

## ACUPUNCTURE

### JASMINE PEARL ACUPUNCTURE

Leilani Houston, MSTCM, L.Ac.  
8906 W Bowles Ave, Ste 110, Littleton  
303-736-9117  
Lhouston80@gmail.com  
Jasminepearlacupuncture.com



Leilani loves to help you find health and happiness in your life. She does this with Acupuncture, Chinese Herbal Medicine, Reiki, Theta Healing, and Dream Interpretation. She believes that meditation is a key to a less stressful and less painful life, and is now offering meditation classes.

## ACUPUNCTURE SPECIALISTS OF GOLDEN

Rhonda Marr, L.Ac.  
1019 8th Street, Ste 102, Golden  
720-556-5332  
Acuspecialistsofgolden.com

Become pain free, reclaim your health and get your life back! Services include acupuncture, cupping, moxibustion, Chakra Balancing that incorporates acupuncture, crystals and essential oils. Additional services include Sound Healing, using Tibetan singing bowls, chimes and crystal bowls. Nutrition Response Testing, a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. We also carry nutritional supplements by Standard Process, handcrafted Chinese topical herbal remedies, several brands of Chinese herbal formulas.



## AUTOMOTIVE CARE

*Two Locations!*  
**HINSDALE AUTOMOTIVE**  
15455 E Hinsdale Dr., Centennial  
303-617-0152 / HinsdaleAuto.com

**DC AUTO** in Morrison  
303-801-1959 / DCAutoshop.com



**Professional Mechanics, Not Professional Prices!** Owner Darrell Weddell's motto is to take care of your problem, educate you to make an informed decision, and to advise on future repairs and maintenance. Whether it's major or minor issues, your electrical system, or a combination of mechanical problems, Darrell's team has the experience and know-how to diagnose and accurately repair your vehicle.

## CONSCIOUS EVENTS AND SPEAKERS

### JOURNEYS FOR CONSCIOUS LIVING

7401 West 59th Ave., Arvada  
303-731-6695 / J4CL.com

Discover a life of passion, purpose and contribution. Journeys for Conscious Living is an organization leading the world in conscious living, hosting world class events, speakers and event center (space rental) to empower people to create thoughtful changes in living their lives every day, thus creating the space and energy to stay centered and expand the community. See ad page 8.



JOURNEYS FOR CONSCIOUS LIVING

## DENTIST

### SOUTH LAKEWOOD DENTAL

Scott Stewart, DDS & Naturopathic Physician  
2525 S Wadsworth Blvd, Ste 11, Lakewood  
303-988-4338  
LakewoodLaserDentist.com

Denver's first holistic, naturopathic dentist offering mercury free AND mercury safe amalgam (silver filling) removal. Holistic-minded individuals should consider the safe removal and handling of any silver fillings. We offer a bio-compatibility test to decide which replacement material is best for you. Financing available. **20% off new patient exam and x-rays** when you mention Natural Awakenings. See ad page 22.



### VIBRANCE DENTISTRY

Dr. Cate Vieregger  
7400 E Crestline Circle, Ste 230, Greenwood Village  
303-770-1116  
VibranceDentistry.com



Whether your goal is to encourage a healthy attitude towards oral health in your children or ease your own anxiety about dental procedures, our friendly staff and relaxing atmosphere will change the way you approach dental care. Our state-of-the-art equipment and spa-like amenities allow us to offer services that transcend traditional dentistry and promote whole-body wellness. See ad page 28.

## ENERGY HEALING/ MEDITATION

### JOURNEY WITHIN

Anita Destino  
777 S Wadsworth Blvd. Bldg 2-108, Lakewood  
720-413-7303 / AnitaDestino.com

A safe place for people interested in creating change in their lives, Journey Within helps you focus on spiritual growth, developing your intuition and personal development. Give to yourself with Energy Healings, Angel Healings, Guided Meditations, Meditation Classes, Workshops and Intuitive Readings/Healings. Join us for Aura Clearing and Chakra Balancing every Wednesday from 6-7 pm, open to everyone. \$5 per person. Free to first time visitors.



## ENERGY MEDICINE / ENERGY PSYCHOLOGY

### HEALING CHANGE

Marie Adams EEM-AP, CHT, PT  
Littleton office: 679 W Littleton Blvd. #205  
303-668-0299 / Healingchange.net



Individual sessions using a combination of different techniques such as Eden Energy Medicine (EEM), Hypnotherapy, EFT (meridian tapping), and Matrix Reimprinting will facilitate deep healing at the physical, emotional, mental and/or spiritual levels of your being to create that permanent change in your life. You will leave the sessions with tools that you can use at home to continue the healing work and progress towards a better you. Ongoing classes in EEM for increased Joy, Health and Vitality! Free 20-minute phone or Skype consultation.

## FAMILY PRACTICE/ HEALTHY AGING

### CLEAR SKY MEDICAL

Katia Meier, MD  
9085 E Mineral Circle, #260, Centennial  
303-790-7860 / ClearSkyMedical.com

Feel and look your best at any age with Katia Meier, MD, Board Certified in Anti-Aging Medicine, Specialty trained in Bio-identical Hormone Therapy, Holistic and Naturopathic medicine in Europe and certified in laser and injectable aesthetic dermatology. Specializing in whole body health with customized approaches. All ages; most insurance welcome. Set up your appointment today. See ad page 2.



## HEALING

### JOANNE PALLADINO

JoAnne@JoAnnePalladino.com  
303-263-0679 / JoAnnePalladino.com



#### FREE MEDITATIONS!

Receive free audio meditations and/or blessings each month when you sign up. Shop handmade, one-of-a-kind mala beads and bracelets, forgiveness practice beads, sacred essential oils such as "Christ Scent," "Love" and more. A meaningful intuitive reading helps expand perspective; Shmaya, a channeled vibrational language of light presence, attunes you to a love frequency; Reiki energy healing dissolves blocks. In-person or by phone. In Denver. Info/RSVP JoAnne@JoAnnePalladino.com

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## HYPNOTHERAPY

### SEEDS OF SATYA

Kari L. Rivers Geurts BSN, CHT  
Depth Hypnosis Practitioner  
303-489-3068 / kari@seedsofsatya.com  
Seedsofsatya.com

At Seeds of Satya you are the healer willing to go into the heavier spaces of consciousness that need to be energetically transmuted, opening you to receive esoteric truths that release you into a new way of being and coping. Kari guides you to plant seeds of truth using Regression Therapy, Energy Medicine and Shamanic Counseling. Whether you are navigating trauma, life transitions, or spiritual growth, Seeds of Satya is here to help you come into greater harmony and peace.



## INTEGRATIVE CARE



**CLEAR SKY MEDICAL** with Dr. Katia Meier. Board Certified in Anti-Aging Medicine and specialty trained in Bio-Identical Hormone Therapy and Functional Medicine. See full listing under PHYSICAN or see ad page 2.

## NATURAL HEALTH

### HEARTLAND WELLNESS LLC

Dr. Sujatha Reddy, BAMS MSEd LPC DCC  
12157 W Cedar Dr, Ste 200, Lakewood  
303-325-5617

Heartlandwellness@gmail.com  
Bewellmindbodyspirit.com

Create new ways of living joyfully by implementing techniques that heal your body, mind and spirit through **Ayurveda, the ancient art of natural living**, a 5000-year old health science from India. Feel strong and empowered, sleep like a baby and release anxiety, pain, stress and depression. Insurance accepted for mental health counseling. Free 15 minute phone consultation.

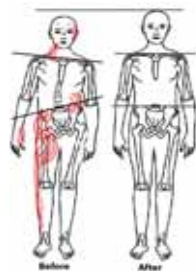


## NO-PAIN OPTIMAL ALIGNMENT

### NEUROENERGETIC RELEASE™ (NER)

Donald W. Kipp, Founder  
303-697-4923 / Body-awareness.com

*NER helps people be Healthier, Decrease Pain, and Increase Peak-Performance ...In Seconds!* Control systems, not force are used to painlessly and quickly realign and rebalance the entire body. This releases whole-being patterns causing seemingly unrelated symptoms (such as back pain, headaches, indigestion, brain-fog and asthma). NER predicts and prevents injuries, degenerative changes, and dis-ease. Call now for optimal health and performance.



## NUTRITIONAL COUNSELING



**CLEAR SKY MEDICAL** with Dr. Katia Meier and staff offer Certified Nutrition therapists, specializing in the food-brain connection, nutrition for cancer prevention, autoimmune diseases, food sensitivities/allergies, elimination diets and medically supervised weight loss. See full listing under PHYSICAN or see ad page 2.

## PHYSICIAN: BOARD CERTIFIED HOLISTIC

### CLEAR SKY MEDICAL

Dr. Katia Meier  
9085 E Mineral Circle, #260, Centennial  
303-790-7860 / ClearSkyMedical.com

Feel and look your best with Dr. Katia Meier, Board Certified Holistic MD specializing in whole body health for children and adults. Customized approaches to Healthy Aging, Bio-identical Hormone Replacement Therapy, Nutritional Analysis and therapy, medical aesthetics and non-surgical rejuvenation treatments, Homeopathy, Herbology, Naturopathic Medicine, Personalized Detoxification Program, Medical Weight Loss for men and women. Make your appointment today. See ad page 2.



## SPIRITUAL COMMUNITY

### DISCOVER YOUR SPIRITUAL GIFTS

Violet Rayne  
5808 S Rapp St, Suite 265, Littleton  
303-257-2276  
violet@discoveryyourspiritualgifts.com  
Discoveryyourspiritualgifts.com



Join us for a variety of exciting classes and programs including: Angelic Reiki, Reiki, Akashic Records Reading, Crystal Healing, Crystal Grid, and many fun events including Ladies Fairy Party, Goddess Energy Workshops, Crystal Grids, and Candle Making. Violet also offers a variety of services including Coaching, Akashic Record Readings, Angelic Reiki, Crystal Reiki, and much more. We also offer several free events a year for community connection. See our pages on Meetup (Discover-Your-Spiritual-Gifts) and Facebook (discovery-your-spiritual-gifts). See ad, page 12.

## VIDEO FOR BUSINESS OWNERS

### ANTHONY C. PRICHARD

Google Business Trainer, Video Producer, YouTube Specialist  
303-994-8612 / ap@anthonyprichard.com  
AnthonyPrichard.com

Learn Youtube strategies to grow your business from a certified Google Partner. Show thousands of people who you are and what you do through video. Mastering The Art of the One Minute Video, Anthony provides your script, teleprompter, choice of background and musical logo/graphic intro. Your video is yours to use. **All-in-one production/publication special for YouTube, facebook, your website - \$399.**



Only I can change my life.

No one can do it for me.

~Carol Burnett



have a session or two with different counselors to discover who and what fits for you.

I can tell you with certainty when you find the right professional, you might be amazed at what surfaces that you never knew you were holding inside. I've had those "aha moments" during hypnotherapy, psychotherapy and counseling, as well as during energy healing. They've helped me release depression and early disease states so that I might come to understand myself better and overcome the obstacles in my path to living a better life. It's

one of the best investments you can make in yourself, and a great way to establish a better foundation on which to learn to love yourself.

*Terry Chriswell is the publisher of Natural Awakenings. Her counselor is Coly Vulpiani at Parallel Realities Practice in Denver.*

**IF YOU ARE IN CRISIS:**

**Colorado Crisis Services**

Coloradocrisiservices.org for online chat or walk-in locations  
Call 24/7 1-844-493-TALK (8255)

**localresources** *for Counseling*

**NEW! SOULBASE COUNSELING**

Jeremy Scott Lambert  
425 South Cherry St, Ste. 900, Denver  
720-306-9170  
Jeremy@Soulbasecounseling.com  
Soulbasecounseling.com

Are you ready for change? Cultivate awareness, healing and deep lasting change through a holistic and mindful approach to counseling-- in an environment of safety, trust, and non-judgement.



I work with individuals and couples from a holistic space with a foundation rooted in growth and purpose. Come in for a FREE, no pressure, 30-minute-consultation to discover how we can best work together.

**JUDITH ANNE CONDON**

Conscious Relationship/Tantra Coach  
1025 Rosewood Ave, Ste 106, Boulder  
303-630-9479 / judithannecondon.com

I am dedicated to Conscious Relationship & Tantra. Tantra. It's a path of meditation... what sets it apart from other 'paths' is that it looks to the wisdom of the body & the senses as a means to becoming more present & alive in every aspect of our lives. Our bodies have a deep wisdom that modern life often ignores. Sessions include bioenergetics, breathe practices, meditation & more. There is no nudity or sexual contact. Individuals & couples may explore issues such as Tantric Lovemaking & Spirituality; Tools for Initiating & Deepening Intimacy; Support in the Awakening Process; Men, Women's & Teens Empowerment.



**RENEE ELLIS, MA LPCC RMT**

Psychotherapy, Intuitive-Focused Counseling, Past Life Therapy, Energy Healing, Classes  
1211 S Parker Road, Suite 103, Denver  
720-984-9575  
Liveyourknowing.com

Live your knowing counseling helps you gracefully bring wisdom to life. Find your way through grief and loss, discover your path and purpose, resolve relationship challenges, ease depression and anxiety, befriend intuition, thrive as a highly sensitive person, and enjoy personal and spiritual growth. Experience a unique blend of traditional psychotherapy, intuitive-focused counseling and support, past life therapy without hypnosis, energy healing and personalized Bach Flower Essence formulas. Individual sessions, programs, and classes in a relaxing, supportive and non-judgmental setting. Gain clarity, confidence and more joyful life. Get started today with a phone or in-person complimentary consultation.



**EMBODY YOUR LIFE, LLC**

Inge Sengelmann, LCSW, SEP, RYT  
607 10th Street, Suite 109, Golden  
305-788-6857  
Embodyyourlife@gmail.com  
Embodyyourlife.org

Break through the limits of talk therapy with body-mind-spirit integration strategies to help you tap into limitless wellbeing. Healing is more than reducing symptoms. Dialectical Behavior Therapy, Somatic Experiencing® & ParaYoga® combined can empower you to thrive by rewiring unhelpful nervous system patterns and amplifying your healing potential.



These are challenging times and people are seeking new ways to understand these challenges and find a way through them. Four reasons to seek help that seem to be particularly relevant in today's environment include:

- People are struggling with the uncontrollable events of the world and feeling hopeless and fearful. Counseling helps to learn to manage the mind, build a better mind/body connection and to understand depression and anxiety as part of the soul's journey.
- This lack of security is stirring grief and loss. Whether the loss of a relationship, a career, a dream, an identity, or belief system, in this changing world we are experiencing losses. While grief is a natural process, counseling provides the extra support needed and brings more grace to a difficult process.
- Loss ignites questions about one's purpose. More people are seeking to understand their calling. We are becoming acutely aware that the world needs us and counseling provides a guide to help uncover the path.
- Finally, in this changing world, self-care is becoming less optional and more of a requirement. Counseling can offer permission and support for self-care. For many clients this goes beyond taking care of the body, mind or emotions and increasingly includes improving our relationship with intuition and finding ways to be supported as an empath.

To learn more, visit [LiveYourKnowing.com](http://LiveYourKnowing.com) or call Renee Ellis at 720-984-9575. See listing page 21.

