

# Kaleidoscope

Quarterly Newsletter  
from  
Mind Body & Spirit

July  
August  
September

2002

## Hi Everyone!

I wanted to embrace this moment, as we should embrace every moment, to talk about time and gifts. There is not a day that goes by when we don't hear someone say "I wish I had more time" or "Time goes by so fast", or "There isn't enough time!". I love that last one. Just how much time would be enough time? If we had 6 more hours in the day, would we work more. Would we fill it to overflowing with more errands? Or would we live during that time as if there were no more time, or would we still be complaining that we didn't have enough time in the day? Instead of saying: "Oh, if I had just a couple more hours of time I would use it wisely. I would spend that precious time with my kids, or I would be painting, playing, reading, writing to friends, writing a book, watching the sun set, or maybe rest!" Instead of dreaming of that extra time that we don't ever seem to "find", let's try not thinking about next year's vacation, next week's test or presentation, tomorrow's anticipations or worries, and think about this moment, right now! RIGHT NOW IS ALL THERE IS. Tomorrow never comes but Right Now is here, right in front of you. Embrace it! Don't lose it because you don't see it!

I believe that the reason we can't seem to find enough time and it is racing ahead of us is that we are racing ahead of it! There is plenty of time, we have just speeded up so much that we are doing our next week today and before you know it the week is gone! Do you know why, when we "get" time that we didn't expect, as when something is canceled, etc., we have the best of times, or get the best rest, or maybe don't know what to do with it and our bodies relax? It's because we are in the present moment and we haven't had the chance to plan something for that moment. Try this, plan some time every day, when you don't have a plan. Just let whatever happens, happen. You would be surprised what that will do for your soul. Sometimes it's a little scary at first because we aren't use to it. But, hang in there, it will be wonderful if you just let it be. There are many of us who spend our whole lives looking ahead or some who just look behind, but how many of us are here, in the moment? You may say that you have heard this, and it's old news, this whole present moment theory. Okay, so if you have heard it, and you are still going around saying that there isn't enough time in the day, then you haven't been paying attention! THERE IS ENOUGH TIME, if we remain present.

Just so you all know, I have more trouble with this than most out there. I am worried about the future, I am thinking about yesterday and tomorrow more than any one person should. I just wanted to let you all know that as I am writing this I am doing my own therapy, as well as trying to remind others of that precious, (the most precious gift), time. Let's all learn how to appreciate it, have gratitude for all this beautiful time we do have. Be in **this** moment, as if there is no more after that. I love the song, "Live like you were dying" because when one finds out they are dying, time is easy to find because **every moment counts**. Well, guess what? We are all dying! Some have more TIME than others, they think. It is interesting that those who have been told they have less time, treat it as if they have no more, and when there is no more, they find the present, and with that, they find a gift! Tell yourself, as I will too, that there is no more after this moment, and that this moment is all that is, it is the last one, and you (and I) will find the gift too!

*Blessings,  
Joan and Merri*

*"Journey to the Place that Feeds Your Soul"*

### In This Issue:

Featured Stone: Opal  
September's Expo!  
New Classes & New Products  
Feature on Oils: More Uses



Mind Body & Spirit  
Books & Gifts

For information please call:  
(320) 203-9630

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Open Mon~ Fri 10-7pm  
Saturday 10-5pm

# Opal

Most Opal is approximately 60 million years old, (give or take a few million). Known as the “Stone of Inspiration” which enhances imagination and creativity. This beautiful stone helps one to release their inhibitions and enhance their memory. This is a very spiritual stone that can help one to become “invisible” in situations where they don’t care to be noticed. It increases happy dreams and eases processes related to change. On a physical level opal has been known to assist the healing of eyes and improve eyesight as well as help to ease Parkinson’s Disease. There are many different colors of opals and types from around the world. One interesting fact about opal is that for many years opals were sold under the label of “Gem of the Orient”. Perhaps the sellers were just trying to bring a little romance to the opal, because this name is silly, considering that opal is not found in the orient!

There are several different types of opal and these include, but are not completely limited to the following:

**Boulder Opal:** Assists in communication; verbal, telepathic, etc. It is a stone that has been used to communicate with guides, Angels, animal guides, Devas, and entities of unknown origin. This stone is used to clear blocked chakras, and for strengthening auras. (This stone has opalescence that can be seen in seams that run through a dark brown sandstone matrix) This is truly a “Feel-Good” stone and one need only hold one for a little while to understand why.

**Oregon Opal:** Will allow one to discover their life purpose while providing much that other opals have to offer such as helping with imagination and creativity. It will help get one in touch with nature spirits, especially sprites and fairies. This is a good stone for those that feel lonely or left all alone. It will help one to appreciate the company of themselves.

**Fire Opal:** Another good stone to help one find their life purpose. Gives strength and endurance in times of stress. This stone carries the energy of new beginnings and leadership.

**Common Pink Opal:** Good stone to work with if you have painful emotions to take care of or work through. Mood elevator. Also helps with creativity. This one will get you in touch with feelings of love, for others as well as self.



**Peruvian Pink Opal or Andean Opal:** Helps one to see things as they truly are. Assists in the balancing of giving and receiving, good stone for healers so that they may learn to receive as well as give. Anyone who is prone to martyrdom will benefit from this stone and will help them to start to live for themselves a little more and stop living only for others.

**Peruvian Blue Opal or Andean Opal:** This is a great “Stone of Courage”. Also used as a stone for ingenuity, it can improve self-esteem and self-love. This stone brings creativity in communication and helps one to find a confidant. It is used in stress reduction, fatigue, and weight loss or metabolic balancing, iron absorption, dizziness and brain disorders. This is a throat chakra stone. Great for stimulating thoughts and eases connecting with others.

Both the Peruvian Pink and the Peruvian Blue limit one’s expectations while enhancing one’s experiences! (limited supplies of the Peruvian opals can be found at MBS, actually only a handful)

**White Opal:** There are many forms of white opal and it comes from many places. There is even a white opal called opalite that is mainly man-made in laboratories from opal dust that is then grown into opal gem type stones once again. Not much has been found about the metaphysical properties of the opalite grown in labs. The natural white opal is good for balancing emotions, even mood swings. This stone helps us to see who we really are and helps us to appreciate who we are. It will also help us understand the best that we can be in all aspects of life. This stone helps one to move with the flow of life rather than fight against the current all of the time. Around 8000 B.C. Anatolians were the beginners (some believe) of esoteric tradition and they revered the white opal as being one of their most sacred stones.

Opal is made up of silicate and water. The water content in any particular opal can run from 3-14% but some can run as high as 20% water. This is why opal can dry out and eventually crack. Because of the water content, light refracts beautifully, creating many colors. Even the solid white is a mix of many colors, which is why when you wear an opal it is like wearing a “rainbow”! They will also crack in ultrasonic cleaners and because they have such a high amount of water in them they are sensitive to heat or other sudden changes in temperature. A tiny bit of mineral oil wiped on the surface of opals can help prevent cracking by allowing the stone to soak up this additional moisture without creating more dryness (water does not soak in rapidly and dries quickly and oil will shine an opal beautifully). Be careful with your opals and they will surely give you an abundance of joy for a lifetime.



*“Don’t spend your precious time asking “Why isn’t the world a better place?” It will only be time wasted. The question to ask is “How can I make it better?” To that there is an answer”*

- Leo Buscaglia

A Celebration

of Alternatives



Intuitive Readings

Aura Photos

Reflexology

Astrology

Numerology

Aromatherapy

Therapeutic Touch

Angel Readings

Healing Touch

Tarot Readings

Animal Communication

and Much More

# Mind Body & Spirit Expo

9:30 am - 7:30 pm | Saturday, September 15, 2007

**For More Information**

915 West St. Germain, St. Cloud, MN 56301  
320-203-9630 | [www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com)

## **Intuitive/Psychic Readings:**

### **Intuitive Readings with Barbara**

An intuitive reading is a personal interactive session. Barbara takes one beyond the known into the unknown to examine one's energetic patterns, blocks, beliefs, intentions, and expectations in order to provide one with a clear understanding of how to make new choices for creating the life one desires. Barbara's intent for each person is to recognize the power of their spirit by encouraging the mind and heart to walk hand in hand. Barbara's fees are \$75.00/hour and \$40.00/1/2 hour

### **Animal Communication with Joan Stokes**

Call for appointments with Animal Communicator Joan Stokes. She is available sporadically and only by appointment. Joan has approximately 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 understandable language for us humans. Fees: \$20.00 per 15 minutes, \$45.00 per half hour, \$75.00 per hour.

### **Readings with Kate Zimmer**

Kate is a clear and direct channel to receive loving guidance through her and your Spirit Guides, Angels, Ascended Masters, Totems, Fairies, deceased loved ones and past lives. She uses her skills in clairvoyance, clairaudience and clairsentience to relay messages, insights and answers to the many questions affecting you on your path. Kate is a Reiki Master and Certified Basic Integrated Energy Practitioner and has studied other various healing modalities. Fees: \$1/minute

### **Angel Readings**

Guidance from the Angelic Realm. Sharron Jordan studied in Ireland with Angel Communicator and Teacher/Guide Doreen Virtue to learn the art of reading and interpreting Angel cards. Intuitively using the guidance she receives from Angels, Sharron will help guide you. If you are looking for a little peace, maybe some enlightenment, or perhaps just some comfort and guidance, this is definitely a reading for you. Sharron has been with us for many years now and has inspired many with her gifts! Fees \$60.00/hour and \$35.00 per 1/2 hour 3:00pm-7pm

### **Aura Photos and Readings**

Find out what your aura looks like that only special photography can uncover. Bobby Sullivan will "read" your photo and give you some insight into what your body is trying to tell you. This is fun and informative. Don't miss out on a chance to see the "real" subtle you. \$20

### **Paulette Lucas**

Paulette was a therapist for over 20 years and has traveled extensively, visiting power centers around the globe, to develop her spiritual awareness for herself as well as those she works with. Paulette is a Clairvoyant, trance medium, and empathic who has now "officially" been reading for 15 years. She works with spirit guides, angels, and deceased loved ones. She has moved here to St. Cloud from New Orleans and is now available for private consultations. By Appointment Only. \$60.00 per 1/2 hour and \$100.00 per hour.

### **Kelli Spencer**

Psychic medium: I connect you to your loved ones and guides. I am clairvoyant, clairaudient, claircognizant, clairalient, I am a medium, which means that I am a bridge between this world and the next. I work with individuals that need closure, validation, or peace of mind that their loved ones are ok on the other side. Fee: \$60.00 per hour

### **Numerology Readings with Diane**

Find out what the numbers in your birth date and hidden in your birth name can tell you about your mission or challenges for this lifetime. Learn other things such as your talents to be developed, possible occupations that would suite you, your heart's desires, the energy you are working with this year and in this period in your life. Find out what YOUR numbers have to say about YOU & your ultimate goals.

Fee: \$25.00 for 1/2 hour session (includes a personal worksheet and a one-page summary of your primary number or energy. Diane Winter

### **Channleing Divine Mother through Sol' Ara An**

Sol' Ara An, conscious channel for Divine Mother, opens the door for those called to the messages of the Divine Feminine source energies. She will also present information regarding the "Activation of the Code of Compassion" as published in the Sedona Journal of Emergence June 2007 (she being the author). Sol' Ara has been initiated and given the activation key to the code of compassion within humanity, and she will now share this with those who feel moved to attend. Session Fee: \$30.00

## **Energy Healing:**

### **Kimberlee Bluhm**

Quantum Touch: (in a nutshell) The Quantum Touch Practitioner learns to focus and amplify life force energy. When the practitioner holds a high vibrational field of life-force energy around an affected area, through a process of resonance and entrainment, the client naturally matches the vibration of the practitioner, allowing one's own biological intelligence to do whatever healing it deems necessary. Kimberlee (as well as her Dad, as this seems to be a family affair), is a practitioner of Quantum Touch. Fee: \$65.00 per hr.

### **Healing Touch with Ann**

Holistic energy-based approach to healing the whole person, physically, emotionally, mentally, and spiritually. It utilizes the hands to clear, energize and balance the human energy field which can become blocked, congested, imbalanced or over-active, leading to illness. Please call for appointment. Merri and Joan have had sessions done with Ann regularly and can attest to the wonderful healing they have experienced. In fact we believe she is our best kept secret that we shouldn't keep a secret. Ask us just how good she is! Ann's fee is \$60.00 per session.

### **Therapeutic Touch with Michele Berg**

Based on the age-old principle that energy flows within and around us, Therapeutic Touch balances and energizes the energy field to promote self healing. Many forms of Therapeutic Touch exist, some are structured and others are more free form. The benefits are profound and include reduced anxiety, release of blockages, release of past emotional traumas, relief from fatigue, clarity, balance and more. There are many modalities that fall under the umbrella of Therapeutic Touch. As a Reiki Master, Integrated Energy Therapy Practitioner, and Chakra Therapist; I offer all three of these therapies. I believe that each person is unique and, therefore, has unique needs so each session I offer is designed specifically with you in mind. You may either request the modality you would like for your session or allow me to provide as I feel guided (generally a combination of modalities).

# July 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 <b>Spiritual Attunement</b> Eckhart Tolle part 2 7-9pm	7 <b>Therapeutic Touch</b> <i>Michele Bergh</i> by appt
8	9	10 <b>The Power of Co-creating</b> 7-9:30	11 <b>Reiki Clinic</b> 7:15-9:00pm	12 <b>Intuitive Readings</b> Barbara 4-7pm	13	14  <b>New Moon</b>
15	16 <b>Intuitive Readings</b> Barbara 4-7pm	17 <b>Discovering Past Lives</b> 7-9:30pm	18 <b>Reiki Clinic</b> 7:15-9:00pm  <b>Reader Paulette Lucas</b> 11-6pm	19 <b>Angel Readings</b> with <b>Sharron</b> 3-7pm	20 <b>Quantum Touch</b> Kimberlee Bluhm <b>10-2pm</b>	21 <b>Personalized Relaxation Cd's</b> 10-1pm <i>Michele Bergh</i>  <b>Channleing</b> Divine Mother <b>1-3pm</b> thru Sol` Ara An
22	23	24 <b>Spirit of Being 2</b> 1-3pm <b>Intuitive Readings</b> Barbara (by appt ) <b>Spirit of Being 1</b> 7-9pm	25 <b>Circle for Healing</b> <b>7-9:30</b>	26 <b>Ann Dragsten</b> Healing Touch 11-6pm	27	28 <b>Aura Photos</b> 11-2pm  <b>Auras &amp; Our Energy</b> 2-4pm
29	30 <b>Psychic Channel</b> Kelli Spencer <i>10-6pm</i>  <b>Full Moon</b>	31 <b>Spirit of Being 2</b> 1-3pm <b>Intuitive Readings</b> Barbara (by appt ) <b>Spirit of Being 1</b> 7-9pm				

# August 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>Beginning Hands on Healing #1</b> 7-9pm	<b>1</b>	<b>2</b>  <b>Indigo Crystal &amp; Star Children</b> 7-9pm	<b>3</b>  <b>Spiritual Attunement Imagination</b> 7-9pm	<b>4</b>  <b>Readings w/Kate</b> 11-1pm
<b>5</b>	<b>6</b>	<b>7</b> <b>Spirit of Being 2</b> 1-3pm <hr/> <b>Intuitive Readings</b> Barbara (by appt ) <b>Spirit of Being 1</b> 7-9pm	<b>8</b>  <b>Reiki Clinic</b> 7:15-9:00pm	<b>9</b>	<b>10</b>  <b>Quantum Touch</b> Kimberlee Bluhm 10-2pm	<b>11</b>  <b>Therapeutic Touch</b> <i>Michele Bergh</i> by appt
<b>12</b>  <b>New Moon</b>	<b>13</b>  <b>Intuitive Paulette Lucas</b> 11-6pm	<b>14</b> <b>Spirit of Being 2</b> 1-3pm <hr/> <b>Intuitive Readings</b> Barbara (by appt ) <hr/> <b>Spirit of Being 1</b> 7-9pm	<b>15</b>  <b>Angel Readings with Sharron</b> <hr/> 3-7pm  <b>Reiki Clinic</b> 7:15-9:00pm	<b>16</b>  <b>Numerology Readings with Diane</b> 12-4pm	<b>17</b>	<b>18 Personalized Relaxation Cd's</b> 10-1pm <i>Michele Bergh</i> <hr/> <b>Channleing</b> Divine Mother <b>1-3pm</b> thru Sol` Ara
<b>19</b>	<b>20</b>  <b>Psychic Channel Kelli Spencer</b> 10-6pm	<b>21</b> <b>Spirit of Being 2</b> 1-3pm <hr/> <b>Intuitive Readings</b> Barbara (by appt ) <hr/> <b>Spirit of Being 1</b> 7-9pm	<b>22</b>  <b>Stones 1</b> 1-3pm	<b>23</b>  <b>Ann Dragsten</b> Healing Touch 11-6pm	<b>24</b>	<b>25</b>
<b>266</b>	<b>27</b>	<b>28</b> <b>Spirit of Being 2</b> 1-3pm <hr/> <b>Intuitive Readings</b> Barbara (by appt ) <hr/> <b>Spirit of Being 1</b> 7-9pm	<b>29</b>  <b>Circle for Healing</b> 7-9:30 <hr/> <b>Paulette Lucas</b> 11-6pm  <i>Full Moon</i>	<b>30</b>	<b>31</b>  <b>Quantum Touch</b> Kimberlee Bluhm 10-2pm	

# September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Intuitive Paulette Lucas 11-6pm	6	7 Spiritual Attunement Fear the Heart of Love 7-9pm	8 Therapeutic Touch <i>Michele Bergh</i> by appt Psychic Readings w/Kate 11-1pm
9	10	11 An Evening about Ghosts & Spirits 7-9:30  <i>New Moon</i>	12 Reiki Clinic 7:15-9:00pm	13	14	15 Mind Body & Spirit Expo  9:30-7:30 pm (onsite)
16	17	18 Developing your Psychic Gifts 7-9:30pm	19 Reiki Clinic 7:15-9:00pm Intuitive Paulette Lucas 11-6pm	20 Ann Dragsten Healing Touch 11-6pm Grounding Meditation & Relaxation 7-9pm	21 Quantum Touch K. Bluhm 10-2pm	22 Channleing Divine Mother 1-3pm <i>thru Sol` Ara</i>
23 <hr/> 30	24 Psychic Channel Kelli Spencer 10-6pm	25 Intuitive Readings <i>with Barbara</i> 2-6pm Developing your Psychic Gifts 7-9:30pm	26 Circle for Healing 7-9:30  Full Moon	27	28	29 Personalized Relaxation Cd's <i>Michele Bergh</i> 1-4pm

# **Class and Event Descriptions**

**Personalized Relaxation CD's** Receive a personalized relaxation CD created with your feedback. Every one of us has unique needs and together we'll create a relaxation experience using your preferences in music, affirmations, and length of time. If you have had trouble in the past with relaxation CD's just randomly pulled off the shelf, then not working for you, this is your chance to get the CD that is made just for you, unique, just like you. Some areas that these CD's can help with are anxiety and stress reduction, ADHD, self-esteem, relaxation, visualizations, insomnia, addictions, creativity, chronic pain relief and much more. Get the personal touch.

**Spiritual Attunement** The intention of this gathering is to provide a safe place to seek answers to questions each of us have and provide an ongoing means to self discovery. It is to aid in awareness of the spiritual evolution that is taking place and discovery of some of the mystical aspects that can occur along the path. Each gathering we hold an intention to discuss a specific subject. Donation/First Friday Every Month and facilitated by Frank Sowada

**July 6th Session: Eckhart Tolle 7-9pm** Discussion of the heart, the ego, and the personality, exploring these parts and how they interact and serve the path.

**August 3rd Session: Imagination 7-9pm** We will be discussing deep healing, and what is meant through healing and the depths of it.

**September 7th Session: Fear, the Heart of Love 7-9pm** "Imagination" and discussion on the vital role the imagination plays.

**Stones I** This class is for the beginner's into the world of stones. Learn the best resources for knowing your stones. Learn some basics of some well-known stones and crystals and some not so well known. We will discuss taking care of and cleansing your stones and crystals, how to work with them, and "feeling" their energy. Every person attending class leaves with a stone or crystal picked especially for them. Fee: \$10.00 per person

## **Spirit of Being One**

This class will give you experiences that allow you to see where and to what your energy and spirit is connected. The class will include experiential learning, discussion, guided visualizations, and reflective homework. Spirit of Being is a 6-session class. The class is closed after the first session.

Barbara Bjorklund **Next session begins July 24th** Fee: \$120.00 prepaid for 6 sessions or \$25/per session

## **Spirit of Being Two**

More Spirit of Being for those who have taken Spirit of Being Level One. Designed to further the recognition of your personal energetic system. This advanced course will help you move beyond the knowing into the living and appreciating what is. Learn how to be free to embrace and accept the gifts that you have to offer to yourself and the rest of the world.

Barbara Bjorklund **Next session begins July 24th** Fee: \$120.00 prepaid for 6 sessions or \$25/per session

## **Classes by Bobby Sullivan:**

Former assistant to well-known Author and Teacher, Echo Bodine, Bobby has studied with others such as Renowned Psychologist and Author Julia Ingram. Bobby ventured out on his own 2 years ago, leaving his job in Advertising for a Minneapolis Film and Video Production Company, to pursue a full time career of teaching and healing.

## **Circle for Healing - Calling All Healers! - 7/25 - 8/29 -9/26**

Class Time is 7PM – 9:30PM Class cost is \$15

Whether you are a healing professional or someone that is just developing your gifts, this is a participation group for anyone that has taken any form of energy healing training...The purpose is to provide a place that healers can unite to practice, to trade ideas, to discuss problems, to learn new techniques and to receive healings. Each class will begin with a discussion on a particular topic...We may also have guest speakers and/or healing demos. Then we will breakout to practice on each other.

## **The Power of Co-Creating - 7/10**

Class Time is 7PM – 9:30PM Class cost is \$25

In this class we will focus on developing the art of intentionally creating with others and learn how to access the incredible power that is available when we combine our intentions with others to manifest what is desired. Participants are encouraged to take this class with their partners and or groups that they intend to co-create with.

## **Discovering Your Past Lives - 7/17**

Class Time is 7PM – 9:30PM Class cost is \$25

In this class, we will explore the ability for us to access our Past Lives and discover how Past Life Regression can reverse negative life patterns such as poor relationships choices, limiting beliefs, fears and phobias, blocked creativity, addictions and health problems. Also, in this class you will be able to experience a Past Life regression in a group setting.

## **An Evening about Ghosts & Spirits -9/11**

Class Time is 7PM – 9:30PM Class cost is \$25

Join Psychic and Ghost-buster Bobby Sullivan as he shares his experiences in dealing with ghosts, haunting and possession. In this class we will examine the phenomenon of Ghosts, look at different photos of ghosts. Discuss how they look and feel. Also, we will discuss techniques on how to identify if you have ghosts. Learn what to do if you want to get rid of your ghosts. Discuss Spirit attachments, Angels and much more...

## **Auras and Your Energy – 7/28**

Class Time is 2pm – 4:30 Class cost is \$25

In this class, we will explore what an Aura is. Where our Aura is located. How to see Auras. How our energy is affected by other people, thoughts and feelings. You will also learn how to protect and clear your energy and the spaces you live and dwell in....and much more

You will also have the opportunity to have an Aura Photograph taken. (Additional Charge of \$20) **Aura Photos - Aura Photos open to public.**

## **Developing your Psychic Gifts 9/18 - 9/25**

Class Time is 7PM – 9:30PM Class cost is \$25

In this class, we will examine the four Psychic Gifts of Clairvoyance, Clairaudience, Clairsentience and Clairgustance as well as intuition. We will demonstrate different exercises that will allow you to help develop these gifts. We will also look at how we communicate with our Guides, Angels and deceased loved ones.

## **Indigo, Crystal and Star children – 8/02**

Class Time is 7PM – 9:30PM Class cost is \$25

In this class we will examine the different types of children that are incarnating on earth at this time. Why they have chosen now? What to look for in your child's personality. Examine the different attributes of the various groups and how best to deal with them

## **Grounding, meditation and relaxation – 9/20**

Class Time is 7PM – 9:30PM Class cost is \$25

In this class we will examine and discuss the art of grounding, meditation and review various techniques of relaxation that will allow people to open up to deeper levels of achieving the meditative state and finding a connection with their higher selves.



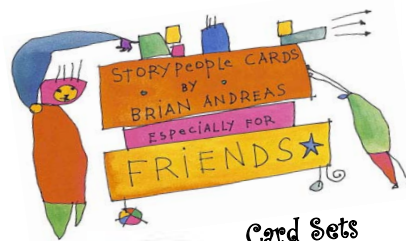
## Juniper Root Wood



## Ammonites & Orthoceras



## Lots of New StoryPeople



Card Sets



Sculptures



Books

Prints

Cards



Meet Agate the moose. He's a big brown galoot who doesn't think he's very special when he compares himself to his animal friends who are named after gemstones. "What good is a moose?" he asks himself. What good is a moose, indeed – his beautiful friends help him to see that, just like his namesake the agate, true beauty comes from what's inside. This stunning book features original watercolors and a poignant, witty message that resonates with anyone who has ever felt like they don't quite belong.

This book is a terrific gift for kids, parents, grandparents, teachers, art book and children's book collectors, moose lovers and rock hounds. Get one for yourself and one for each gem in your life! Includes bonus pages with information on all the birthstones and agates, too.



Agate: What Good Is a Moose?

*"We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly" Sam Keen*

# Website!

[www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com)

## Animal Communication



by Joan



"A Voice for your Pet"

- Emotional/Behavioral Issues
- Lost or Deceased Pets
- Totems & Spirit Guides
- Intuitive Medical Advice

320.203.9630  
Joan Stokes, AHT

915 West St Germain, St. Cloud, MN 56303

**\*Attention\***

This is, first and foremost, a heartfelt apology to all of those out there who have signed up for classes, etc. only to be canceled on a few days before the class. We have had difficulty lately having to cancel many classes due to low sign up. It may be because of the time of year or any number of reasons but that is not the reason for this brief note. We are having difficulty with last minute cancellations by people who have signed up for readings, classes, etc. and we have had to cancel many classes due to no one signing up until the day of the event. This is a reminder that many of our instructors come from a distance away. If we do not have enough people to have a class than it will be canceled anywhere from 1-5 days ahead of time depending on the instructor and the distance, etc. that they travel. We are asked many times to have certain classes, we set them up and then sign up is minimal. So, here is what we would like from you. They are classes done for you. Let us know: What would you like? When would you like to have them?, etc. If we get enough requests, we will do the best we can to set these up. You all must do your part to call ahead, plan it and be there. If we all work together it will be great! Again, thanks and our sincere apologies to all who have had to be canceled on. It is not fun to plan on something and look forward to it and then be disappointed. In order to keep our classes going we need everyone's help. Any suggestions are always welcome.

Thank you. Joan and Merri

**Specializing in Prenatal & Postnatal Wellness**

Prenatal Yoga @ MBS

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**DO IT ANYWAY**

**People are often unreasonable, illogical,  
and self-centered;**

**Forgive them anyway.**

**If you are kind, People may accuse  
you of selfish, ulterior motives;**

**Be kind anyway.**

**If you are successful, you will win  
some false friends and some true enemies;**

**Succeed anyway.**

**If you are honest and frank,  
people may cheat you;**

**Be honest and frank anyway.**

**What you spend years building,  
someone could destroy overnight;**

**Build anyway.**

**If you find serenity and  
happiness, they may be jealous;**

**Be happy anyway.**

**The good you do today, people  
will often forget tomorrow;**

**Do good anyway.**

**Give the world the best you  
have, and it may never be enough;  
Give the world the best you've  
got anyway.**

**You see, in the final analysis, it is  
between you and God;**

**It was never between you and them anyway.**

~ Mother Theresa ~

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## *More of the Essentials of Using Oils:*

- Perfume:** mix just a few drops, (variable depending on taste of individual) in base oil, (see base oil list below), Add to body as desired for personal fragrance.
- Aromatherapy carry-a-long:** add one drop to a tissue or handkerchief and carry, sniffing or inhaling as desired. Or carry a small bottle around the neck sniffing as desired throughout the day.
- Vapor:** Put 2-3 drops in quart size bowl of hot water, cover head and bowl with towel (keep face at least 10 inches away from the bowl) and breathe deeply through the nose for one minute.
- Massage Oil:** Mix 5 drops of oil per teaspoon of base oil. Mix well. Use as any massage oil.
- Bath:** Use maximum of 8 drops in regular hot bath.
- Sauna:** Put 2-3 of oil in small pan of hot water in the sauna. Use the oils Eucalyptus, tea tree, or pine, as these enter the body well by inhalation and exit through the body by perspiration.
- Candles:** Light a candle and wait for the wax to get to liquid form, add 1-2 drops of oil to the melting wax. (Do not drip on wick as oils will not burn and the wick will not stay lit after).
- Base oils:** Almond, Avocado Pear, Apricot Kernel, Borage Seed, Carrot, Corn, Evening Primrose, Grape seed, Hazelnut, Jojoba, Olive, Peanut, Safflower, Sesame, Soya Bean, Sunflower, Wheat germ.
- Other methods for oils can be:** bidet, douche, Jacuzzi (kill or minimize harmful bacteria), showers, sitz baths, hand baths, foot baths, humidifiers (add oil to the water directly), room sprays, and add to wood fires for additional aromatherapy.

\*\*\*When applying or using any oil be sure and engage positive thoughts or prayer with the application. Several studies have shown that the electromagnetic frequencies of oils actually change with positive thought. It has been proven that negative thoughts lower oils frequencies by 12 MHz, positive thought raises it by 10 MHz and prayer raises the healing vibrations of essential oils by up to 15 MHz!

Thank you to "The Complete Book of Essential Oils & Aromatherapy" for some of the information for this article. Highly recommended!

Next issue: Basic Care Kit for Home and Travel




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Need confirmation of the well being of a loved one who has crossed over?

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"The greatest oak was once a little nut who held it's ground "