

# BODY MIND & SOUL

PRODUCTS AND INFORMATION  
TO ENRICH YOUR WORLD

## THE BMS E-Z SHOPPING GUIDE



Having problems finding that present that is just right? Is your person more of a creative type or a nurturing angel? Possibly a deep thinker?

We have simplified the search for you with our unique holiday gift guide. Take a look inside and find the description that is the best match. We have selected some of our favorite gifts for to fit those unique traits. Now who says profiling can't be fun?

*Happy Holidays*  
*from Body Mind & Soul*

**R**ing on, ring on solstice bells! Body Mind & Soul has a bunch of special events planned for the season. As usual, we will have a **Holiday Open House**, and like last year, we will be doing **Twelve Days of Christmas Specials** (an daily e-mail listing a special sale items – only good for that day).

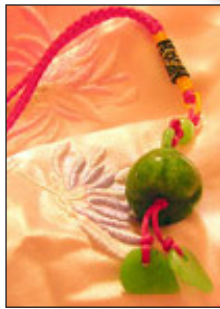
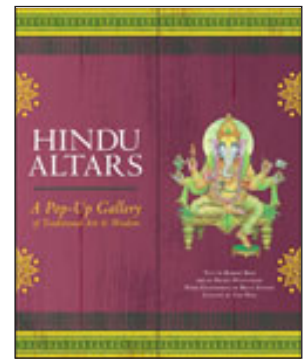
Please check our website — [www.bmshouston.com](http://www.bmshouston.com) — for the date for our Holiday Open House and we hope that you have a merry holiday. Stay up to date by joining our e-mail list.

See page 7 for Classes. Additional events on Back Page.

## HOLIDAY GIFT PROFILE:

# for the ZEN HOTTIE

You gotta love them. Somehow they always seem to keep their inner cool. A lover of inner discoveries, Eastern philosophy, and outer excitement. Life is bliss, meant to be shared. Grounded and calm.  
**THINK: Richard Gere or Julia Roberts**



### UNEXPECTED MIRACLES FENG SHUI CHARM

The lotus flower symbolizes miracles and by carrying this lucky charm with you, unexpected miracles flow into your life. \$5.99



### YIN YANG ZEN GARDEN

For meditation or contemplation, this is the perfect desk accessory. \$29.99

### SUCCESS AND WEALTH CHARM

This hanging crystal star can bring you great wealth, power, success and the freedom to accomplish your life goals. \$10.99



### METAL SINGING BOWL

Brings you to the present moment. \$27.99



### BUDDHA BOARD

The special surface of the Buddha Board enables one to draw with pure water. As the water evaporates, so does the art. Painting on the Buddha Board is almost a meditative preoccupation. \$34.99



### JEWEL OF THE LOTUS WALL CALENDAR

Revered for centuries, the auspicious lotus symbolizes beauty, purity, and enlightenment. Enjoy a full year of images and inspirational words. \$13.95

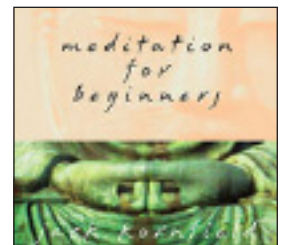
### HINDU ALTARS: A POP-UP GALLERY OF TRADITIONAL ART AND WISDOM

The newest in a series of ingenious pop-up titles devoted to the great Eastern religions, Hindu Altars dazzles with brilliant illustrations and the exceptional effect of pop-up displays. \$23.95

### MEDITATION FOR BEGINNERS

Jack Kornfield

In this step-by-step instruction CD, Kornfield shows how meditation is a way of discovering the truth and relating to it with compassion and honesty. \$24.95



### MALA BRACELET

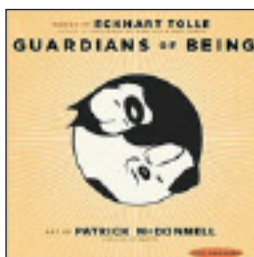
This rosewood and turquoise mala is a stylish accent for meditation on the go. \$6.99



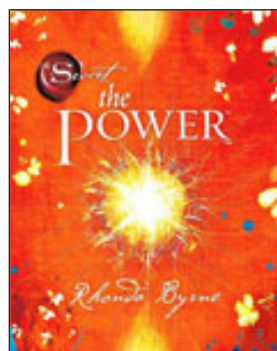
# for the DEEP THINKER

The more cerebral, the better. Quantum physics, science and technology, digs Stephen Hawking and mental challenges.  
**THINK: Deepak Chopra or Jodie Foster**

### GUARDIANS OF BEING 2011 WALL CALENDAR by Eckhart Tolle & Patrick McDonnell

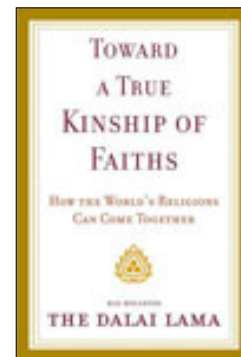


This calendar celebrates and reminds us of not only the oneness of all life, but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice. \$13.99



### THE POWER by Rhonda Byrne

In this book you will come to understand that all it takes is just one thing to change your relationships, money, health, happiness, career, and your entire life. \$23.95



### TOWARD A TRUE KINSHIP OF FAITHS by The Dalai Lama

The Dalai Lama shows you how the challenges of globalization can also move you in another direction, to a deeper plane where nations, cultures, and individuals connect through their shared human nature. \$25.00

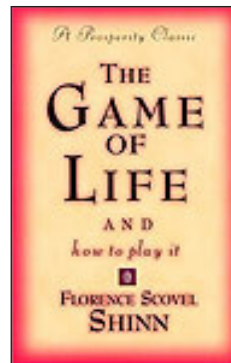
### OH MY GOD DVD EXPANDED

Film maker Peter Rodger sets out on a global quest to ask the question – what is God? The result is a stunningly beautiful film. \$29.95



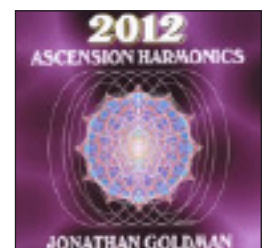
### GAME OF LIFE AND HOW TO PLAY IT by Florence Shinn

Written in 1925, this classic book guides you on how to "WIN" in life through positive attitudes and affirmations. \$9.95

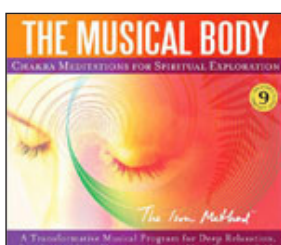


### 2012 ASCENSION HARMONICS CD by Jonathan Goldman

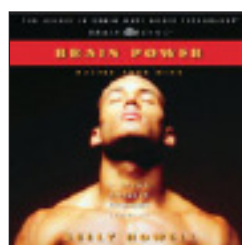
Designed to be used to initiate altered states of consciousness and activate frequency shifts. \$15.98



### MUSICAL BODY: CHAKRA MEDITATIONS FOR SPIRITUAL EXPLORATIONS CD by David Ison

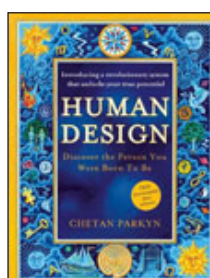


New possibilities for living spontaneously emerge as this CD helps you release blockages in each chakra. \$39.98, 9 CD set



### BRAIN POWER by Kelly Howell

You feel invigorated as fresh neural pathways are opened to effortlessly access more of your untapped ability to learn, recall and create. \$14.95

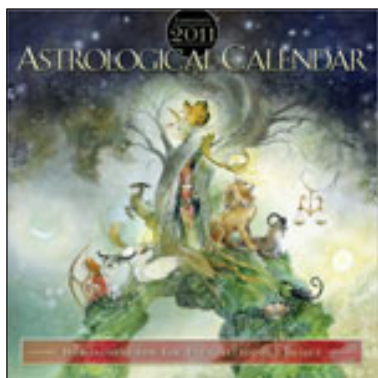


### HUMAN DESIGN by Chetan Parkyn

More individually specific than horoscopes, Human Design is a revolutionary system that is changing people's lives around the world. Using the date, time, and location of your birth, it reveals the person you were born to be and the life you were meant to lead. \$21.95

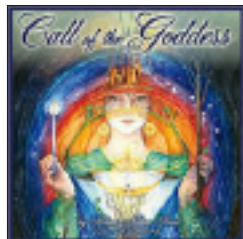
# for the RENAISSANCE SOUL

Loves the past while looking to the future: Celtic and classical, possibly goth, and guided by the Moon and stars. Colorful, and insightful, with a flair for intuition.  
**THINK: Johnny Depp or Shirley MacLaine**



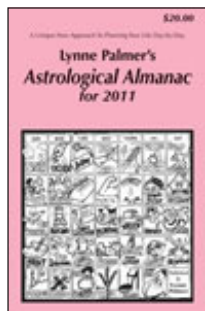
**LLEWELLYN ASTROLOGICAL WALL CALENDAR**

Our best selling astrological wall calendar features information for both beginners and seasoned astrologers. Plus this year's illustration are by Stephanie Law and are gorgeous. \$13.99



**CALL OF THE GODDESS WALL CALENDAR**

Captivating images of the sacred feminine. \$13.99



**LYNNE PALMER ASTROLOGICAL ALMANAC**

You don't need to know your sun sign with this almanac. Just look for the activity you are interested in and find the favorable dates to take action. \$20.00



**RIDER WAITE TAROT DECK**

The classic deck everyone starts with and the world's most popular tarot deck. \$18.00

**COLORS AND NUMBERS by Louise Hay**

Live more in tune with the cosmos by finding your own personal number vibrations and personal color vibrations. \$8.95



**MAIDEN MOON GODDESS**

Jessica Galbreth's goddess figurine appeals to any star gazing romantic. \$34.99



**PSYCHIC TAROT ORACLE CARDS by John Holland**

Bridging your psychic abilities and the ancient knowledge of the tarot, this deck helps you develop intuitive insight for all areas of your life. \$18.95

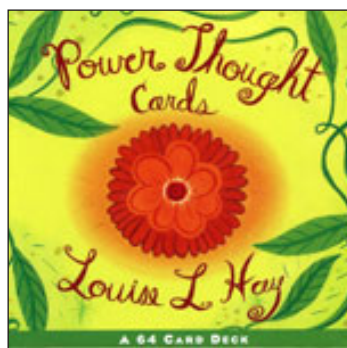
**SPIRIT GUIDE STONE CIRCLE NECKLACE**

This handmade piece features Picture Jasper, Tiger's Eye and Black Jasper for vision, wisdom and protection. \$33.99



# for the CREATIVE

Always one for ideas, this is the artistic, crafty person who embraces their playful inner child. Funny, dreamy, whimsical, carefree, and always laughing.  
**THINK: Robin Williams or Katy Perry**

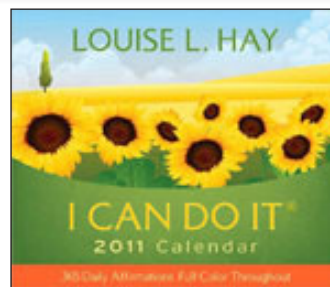


**POWER THOUGHT CARDS**

Find your inner strength. Each card lists one powerful affirmation on one side and an inspiring visualization on the other side. \$15.95

**I CAN DO IT WALL CALENDAR**

This calendar brings you energy for a full year, page by page, allowing you to build a positive foundation for the future. \$13.95



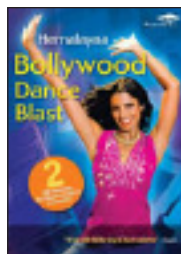
**BLOSSOM BUNNY**

What's cuddly and soft, and oh, so lovable? This small Blossom Bunny is perfect for kids of all ages (yes, that means you adults out there). \$11.99



**BOLLYWOOD DANCE BLAST DVD by Hemalaya**

High energy, puts a smile on your face, and makes you feel wonderful. Dance your way to less stress. \$14.99



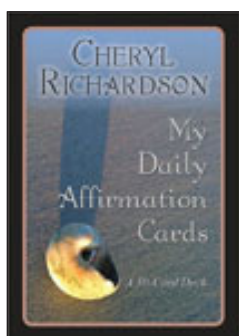
**ALEXAS ANGELS POSIT+IVI+Y BRACELET**

Positivity is this year's hottest trend! Attitude is a choice... everyone loves a gift... and posi+ivi+y is contagious! Keep one bracelet for yourself and share the others with loved ones, friends, or even strangers. Be positive! Pass it on and have fun! Set of 3 stretch Nylon and Rhodium Bracelets. \$9.99



**ENCHANTED DREAMS WALL CALENDAR**

Playful, mystical and wise – spend a year with this enchanting calendar and may all your dreams come true. \$13.95



**MY DAILY AFFIRMATION CARDS**

Reprogram your subconscious mind and create a life that honors your deepest desires by using daily affirmations. \$15.95



**BURN OUT T-SHIRTS WITH HAPPY SAYINGS**

This one says, "In a world where you can be anything, be yourself." \$27.99

## HOLIDAY GIFT PROFILE:

# for the SENSUAL DIVA

Everything about them is lush, all their efforts are grand, and their style is impeccable. Drop-dead jewelry is a must. Their world is one of elegance and sensuality.

**THINK: Jennifer Lopez or Madonna**

### HEART CHARM BRACELET

Stretchy bracelet is crafted of crystals, pearls and rhodium charms. \$29.99



### MOONFLOWER BUBBLE BATH

Sink into the luxurious, shimmering bubbles of Moonflower Foaming Bath and envelop yourself in the mystery of twilight. \$24.99



### MOONFLOWER EAU DE PARFUM ROLLER BALL

Carry this with you for fast fragrance touch ups and a golden shimmer that lingers on your skin. \$21.99



### DOG EARED INFINITE LOVE NECKLACE AND BRACELET

A person's capacity to give and receive love is as endless as the stars in the sky! Remind someone how much you love them with this beautiful infinity symbol jewelry. Bracelets \$34.99 to \$56.99  
Necklace \$61.95



### POM POM SCARF

This pom pom scarf is great for every season. It is so versatile that you can wear it with your jeans by day and favorite dress at night! \$28.99

### THE WIND THAT SHAKES THE BARLEY

Loreena Mckennitt's newest album is also her most celtic album to date. Don't miss this – Loreena's angelic voice and the beautiful traditional instrumentation. \$17.98



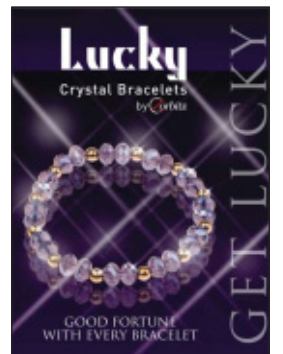
### JEAN BAPTISTE 1717 PERFUME

Evokes the seductive soul of New Orleans: oak lined boulevards, jasmind air, distant song, sweet times, love lost and found. \$44.99



### LUCKY CRYSTAL BRACELETS

Wear these bracelets always and your fortune can come true. Sparkly crystal, each a different color with a different meaning. \$10.99



# for the NURTURING ANGEL

To know them is to love them. They are nurturing, soul-searching and always helpful. Softness and comfort are their style, and they are always there to help heal or advise.

**THINK: Dr. Drew Pinsky or Oprah Winfrey**

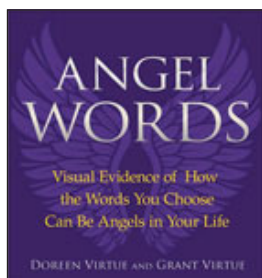


### ARCHANGEL MICHAEL ORACLE CARDS

Archangel Michael knows your life's purpose and the best steps for you to take next. \$15.99

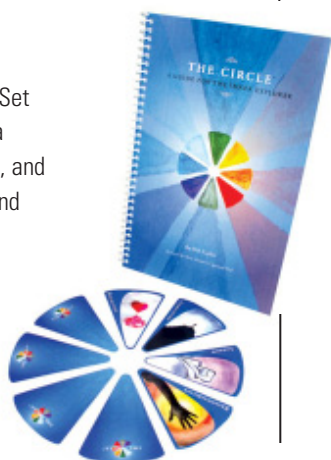
### ANGEL WORDS BY DOREEN VIRTUE

Angel Words gives visual proof of the power and impact of speaking in a loving way. You'll come to understand why positive words express the most energy and therefore have the most power to manifest your dreams. \$14.95



### CIRCLE DECK

A guide for the inter explorer. Set also includes 54 circle gems, a velvet gem satchel, guidebook, and journal. It is self-exploration and reflection in its purest form. \$24.95



### LOVE HANGING HEART BRACELET



Wearing this on the wrist is a constant reminder of love, plus the rose quartz symbolizes unconditional love. \$9.99

### GOD'S HANDS WITH STONES

Place your worries in God's hands. \$14.99



### EMOTIONAL REPAIR KIT CARDS

In this "emotional emergency kit" New York Times bestselling author Dr. Judith Orloff offers simple exercises for transforming seven negative emotions into positive thinking and living. \$14.99



### LAVENDER BUBBLE BATH

Made with pure, therapeutic-grade essential oils \$21.99

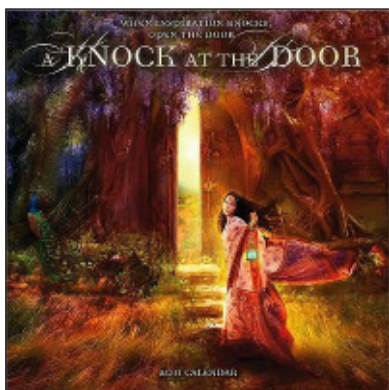


### ALEXAS ANGELS FEATHER WISH LOCKET NECKLACE

Open each delicate angel wing locket to discover the "wishing feathers" nestled inside. Keep the feathers to hold special dreams by your heart, or offer them as wishful gifts for another. \$41.99

## HOLIDAY GIFT PROFILE:

# for the NATURALIST



### KNOCK AT THE DOOR WALL CALENDAR

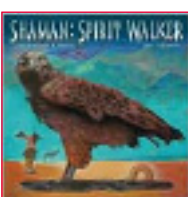
Crossing into the land of remembering your magical self requires only one thing: when Inspiration knocks, open the door. \$13.95

### DUBAI CANDLE TIN

Dubai is scented with essential oils of amber, mandarin and musk, resulting in a wonderfully complex earthy fragrance. A best seller. \$13.99



### SHAMAN SPIRIT WALKER WALL CALENDAR



Artist Susan Seddon Boulet offers finely detailed painting of shamans, merging both human and animal forms. The results are stunning portraits within portraits. \$13.95

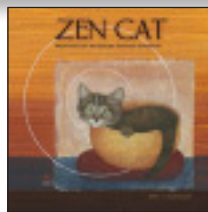
### TURQUOISE CHIME

The brilliant blue of turquoise, one of the oldest protective amulets, sets off this angelic sounding windchime. \$11.99



### ZEN CAT WALL CALENDAR

The teachings of the Zen Cat are born in awareness and the oneness of existence. \$13.99



### OLIVE BODY BUTTER TUBE

This Classic Olive imparts an earthy, alluringly sensual unisex scent while grapeseed and extra virgin olive oil conditions skin. \$28.99

### WOODFIRE SOY BLEND CANDLE

This is an intimate fireside fragrance in a beautifully designed, oversized tin. A warming blend of cedarwood, smoke accents, patchouli, cinnamon and vanilla creates an amazing campfire fragrance. You have to smell this to believe it. Simply wonderful. Burn Time: 55 hours. \$18.99



### BIRCH FRAGRANCED PINE CONES

Inspired by Robert Frost's poem of the same name, this woody blend of patchouli leaf, birch, mahogany and rosewood restores the natural balance of spirit and senses. 15 oz. \$22.99



### EARTH MAGIC ORACLE CARDS

The earth speaks to us in many ways through the spirits of her various elements. In this deck by Steven Farmer, you will find messages from the spirits of each element. \$15.95

### WISDOM OF AVALON ORACLE CARDS

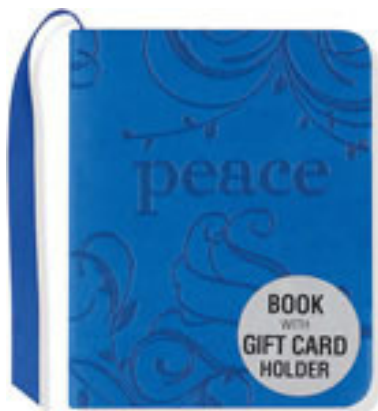
This gorgeous set of oracle cards by Colette Baron-Reid is an inspiration tool to bridge the unseen world of Spirit and the physical world of our daily lives. \$15.95



# for the GIFT HAPPY ELF

A mischievous sprite in human form, who loves to spread the love of the season. Loves to dance and party, is funny and whimsical, and is very giving. Can always be counted on to lift up everyone's spirits.

**THINK: Howie Mandell or Ellen DeGeneres**



### PEACE MINI BOOK AND GIFT CARD HOLDER

Our wise little "Peace" holiday Petite gift book is filled with inspiring quotations about peace on earth. Plus, there is a gift card holder to add an extra surprise. Peace is shown; we also have Believe, Dream and Noel. \$5.95

### FRASIER FIR VOTIVE CANDLE

Mountain fresh and glowing, this candle smells just like a Christmas tree. Our best selling candle every holiday season. Votive candle in decorative glass container. \$12.99



Frasier Fir Votive candle set of 3 votives \$15.99



### CINNABARK DIFFUSER

CINNABARK evokes warm holiday memories with cedar wood, cinnamon bark and olibanum resin. Our greenest diffuser, using essential oils, recycled papers and even wind power to produce this collection. \$49.99



### ROYAL POMANDER CANDLE

A rich medley of patchouli, spice, vanilla and orange. This is a warm scent perfectly captures the anticipation of the season. \$31.99



### MULLED WINE CERAMIC

A great hostess gift, scents of spice and wine flavor this lavishly adorned ceramic jar accented with a lustrous gold lid. \$24.99



### PINECONE LANTERN

This stunning pinecone-shaped metal lantern is designed to fit over a glass votive candle. When lit, it gives off a warm and peaceful glow that looks lovely on an entryway table or as a cozy winter window display. \$29.99

### STAR CANDLE

A dramatic candle for the holiday season. Scent with fresh pine and a touch of cinnamon. \$24.99



### JOY TO THE WORLD Pink Martini

Have yourself a Pink Martini this holiday season. Traditional favorites and gorgeous, lesser-known discoveries, all imbued with Pink Martini's signature little orchestra sound! Features an array of guests, including Japanese pop star Saori Yuki and NPR's Ari Shapiro. \$16.98

# STOCKING STUFFERS

gifts small and simple



## MASSAGE THERAPY KIT

Blended with nourishing essential oils and skin soothing emollients. Kama Sutra's aromatic Massage Oils glide on effortlessly. Set of 5 small massage oils. \$31.99

## POO-POURRI

Our Natural Essential Oils create a film on the surface of the water, trapping odor at its source. A Citrus Fresh blend of Lemongrass, Bergamot, Grapefruit and other natural essential oils that leave the bathroom smelling clean and fresh! \$7.99 2 oz



## HONEYSUCKLE ROSE HAND CREAM

Blended with shea butter, olive, grapeseed and almond oils, this softening and hydrating hand crème penetrates quickly to protect, nourish, and moisturize the skin. \$19.99



## LILAC PHARMACY SALT

Our most popular bath salt fragrance Lilac is a very floral, bath salt of medium sweetness and earthy spring freshness \$11.99



## BALLMANIA LIP BALM

Packed with the latest and greatest in pucker protection technology, Twist & Pout delivers a crucial combination of oils, butters and full spectrum UVA/UVB lip armor. \$7.49

## BAG OF HAPPINESS

Five Chinese tokens of happiness pulled together in a lucky red bag. Silver tokens include: coin for wealth, gourd for luck, monkey for prosperity, mandarin duck for harmonious love and pine bough for long life. \$9.49



## RAINBOW MAKER

Add a rainbow to any window-lit room. Genuine Swarovski Crystal rotates and refracts sunlight to create an overlapping pattern of rainbows that will swirl around your room. \$28.99



## GREEN TEA KAYURGAI JAPANESE INCENSE

Light this green tea incense and it's scent and smoke will waft through your space, bringing a feeling of stress relief and relaxation. \$12.29



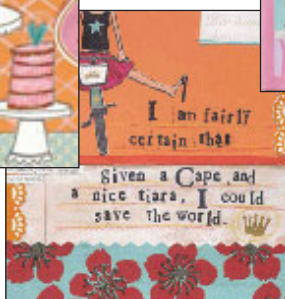
## HOLIDAY ENVELOPE SACHET

Convey the merriest wishes to teachers, your mail man, anyone who enjoys the fresh scent of pine warmed with a touch of cinnamon. \$3.50



## MAGIC EGG

In the Chinese tradition the egg shape is used to take negativity out of the environment. \$6.99

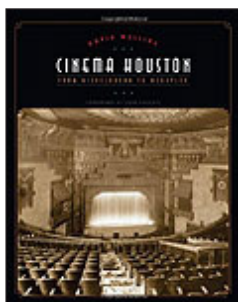


## CURLY GIRL JOURNALS

This sturdy wire-bound journal is perfect for carrying around and for jotting down your daily inspirations. \$17.50

## a Houston-proud gift idea for the Movieholic

### CINEMA HOUSTON: FROM NICKELODEON TO MEGAPLEX David Welling



Here is a book that covers the places in Houston that showed the shows. *Cinema Houston* celebrates a vibrant century of movie theatres and moviegoing in Texas's largest city. Illustrated with more than two hundred historical photographs, newspaper clippings, and advertisements, it traces the history of Houston movie theatres from their early twentieth-century beginnings to the present, including drive-in theatres and sections on the river Oaks and Alabama Theatres. \$45.00 **Signed copies are available.**

Be sure to mark your calendars.

# CLASS/EVENT SCHEDULE

Since classes and workshops can fill up (or be cancelled due to low registration), please pre-register for all events. Cash refunds available for class or workshop cancellation 2 or more days prior to an event. To reserve your space, full payment is necessary at the time of registration. You may call us at #713-993-0550 or email us at [bmshouston@bmshouston.com](mailto:bmshouston@bmshouston.com) to reserve your spot.

\*We never recommend to our customers that they stop care by a qualified physician while seeking alternative remedies or help.

## DECEMBER

SAT., DECEMBER 4 AND 11, 1:00 PM – 5:00 PM

### In-store performance by Bill Rowe



Upon listening to the ambient music of Bill Rowe, you would swear that there was more than one person playing. Armed with a unique 7-string guitar and a set of electronic devices, Rowe is able to create audial landscapes that are both hypnotic and soothing. We are thrilled that he has offered to perform for several weekends in December. Stop by and give him a listen. CDs of his music are also available.

SUN., DECEMBER 12, 1:00 PM – 5:00 PM

### Psychic Sunday

Find out the answers to your questions during Body Mind & Soul's Psychic Sundays, held on the 2nd and 4th Sundays of every month. **\$15.00 per 15-minute reading**

SUN., DECEMBER 26, 2:00 PM – 4:30 PM

### Co-create an Amazing Life: Live Your Dreams with Sandra J. Filer



What is it that you do want? And, why do you want it? These are two key questions in co-creating an amazing life. With just 30 days of mild effort, you can go from being one of the most resistant people, to one of the least resistant. You will then be amazed at the number of manifestations that begin to happen as a result of your ability to allow it. Powerful! Join Sandra as she shares tools and techniques that will empower you to get present, clear, and in alignment with what you desire. Walk away with new ways of thinking and being; and, immediately co-creating your amazing life of living your dreams. There is space for 10 participants. **\$33.**

SUN., DECEMBER 26, 1:00 PM – 5:00 PM

### Psychic Sunday

Find out the answers to your questions during Body Mind & Soul's Psychic Sundays, held on the 2nd and 4th Sundays of every month. **\$15.00 per 15-minute reading**

## JANUARY

SAT., JANUARY 8, 2-4 PM

### Manifesting With Your Angels:

#### How to get what you want, whatever it is...

with Janie Gatlin



Have you ever wondered how to make things happen in your life? Why good things seem to fall out of the sky for some and for others everything is a struggle? Working with the Archangels learn how to unleash the power of your mind and your emotions. We will be working with the creation process, learning to ask, visualize, be grateful, and expect your desires to become a reality. How you think is how you are. So, how are you? Your thoughts create your reality. Imagine working with your angels to create peace in your life. No more swimming up stream or feeling like a victim. Learn how to become aware, be in control, be happy and be on purpose! **\$35**

SUN., JANUARY 9, 1:00 PM – 5:00 PM

### Psychic Sunday

Find out the answers to your questions during Body Mind & Soul's Psychic Sundays, held on the 2nd and 4th Sundays of every month. **\$15.00 per 15-minute reading**

SUN., JANUARY 16, 1:00 PM – 5:00 PM

### BMS Wellness Fair

We had so much fun with our first Wellness Day in September, we wanted to do it again. Some of our most popular teachers will be on hand to help you nurture yourself.

- Sarah Gish – will be "dream catching", finding your true purpose
- Melanie Harrell – Reiki sessions (30-minutes only)
- Michelle Hurd – Choose an essential oil and see what that says about you and how to use that oil

- Sandra Filer – Learn to manifest using the teachings of Louise Hay
- Bianca Pastrana – Choose a crystal and see what it tells you **\$15.00 per 15-minute session; \$30.00 per 30-minute session. Appointments will be taken by phone, 713-993-0550.** Walk-ins also welcome, although sessions are subject to availability. Remember, this day is about you - what you need on your journey and what nurtures you.

SAT., JANUARY 22, 1:00 PM – 2:30 PM

### Past Life Regression with Melanie Harrell



Are old patterns stopping you from creating the life you want? Explore your past through the process of past life regression. Learn where and when these patterns originated and then release them so you stop repeating them! Then you are free to create the life you want. Melanie trained with Dr. Brian Weiss, author of *Many Lives, Many Masters*. Bring something very soft and thick to lie on (such as a sleeping bag and pillow) and a notebook for recording your experience. We have space for 11 participants. Please register early, this class sometimes sells out. **\$25**

SUN., JANUARY 23, 1:00 PM – 5:00 PM

### Psychic Sunday

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SAT., JANUARY 29 1:00 PM – 5:00 PM

### Aromatherapy, Essential Oils and Blending with Michelle Hurd



Aromatherapy is a natural way to feel better both inside and outside, using pure, safe essential oils from plants to calm, balance, rejuvenate and promote healing of the body, mind and spirit. It is a wonderful blend of science and art. In this hands-on class, you will learn: why aromatherapy is effective and how it works in your body, where essential oils come from, how to select essential oils, safety considerations and how to use essential oils for common ailments and in your home. You will have the opportunity to sample different quality essential oils and learn how to blend the oils for increased effectiveness. We will have focused time with Lavender, Eucalyptus, Peppermint, Rosemary, Tea Tree, Geranium, Clary Sage, and Bergamot. You will create and take home your own blend of essential oils ready for use in the carrier of your choice! Maximum class size: 10. Course booklet and personal therapeutic grade essential oil blend included in class. **\$75 plus \$15 materials**

## FEBRUARY

SUN., FEBRUARY 6, 2:00 PM – 5:00 PM

### Intro to Crystal Healing with Bianca Pastrana



Curious about crystals and their powers? This class covers a brief history of crystals used for healing and ritual through the ages; clearing techniques to restore your energy centers (chakras) and aura; how to use crystals to connect in with your Guides; beginner techniques for tuning in and channeling information from your crystals; how to clear your home and work environment; and proper clearing and cleansing of your stones and jewelry (and why this is important). **The fee includes all materials. \$75**

SUN., FEBRUARY 12, 2:00 PM – 5:00 PM

### Fashion Feng Shui with Beverly Mattern



Feng Shui and fashion go hand in hand. Understanding the principles of Feng Shui can provide you with the missing link to creating a healthier environment which supports your dreams and goals. And by applying these principles to your personal environment (your wardrobe), you can dress with intention to manifest your desires. Bring to Workshop: one garment that you absolutely LOVE, something that you think you should love and don't, and something you don't like. We have space for 10 people. **\$35**

SUN., FEBRUARY 13, 1:00 PM – 5:00 PM

### Psychic Sunday

Find out the answers to your questions during Body Mind & Soul's Psychic Sundays, held on the 2nd and 4th Sundays of every month. **\$15.00 per 15-minute reading**

SAT., FEBRUARY 19, 1:00 PM – 2:30 PM

### Past Life Regression with Melanie Harrell



Are old patterns stopping you from creating the life you want? Explore your past through the process of past life regression. Learn where and when these patterns originated and then release them so you stop repeating them! Then you are free to create the life you want. Melanie trained with Dr. Brian Weiss, author of *Many Lives, Many Masters*. Bring something very soft and thick to lie on (such as a sleeping bag and pillow) and a notebook for recording your experience. We have space for 11 participants. Please register early, this class sometimes sells out. **\$25**

SUN., FEBRUARY 27, 1:00 PM – 5:00 PM

### Psychic Sunday

Find out the answers to your questions during Body Mind & Soul's Psychic Sundays, held on the 2nd and 4th Sundays of every month. **\$15.00 per 15-minute reading**

## MARCH

SAT. AND SUN., MARCH 5/6, 1:00 – 5:00 PM (both days)

### First Degree Reiki with Melanie Harrell



Reiki is an ancient healing technique that is easy to learn and easy to practice – all you need are your hands. In this practical, grounded class, you will receive four attunements and learn to give Reiki treatments to yourself and others. Students are fully capable of practicing Reiki afterward and certification is included. Limited to 8 people. 8 hours total.

**\$150; pre-registration with payment required**

### Class and Workshop Instructors

**Sandra J. Filer** is originally from Flint, Michigan and moved to Houston in 1999. Sandra is a Certified Heal Your Life Teacher and holds an MBA from Western Michigan University. Prior to becoming a Certified Heal Your Life Teacher and Speaker, she spent 21 years in corporate America in the banking industry. Sandra is also a Lead Empowerment Circle Guide with Circles of Women. Her website is: [www.myspace.com/diosafeliz](http://www.myspace.com/diosafeliz)

**Janie Gatlin** is an Angel Therapy Practitioner trained by Doreen Virtue, PhD. She is a Licensed Professional Counselor with over 30 years experience in human services. Most of her career was spent teaching art, an experience that led her to counseling, so that she could help children on a deeper level.

**Melanie Harrell, M.A., CH, RYT**, has a master's degree in transpersonal psychology from Naropa University. A Reiki Alliance Master since 2001, Melanie is a certified hypnotist and has completed extensive training in advanced energy techniques. She maintains a private practice in Bellaire. See her website at [www.groundedenergy.com](http://www.groundedenergy.com).

**Michelle Hurd**, MBA and Clinical Aromatherapist began developing natural products to help her 4 year old son's health in 2000. A longtime student of aromatherapy and alternative practices, she developed products that contributed to his healing. Michelle has studied locally with Joan Goodman, CTN, MH and holds certifications from Jeanne Rose. She is passionate about educating people on the ability to heal our bodies with natural means and removing chemicals from our homes.

**Beverly Mattern** is certified in Fashion Feng Shui by Evana Maggiorie, an international image consultant, author and feng shui practitioner. She has a Bachelor of Arts degree from the University of Houston majoring in interior design. She has been an interior designer for the past 30 years and a professional member of ASID, American Society of Interior Designers. She has studied Feng Shui under Terah Kathryn Collins with the Western School of Feng Shui and is certified in Essential Feng Shui.

**Bianca Pastrana** is an intuitive jewelry designer and talented Polarity and Gemstone Therapist who graduated from the Polarity Realization Institute in Westbrook, Maine in 2006. She began making jewelry in 2003 and as she worked with the stones and metal, began to notice positive shifts in her physical, mental and spiritual self. This led to her to the study of the mineral kingdom, PRL, and her life's purpose: to assist people in their journey through healing and enlightenment! She has been practicing Energy Therapy and Massage for the last 4 years in Portland, Maine.

THE 2ND AND 4TH SUNDAY OF EVERY MONTH

## PSYCHIC SUNDAYS

\$15.00 PER 15 MINUTE READING

Tired of living in the dark? Want to know more about what's happening? Find out the answers to your questions during Body Mind & Soul's Psychic Sunday. Come by and visit with any of our professional readers. Each reader uses his or her own methods of divination ranging from astrology and tarot, to palmistry and psychic readings. It's fun and enlightening! **You can pre-register for appointments on the Friday or Saturday before the scheduled fairs with cash, check, or credit card pre-payment.** Readings are for entertainment only.

Upcoming Schedule:

Dec. 12 and 26  
June 9 and 23  
July 13 and 27  
1:30 to 5:00

## BMS Gift Cards

When you can't decide on what to get somebody . . . relax. A **Body Mind & Soul gift card** is the perfect solution and is available in any amount. Our card is presented in an attractive silver box.

## Give the Gift of a Reading

We also have special **BMS Reading gift cards.** These can be used for any of our readers. It can be a perfect gift for the season.

## Looking for a place to park your car?

Body Mind & Soul has a parking lot in the rear of the store, located off of West Lane. Mondays and Sundays are ideal days to shop, with plenty of parking available (since some of the neighboring salons are closed on those days).

Also, there is extra parking on Saturday and Sunday in the Trustmark Bank parking lot across the street on Mid Lane.

## Special BMS Services

GIFT WRAP FOR THE HOLIDAYS

Let our fingers do the wrapping for your convenience.  
\$2.00 small box • \$3.00 medium box • \$4.00 large box  
Free with a single purchase over \$100.00

### E-MAIL NOTICES

We have a secure e-mail database for our patrons who desire to be alerted of special events, book signings, new book arrivals, seasonal gift lines and classes. If you would like to be on our list, drop us an e-mail at: [bmsHouston@bmsHouston.com](mailto:bmsHouston@bmsHouston.com).

We do not – not ever, not nohow – give out our mailing list. Your information is kept strictly confidential and you can opt for us to remove your name from this electronic mailing at anytime.

## IN-STORE READINGS

Intuitive readings are available almost every day. Choose from Astrology, Tarot, Psychic, Palmistry and more. Our intuitive readers are carefully screened and represent some of the best Houston has to offer. Readings are fun and informative (Readings are offered for entertainment only). Walk-ins are welcome, but you may have to wait. Payment is required before your reading. Scheduling: Please call us at #713-993-0550 to book an appointment. We will check if the date and time you desire is available. For most readings you do not have to pay in advance (unless we have a guest reader). Please arrive 5 to 10 minutes before your appointment to sign in and pay so you can make full use of the time you have reserved.

### Kevin Casey

**Astrology, Tarot and Numerology**

**Available Tuesdays and Fridays, 10:30 am - 5:00 pm**

Get the cosmic lowdown. Kevin will use all the cosmic tricks he knows, astrology, tarot and numerology to help you find out what time it is in your own life. This isn't about transcending your ego or trancing out of your body. Kevin's readings are fun and are about helping you to suit up and show up for the life that is in front of you right now.

**30 minute reading \$40.00, 1 hour reading \$80.00**

### Todd Coleman

**Adept Consultations - Psychic**

**Available Thursdays, 10:00 am - 3:00 pm**

Todd has been reading for clients in the United States and abroad for the last 15 years. He has appeared on "The Debra Duncan Show" and "TV one Arts and Entertainment" an internet based TV show for the Houston area as well as helping on police investigations. In Todd's own words: "I am what you might call a straight psychic, which is to say I use no cards or any other tools for divination. I use my guides for information that I am able to share with you. I hold nothing back, anything they give me I share with you. Remember that no matter who you see this is not chiseled in stone, we have this wonderful gift called free will. You can change anything that anyone tells you, the exception to the rule is the lessons you setup for your self." **30 minute reading \$45.00**

### Sean Ferrell

**Tarot, Palmistry & Runes**

**Available Thursdays, 3:00 pm - 7:00 pm**

Sean Ferrell was born to a family that has produced many generations of psychic intuitives. With several decades of experience using his abilities to help others make sense of what is going on in their lives, Sean has a unique perspective and an entertaining delivery style. He uses palmistry, runes, and tarot to connect with your spiritual guides to answer the questions that are most important to you. Sean is a fixture at the Texas Renaissance Festival, and has appeared on several television shows, including the Deborah Duncan show. **30-minutes \$50.00, 60-minutes \$100**

### David Kimberlin

**AstroTarot**

**Call for appointment. 713-993-0550**

David is known internationally as an extraordinarily gifted card reader. He uses a unique blend of Astrology and the Tarot for highly accurate and timely predictions in all areas of life. So what can the cards say for you? Come by and find out. Please bring a list of specific questions and the birth dates of anyone you wish to ask about. David has been with Body Mind & Soul since 1981.

**David Kimberlin's Annual Holiday Special:** From Thanksgiving through New Year's Day, a 30-minute AstroReading with David is only \$30. Gift certificates and phone readings are available at the same holiday price.

### Janelle Hoyland

**Soul Cartographer, Divine Psychic Channel and Soul healer**

**Wednesday, May 19, 10:a.m. to 2:00 p.m.**

**Friday, May 21, Noon to 5 p.m.**

**Saturday, June 5, 10:a.m. to 2:00 p.m.**

**Saturday, June 19, 11:a.m. to 4:00 p.m.**

Janelle trained extensively for three years under Sonia Choquette and is currently studying at the American Institute of Theology for her BA in Parapsychic Science. From Janelle: I leave my mind open when I go into a reading as far as what might come in for each person. I hold the highest positive intent toward your best interests. In readings, I go into the blue prints or soul design using light codes, vibration energy and channeled guidance to create shifts. This part is all energy non-verbal communication between your soul and the universe. The verbal information that comes in through the readings is divinely channeled in the form of answering questions and daily life guidance. The purpose of my readings is to help guide you toward a fulfilled life of joy and your purpose here. **\$150 1/2 hour reading; \$250 1 hour reading**

### Janie Gatlin

**Angel Readings**

**Call for dates**

Janie Gatlin is an Angel therapy Practitioner trained by Doreen Virtue, PhD. She is a Licensed Professional Counselor with over 30 years experience in human services. Most of her career was spent teaching art, an experience that led her to counseling, so that she could help children on a deeper level. She serves as an angel guide and teacher; in this capacity, she is able to show how easy it is to know and communicate with your angels, and to experience the deep sense of comfort and safety to all who are in need of healing and understanding life's challenges. **\$40 1/2 hour reading**