

# Kaleidoscope

Quarterly Newsletter  
from  
Mind Body & Spirit

July  
August  
September

2009

Namaste, Mitakuye Oyasin, How are you?

Greetings: they are used every day in thousands of words and ways. Do we pay attention to the greetings? What is our intention when we greet someone? There are lots of people walking the sidewalks, meeting other's eyes, smiling, saying hi, but not being aware. A greeting is a simple thing that most of us do every day and if done with intention could change the world. Too strong? I think not. If we could all master being present for something that brief, but done regularly, like greeting someone on the street, we could grow from there and well...there are no limits.

There are a great many people who ask us what Namaste means and so I thought it a perfect thing to open this article with. Even though it is a word that a great deal of people are beginning to use as a greeting, it represents so much more. Many people have been under the assumption that this word means Peace. In a way it does for some, but it is more than that. Here is a widely accepted definition of Namaste today: A greeting from the ancient Sanskrit language, used by modern Hindus, that roughly means, "I honor the place in you in which the entire universe dwells, I honor the place in you which is of love, of truth, of light, and of peace. When you are in that place in you, and I am in that place in me, We are One." Or even easier to remember, "The light (or God) in me honors the light (or God) within you". Peace and understanding are inferred because the greeting is said with the intention of uniting two spirits. When two spirits unite they have no choice but to have some understanding of the other. Unity and understanding are the first steps to peace.

There are hand and head movements, and there are gestures that are done certain ways to also convey Namaste, so that it need not be said, but it isn't so much the words that are important as the intention behind it. How many times have you been walking down a sidewalk and greet someone with "Hi, how are you"? It gets to be such a habit that we all do it but don't even realize that we are doing it. Not being aware of this simple gesture and words that we say several times a day loses everything, and becomes nothing if we do not stay in the moment and understand the reason for greeting others. I believe those that are trying to use a new greeting, such as Namaste, (new for us in the West), may not only be caught up in the newness but also are trying on something new because it has meaning. And when something has meaning we tend to pay more attention to it. The more attention we pay to something the stronger it becomes. The greeting "how are you", has lost most of it's original intention, which was to find out how your neighbor really was. When it first began people had the time to both tell and listen to what was truly happening in their lives. We don't seem to have (make) the time anymore. But that doesn't mean that we need lose the intention behind the greeting. It doesn't have to be less because less is spoken. The intention of caring might be all that is required or needed. It is felt between the two spirits because of the intentions, or thoughts, not the words.

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Mind Body & Spirit  
Books & Gifts

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# Desert Rose

The Selenite Desert Rose has many different names, such as Sand Rose, Rose Rock, Selenite Rose, Gypsum Rose, and Gypsum Rosettes. Almost all Desert Roses are most commonly found made out of two different minerals, Selenite (also called Gypsum), or Barite (also spelled Baryte). The Selenite is lighter in weight than the Barite, is colored like the sand it is included with, which is usually lighter in color than the Barite, and is somewhat warm to the touch. (It insulates and holds heat well and that is why Gypsum has been used as an insulator.) There is one other Desert Rose that is formed out of a chalcedony but this article will focus primarily on the Selenite Desert Rose.

The Selenite Desert Rose is formed from the combination of water, wind, and sand. It is found in desert regions all over the world including Mexico, Morocco, Spain, Tunisia, and Arizona. Much of the Selenite variety is "treated" with torch heat gently brushed over the "rose petal" edges, to create the white lines that help one to see, more clearly, the shape of the rose. This treatment does nothing to harm the metaphysical properties of the Desert Rose. It is also formed in a matter of tens to hundreds of years which is different from many of the stones that are hundreds of thousands to millions of years old.

Some of the inhabitants of the Sahara desert believe that what they call the "Sand Rose" has an internal energy that is used for protection, prosperity and purification. This makes sense considering many cultures have seen this layered mineral as a purifier that can "neutralize" negative energy or clear energy from objects, even people, and send that energy to mother earth, if needed, for healing.

The energy of the Desert Rose is very gentle and it teaches one that life is worth all of its ups and downs. It not only helps to access past lives, it also helps one to access future lives! Glimpses of what is to come so that one may make appropriate choices for the here and now. It is a wonderful stone for intuitive work because it quiets the mind so that worries and other distractions do not interfere with the work. Also, it clarifies visions so that one may interpret the messages in a flowing way, letting that which does not resonate easily sift away. This is the energy of sand, to flow with the wind and create landscapes that are half illusion. Sand has the ability to hold weight and can be comforting and grounding unless one is fearful and movement becomes panicked, in which case the sand will give way. When one stands firm and steady in trust, the sand may shift but will not collapse.

Having a Selenite Desert Rose nearby in home or office can help remove energy blockages, assist in mental acuity, and aid in bringing prosperity to business. It can help to strengthen decision making, and has been known to ease epileptic seizure activity. Selenite is a powerful cleanser and is a channel of white healing light. We get the most wonderful gems out of the most unlikely places; out of coal, diamonds, held tight in oysters, pearls, and out of the sands, the Desert Rose.

We have just acquired some remarkable pieces of Selenite Desert Roses here at MBS, please stop by and experience them today.



*Judith Newby*  
Transmedium • Clairvoyant • Clairaudient  
Tarot • Psychometry • Automatic Writing  
Pet Communications • Telephone Readings  
*To Release & Grow in Love & Truth  
To Let Your Spirit Soar with Your Soul*  
320-352-3625  
[www.JudithNewby.com](http://www.JudithNewby.com)



*Kelli Spencer*  
Channel for Kuan Yin  
Psychic Medium  
Medical Intuitive  
Reiki Master  
Coaching  
Holistic Healing  
Specializing in the body, the whole body,  
Body, Mind and Spirit  
Wholistic Healing from the inside out  
320-240-6399  
[www.kellispencer.com](http://www.kellispencer.com)



## Namaste ~ Greetings (Continued from Front Page)

I started to only say Hi to people as I passed them on the street. I still did the smile but didn't say how are you anymore. I changed because I assumed the others didn't really care to hear from me about how I really was and, quite honestly, I didn't have the time or didn't want to make the time to listen to them. This doesn't mean that I didn't care about that individual, and it doesn't mean they didn't care about me, but both of us had so many things to do and people to listen to already that neither could take on one more. I was ten paces ahead and my guess is they were too. So, do we stop all together because we can't say it all? No! A smile, a nod, a Hi, or How are you, are exceptional ways for us all to stay connected. But we can't keep that connection if we are unconsciously mouthing words. Change it. Stop, in that moment, and truly FEEL it. Be WITH it. Honor that other soul. (this doesn't require actual physical stopping, nano seconds of thought is all that's needed)

Namaste is a beautiful way to recognize and honor another! The next person might say Mitakuye Oyasin, (Lakota for "all my relations", meaning "we are all related"), and yet another may say how are you, or simply, hi. They are all greetings to honor another, and acknowledge oneness if there is intention added. Again, it isn't the words but the thoughts and intention held. I love the line from the song 'What a Wonderful World' that says, "friends shaking hands, saying how do you do, they're really saying, I love you".

When people set egos aside, to recognize another's worth, a type of magic happens! Staying with the intention is so important. If we start seeing and honoring another for how beautiful they are, and are present with it, imagine all the change that can happen?

I have stayed in the moment of greeting or honoring another a few times recently, and have felt the universal connection. I have also found that by seeing the Divinity in another, I find the Divinity within myself. I urge all of you to try it. When you say your greeting, be in the present with that other soul. Being in the present shows respect, respect ignites understanding, and understanding brings peace. And so begins a wave. Let's see how far we can get this wave to travel. A tsunami of honor and respect, love and peace. Too much? I think not.

Namaste

jms



## Lotus Flower

Symbol of Beauty, Purity, and Eternity: In Hinduism, it is believed that within each person is the spirit of this sacred flower.

Though its roots are in the mud, the lotus emerges from the darkness, rises above the water and blossoms into the full beauty of daylight. With our own feet grounded in experience and our heads held high in the sun, we can attain the highest form of enlightenment and, in so doing, experience the liberation from instinct to spirituality. The Lotus symbolizes the radiant essence of all things. A symbol of peace, enlightenment and transformation.



Stands available in Single, Triple, Chakra Spiral, and Tree of Life.

# ***Intuitive-Psychic Readings / Energy Healings***

## **Animal Communication with Joan Stokes** *Available most Thursdays by appointment*

Joan has had 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. Over the phone and long distance readings available. Joan is available for appts most Thursdays, Emergencies other days. Please call 320-203-9630. Fee: \$40.00-1/2 hr. \$75.00-hour

## **Hands on Healing with Bob Sullivan** *Call for availability*

Channeling universal healing energy through hands on healing. Using such things as touch, sound, color and vibration to aid healing and help one to balance physical, emotional and spiritual energy. Sessions are 1.5 hours for \$65.00

## **Healing Therapies with Karen Stashek** *Available Tuesdays by appointment*

Therapies include: Hypno-Therapy, Integrated Energetics Reiki Transformational Healing (IERTH), Emotional Freedom Technique (EFT), Polarity Balancing Technique for Humans, CranioSacral Therapy, Myofascial Release, Ear Candling. For more information on these therapies, fees, etc. and more on Karen Stashek, including the compelling story of her journey towards healing, please go to the services page at [www.mindbodyspirit-online.com](http://www.mindbodyspirit-online.com).

## **Healing Touch with Ann Dragsten** *Available select Thursdays by appointment*

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 appt. Fee \$65.00 session.

## **Intuitive Readings with Barbara** *Available most Tuesdays by appointment*

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. \$75.00/hour \$40.00/1/2 hr.

## **Name and Birthday Readings (Numerology) with Diane Winter** *Available select Wednesdays by appointment*

Who are you? Why are you here? What does your future hold? Discovering the energies your name and day of birth may be *attracting* can open you up to treasures within you! Your reading will suggest your primary life challenge, natural gift to the world, hearts desire, ultimate goal, major life period, and personal year. Tape recording is welcomed!

Fee: \$30 for 1/2 hour and includes a five page chart.

## **Past Life Regression with Bob Sullivan** *Available select Wednesdays by appointment*

Time slots are 11:30am-1:00pm / 1:00pm-2:30pm/ 2:30pm-5:00pm - Wed. July 22nd/ Wed. August 12th/Wed. September 23rd - (Other appointments available by request) It is my belief that we all have lived many lives on this planet. In doing so, we have also experienced different personalities, lifestyles, relationships and many different lessons. If we have not finished something from a previous life, it is possible that we will bring it forward with us to work on in our current life. A past life regression session is a wonderful way to identify, process and transform these unresolved issues, beliefs or attachments. It is a very simple process that just involves going back through a guided session and remembering what happened and looking at how you processed the event at the time. In facilitating a regression, I look for things like unfinished business, limiting vows that you may have made, trauma or ungrieved loss that occurred...and help the client reprocess the event and bring completion to it. \$75.00 - 90 minute appointment

## **Psychic Medium Kelli Spencer** *Available most Mondays by appointment*

As a Psychic Medium I channel your guides, angels, and also loved ones who have crossed over to speak directly with you to help you move on and deal with current life issues. Working closely with the Archangels, Ascended Masters, Angels and Goddesses, I give you insight as to what your guides want you to know and what direction you should be moving towards. Fee: 55.00 per 1/2 hour and 85.00 per hour

## **Psychic Readings with Paulette Lucas** *Available most Fridays by appointment*

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.

Fees: \$60.00 per 1/2 hour and \$100.00 per hour.

## **Quantum Touch with Kimberlee Bluhm** *Available select Mondays by appointment*

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. Fee: \$65.00 per hr.



# July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>		1	2 Animal Communication Joan Stokes by appointment	3 Psychic Intuitive Paulette Lucas 10-6pm	
5	6 Psychic Medium Kelli Spencer 10-6pm	7 <i>Full Moon</i> Healing Therapies Karen Stashek 11-3 pm Intuitive Readings Barbara Bjorklund 3-7pm	8 Meet Your Spirit Guide 7-9pm	9 Animal Communication Joan Stokes by appointment	10 Psychic Intuitive Paulette Lucas 10-6pm	11
12	13 Psychic Medium Kelli Spencer 10-6pm  Quantum Touch K Bluhm 10-2pm	14 Healing Therapies Karen Stashek 11-3 pm  Intuitive Readings Barbara Bjorklund 3-7pm	15 Success in Life 7-9pm	16 Animal Communication Joan Stokes by appointment  Ann Dragsten Healing Touch 12-6pm	17 Psychic Intuitive Paulette Lucas 10-6pm	18 Intuitive Readings w Barbara 10-2pm
19	20 Psychic Medium Kelli Spencer 10-6pm	21 Healing Therapies Karen Stashek 11-3 pm Intuitive Readings Barbara Bjorklund 3-7pm Energetically Speaking #1 7-9pm	22 <i>New Moon</i> Name & B-day (Numerology) Readings w Diane 11-2 pm Past Life Regression Bob Sullivan 11:30-1pm 1-2:30pm 2:30-5pm	23 Animal Communication Joan Stokes by appointment  Healing Circle 7-9:15	24 Psychic Intuitive Paulette Lucas 10-6pm	25 Metaphysical Beginners Class 10-11:30am  Aura Photos 12:00- 4pm
26	27 Psychic Medium Kelli Spencer 10-6pm	28 Healing Therapies Karen Stashek 11-3 pm Intuitive Readings Barbara Bjorklund 3-7pm Energetically Speaking #2 7-9pm	29	30 Animal Communication Joan Stokes by appointment	31 Psychic Intuitive Paulette Lucas 10-6pm	

## August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div>For more detailed information on these events please see our online calendar.</div> <div>www.mindbodyspirit-online.com</div>					1
2	3 <div>Psychic Medium</div> <div>Kelli Spencer</div> <div>10-6pm</div>	4 <div>Healing Therapies</div> <div>Karen Stashek</div> <div>11-3 pm</div> <div>Intuitive Readings</div> <div>Barbara Bjorklund</div> <div>3-7pm</div> <div>Energetically Speaking #3</div> <div>7-9pm</div>	5 <div>Name &amp; B-day (Numerology)</div> <div>Readings w Diane</div> <div>11-2 pm</div>	6 <div>Full Moon</div> <div>Animal Communication</div> <div>Joan Stokes</div> <div>by appointment</div>	7 <div>Psychic Intuitive</div> <div>Paulette Lucas</div> <div>10-6pm</div>	8
9	10 <div>Psychic Medium</div> <div>Kelli Spencer</div> <div>10-6pm</div> <div>Quantum Touch</div> <div>K Bluhm</div> <div>10-2pm</div>	11 <div>Healing Therapies</div> <div>Karen Stashek</div> <div>11-3 pm</div> <div>Intuitive Readings</div> <div>Barbara Bjorklund</div> <div>3-7pm</div> <div>Energetically Speaking #4</div> <div>7-9pm</div>	12 <div>Past Life Regression</div> <div>Bob Sullivan</div> <div>11:30-1pm</div> <div>1-2:30pm</div> <div>2:30-5pm</div> <div>Meet Your Spirit Guide</div> <div>7-9pm</div>	13 <div>Animal Communication</div> <div>Joan Stokes</div> <div>by appointment</div> <div>Ann Dragsten</div> <div>Healing Touch</div> <div>12-6pm</div>	14 <div>Psychic Intuitive</div> <div>Paulette Lucas</div> <div>10-6pm</div>	15
16	17 <div>Psychic Medium</div> <div>Kelli Spencer</div> <div>10-6pm</div>	18 <div>Healing Therapies</div> <div>Karen Stashek</div> <div>11-3 pm</div> <div>Intuitive Readings</div> <div>Barbara Bjorklund</div> <div>3-7pm</div>	19 <div>Success in Life</div> <div>7-9pm</div>	20 <div>New Moon</div> <div>Animal Communication</div> <div>Joan Stokes</div> <div>by appointment</div> <div>Healing Circle</div> <div>7-9:15</div>	21 <div>Psychic Intuitive</div> <div>Paulette Lucas</div> <div>10-6pm</div>	22 <div>Intuitive Reading</div> <div>Barabara Bjorklund</div> <div>10-2pm</div> <div>Aura photos</div> <div>11-4pm</div>
23	24 <div>Psychic Medium</div> <div>Kelli Spencer</div> <div>10-6pm</div>	25 <div>Healing Therapies</div> <div>Karen Stashek</div> <div>11-3 pm</div> <div>Intuitive Readings</div> <div>Barbara Bjorklund</div> <div>3-7pm</div>	26	27 <div>Animal Communication</div> <div>Joan Stokes</div> <div>by appointment</div>	28 <div>Psychic Intuitive</div> <div>Paulette Lucas</div> <div>10-6pm</div>	29
30	31 <div>Kelli 10-6pm</div> <div>Quantum Touch</div> <div>K Bluhm</div> <div>10-2pm</div>					

# September 2009

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<p>For more detailed information on these events please see our online calendar.</p> <p>www.mindbodyspirit-online.com</p>		<p><b>1</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>2</b></p>	<p><b>3</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p>	<p><b>4</b> <i>Full Moon</i></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p>	<p><b>5</b></p>
<p><b>6</b></p>	<p><b>7</b></p> <p><i>Store closed for Labor Day</i></p>	<p><b>8</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p> <p><b>Animal Spirit s</b> 7-9pm</p>	<p><b>9</b></p> <p><b>Numerology</b> Diane Winter 11-2 pm</p>	<p><b>10</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Healing Circle</b> 7-9:15</p>	<p><b>11</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p>	<p><b>12</b></p>
<p><b>13</b></p>	<p><b>14</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>15</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>16</b></p>	<p><b>17</b></p> <p><b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>The Art of Letting Go</b> 7-9:15pm</p>	<p><b>18</b> <i>New Moon</i></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p>	<p><b>19</b></p> <p><b>Intuitive Reading</b> Barabara Bjorklund 10-2pm</p>
<p><b>20</b></p>	<p><b>21</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p>	<p><b>22</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p> <p><b>Beginners Crystals &amp; Stones</b> 7-9pm</p>	<p><b>23</b></p> <p><b>Past Life Regression</b> Bob Sullivan 11:30-1pm 1-2:30pm 2:30-5pm</p>	<p><b>24</b> <b>Animal Communication</b> Joan Stokes by appointment</p> <p><b>Ann Dragsten</b> Healing Touch 11-6pm</p> <p><b>Auras &amp; Our Energy</b> 7-9:15pm</p>	<p><b>25</b></p> <p><b>Psychic Intuitive</b> Paulette Lucas 10-6pm</p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b></p> <p><b>Psychic Channel</b> Kelli Spencer 10-6pm</p> <p><b>Quantum Touch</b> Kimberlee Bluhm 10-2pm</p>	<p><b>29</b></p> <p><b>Healing Therapies</b> Karen Stashek 11-3 pm</p> <p><b>Intuitive Readings</b> Barbara Bjorklund 3-7pm</p>	<p><b>30</b></p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p> <p><b>Mind Body Spirit Expo</b>  9:30-6pm</p>

# *Class and Event Descriptions*

## **Animal Spirits** | Tuesday September 8 | 7-9pm | \$20.00 | Joan Stokes

Joan Stokes, animal communicator, will take you on a guided meditation to finding and recognizing your animal totems. Animal totems can be very powerful in our lives, and when we bring them into our consciousness, and ask them for assistance, it can create great changes in our lives. Joan will help you to find your totems and sometimes she is able to "see" them around you. Come, feel and experience what is unseen but with you all the time.

## **Auras and our Energy Class** | September 24th | 7:00pm - 9:30pm | \$25 for the class or \$40 for the class and an aura photo | Bob Sullivan

Explore what an Aura is. Where your Aura is located and how to actually see it! Discover how your energy is affected by other people and by your own thoughts and feelings. 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 a photo of your aura taken (additional charge)

**Aura Photos and Readings** | Saturdays 7/25 & 8/22 | 12:00 -4pm | \$20 | Bob Sullivan | The Aura Camera is a special device that reads the frequency of energy and images and captures it onto a polaroid picture. Based on the color, clarity, position and amount of color, it is possible to get a read on the mental, emotional, physical and spiritual energy of the subject captured in that moment in time. Bob uses his intuitive abilities to tap into the energy field of the photo and possibly identify your energy blocks, leaks, or other things about you. Enlightening!

## **Beginner's Crystals & Stones** | Tuesday September 22 | 7-9pm | \$20 | Joan Stokes

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.

**Bellydance Begins** | Call for class days and times | 6 Sessions | 7-8:30pm | \$55 | Meredyth Ludwig | Develop awareness about your body, condition your core, and celebrate your femininity as you learn the art of belly dancing and experience a great low-impact aerobic workout. To register, call 320-492-6112 or email [info@meredythjl.com](mailto:info@meredythjl.com).

## **Energetically Speaking** | Tuesdays July 21, 28 Aug 4, 11 | 7-9pm | \$25 per session or \$80 prepay 4 sessions | Barbara Bjorklund

In this four-week series of classes, Barbara creates a safe space for you to explore and experiment with energy and intuition through experiential activities, guided visualization/meditation, and group interaction. You'll develop awareness of your energy in relation to others and the world, while embarking upon an inward journey that will lead you to discoveries about your authentic self and clear messages for how to give expression to your life as a unique individual. With each class, you'll go deeper inside—unfolding the mystery of you.

**Healing Circle** | Thursdays 7/23, 8/20, 9/10 | 7-9:15pm | \$15 | Bob Sullivan | Calling all Healers!! This is a group that meets once a month to discuss and practice healing arts. Whether you are trained in Reiki, Hands on Healing, Healing Touch, Massage or any other discipline, we would like invite you to be part of our group that meets once a month. We will spend time having a discussion and the other half working on each other.

## **Healthy From The Inside Out** | Wednesdays September 9, 16, 23, 30 | 7-9:00pm | \$75 for series of 4 | Kelli Spencer

Many of us walk around daily not even realizing that we are living a life far from being healthy. Do you suffer from some sort of illness, are you just plain tired or maybe you don't even realize how bad you really feel? Being healthy requires synchronicity of the whole - body, mind, and spirit. This class will help you learn how becoming healthy transforms your life, and will teach you steps to reach goals with intuition, meditation, vibrational lifting, and most important nutrition. Come learn some great ways to start the process of becoming healthy. Go to [www.kellispencer.com](http://www.kellispencer.com) click on events and classes to register for this class.

## **Law of Attraction 101** | Mondays September 14, 21, 28 | 7-8:30pm | \$20 | Kelli Spencer

When dealing with the law of attraction most of what is taught is from people who have been practicing for some time which seems easy but in reality it is not. Learn from the beginning how to access what it is that you truly desire in your life and how to keep the momentum going. We will be using a fun easy to read book, "Sara book 1" as our guide.

**Meet Your Spirit Guide (Guardian Angel) Class** | Wednesday July 8 or August 12 | 7-9pm | \$25 | Karen Stashek | Open to anyone. This group-hypnosis class will teach you to learn a relaxation and "anchor" technique that will allow you to instantaneously go to alpha state and communicate with your Higher Self or Higher Consciousness. This is a very beneficial technique to use for meditation, as you can use this technique at home. You will learn how to meet and communicate with your Spirit Guide and how to continue to do this any time you want.

## **The Art of Letting Go** | Thursday September 17th | 7-9:15pm | \$25 | Bob Sullivan

Examine the things in your life that are blocking or holding you back from moving forward into living in a more powerful place. Discover how to identify and face these things and practice releasing the things that no longer serve us. See how you much lighter life can be once you become a "master of letting go"

**The Metaphysical Beginners Class** | Saturday July 25th | 10am - 11:30am | \$15 | Bob Sullivan | This is an ongoing class for those who wish to learn more about various things in the world of spirit, energy and soul work. We will cover numerous topics such as healing, past lives, astral projection, ghosts, intuition and various other subjects. This is a class is for people who feel a pull to learn more about these topics and would like a safe venue to discuss and with like minded people.

## **Success in Life Class** | Wednesdays July 15 or August 19 | 7-9pm | \$25 | Karen Stashek |

This group-hypnosis class will gently assist you to conquer fear, anxiety, guilt, or whatever blocks you from achieving what you would like to attain in life, whether personal or business related. This can even help with sports improvement or memory improvement. You will be taught how to continue clearing yourself of future blocks, and how to continue on the path of Success in Life.



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## REIKI II

Sunday, September 27th, 2009 | 9:00 a.m. - 4:30 p.m.

## INSTRUCTORS

Stephanie Robek — [www.innersourcesolutions.com](http://www.innersourcesolutions.com)

Anne Brady — [www.oneholisticwellness.com](http://www.oneholisticwellness.com)

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## Mind Body & Spirit Expo

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## *Aromatherapy: For the Smell of It!*

I was reading about aromatherapy on different web sites recently and I began to notice something. When speaking of aromatherapy, the first line of these articles started out with one of the following: "Doesn't just smell good", "More than just a pretty smell", or "Health benefits way beyond smelling good". All these sources are quick to mention that aromatherapy for health benefits are about using these oils in many different ways for our health, except, I have noticed that they are starting to minimize the fact that sometimes it IS the smell that heals. It's called AROMAtherapy for a reason.

We get many customers, in the shop, that seem to almost apologize when they get an oil, stating that they don't know why they get a certain oil and they say "I just like the way it smells" and then they add, "is that bad?" Of course it isn't bad! There are some who are allergic to some oils, and there are some who just plain old don't like to put oils on, for many different reasons. That doesn't mean that you can't benefit a great deal from the oil's aroma.

All animals react to smells dramatically, even us humans. For instance, many household cleaners have one of these three "smells" added; pine, lemon, or citrus. These are added because when our brains perceive these smells we do two things; we feel happier and we believe our surroundings to be clean. Did you know that even if these smells are just added to a home, we walk in, smell it, and feel better and we feel it is cleaner too, even if it hasn't been cleaned! This is because Pine, Lemon, and Citrus are natural mood elevators for the majority, not everyone however. We have all had the experience of suddenly smelling something baking, that you remember childhood, that made you feel loved and taken care of. When you smell this your blood pressure and heart rate can go down and stress melts away; therefore, creating health within you. A smell that you recognize from a loved one, that has past or is separated from you, can transport you immediately into memories bringing that person back, even if for only a moment, and it makes you happy. Happiness is a gateway to health! So, don't leave those oils on the shelf gathering dust because the list of health benefits doesn't seem to be what you need right now. Do you like the smell? If you like the smell, chances are it makes you happy, and that increases your health.

We inform customers if they are drawn to a particular stone they are meant to have that stone. It doesn't matter if the reason they were drawn was the color or texture because it will aid health anyway. It's the same with oils. If you like the smell of an oil then diffuse it in your home or just open the bottle once in a while and just smell it, or put it in a vessel and wear around your neck., because you don't need someone to give a reason for it! If you like it, you like it. Many people come in to the shop because they love the smell. It's true, for those of you who are reading this who have not had the chance yet, that many people come in quite often to "smell" our shop for just a few minutes! Weird? No! The combination of oils, herbs, candles, sweet grass, sages, and more, bring people in off the streets because it plain old smells great and makes them feel good. It calms them, makes them feel accepted, and brings a smile to their faces.

So don't hesitate to use those oils that you love to smell because you love the smell! Again, it is called AROMAtherapy for a reason. Use and love those oils, FOR THE SMELL OF IT!

Next time: Oils that help us with emotional response in our bodies. Be Well!

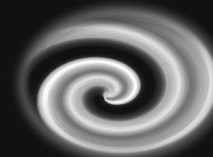
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## Mind Body & Spirit

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" There are no facts, only interpretations."

-Friedrich Nietzsche