

Kaleidoscope

Quarterly Newsletter
from
Mind Body & Spirit

October
November
December

2009

Hi Everyone,

We had our first ever, store wide sale this year! We were glad that so many were able to take advantage of this sale. It was great to see some faces we hadn't seen in a while and of course we saw some regulars too and you all feel like family. This sale happened for two reasons; one, to show appreciation for all our customers and their support throughout the years, and two, because we were heading up north to buy some special stones and you all made it possible for us to bring back some wonderful new stones for you! We had to smile because what we heard on the grapevine is that some people thought that we must be going out of business, since we were having such a good sale. That's been the norm the last couple of years with small businesses. We wouldn't say that within the last seven years we have never been on shaky ground. And it may have been in the recent past. But we are not going out of business. We trust that we will continue to do this, if this is what we are meant to do, for many years to come.

This summer we went past our 7 year mark. This is the first year that we didn't step back and say "Wow"! Maybe it's like being in a good partnership, after a while the anniversaries don't mean as much as the day to day feeling of being home. Every day is important, not just the mile markers. You make a difference to us. We have great conversations with so many of you on a daily basis. You have watched us grow, we have watched you grow. We laugh with you and we cry with you. We feel your joy when there is a new birth and we mourn with you when you lose someone. You keep us in business by honoring our uniqueness and buying from us. Like partners, we are there for one another.

The old adage about feeling the seven year itch in a marriage probably comes from finally feeling settled, and then wanting change when you finally have exactly what you want, a sense of security. Some don't like the "same old same old". Well, from our vantage point, we never have same old, same old! We are settled, it's true, but we still can't see it ever getting boring for us. You all create a different experience for us every single day. Maybe the reason we didn't say wow is because we finally feel secure. That security doesn't come from having money in the bank, it comes from a knowing that we are on our path and we trust we are here because this is our work.

We were guided to start this business and we are continuing to be directed to keep doing what we love doing. We do it for us, we do it for you and we consider it a privilege every single day. We are looking forward to being here so long that none of us remember when we started! And we hope, that you are all there with us, not remembering either!

Namaste,
Joan and Merri

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Mind Body & Spirit
Books & Gifts

For information please call:
(320) 203-9630

www.mindbodyspirit-online.com

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

Protection Stones

There have been many people who have visited us, in recent months, asking for protection stones. Perhaps it has increased in recent times because the economy has made more people sensitive to that which they fear or maybe there are more reasons to need to feel protected? For whatever the reason many people are asking, and we are here to help. Throughout the ages people from all different cultures and religions wear many different emblems, or jewelry (amulets) to protect themselves from many different things. But nothing has surpassed the possession or wearing of stones for a sense of security. It is in ancient writings and even some hieroglyphs show the wearing of stones for what scholars believe to be protection. Two of the very oldest protection amulets were made from amber and ammonites.

When someone comes in for advice on a protection stone first thing that we, the staff at MBS, ask is protection from what? Is it truly physical danger? Is it perceived fears or dream state fears? Is it psychic attack? (I say that last one apprehensively as I do not believe that anyone can psychically attack another unless there is some reason that the one being attacked allows it to happen, but perhaps one is allowing it and needs to be protected from that?) Is it protection during travel? Maybe it is protection around water? Or perhaps one needs protection from themselves? The list goes on..... Just as when one is sick and doesn't know what is making them sick there is stress and anxiety. When one finds out what is making them sick they can then find out how to make themselves better. This is the same with fear and needing protection. When one finally looks at that fear, and identifies it clearly, many times that is all it actually takes to bring peace and security. Sometimes it requires a little assistance. Once the fear is identified the actual selection for a stone can begin.

I will say briefly that none of the stones have actual "magic powers" within them. (That might be something that would be debated with me!) The actual magic always lies within the individual. Stones help us to understand that we have the power that is needed to protect ourselves. Some would say that it is psychological then? Although that can be part of it this is not the case necessarily. Stones have frequencies, or what some call vibration. Some real magic I have seen in stones is when they call out to angels for assistance for someone, but then again this has to do with vibrations and frequencies as well. One particularly good story from a customer of ours was the story she tells of purchasing four black tourmaline to put in the four corners of her shop to protect it and the two stores on either side of hers, was robbed TWICE, and hers was not! Does she have a better security system advertised on the door? No. She had tourmaline that has a vibration that makes it difficult for those seeking harm to see. Some stones have a frequency that helps our brains or a part of our body align with and understand particular fears and what can be done about them. When it is clarified within us, then we "remember" how to protect ourselves. It is in the forgetting that gets us into trouble when it comes to danger. Whether psychically or physically, when danger is upon us we sometimes must act quickly to stay protected. The stones simply help us to remember how to do that for ourselves.

An example of what we all have, and have forgotten, is natural shields for protection. Sometimes they are "down". When someone comes in that needs their shield "up" we suggest Chinese Flourite. Flourite provides a shield, or helps us to remember, through vibration, that we already have one and to get it working! If someone is going boating we might suggest an aquamarine as it keeps the brain alert to the dangers posed by falling overboard. In fact many seafarers of yesteryear use to wear aquamarine to protect against drowning. It won't hold a head up out of the water once you fall in but it will help you to keep your senses ready to prevent falling in to begin with. If one does fall in it is there to help one remember how to swim as we all have that innate talent, we have just forgotten. And finally tiger eye was worn by many shaman to protect against the "evil eye". What is the evil eye? Perhaps it is our third eye opening too quickly for us, not necessarily evil but unhealthy for us? Perhaps it is trickster energy that we can only see if functioning at the frequency of the tiger eye? It is these and perhaps many more. What I know for sure is that tiger eye has been a friend of mine more than once. Within this newsletter (on page 9) I am listing what I believe to be some of the more important "protection" stones and what they are here to help with. This is not a complete list as there are hundreds. Please keep in mind that this is only a guide. It is within your heart that you find the truest answers and it is there that one must go when choosing the proper stone for them. I will end saying to all of you readers, what I have said to my daughters almost every time they are going to be away from me even if just for an evening, **BE SAFE!!**

Protection Stones:

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

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

shielding: fluorite, amber, sapphire

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

from depression: sunstone, citrine, rose quartz,

from entities that battle angels: seraphinite, celestite

from bad dreams: kyanite, amethyst, attuned clear quartz

from physical injury: sardonyx, agates, peridot, carnelian

during court battles: hematite, red jasper

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

from radiation: rutilated quartz, malachite

from not trusting oneself: rose quartz, amazonite

from bad luck: jade, agate

when a warrior is going into battle: ammonite fossil

from going into debt: pyrite, ruby, jade, diamonds

during childbirth: amber, moonstone, rose quartz, hematite

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

from being hurt emotionally by someone you love: rhodonite

against cancer: watermelon tourmaline

from psychic attack: tourmalinated quartz, amethyst, attuned clear quartz, smoky quartz,

and many black stones including but not limited to, black obsidian, apache tears, black tourmaline, hematite, onyx

and finally for fun:

from fairy mischief: staurolite

from mischievous mermaids: coral (both red and white)



High Spirit Flutes

Flute maker **Odell Borg** makes each Native American style High Spirits flute from a solid piece of the finest cedar, walnut, birch and other fine domestic plantation-grown woods or recycled lumber, finished with three coats of a non-toxic hardening oil for durability and clarity of sound. Each Native American style flute is precision-tuned so that it will blend perfectly with other instruments.

"Eagle Spirit"



320-274-2270

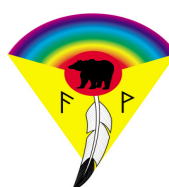
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Rev. Dr. Karen M. Stashek

- EPFX/SCIO Quantum Biofeedback
- Master Hypnotherapist
- Emotional Freedom Technique
- Reiki Master/Teacher
- Spiritual Intuitive
- Holistic Life Coach
- Officiant for Weddings, Baptisms
- CranioSacral/Myofascial Release
- Chakra and Polarity Balancing

Animal Communication



320.203.9630

Joan Stokes, AHT

by Joan



"A Voice for your Pet"

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

915 West St Germain, St. Cloud, MN 56303

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 most 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.

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 & Birthday Readings (Numerology) w/Diane Winter *Available select Wednesdays (or as needed) by appt.*

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 *Call for availability*

Past life regression is a wonderful way to identify, process and transform unresolved issues, beliefs or attachments. In facilitating a regression, we examine current issues such as unfinished business, limiting vows, trauma or un-grieved loss ...and help the client reprocess the event and bring completion to it. Not all regressions need to be about problems - It is also possible to recall positive lifetimes...life times of mastery, gifts, talents, safety, lovability, and worthiness.

Sessions are 1.5 hours for \$65.00

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.

Readings with Kate Zimmer *Available select Mondays and Saturdays by appointment*

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 IET Practitioner and has studied other various healing modalities. Fee: \$1/minute

Soul Coaching with Deb Peterson *Available Select Thursday's and Saturday's and special requests*

Deb is known as the “The Humor and Grace Lady” and is an empath, intuitive healer and visionary. Soul coaching sessions explore perceptions, spiritual challenges, self-care, allies, and spiritual gifts. In addition, the sessions are interactive and engaging. Deb believes that healing can be gentle and doesn't have to be difficult; the art of healing is about stepping into the power of grace. Please call 320-209-9630 or 320-224-8165. Fee: \$35.00 1/2 hour and \$60.00 per hour.

Tarot & Astrology with Tamarack *Available Select Wednesday's and Friday's and special requests*

Tamarack is a seasoned interpreter of the Tarot and a skilled Astrologer. Many of you have been asking for an in-house tarot reader. Well, here you have it! Tamarack is an especially talented artist with Mother Earth's gifts. Along with the deep connection she has with the earth comes a deeper understanding of the individual within the whole, which is what she garnishes her beautiful abilities with. Please call for appointments... 320.203.9630 to schedule! \$1 per minute. Allow a minimum of 30 minutes for tarot & 1-2 hours minimum for astrology.

October 2009

Sun Mon Tue Wed Thu Fri Sat

	For more detailed information on these events please see our online calendar. www.mindbodyspirit-online.com			1 Animal Communication Joan Stokes Soul Coaching Deb Peterson 10:30-6pm Energetically Speaking #1 7-9pm	2 Psychic Intuitive Paulette Lucas 10-6pm	3 MBS Expo 9:30-6pm
4 Full Moon	5 Psychic Medium Kelli Spencer 10-6pm Soul Breathing 6:45-9:45	6 Healing Therapies Karen Stashek 11-3 pm Intuitive Readings Barbara Bjorklund 3-7pm	7 Reflexology & Body Psychology Margot Hawk 11-6 pm Tarot by Tamarack 5-9 pm	8 Soul Coaching Deb Peterson 10:30-6pm Ann Dragsten Healing Touch 12-6pm Energetically Speaking #2 7-9pm	9 Psychic Intuitive Paulette Lucas 10-6pm Tarot by Tamarack 12-5pm	10 Shamanic Journeying for Beginners 10-1pm
11	12 Psychic Medium Kelli Spencer 10-6pm Meditation 7-7:45pm	13 Healing Therapies Karen Stashek 11-3 pm Intuitive Readings Barbara Bjorklund 3-7pm	14 Name & B-day Readings w Diane 11-2 pm Reflexology & Body Psychology Margot Hawk 3-6 pm Healing from the Inside Out 7-9pm	15 Animal Communication Joan Stokes Soul Coaching Deb Peterson 10:30-6pm Energetically Speaking #3 7-9pm	16 Psychic Intuitive Paulette Lucas 10-6pm Tarot by Tamarack 12-5pm Qigong 6-7pm	17
18 New Moon	19 Psychic Medium Kelli Spencer 10-6pm Meditation 7-7:45pm	20 Healing Therapies Karen Stashek 11-3 pm Intuitive Readings Barbara Bjorklund 3-7pm	21 Reflexology Margot Hawk 11-6 pm Healing from the Inside Out 7-9pm	22 Animal Communication Joan Stokes by appointment Soul Coaching Deb Peterson 10:30-6pm Energetically Speaking #4 7-9pm	23 Psychic Intuitive Paulette Lucas 10-6pm Tarot by Tamarack 12-5pm Qigong 6-7pm	24 Intuitive Readings Barabara Bjorklund 10-2pm Indigo & Crystal Children 10-12pm Aura Photos 12:30-4pm
25	26 Psychic Medium Kelli Spencer 10-6pm Meditation 7-7:45pm	27 Healing Therapies Karen Stashek 11-3 pm Intuitive Readings Barbara Bjorklund 3-7pm	28 Reflexology & Body Psychology Margot Hawk 11-6 pm Healing from the Inside Out 7-9pm	29 Animal Communication Joan Stokes by appointment Soul Coaching Deb Peterson 10:30-6pm Ghosts & Spirits in the Material World 7-9:15pm	30 Psychic Intuitive Paulette Lucas 10-6pm Tarot by Tamarack 12-5pm Qigong 6-7pm	31

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Full Moon Psychic Medium Kelli Spencer 10-6pm Meditation 7-7:45pm	3 Healing Therapies Karen Stashek 11-3 pm	4 Reflexology & Body Psychology Margot Hawk 11-6 pm Healing from the Inside Out 7-9pm	5 Animal Communication Joan Stokes by appointment Soul Coaching Deb Peterson 10:30-6pm	6 Psychic Intuitive Paulette Lucas 10-6pm Tarot 12-5pm Qigong 6-7pm	7
8	9 Psychic Medium Kelli Spencer 10-6pm Meditation 7-7:45pm	10 Healing Therapies Karen Stashek 11-3 pm	11 Intuitive Readings Kate Zimmer 11-1pm Reflexology Margot Hawk 11-6 pm Tarot 5-9 pm	12 Soul Coaching 10:30-6pm Meditation Relaxation & Grounding 7-9:15pm Ann Dragsten Healing Touch 12-6pm	13 Psychic Intuitive Paulette Lucas 10-6pm Tarot by Tamarack 12-5pm Qigong 6-7pm	14 Intuitive Reading Barabara Bjorklund 10-2pm
15	16 New Moon Psychic Medium Kelli Spencer 10-6pm Meditation 7-7:45pm	17 Healing Therapies Karen Stashek 11-3 pm Intuitive Readings Barbara Bjorklund 3-7pm	18 Name & B-day Readings w Diane 11-2 pm Reflexology Margot Hawk 3-6 pm Healing with Humor & Grace 7-9 pm	19 Animal Communication Joan Stokes by appointment Soul Coaching Deb Peterson 10:30-6pm Crystal & Stones 7-9pm	20 Psychic Intuitive Paulette Lucas 10-6pm Tarot by Tamarack 10-3pm Downtown Art Crawl 5-9pm	21
22	23 Psychic Medium Kelli Spencer 10-6pm Meditation 7-7:45pm	24 Healing Therapies Karen Stashek 11-3 pm Intuitive Readings Barbara Bjorklund 3-7pm	25 Reflexology & Body Psychology Margot Hawk 11-6 pm Tarot by Tamarack 5-9 pm	26 Closed For Thanksgiving	27 Psychic Intuitive Paulette Lucas 10-6pm Tarot by Tamarack 12-6pm	28
29	30 Psychic Medium Kelli Spencer 10-6pm Meditation 7-7:45pm				For more detailed information on these events please see our online calendar. www.mindbodyspirit-online.com	

December 2009

Sun Mon Tue Wed Thu Fri Sat

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<p>6</p>	<p>7</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Meditation 7-7:45pm</p>	<p>8</p> <p>Healing Therapies Karen Stashek 11-3 pm</p> <p>Intuitive Readings Barbara Bjorklund 3-7pm</p>	<p>9</p> <p>Reflexology & Body Psychology Margot Hawk 11-6 pm</p> <p>Tarot by Tamarack 5-9 pm</p>	<p>10</p> <p>Animal Communication Joan Stokes by appointment</p> <p>Soul Coaching Deb Peterson 10:30-6pm</p>	<p>11</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p> <p>Tarot by Tamarack 12-6pm</p>	<p>12</p> <p>Intuitive Reading Barabara Bjorklund 10-2pm</p> <p>Aura Photos 12-4pm</p>
<p>13</p>	<p>14</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Meditation 7-7:45pm</p>	<p>15</p> <p>Healing Therapies Karen Stashek 11-3 pm</p> <p>Intuitive Readings Barbara Bjorklund 3-7pm</p>	<p>16 <i>NewMoon</i></p> <p>Reflexology Margot Hawk 3-6 pm</p> <p>Numerology Diane Winter 11-2 pm</p> <p>Healing with Humor & Grace 7-9 pm</p>	<p>17</p> <p>Soul Coaching Deb Peterson 10:30-6pm</p> <p>Ann Dragsten Healing Touch 12-6pm</p>	<p>18</p> <p>Psychic Intuitive Paulette Lucas 10-6pm</p> <p>Tarot by Tamarack 12-6pm</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>Psychic Channel Kelli Spencer 10-6pm</p> <p>Meditation 7-7:45pm</p>	<p>22</p> <p>Healing Therapies Karen Stashek 11-3 pm</p> <p>Intuitive Readings Barbara Bjorklund 3-7pm</p>	<p>23</p> <p>Reflexology & Body Psychology Margot Hawk 11-6 pm</p> <p>Tarot by Tamarack 5-9 pm</p>	<p>24</p> <p>Store Open 9-3pm</p>	<p>25</p> <p>Closed For Winter Break</p>	<p>26</p> <p>Closed For Winter Break</p>
<p>27</p> <p>Closed For Winter Break</p>	<p>28</p> <p>Closed For Winter Break</p>	<p>29</p> <p>Closed For Winter Break</p>	<p>30</p> <p>Closed For Winter Break</p>	<p>31</p> <p>Closed For Winter Break</p>	<p>1</p> <p>Closed For Winter Break</p>	<p>2</p> <p>Store Open 10-5pm</p>

Class and Event Descriptions

Auras and Our Energy | Thursday Nov 5 | 7-9:15pm | Cost is \$20 | 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 and interpreted with the Aura Imaging camera (additional cost for photo)

Aura Photos and Readings | Saturdays Oct 10 & Dec 12 | 12:00 -4pm | \$25 | 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 | Thursday November 19 | 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.

Energetically Speaking | Thursdays October 1,8,15,22 | 7-9pm | \$95 for 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.

Ghosts and Spirits in the Material World | **Halloween Special!** Thursday Oct 29th | 7-9:15pm | Cost is \$20 | Bob Sullivan

Join Psychic and Ghost-buster Bobby Sullivan as he shares his experiences as a ghost buster in dealing with ghosts, haunting and possession. In this class we will examine the phenomenon of Ghosts and view various photos of ghosts and spirit energy. We'll also discuss how it looks and feels to encounter a ghost. Learn how to tell if you have ghost...and what to do if you want to get rid of your ghosts. Also, we will discuss Spirit attachments, Angels and much more...

Healing with Humor and Grace | Wednesday Oct. 21 Nov. 18 Dec. 16 | 7-9pm | \$25.00 | Deb Peterson

Yes, healing can be done with a measure of humor and grace! Sessions are designed to shift energy and remove blockages with interactive participation. You will have the opportunity to identify and shift limiting belief patterns and have fun in the process.

Healthy From The Inside Out | Wednesdays Oct 14, 21, 28, Nov 4 | 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 click on events and classes to register for this class.

Indigo and Crystal Children | Saturday Oct 24 | 7pm -9:15 | Cost is \$20 | Bob Sullivan |

Examine the different types of children that are incarnating on earth at this time. Why their unique souls have chosen now? What to look for in your child's personality. Examine the different attributes of the various groups and how best to parent and learn from these gifted beings.

Meditation | Weekly on Mondays | 7-7:45 | Donation | Margot Hawk

Margot, who has practiced many forms of meditation, will lead you through various techniques. Practicing meditation will give you greater peace of mind, feelings of closeness to our Creator, and can help you get answers to your issues. Each hour session will consist of time to learn a process and practice it.

Meditation, Relaxation, & Grounding | Thursday Nov 12 | 7-9:15pm | Cost is \$20 | Bob Sullivan

The first thing in connecting with our higher selves is to learn how to relax. Relaxation and grounding set the stage for us to meditate and go deeper inside ourselves in order to access our internal guidance that we all possess. Learn the art of combining relaxation, grounding and meditation and discover how to find a deeper connection that works best for you.

Qigong for Health & Happiness | Fridays beginning Oct 16 | 6-7pm | \$50 for all 5 sessions | Mike Geppert

Balance and harmonize your life through the time-honored practice of intentional movement and breathing called Qigong. Stress, fatigue and discomfort will melt away as you tap into this limitless source of energy and life that is both within you and all around you. Bring a mat or cushion, water and an open mind and heart. Wear comfortable and loose fitting clothes. Please leave all cell-phones and other wireless devices elsewhere. No previous experience necessary. Open to all ages and ability levels. Qigong is for everyone. Call (320)309-0892 to register in advance as space is limited.

Shamanic Journeying for Beginners | Saturday Oct 10 | 10-1pm | \$25 | Kelli Spencer

Have you wanted to implement meditation into your life but find it hard to do? Do you find yourself wanting answers, but can't seem to access them. Learning how to journey accessing the world of power animals and what they have to tell us is a powerful way to be able to meditate and get answers to questions that you're finding difficult to answer for yourself. I will teach you the beginning basics of how to journey and access your power animals for resources that you don't even know you have.

Soul Breathing | Monday Oct 5 | 6:45-9:45 | \$60 or \$50 in advance | Robert Winn

Breath is the activity and infinite intelligence of Spirit in the body. Soul Breathing opens up your breath and allows you to release constricted breathing patterns and old emotions. Deep connected breathing allows you to feel your connection to the Infinite Intelligence. You will draw love & joy into your heart and soul.

For more information or to sign up for this class contact Terri @ 651-442-4623 or theconnectingspirit@gmail.com

Smudging for Protection, Honor and Purification

Smudging is a Native American term for the burning of sage, sweetgrass, cedar and many other herbs or combination of herbs to achieve cleansing of body, home, and other sacred spaces. Although smudging and smoking are terms that have been used to describe the Native burning rituals, this practice of burning herbs for various reasons has been world wide in its origin. It is believed that the original idea of burning herbs, in most cultures, seem to be linked to the fact that when something is burned the smoke generally will ascend which to most meant that it would eventually get to the gods. Whether in the Native Americans Sweat lodges, Greek Sanctuaries, Hindu Temples, Pagan Tree Altars, or Catholic Cathedrals, the burning of herbs for Protection, Purification and Honor in many different shapes and forms has been a part of the human race since we began.

Herbs for smudging can be found in bundles tied together, in incense form, or loose form. After one has chosen the herb that they have decided is right for them (please see short guide to our burning options from MBS below), one only need find a vessel for the herb to burn in. The vessel is important in some cultures but the premise is simply to have something that can handle heat and can be easily carried if needed. Some Native Americans choose to use shells as their vessel. Other Natives as well as other cultures have been known to use pottery (some type of earthenware) or a hollowed out rock. Some choose to put soil or sand in the bottom of the vessel to keep the vessel from getting too hot when the smudge is used for long ritual or cleansing.

Once the herb and vessel are found the only things yet required are flame of some sort (matches, etc) for lighting the herb on fire, and most important, pure intention and an open heart. We have told people time and time again. None of the people listed above from the Natives to the Catholics "need" herbs for protection or purification. It is a tool to keep one in ritual. Humans are easily distracted and the smoke and the sacred nature of the herb from Mother Earth keep humans on task so to speak. We could cleanse with only an open heart and the desire to do so. These tools called sacred herbs make the process much easier and ritual is very important for the connection we have to one another and the web of humankind. The added bonus is that some of these herbs have been used for actual healing benefits as well.

Once the herb is set on fire one should wave, with either a feather or hand, the flames out so that it continues to smolder with smoke instead of flame. (Some cultures frown on anyone blowing on the herb to get the flame out. It is claimed to be disrespectful of the herb. I disagree with that theory as the breath of life, in or out of a human, is sacred and how can that be considered disrespectful? Still, this was added for your knowledge so that you do not create unrest within groups and it is important to show respect for other cultures when in their presence. As many traditions began it may have been more for safety as the embers could be easily blown to something else flammable.) Waving a feather fan or your hand upon it is effective for igniting it further so that it keeps smoking and it is beneficial in spreading the smoke throughout a room or area to be cleansed. It is common in some cultures, especially Native to call on the four directions. This is not necessary for individuals not of the Native cultures, but a nice addition to the ritual. Have a mantra or prayer ready to say as you walk around the area, or pass through the smoke, that which is to be cleansed. When the "smoking" is complete the herb can be put out in the soil or sand in the vessel, or it can be put out with running water and put away to dry for the next ritual. The leftover ash or herb that is not stored should be taken out and given back to its Mother the Earth (of course after it has been safely cooled).

There are many herbs used in burning for ritual. Below find the list of herbs available at Mind Body & Spirit for common smudging and cleansing and what they are used for specifically in some cultures, as well as some common uses for these same herbs in non-burning healing. (Keep in mind that there are many herbs used for burning and many are found at the shop, these are only the most common used.)

White Sage (Desert Sage) – Creates change, cleansing space of negative or foreign and unwanted energies. Steeped to make tea for headaches, and inner cleansing.

Sweetgrass – Used commonly in sweat lodges to call in Ancestors, grounding and protection energy, making sacred space, attracting positive energy after clearing negative. Steeped tea for easing sore throats, and calming nerves.

Cedar – Creates Sacred Space, Connects one with Spirit helpers, including spirit animals, and other guides. Also used in coming of age ceremonies. Steeped tea for colds and flu.

Lavender – Restores Balance, Calming and Soothing energies. Great aromatherapy addition for sleep.

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Essentials of Clove Oil:

The clove is the dried flower bud of a very small tree called an evergreen clove tree. The Clove evergreen does not flower until it is about ten years old. Oil distilled from the flower bud has a warm, spicy, and woody odor. Evidence of cloves had been found in containers dating back to 1721 BC. One of the more interesting facts is that clove has a local anesthetic property, and was used as an aid in dentistry in China as far back as 80 BC.

Originally native to the Maluku Islands of Indonesia only, where many spices originated from, it was tradition to plant a clove tree upon the birth of a child and the life of the tree was tied directly to the life of the child. The trees were highly revered, and they were protected accordingly by the Natives. In the 16th and 17th Centuries, the Dutch wanted a monopoly on cloves, as there were very limited amounts, and only used by the very elite of the world; therefore, much money was made on the transport of this spice. The Dutch took over the islands and began destroying clove trees that sprouted up anywhere outside of their own controlled growing areas. The Natives became very angry but as the Dutch were stronger with weaponry there was little they could do but watch their beloved trees be burned.

Clove oil has historically been known to help with many ailments and has the following properties: analgesic, antiseptic, antibacterial, antiviral, antiparasitic, antifungal, stimulant and spasmolytic. It has been known to stimulate the mind, help reduce acne, curtail athlete's foot, ease bronchitis, aid healing of cuts, ease toothaches, help to lessen stress, and help prevent colds and flu.

The spice trade had a violent past as with anything that greed has attempted to control. But when the inevitable shift happened in the 18th Century when cloves started being grown in many other places, it became affordable. Clove finally became what it should have always been, a favorite spice in cooking and medicine for all people, regardless of class, the world over.

jms



Never be afraid to tread the path alone.

Know which is your path and follow it
wherever it may lead you; do not feel you
have to follow in someone else's footsteps.

~Eileen Caddy

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" The greater the emphasis upon perfection the further it recedes."

-Haridas Chaudhuri