm STONES & CRYSTALS FOR BEGINNERS Joan Stokes 7:15 - 8:45 pm	JUREMA Psychic/Healing 1:30-5 pm JENNIFER Intuitive Tarot 11:30 - 5:30 pm JOAN STOKES Intuitive Readings 11-1 pm			

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				JENNIFER Intuitive Tarot 11:30 - 5:30 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	JENNIFER Intuitive Tarot 11 – 4 pm
				CATHI CUREN Astrology 2 - 6 pm	SACRED HEALING LIGHT Jurema Silva 6-7 pm	CATHI CUREN Astrology 12 - 4 pm
4	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm MEDITATION TROUBLESHOOTING Joan Stokes 7:15 - 8:30 pm	7 JENNIFER Intuitive Tarot 11:30 - 5:30 pm JUREMA Psychic/Healing 1:30-5 pm JOAN STOKES Intuitive Readings 11-1 pm	S JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm A GATHERING Joan Stokes 7:15-8:30 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	JENNIFER Intuitive Tarot 11 - 4 pm CATHI CUREN Astrology 12 - 4 pm
11	PAULETTE LUCAS Psychic/Infuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm JUREMA Psychic/Healing 1:30-5 pm JOAN STOKES Intuitive Readings 11-1 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	MESS STRESS I Joan Stokes 11 - 1 pm CATHI CUREN Astrology 12 - 4 pm
18	19	20	21	22	23	24
	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm JUREMA Psychic/Healing 1:30-5 pm JOAN STOKES Intuitive Readings 11-1 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm A GATHERING Joan Stokes 7:15-8:30 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	MESS STRESS II Joan Stokes 11 - 1 pm CATHI CUREN Astrology 12 - 4 pm
25	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm STONES & CRYSTALS FOR BEGINNERS Joan Stokes 7:15 - 8:45 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm JUREMA Psychic/Healing 1:30-5:30 pm JOAN STOKES Intuitive Readings 11-1 pm			

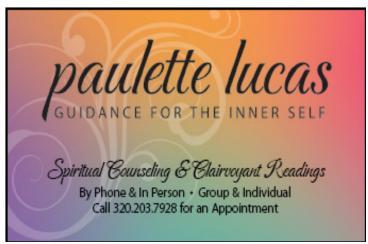
March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	JENNIFER Intuitive Tarot 11 - 4 pm MESS STRESS III Joan Stokes 11 - 1 pm CATHI CUREN Astrology 12 - 4 pm
4 Full Moon	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm JUREMA Psychic/Healing 1:30-5 pm JOAN STOKES Intuitive Readings 11-1 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm A GATHERING Joan Stokes 7:15-8:30 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	JUREMA Psychic/Healing 11-3 pm JENNIFER Intuitive Tarot 11 - 4 pm CATHI CUREN Astrology 12 - 4 pm
11	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm ANIMALS WE JOURNEY WITH Joan Stokes 7:15-8:45 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm JUREMA Psychic/Healing 1:30-5 pm JOAN STOKES Intuitive Readings 11-1 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	17 New Moon CATHI CUREN Astrology 12 - 4 pm
18	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm JUREMA Psychic/Healing 1:30-5 pm JOAN STOKES Intuitive Readings 11-1 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm A GATHERING Joan Stokes 7:15-8:30 pm	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm	CATHI CUREN Astrology 12 - 4 pm UNDERSTANDING THE CHAKRAS Jurema Silva 1-3 pm
25	PAULETTE LUCAS Psychic/Intuitive 11:30 -6 pm JOAN STOKES Intuitive Readings 5-7 pm	JUREMA Psychic/Healing 11:30-5:30 pm MEDITATION TROUBLESHOOTING Joan Stokes 7:15 - 8:30 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm JUREMA Psychic/Healing 1:30-5 pm JOAN STOKES Intuitive Readings 11-1 pm	JENNIFER Intuitive Tarot 11:30 - 5:30 pm CATHI CUREN Astrology 2 - 6 pm	30	31 Full Moon CATHI CUREN Astrology 12 - 4 pm











Old favorites are new again!

We have had a variety of wonderful products over the years and some have become staples that you depend on us having time and time again. The names may have stayed the same but new faces and varieties are found and brought in! Listed below are some of the classics that we know you love and although our supply may sometimes be small, the quality never goes down. We try hard to bring you the quality we know we would like and have found for ourselves. If we would not want it in our homes, chances are it won't be found in our shop! So come on in and say hello to some old friends (products, staff, and maybe Merri and I), and possibly meet a like mind or two (someone else that might be just like you!) in the process! We will be waiting to help you find what you're looking for here at Mind Body & Spirit! P.S. Thank you for all your support! You are appreciated more than you know!



Raku Pottery!

Drums!

Singing Bowls!

Glass Balls with New Designs!

New Stones and Crystals out Every Day!

Jewelry, Jewelry, Jewelry!

Artwork!

So Much More!!!



