

May  
2021

223 N. 29th Street Billings, MT 59101 - (406) 252-4398 - (800) 788-4318 - info@barjonsbooks.com - www.barjonsbooks.com

### \*EXPANDED SELECTION\* of Herbs and Essential Oils

Shop our new specially curated selection of dried herbs and essential oils for general wellness and ritual. These herbs and oils are NOT for internal use, but there's many ways to use plants in your space. Have questions? Browse our curated selection of books on herbal magic and natural wellness, and our resident expert Stephanie is ready to help!

Ideas for use:

- Boil in water on the stove to steam
- Steep in a bath
- Burn to cleanse with smoke
- Make a sachet for a space or to carry
- Hang a sachet to steam in the shower
- Sprinkle or arrange in a salt bowl
- Mix with a carrier oil and warm in a wax diffuser



### Cleansing with Smoke



**WHITE SAGE**



**CEDAR**



**PALO SANTO**



**MUGWORT**

BEST KNOWN CEREMONIAL SMUDGE PLANT. IT CAN CHANGE THE MOOD AND ENERGY OF A ROOM. IT IS ALSO USED FOR MEDITATION, CLEANSING, AND PURIFICATION.

PEOPLE HAVE USED IT TO DRIVE OUT NEGATIVE ENERGY, BRING IN GOOD INFLUENCES, AND EVEN TO BLESS A NEW HOUSE WHEN PEOPLE ARE MOVING IN.

PURIFYING THE SPIRIT AND CLEARING NEGATIVE ENERGY ALSO KNOWN TO INSPIRE CREATIVITY, BRING A DEEPER CONNECTION TO THE DIVINE SOURCE, AND AID IN PHYSICAL HEALING.

USED TRADITIONALLY TO CLEANSE ENERGIES AND GET RID OF NEGATIVITY, MUGWORT ALSO HAS A REPUTATION FOR STIMULATING DREAMS. THEREFORE, MANY BURN IT BEFORE BEDTIME.

*Modern studies have shown that burning herbal smoke can drastically reduce the amount of pathogens and bacteria in the air, by up to 94%.*

To burn loose leaves, use an abalone shell or clay bowl. When using charcoal tablets, the bowl or shell should be filled with sand, dirt, or a flat stone to prevent overheating the container.

To burn a "wand" or bundle, hold the bundle at an upward angle, light one end and let it burn for about 20 seconds. Then, gently blow out the flame to leave orange embers. Move the bundle to direct the smoke or gently wave your hand or a fan over the bundle to move the smoke around the space to be cleansed.

# ~ READER SCHEDULE ~



## Wednesdays, 11:00 am - 3:00 pm Intuitive Readings, Stacey Schumer

Stacey is a gifted psychic and spiritual medium who resides in Billings Montana. As a spiritual intuitive Stacey offers helpful guidance and detailed insight by way of communication with your angels and spirit guides. In her psychic readings Stacey channels information to assist you in facing the challenges from past trauma, and to help you move toward a more positive and connected future.

**60 Min. \$100 | 30 Min. \$55**



## Thursdays, 12:00 pm - 5:00 pm Psychic Medium Readings, Paul Cozino

Paul Cozino is a psychic Medium. Paul has had this gift his whole life. Paul is also certified by the Center for Spiritual Enlightenment based in NYC. Paul can connect with Angels, spirit guides and loved ones that crossed over. Paul is a spiritual advisor, and also does small medium events and house cleansings. Find me at [www.mtmedium.com](http://www.mtmedium.com)

**60 Min. \$75 | 30 Min. \$45**



## Fridays, 12:00 pm - 5:00 pm Tarot Readings, Todd Kintz

Todd Kintz is a 3rd Degree Wiccan High Priest, medium and clairvoyant. He has been providing clarity in all areas of life through the tarot, pendulum, runes and past life exploration since 1989.

**60 Min. \$75 | 30 Min. \$40**



## Saturdays, 12:30 pm - 4:30 pm Tarot Readings, Jasmine Wallace

Jasmine is a Spiritual Life Coach and Tarot Oracle reader. She provides one on sessions alongside her 90 day Attune to Mind, Body and Spirit sessions. Jasmine will help you access your truth while removing blockages that are currently holding you back. Removing these barriers will allow you to have a clearer vision, tap into your personal power and feel confident about reaching your goals and improving life.

Find me at [www.TheElementsOfFate.com](http://www.TheElementsOfFate.com)

**60 Min. \$120 | 45 Min. \$85 | 30 Min. \$65**

**Schedule your time online at  
[BarjonsBooks.com/Intuitive-Readers](http://BarjonsBooks.com/Intuitive-Readers)**



## Last Saturdays, 12:00 pm - 4:30 pm Tarot Readings, Janna Wittenberg

Janna is a local Reiki practitioner and book lover. She has been reading cards for family and friends for more than two decades, and is now making this talent available to the public.

**30 Min. by Donation**



## SPECIAL EVENT: Crystal Rasmussen, Generational Healing® Teacher and Spiritual Guide Sunday, June 6 and Monday, June 7

Crystal Rasmussen is a Generational Healing® Teacher and Spiritual Guide who supports you in clearing past generational trauma and wounds within your genetic lineage through an ancient healing technique from your ancestors to release pain and trauma stored within the memory of your DNA to heal you today. Every ancestor who came before you left their body with unhealed issues; those issues continue to be played out by their next of kin, no matter how far down the line.

During your session Crystal heals the source of your ancestor's trauma in your bloodline by connecting with one of your ancestor's that desires healing and works with their energy, feeling what is needed to release these inherited patterns that are passed on generationally; ultimately freeing you to express and experience who you are now.

**60 Min. \$150**