



NURTURE YOUR MIND, BODY & SPIRIT

BARJON'S BOOKS MUSIC GIFTS

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April 2011
Monthly
Newsletter

Nourish Your Inner World

A Note From Us...

In our busy lives it is easy to forget about taking some time for ourselves. Not just TV brain-veg time...but real self-nurturing time — the kind that leaves you feeling both relaxed and energized. Well, from meditation music and crystals, to intuitive readings and herbs, there is an array of resources just waiting to help make your alone time inspiring and enlightening. Unsure where to start? Come and speak with our knowledgeable staff...we can help point you in the right direction!

Kryon Coming to Billings!

Sunday, June 26th
12:00pm 5:30pm

Doors open at 11:00

MSU Downtown Conf. Ctr.

Third Ave. North - Across from Alberta Bair
Billings, MT

LEE CARROLL has channeled Kryon for 21 years worldwide and is the author of the Kryon Series of 15 books in 24 languages (so far). Having presented seven times at the United Nations in New York, as well as in 20 different countries overseas, Lee attracts audiences in the thousands. Lee's fascinating, entertaining lectures bring a message of love, empowerment and unity for Humanity.



You Can Register Online...

www.kryon.com/register-billings

ADMISSION: \$95

SEATING IS LIMITED!!! PRE-REGISTER EARLY!!!

CREDIT CARDS ACCEPTED thru June 20th

Contact: Barjon's Books
kryonbillings@kryon.com
800-788-4318

The Survival of the Soul



By Lisa Williams

\$24.95
Hardcover

Many of us have questions about the passage of life and often wonder what happens when we die. In this amazingly insightful book by medium/clairvoyant Lisa Williams, evidence of the afterlife is explored. Through various channels such as meditation, psychic readings, communication with her Spirit Guide, and a personal near-death experience, Lisa delves into the journey of the soul, discusses the different stages of the afterlife, and reveals what life is really like on the other side. This book addresses the myriad questions many of us have surrounding this subject, especially if we've gone through the painful experience of having lost loved ones. Lisa provides a reassuring glimpse into this fascinating topic by exploring the pathway to the afterlife and then to reincarnation; with the realization that death is not final, but rather a transition into the world beyond—a place that should be honored, not feared.

STORE-WIDE SALE!

10 % Off

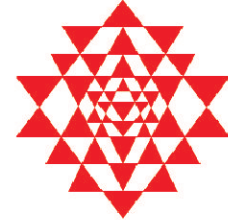
3 DAYS ONLY!

April 7 - 9th

Save 10% off the regular retail price of items store-wide! Excludes gallery artwork.

Into to Ayurveda Class

Friday, April 22nd with Heidi Chapnick



In these times, preventative health care has become a necessity instead of a luxury. Most of us have only learned the rudiments of wellness. In the truest sense, preventative care should encompass the whole of life of the individual as he/she relates to the universe. Health should be through evolution of the body, mind and consciousness which is in constant relationship with other people and with the environment.

Ayurveda is a science of self healing which encompasses diet, nutrition, lifestyle, exercise, meditation, breath, herbs, along with cleansing programs for healing body, mind, and spirit, as well as color, aromatherapy, sound therapy. It is the science of life and longevity, and takes into account the environment of the individual.

It is a vast science which can take a lifetime to master. In this introduction, we will help you to gain a better understanding of your individual body type and how it relates to your environment. In this way you can begin to make choices which can lead you to a more balanced life, and make you feel more in control of your health and well being.

Friday, April 22, 6:30 - 8:30 pm
\$10 - please pre-register by
Thursday, April 21st.

Monday - Saturday 9:30am - 6:00 pm • www.barjonsbooks.com • info@barjonsbooks.com • (406) 252-4398

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CRYSTAL CHAT “About Quartz Crystals”

By Pearl Bergman

Crystals have been used and enjoyed throughout history, whether for decoration, protection or their healing and energetic properties. The most familiar crystal, clear quartz, is also the most common mineral in the Earth's crust. It is found naturally as a single crystal or a quartz cluster, as well as being formed into spheres, jewelry pendants and decorative shapes. Within the quartz family are the colored quartzes: amethyst (purple), citrine (yellow), smoky quartz (brown translucent), and rose quartz (pink), which, along with clear quartz, are the most recognized and readily available members of this family.

The greatest aspect of the quartz family is that each and every type of quartz amplifies, so whether used alone or in conjunction with another stone, it strengthens and intensifies that energy. Consequently, clear quartz is an excellent stone for both meditation and for focused energy, particularly healing energy. Amethyst is excellent for the emotions it helps one to stay calm, keep the emotions under control and at the same time maintain clear focus. Citrine is a stone of abundance, helping one to attract success and prosperity as well as improve self-esteem and confidence. Smoky quartz is a great grounding crystal with protective qualities. Rose quartz is universally recognized as a stone of unconditional love and infinite peace.

As individuals handle the stones and crystals, they will begin to have a sense of the properties that relate to them personally. The above descriptions are generally accepted (and have been experienced) by many people. So choose any of the crystals of the quartz family to carry with you, to keep on your nightstand or in a special place in your home. Have them with you to absorb their properties and to serve your needs!



UPCOMING EVENTS

April 1, Fri. - Art Show featuring StoryPeople by Brian Andreas, Free!; and, Bodywork Mini-Fair 5 - 9pm, 10 minute sessions for \$5.00.

April 5, Tues. - Anusara Yoga, 11am - Noon, \$10 drop-in

April 6, Wed. - Intro to Astrology, 6:30 - 8:00pm, \$5.00

April 7, Thurs. - Spirit Quest Group, 6:30 - 8pm, Free!

April 8, Fri. - Spirit Message Circle, 6 - 8pm, \$30

April 9, Sat. - The Emerald Tablet, Intro to Alchemy, 10 - 11:30am, \$5.00

April 12, Tues. - Anusara Yoga, 11am - Noon, \$10

April 13, Wed. - Didgeridoo Meditation - 7 - 8pm, Free!

April 14, Thurs. - Spirit Quest Group, 6:30 - 8pm, Free!

April 15, Fri. - Singing Bowl Meditation, 7 - 8pm, \$5.00

April 16, Sat. - Crystal Workshop, 10:30 - 11:30 am, \$10

April 16, Sat. - Dances of Universal Peace, 4:15pm, Free!

April 18, Mon. Drumming Circle, 7 - 8pm \$5.00

April 19, Tues. - Anusara Yoga, 11am - Noon, \$10

April 20, Wed. - Intuitive Drawing Circle, 6 - 8pm, \$18

April 21, Thurs. - Spirit Quest Group, 6:30 - 8pm, Free!

April 22, Fri. - Intro to Ayurveda, 6:30 - 8:30pm, \$10

April 26, Tues. - Anusara Yoga, 11am - Noon, \$10

April 27, Wed. - Singing Bowl Meditation, 7- 8pm, \$5

For Event Details Visit

WWW.BARJONSBOOKS.COM

Please join us on Saturday morning, April 16th for a one-hour session covering more details of these crystals. You will have an opportunity to handle all of the quartz family crystals and learn in more detail about these wonderful members of the mineral kingdom! We will cover these basics: choosing, cleansing, storing and creating an intention for your crystal. Also, if you have questions about any crystals you currently possess, please feel free to bring them along.

CRYSTAL WORKSHOP

APRIL 16, 2011

10:30 - 11:30am - Barjon's Books

Cost: \$12

Temper

A Zen student came to Bankei and complained: "Master, I have an ungovernable temper. How can I cure it?" "You have something very strange," replied Bankei. "Let me see what you have." "Just now I cannot show it to you," replied the other. "When can you show it to me?" asked Bankei. "It arises unexpectedly," replied the student. "Then," concluded Bankei, "it must not be your own true nature. If it were, you could show it to me at any time. When you were born you did not have it, and your parents did not give it to you. Think that over."

stars above stars below

By Omi Preheim, Astrologer - www.omipreheim.com - omi@omipreheim.com



April 2011

Neptune into Pisces

April 9 through August 5, 2011

February 3, 2012 through January 2026

Neptune is the planetary ruler of Pisces and the 12th house in the astrological zodiac. Taking approximately 14 years to travel through one sign and 172 years to orbit the Sun, the effects of Neptune take a generation to develop. Neptune is associated with all things gaseous or liquid and has the capacity to

dissolve any form or structure. (The ocean, tsunamis, hurricanes, earthquakes, plus oil and water resources are also its purview.)

The next four months of 2011 will give us a small foretaste of what may be in store for us as Neptune moves briefly into its home territory before entering Pisces for an extended stay in 2012. A brief look into history by Shane Ward shows that "The underlying question of 'sustainability' seems to permeate through the Neptune ingresses into Pisces. Institutions and dynasties have fallen in its wake, albeit an often slow and protracted demise" (authorsden.com).

Somehow I imagine that the people of the world will ride out Neptune's storms in ways that we cannot yet envision, with new technologies and possibly renewed spirituality and tolerance. I imagine changes that benefit all not just the few. In Neptune's watery depths it is impossible to see clearly, so we learn to trust our intuition as our navigation system. And that may be the greatest gift of all.

Omi Preheim - Billings Astrologer

BARJON'S ARTWALK GALLERY SHOW FEATURING...

THE NATURE PHOTOGRAPHY OF RAINER CONNELL



05.06.11

New! Possibility Coaching

With Shelly Hayes - Tuesdays 4 - 6pm



I'm thrilled to be joining with Barjons and being of service through my Possibility Coaching!

I partner with clients like you to support you in 'feeling the fear and doing it anyway', just like I have done so many times in my life. Our fears are just beliefs, and beliefs are just thoughts we think a lot and they can be changed if you are willing.

I'm proud to offer Power Coaching once a week at Barjons. What is Power Coaching you ask? It is a way for you to have on-the-spot coaching on a specific issue. You bring a specific challenge to a session, and we Power straight into it to identify how you can move forward.

Power coaching provides that extra focus and that much needed clarity that can put you back on track. Because I have your ultimate success in mind, I am loving, compassionate, direct, open and honest. I won't tell you what you want to hear I will tell you what will move you forward and help you do it right now.



Spirit Quest is a group of open minded people interested in learning and discuss various alternative topics ranging from Alternative Medicine to Angels (and everything in between).

Spirit Quest Discussion Group meets every Thursday night from 6:30 - 8:00pm at Barjon's

Didgeridoo!



Didgeridoo Meditation
April 13 @ 7pm

with Mark Cacal

Monday - Saturday 9:30am - 6:00 pm • www.barjonsbooks.com • info@barjonsbooks.com • (406) 252-4398

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Intuitive Readings & Personal Coaching Sessions

For Appointments Call
(406) 252-4398



Tuesdays

Intuitive Readings

with Elizabeth Almann
5 min. Session for \$10.00
10 min. Session for \$20.00
20 min. Session for \$40.00
12 - 4pm

Looking for clarity or direction? Elizabeth Almann, M.Ed., is a spiritual intuitive, life coach, and energy healer with over twenty years experience helping others to find understanding and inspiration. Through clairaudience and channeling, she provides guidance about all aspects of life, including career, relationships, current challenges, karmic blessings and lessons, and your life's purpose and path. In addition to individual readings and hands-on healing work, Elizabeth does group readings (the Spirit Message Circle) and teaches classes on how to develop your own intuitive gifts. For details, visit www.holdinglight.com.



Tuesdays

Power Coaching

with Shelley Hayes
15 min. Session for \$30
30 min. Session for \$60
4 - 6pm

Are you in pain in your mind, your heart, and your spirit, knowing you are not reaching for your true potential? This can be a blessed place to be in! Shelley helps clients like you walk through this part of your life with grace, strength and dignity. You will learn how to stop limiting yourself, and find the peace, enthusiasm and balance you are seeking. Shelley uses techniques, tools, and exercises that take the best of business, spirituality and coaching models to create powerful and effective ways for you to feel empowered and passionate about your dreams. Your dreams can become a reality! For more information visit...

www.empoweringpossibility.com.



Wednesdays

Intuitive Readings

with Roxanne
20 min. Session for \$20.00
30 min. Session for \$30.00
12 - 4pm

Roxanne has the natural ability to easily access information from "the other side of the veil." She provides intuitive readings that can lead to a greater clarity, intent, and creativity. Practical tools and information are given that identify areas where growth, ease and balance can be restored within physical and emotional well-being, life patterns, prosperity and relationships. Roxanne is new to Billings and brings a professional clairvoyant practice with over fifteen years experience. She is a Reiki Master, Certified Essential Oil Practitioner, and Advanced Theta & Serenity healer and instructor. In addition to individual readings and hands-on healing, Roxanne is available for individual or group instruction. 208-641-9165



Thursdays

Intuitive Readings

with Sonja Roy
20 min. Session for \$20.00
30 min. Session for \$30.00
12 - 4pm

Do you need genuine, honest advice?

Sonja Roy is an Earth Angel, empath, clairvoyant, and Reiki healer with over 13 years helping others to feel good about themselves and their lives.

As a professional cosmetologist and owner of Salon Mariposa, Sonja has learned to bring out the beauty in each person.

Sonja uses Tarot and Angel cards to tune into your energy and answer your questions. Her honest, caring readings will help you to understand your life path and choices.

By Appointment Only:



Fridays

Intuitive Readings

with Tamara Childs
20 min. Session for \$40.00
30 min. Session for \$60.00
1 Hour Session for \$98.00

By Appointment: 12 - 4pm

Are you in need of an "Energy Tune-Up?" Does your world reflect your highest aspirations? Change your inner blueprint with a vibrational healing. All answers/solutions are inside you, waiting to be activated. Tamara's intuitive readings & healings will spark transformations in your relationships, inner harmony, prosperity, and well-being. Try a PSYCH-K session to reprogram your subconscious beliefs so they match your conscious desires.



Saturdays

Intuitive Readings

with Roxanne
20 min. Session for \$20.00
30 min. Session for \$30.00
12 - 4pm

Roxanne has the natural ability to easily access information from "the other side of the veil." She provides intuitive readings that can lead to a greater clarity, intent, and creativity. Practical tools and information are given that identify areas where growth, ease and balance can be restored within physical and emotional well-being, life patterns, prosperity and relationships. Roxanne is new to Billings and brings a professional clairvoyant practice with over fifteen years experience. She is a Reiki Master, Certified Essential Oil Practitioner, and Advanced Theta & Serenity healer and instructor. In addition to individual readings and hands-on healing, Roxanne is available for individual or group instruction. 208-641-9165

The Emerald Tablet

Saturday, April 9, 10 - 11:30am
with Lady Nightwind - \$5.00

An Intro to Alchemy, a path of spiritual transformation

Join us for an introduction to the amazing mystic path of alchemy. Lady Nightwind has taught Alchemy for the past 4 years since studying under Jeff McBride, originator of alchemical techniques used to conduct Sacred Alchemical Fire Circles, which Nytewind has brought to Billings in the MMC SummerFest event.

Astrology for Beginners

Wednesday, April 6, 6:30 - 8:30pm
with Lady Nightwind - \$5.00

Every herb, rock, tarot card, person, city, country, element, day or hour is governed by planetary energy. Gain basic knowledge of the planets and how they relate to the earth and to each other. Wednesday, April 6th, 6:30 - 8:30pm. Call Barjon's to register by Noon on April 6th. Additionally, registrants please call 256-9070 and leave a message with your date, time and place of birth, so the instructor can run your personal chart for the class.

Dances of Universal Peace

Saturday, April 16, 4pm



The public is invited to Dances of Universal Peace at 4:15 p.m. These simple, joyous, meditative, multi-cultural circle dances use sacred phrases, chants, music and movements from the many spiritual traditions of the earth to touch the spiritual essence within ourselves and recognize it in others.