

Kaleidoscope

Quarterly Mind Body & Spirit Newsletter

2019 | January, February, March

From the Editors

Hi all,

Welcome to the time of year when we all look back over the “old” year and begin to look at how we can improve ourselves in the new. This usually entails some things like exercise, weight loss, reading more, traveling or perhaps becoming a volunteer for the community. It boils down to just doing more to improve how we feel about ourselves. I was contemplating this need to improve ourselves and feel better when I began reading the latest Brian Andreas book we just got in a bit ago, ‘Bring Your Life Back To Life’ when I came across this bit of Brian wisdom, “There is no such thing as a perfect version of you...who you’re becoming is not finished. Which means you can be different, no matter who you’ve been up until now.” And the drive to become a new and improved version of ourselves happens when we feel that being different will make us better. Better isn’t always about being different, but being different sometimes makes us feel better.

Just as an artist works little by little on a sculpture, bit by bit we make decisions today that form who we become tomorrow. We become different because another layer has been removed and what is hidden to everyone, including us, begins to appear a little more. Just as the sculptor envisions what the sculpture will be when it is complete, we too have an idea of what it will take to make us feel complete. The most beautiful part

Continued on page 2

In This Issue

Editors’ Note.....	1
Featured Stone	1
Practitioners	3
Classes & Events	4
Calendar	5-7
Advertisers & Products.....	8



Mind Body & Spirit
GIFTS & BOOKS

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

Monday - Friday | 11-7 pm
Saturday | 10-5 pm
Closed Sundays

*“For though my faith
is not yours and
your faith is not mine,
if we are each free
to light our own flame,
together
we can banish
some of the
darkness of the world.”*

-Rabbi Lord Jonathan Sacks

Featured Stone



Madagascar Agate

We just received some amazing agates from Madagascar and they will be out on the floor the first part of January. Purchased several years ago by a collector, we just happened upon them by chance. They are extra special, with a great price for their size and beauty. Don't miss out as they are limited!

As with all agates, these vibrate to a much slower frequency than other microcrystalline quartz. The reason for this is the wonderful banding, layers, and eyes within the agates. These beautiful characteristics of agates teach us to slow down and allow ourselves to be at peace with that pace. The energy of the agate is steady but because of their slow frequency it takes a while for the effects to be known. Overall, agates have been known to be healers of wounds, physical, mental, emotional and spiritual. They help to enhance concentration, creativity, and spiritual maturity. They are known as highly protective stones, especially for pregnancies and for children. All agates help one regain memories so that experiences can be analyzed to find understanding of what happened and why. Agates have been

Continued on page 2

of this whole idea is we can change, anytime, or we don't have to change at all. It's our choice and if we feel okay with who we are, then it's okay to not change a thing. Have you ever seen artwork that seems to be unfinished? It can still hold a gaze, or be confusing, or even be a bit mysterious, and still be beautiful. It can be the same with us. Some people are just fine exactly where they are and others have a need to change themselves over and over again. Either choice works.

The main point is we don't have to be different to feel better. And we certainly don't have to be different for someone else to feel better either. Change is only needed if we don't feel good about who or where we are.

Sometimes the painter has a near perfect piece of art in front of him but he can't help making one more stroke of his brush and the magic is gone. What made the artist complete the last stroke? Probably letting those tiny voices tell him others won't like it. This is the only thing that will damage us as well, allowing someone else to dictate our completeness. It's not a decision for someone else who we are or we become.

When I visited the Louvre in Paris I noticed how many people were engaged with sculptures that were done so long ago that arms, legs and even heads were missing from them. I



could see in their eyes they were wondering what it had looked like when it was whole. And yet, even with so much missing, people were just as engaged with these as the sculptures that were "complete". Because being finished is subjective. Being finished for one person is not the same for another. Some will say you must grow or you will not be

complete. And yet, the block of stone must be chipped away at and become smaller to become a sculpture but the block of stone was complete just as it was also and didn't need to be different to be better. This is why we decide for ourselves whether we need to be different to be better.

Let me leave you with this...if you decide to be different because you believe it will make you feel better, awesome. Sometimes the sculptor sees something when at the start of creating but changes direction when something else begins to show itself to its creator. So the sculptor begins again because sometimes things end up so much more beautiful than what was imagined. So the choice is yours. You are never finished, whether you stay the same, become different somehow, or completely change to something you never saw coming. Remember, you have the choice to be different, better is about how you feel, finished never happens, but beautiful is what you've been all along.

Until next time,

Namaste

Joan & Merri

Madagascar Agate

Continued from page 1

known to aid digestion, bring relief of gastritis, and service as a mild anti-depressant. Besides the slow and steady stabilizing effects on health, the agate also helps us all to have understanding and unconditional love for others, something the world needs more and more.

The Madagascar agate is special in its ability to help encourage positive thoughts and take control over negative thinking. These agates have a soothing feel to them, but since they are born of fire they also bring passion to one's life in very creative ways. They also have been known to aid Universal understanding and finding one's own deeper meaning to life.

These agates are found only in the West Central Coast of Madagascar, where it is difficult to traverse, taking upwards of a couple of days travel to get to the fields where they are mined by hand. There are over 90 species of animals living on the island of Madagascar, which are found nowhere else on earth. The Madagascar agates are as unique as the Island they come from, displaying patterns that remind each of us how exceptional we all are. Some South American Shamans have worked with agates for easing astral travel and opening doorways to other planes. Fans of the series "Outlander" may find that especially

enchanting, since it is said that the Madagascar is one of the agates used for this type of travel. Stonehenge is also known to be one notable doorway. The way to find these is to reach a deep meditative state with the Madagascar agate upon one's chest, nearest the heart. It has been said that only those of pure spiritual intention may find the way to travel. In turn, those who are doing so for personal gain will find that the stone will turn lifeless and cold in their hands.

This agate has been known to be a great protector from bad dreams, especially having to do with that of which we have no understanding in this lifetime. Just as with other agates the combination of the first chakra coloring added to the quartz, even if microcrystalline, helps with the feeling of safety and being taken care of by our tribe. This feeling of belonging and safety created within us as we hold the Madagascar agate helps aid new beginnings. Just as agates grow, for the most part, from the walls of their cavity inward, we too will be drawn more towards going within for our answers. Bands weaved throughout the stone remind us all that life is not a straight line. The way our lives wind around and sometimes take us down many directions just adds to the beauty in our lives. With the flowing richness of the layers of this agate comes the feeling

we have the freedom to be who we were meant to be. Keeping the Madagascar agate close by will allow us to feel this freedom within ourselves.

Layer by layer over time, agates were slowly formed in gas bubbles existing in lava millions of years ago. This knowledge

teaches us that we too grow layer upon layer with time and we need not be in a hurry. Steady growth and a fulfilling journey forward is what makes life worth living. The Madagascar agate is a great reminder that no matter how much beauty we can see on the outside of agates, and people as well, there is so much more hidden within!

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 time as most practitioners drive some distance to be at these scheduled appointments. Payments are made directly to the practitioner. Please prepare for varied types of payment. Call ahead to inquire, thank you: 320-203-9630.



Jennifer Thompson

Intuitive, Tarot Readings, & Numerology

Your choice; Cups, Cards, Charms! Cards: A Third Generation Tarot Intuitive, Jennifer is available for her ever popular tarot card readings as always. Cups: Jennifer is adding more

from her family heritage with tea leaf reading skills honed throughout 3 generations of readers. Charms: "NOT A TEA DRINKER?" *No problem!* Special Tea Leaf Cards and Charm Castings are also available.

See mindbodyspirit-online.com/jennifer_thompson.

\$65 Half Hour | \$120 Hour



Jurema Silva

Intuitive Readings & Brazilian Energy Healing

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. Her services include: 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.

See mindbodyspirit-online.com/jurema_silva.

Intuitive Readings \$85 Half Hour | \$125 Hour

Energy Healing \$125 Hour

Combo Intuitive Readings/Energy Healing \$175 1.5 hrs



Paulette Lucas

Psychic Intuitive

Paulette was a therapist for over 20 years & has traveled extensively, visiting power centers around the globe, to develop her spiritual awareness of herself and 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.

See mindbodyspirit-online.com/paulette_lucas1.

\$80 Half Hour | \$150 Hour



Joan Stokes

Animal Communication & Spirit Guides

Joan has over 20 years experience working with animals at Veterinary Hospitals and has "talked" to the animals ever since she can remember. She "talks" to the animals via feelings and pictures

which she then translates into human language. Joan also works with Spirit Animal Guides that she can "see" around an individual. Joan helps you to identify, acknowledge and deepen your relationship with those unseen guardians and guides that are with you every day.

See mindbodyspirit-online.com/joan_stokes1.

\$55 Half Hour | \$95 Hour



Cathi Curen

Astrology Readings

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.

Cathi lives in California; all readings will be via phone or Skype. See mindbodyspirit-online.com/cathi_curen.

Individual Natal Chart Reading \$175 Hour

Relationship Astrology \$225 (Two Charts) Hour

New Baby Star Chart \$95 Half Hour

Astrological Design Inspiration \$325 2 - 1 Hour Sessions

Quarter 1 Classes & Special Events

Animals We Journey with

Thursday, January 10th 7:15-9:15 pm

Saturday, February 9th 1:00-3:00 pm

Tuesday, March 26th 7:15-9:15 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, 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 affects 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! No Sign up after noon on the day before class. (Not intended for children)

Healing with Stones

Tuesday, February 12th | 7:15-8:45 pm

Friday, March 15th | 1-2:30 pm | \$25 | Joan Stokes

After learning a bit about how to identify, cleanse, and appreciate the abundance of stones and crystals in the beginners class it’s time to take the next step! Come to this class ready for some real digging into the ways that stones and crystals can enhance our lives every single day in so many ways! Learn more ways to work with these wonderful creations to welcome more happiness and wellness into your life! (This class is designed especially for those who have taken Stones & Crystals for Beginners) No Sign up after noon on the day before class.

David & Shari, Guest Readers

Healing, Readings and New Paths Forward

Sessions Arranged by Appointment \$90/hour

David & Shari are a dynamic duo who focuses on issues of change, growth, and helping you past areas where you feel stuck in life. Combining spiritual insight and intuition with many years of hard-won life experience, they help you with identifying the obstacles in your path and creating a new way forward. Energy healing, patterning, and connecting are used as necessary, however their goal is to equip you with the tools to move forward on your own, coming to trust in your own intuition, strengths, and resources. Sessions will include a mix of mediums based on need, including readings, oracle cards, healing work, discussion, and a hug. Call, text, or email to set up an appointment. CroneConversations@gmail.com or (507)-766-1225.

Stones & Crystals for Beginners

Tuesday, January 22nd | 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 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! No Sign up after noon on the day before class.

Mediumship Gallery

Saturday, January 12th | 1-2 pm | \$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 afterward. Join us for a fun, often healing, and amazing experience! Please sign up early as seating is limited.

Claudia Johnson, Guest Reader

Saturday, January 12th | 10:30-4:30 pm

\$45 for 15 minutes | \$80 for 30 minutes

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.

Drum Circle

Thursdays, January 17th, February 21st, March 21st

7:30-8:30 pm | \$3-5 donation | Joan Stokes

Bring your drum and have some fun with us! Very casual drumming! Experience definitely not needed!!! Suggested donation of \$3.00 to 5.00 for the space is appreciated! But anyone is welcome regardless of being able to pay. Please sign up ahead of time if possible so space needed can be readied. No need to pay ahead!

January 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
New Store Hours M-F 11:00-7:00 pm Saturdays 10:00-5:00 pm		1 Store Closed	2 Jennifer T. Intuitive Reader 11:30-5:30 pm	3 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	4 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	5 New Moon Cathi Curan Astrology Readings 2:00-5:00 pm
6	7 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	8	9 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	10 Jennifer T. Intuitive Reader 11:30-5:30 pm Animals We Journey With 7:15-9:15 pm	11 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	12 Claudia Johnson Guest Reader Psychic/Intuitive 10:30-4:30 pm Mediumship Gallery Claudia Johnson 1:00-2:00 pm
13	14 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	15	16 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	17 Jennifer T. Intuitive Reader 11:30-5:30 pm Drum Circle 7:30-8:30 pm	18 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	19 Cathi Curan Astrology Readings 2:00-5:00 pm
20 Full Moon	21 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	22 Stones & Crystals for Beginners 7:15-8:45 pm	23 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	24 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	25 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	26 Jennifer T. Intuitive Reader 10:30-4:00 pm Cathi Curan Astrology Readings 2:00-5:00 pm
27	28 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	29	30 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	31 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm		

February 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		New Moon 2/4 Full Moon 2/12			1 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	2
3	4 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	5	6 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	7 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	8 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	9 Animals We Journey With 1-3 pm Cathi Curan Astrology Readings 2:00-5:00 pm
10	11 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	12 Healing with Stones 7:15-8:45 pm	13 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm	14 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	15 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	16 Cathi Curan Astrology Readings 2:00-5:00 pm
17	18 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	19 Jurema Silva Psychic Healing 11:30-5:30 pm	20 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm	21 Jennifer T. Intuitive Reader 11:30-5:30 pm Drum Circle 7:30-8:30 pm	22 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	23 Jennifer T. Intuitive Tarot 10:30-4:00 pm Cathi Curan Astrology Readings 2:00-5:00 pm
24	25 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	26 Jurema Silva Psychic Healing 11:30-5:30 pm	27 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm	28 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm		

March 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			New Moon 3/6 Full Moon 3/20		1 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	2 Cathi Curan Astrology Readings 2:00-5:00 pm
3 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	4 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	5 Jurema Silva Psychic Healing 11:30-5:30 pm	6 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm	7 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	8 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	9 Cathi Curan Astrology Readings 2:00-5:00 pm
10 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	11 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	12 Jurema Silva Psychic Healing 11:30-5:30 pm	13 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm	14 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	15 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Healing with Stones 1:00-2:30 pm	16 Cathi Curan Astrology Readings 2:00-5:00 pm
17 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	18 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	19 Jurema Silva Psychic Healing 11:30-5:30 pm	20 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm	21 Jennifer T. Intuitive Reader 11:30-5:30 pm Drum Circle 7:30-8:30 pm	22 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	23 Cathi Curan Astrology Readings 2:00-5:00 pm
24 31 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	25 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Joan Stokes Intuitive Readings 5:00-7:00 pm	26 Jurema Silva Psychic Healing 11:30-5:30 pm Animals We Journey With 7:15-9:15 pm	27 Jennifer T. Intuitive Reader 11:30-5:30 pm Joan Stokes Intuitive Readings 7:30-8:30 pm Jurema Silva Psychic Healing 11:30-5:30 pm	28 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-6:00 pm	29 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	30 Jennifer T. Intuitive Reader 11:30-5:30 pm Cathi Curan Astrology Readings 2:00-5:00 pm

Advertisers & Products

paulette lucas
GUIDANCE FOR THE INNER SELF

Spiritual Counseling & Clairvoyant Readings
By Phone & In Person • Group & Individual
Call 320.203.7928 for an Appointment



JUREMA SILVA



- * Brazilian Healer
- * Spiritual Counselor
- * Medium & Psychic
- * Inspirational Speaker
- * Jewelry Artist

320-260-7305
www.JuremaSilva.com
juresmashealinggarden@yahoo.com

the **OLIVE BRANCH**
RETREAT

Renewal Retreats
Welcoming spiritual space
Inspirational gatherings
Private reflection

Marla Waseka
320.393.7212
Info@OliveBranchRetreat.com
OliveBranchRetreat.com
Business rates available

Mind Body & Spirit
GIFTS & BOOKS

915 W. St. Germain | Downtown St. Cloud
p: 320.203.9630 | w: mindbodyspirit-online.com




Joan Stokes

**Animal Communication Services
& Spirit Animal Guides**
320.203.9630
Mind Body & Spirit Gifts & Books
915 W. St. Germain, St. Cloud, MN 56301
email: joan@joanstokes.com | web: joanstokes.com

FEATURED ITEM



Create a safe
space for your
stones or
create an
intention box
full of all your
goals.

