

Kaleidoscope

Quarterly Mind Body & Spirit Newsletter

2019 | July, August, September



From the Editors

Hi all,

This article might not hold any epiphanies, but how many of us still struggle with being unhappy every day when there's no need. If a reminder of how to jump off the unhappy wheel might help, read on.

On the radio recently I heard a story about a visit from some Tibetan monks from India. The monks apparently began their ceremony and presentation with a meditation and some chanting. After they were done one of the monks got up to speak. He said simply, "Why is it that we are in unhappiness when not in a relationship?" He went on, "And why then are we...in unhappiness...when in a relationship?" After a moment's pause, he said, "Why is it that when we have no job, we are unhappy?" And his final words were, "And why is it when we have a job.....we are unhappy?" They were not expecting an answer. In what was said the answer was clear. We choose to be happy or unhappy.

There are happy people living in cardboard boxes on the street. There are unhappy people living with their partners in three-story homes. Some people have a job they love with perfect hours and wonderful people to work with, but they have become unhappy just the same? Simultaneously there are those who are working three impossibly horrible jobs at the same time and they are very happy. Why is this and how can we all find what the happy people have found? Here is the ultimate secret that you have probably heard a hundred times but forget.... we already have the secret ability to be happy, every single day, within us!

Happiness does not come from anything external. It never has. It does not depend on anyone in our life and it does not depend on the circumstances we find ourselves in on any given day. Happiness or unhappiness is determined not by circumstance but by how much we choose to let those circumstances change our thinking. How much do we need the others in our life to be our scapegoats around happiness? Could it be that no other person can affect our happiness? It's true. We allow the unhappiness to churn upward from within and we allow it to break the surface and remain, as we add to it day after day, finally becoming a pool we drown in. Maybe if you find yourself living day after day in unhappiness remind yourself you don't have to! Living in happiness takes no more effort than living in unhappiness, we as humans just forget.

Does this mean that if you lose your job or a loved one leaves you that you shouldn't be unhappy? Of course not! You may certainly be unhappy, because of how it makes you feel. But you have choice about how long you are going to be unhappy and whether you are going to build on your unhappiness or your happiness. This happened, I'll give it twenty minutes. That happened, I'll give it two. Maybe this needs a few days? Limit the unhappiness. Otherwise it just keeps building until all of life is unhappy and nothing is

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

“Your happiness will
not come to you. It can
only come from you.”

-Buddha

good any longer. When we wake in the morning a decision can be made to be joyful all day. Is it truly possible to be happy all day? Yes, it is. Is it easy? No. For those who have figured it out, yes! If you have lost your job, know in your heart it is because something better is waiting for you. If your significant other has fallen out of love with you, you are meant to find someone who will truly love you the way you should be loved. You know all the sayings, “If it’s raining, look for rainbows”, “If the world gives you lemons, make lemonade”, “If the world is being unfair, say *#@ it and head to the fair!” (okay the last one I made up, but it works!)

The whole point is we can choose to look at something as bad or good in life. It is totally determined by us! Try looking at everything differently. If you wake up and you have a flat tire know that your angels are saving you from an accident, which is much worse than a flat tire! Be happy! If you are headed to a meeting in your best outfit and your child spills something all over it, don’t get angry. Decide it was not the perfect outfit. Go put on the right one and don’t forget to give your child a hug! And finally, if you get the mail and there are only bills, be happy that you are fortunate enough to be in a

position that you can get bills. Without an address, you wouldn’t get them. You are fortunate to have an address, not a moving one like a cardboard box. And we get bills because generally we have purchased things that can be afforded because of a job. Do what you can to smile and be happy you get those bills.

There are those who are chronically ill and because of constant pain have an even tougher time seeing the rainbows. That pain might mean they need more reminders than the rest of us need. But even those in pain can find happiness. The good can pile up just as quickly as the bad and, it’s highly possible, enough happiness might bring a moment without pain, or maybe even a miracle of healing...who knows?!

It might seem childlike to look for rainbows and happiness every single day. If you’ve been to a playground recently and watched the kids playing, laughing and having fun, maybe being childlike is the key to finding that happiness within? If it is, I’m pulling out the finger paints, climbing the monkey bars, and chasing the ice cream truck! I’m going to find my happiness and begin building! Anyone care to join me?!

Until next time,

Namaste and Be Happy!

Joan & Merri

Featured Stone

I Picked out a Stone. Now What?



You went to the store and picked out a stone or crystal that spoke to you. Now what do you do with it? Put it in your pocket? Yes. Put it in your pillowcase? Yes. Put it with your water? Yes. The answer is going to be yes to nearly anything you ask except perhaps silly things such as, “Shall I put it up my nose?” (A question I

have been asked!) Even if it is a stone that helps raise the vibrational energy to help healing of the respiratory system or the nose itself, it’s never a good idea to insert a stone anywhere. A much better alternative would be to place it next to your nose when you are lying down. What are the other ways that you can work with that lovely crystal or stone you just got as a gift or purchased?

I teach a stone class and I will begin with one of the many things I say in session each time. There are as many “rules” out there about anything in the metaphysical realm

as there are teachers. You could potentially have one person tell you that you can’t put certain stones near each other, or you can’t let others touch them, or any other multitude of “rules”. As I have said countless times before, if you don’t think it jives with your intuition, it doesn’t follow your own “rules”, or it plain doesn’t make sense, don’t do it. The vibrations change slightly when stones are put together but not enough to harm you or them so no worries. Use your intuition and you might come up with just what you need!

Apart from just carrying them in your pocket, wearing them in jewelry, or setting them next to your bed, the next best thing is advancing your work with them. Quite by accident, we got a couple of new items in our shop that were not here when I began writing this article, but it was meant to be. We now have Gemstone Well Elixir Bottles in, and as their tag line says, they will “Get you in tune with Earth”. They are glass bottles with an opening at the top for water and a chamber at the bottom for gemstones. Infuse your water with unconditional love, courage, or even fun! Our bodies are made up of an overall percentage of 60% water and we need to keep that replenished. Our brains and hearts are 73% water and so not only is it important to fill yourself up with water that is already infused with beautiful messages and energy vibrations, we also need to keep speaking to ourselves and others kindly,

so our bodies remain healthy and happy! Negativity breaks down what makes water so good for us, and it will break down our bodies filled with water as well. Come on in and we will show these great bottles, so you can see for yourself why infusing your water is a must, and why we are excited about them.

The other item we just received in are Crystal Grid oracle cards. This is a very simple guide for making your own crystal grids for health, happiness, and so much

more. I could not explain grids in the space I have left so please stop in and take a look. We will help the best we can with all questions. If we don't know it, we'll find it! Come on in and discover more advanced ways of working with those treasures you already have or pick up a new treasure to enjoy with your new items. And don't forget, treat yourself kindly today and always! Your health depends on it!

Quarter 3 Classes & Special Events

Animals We Journey with

Tuesday, July 16th | 7:15-8:45 pm

Tuesday, August 20th | 7:15-8:45 pm

Saturday, September 28th 11:00-1:00 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)

Managing Negativity and Boosting Positive Vibes

Thursday, September 26th | 5:30pm - 7:30pm

\$45 | Jurema Silva

Jurema is returning to Mind, Body & Spirit with one of her most popular lectures: Managing Negativity and Boosting Positive Vibes.

We all struggle with negative thoughts and feelings. Sometimes, we don't know how to manage this energy or recognize it, and enjoy the good and positive aspects of our lives. When negativity takes over, it can affect those around you, at work and at home. It can cause low self-esteem and mental, emotional, and physical distress. It can even influence the decisions and choices we make.

Understanding the causes of negativity and how it affects your thoughts and emotions can improve the quality of your life and those around you. Jurema will provide you with the tools to handle negative energy, and practical ways to overcome it. She will teach you how to recognize it in

your life, confront it with confidence, manage it, and boost your positive vibes.

Jurema is one of the most uplifting, charismatic, and dynamic speakers in the Upper Midwest. She is a well-known spiritual counselor with extensive experience in guiding people through their emotional journeys. During this interactive presentation, Jurema will share with you what she has learned and help you to find and hold onto the positive energy that surrounds us. This is Jurema's most popular presentation and attracts people of all backgrounds who are seeking to manage negativity and learn how to boost the positive vibes in their lives. .

Don't miss out on this transformational evening. Reserve your tickets today! Seating is limited.

Stones & Crystals for Beginners

Friday, September 27th | 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.

Drum Circle

Thursdays, July 18th, August 15th, September 19th

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!

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.



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



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



David & Shari

Healing, Readings & New Paths Forward

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 intuition, healing, and life experience, they help you identify the obstacles in your path as well as your own inner strengths. Sessions will include a mix of mediums based on need, including readings, Reiki, oracle cards, energy healing, discussion, and a hug. Available all month long by individual appointment. \$90 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 \$95 Half Hour | \$150 Hour

Guided Brazilian Energy Healing \$145 Hour

Combo Intuitive Readings/Energy Healing \$195 1.5 hrs



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. For more details see Cathi's web page: mindbodyspirit-online.com/cathi_curen.



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“People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.”

-Dalai Lama

July 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Store Hours M-F 11:00-7:00 pm Saturdays 10:00-5:00 pm	1 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	2 <i>New Moon</i> Joan Stokes Intuitive Readings 8:00-9:00 pm	3	4 STORE CLOSED	5 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	6
7	8 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	9 Jurema Silva Psychic Healing 11:30-5:30 pm	10 Jurema Silva Psychic Healing 11:30-5:30 pm	11 Cathi Curan Astrology Readings 2:00-6:00 pm	12 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	13 Cathi Curan Astrology Readings 2:00-5:00 pm
14	15 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	16 <i>Full Moon</i> Jurema Silva Psychic Healing 11:30-5:30 pm Animals We Journey With 7:15-8:45 pm	17 Jurema Silva Psychic Healing 11:30-5:30 pm	18 Cathi Curan Astrology Readings 2:00-6:00 pm Drum Circle 7:30-8:30 pm	19 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	20 David & Shari Healings/Readings 11:00-4:00 pm
21	22 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	23 Jurema Silva Psychic Healing 11:30-5:30 pm	24 Jurema Silva Psychic Healing 11:30-5:30 pm	25 Cathi Curan Astrology Readings 2:00-6:00 pm	26 Joan Stokes Intuitive Readings 11:00-5:00 pm Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	27 Cathi Curan Astrology Readings 2:00-5:00 pm
28	29 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	30 Jurema Silva Psychic Healing 11:30-5:30 pm Joan Stokes Intuitive Readings 8:00-9:00 pm	31 <i>New Moon</i> Jurema Silva Psychic Healing 11:30-5:30 pm			

August 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Cathi Curan Astrology Readings 2:00-6:00 pm Joan Stokes Intuitive Readings 8:00-9:00 pm	2 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	3
4	5 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	6 Joan Stokes Intuitive Readings 8:00-9:00 pm	7	8 Cathi Curan Astrology Readings 2:00-6:00 pm	9 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm Art Crawl 5:00-9:00 pm	10 Cathi Curan Astrology Readings 2:00-5:00 pm
11	12 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	13 Jurema Silva Psychic Healing 11:30-5:30 pm Joan Stokes Intuitive Readings 8:00-9:00 pm	14 Jurema Silva Psychic Healing 11:30-5:30 pm	15 Full Moon Drum Circle 7:30-8:30 pm	16 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	17 David & Shari Healings/Readings 11:00-4:00 pm
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September 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 STORE CLOSED	3 Jurema Silva Psychic Healing 11:30-5:30 pm	4 Jurema Silva Psychic Healing 11:30-5:30 pm	5 Cathi Curan Astrology Readings 2:00-6:00 pm Joan Stokes Intuitive Readings 8:00-9:00 pm	6 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm	7 Cathi Curan Astrology Readings 2:00-5:00 pm
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29	30 Paulette Lucas Psychic/Intuitive 11:30-6:00 pm					

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