

## FENG SHUI

### CHI WELLNESS, THE CENTER OF QIGONG

Debra Lin Allen, Founder/Director  
720-427-0406/DebraLin.ChiWellness@gmail.com  
ChiWellness.net



Organizing your home and workplace to optimize the flow of chi in your surroundings not only assures prosperity in your finances and career but also greatly improves your personal health and longevity, graces your relationships with harmony, sparks creativity and grows inner peace and joy. Qigong treatment to clear energetic obstructions and direct focus in your natural strengths toward positive life transformations. Healthy environmental chi promotes a healthier you! See ad page 11.

## GRIEF RECOVERY

### THE HEALING HEART CENTER OF LITTLETON

Certified Grief Recovery Specialists  
720-841-4137 or 970-903-5889  
Healingheartcenteroflittleton.com



Are you or someone you know suffering from a broken heart? Maybe you thought time would heal your heart – maybe you have tried “everything”

you know to do – and you’re still stuck. It’s absolutely time to learn new skills and move forward. In 8 short weeks, you will be feeling better. Recovery happens in Community. Reserve your space today. The Grief Ladies are Certified Grief Recovery Specialists in the Grief Recovery Method. Contact Laurie, ljfreemanllc@gmail.com or Lorane, lwilsoncmt@aol.com.

## HEALING

### JOANNE PALLADINO

Intuitive - Channel - Reiki Master-Teacher  
2055 S. Oneida St., Suite 330, Denver  
JoAnne@JoAnnePalladino.com  
303-263-0679 / JoAnnePalladino.com

NEW CLIENT Specials; FREE Activations to Awaken. Your session will touch all aspects of your being. 1. A meaningful intuitive reading helps expand perspectives; 2. Shmaya, a channeled vibrational light language, attunes you to a love frequency; 3. Reiki healing to dissolve energetic blockages; 4. Life changing guidance that will shift ‘old patterns’ that no longer serve you. In-person or by phone.



## HEALTH COACHING

### DAYBREAK HOLISTIC NUTRITION

Elaine Brogan, Integrative Nutrition Health Coach (INHC) / 720-256-1336  
elaine@daybreaknutrition.com  
Daybreaknutrition.com



Create a nourished life and transform your health through one-on-one coaching, personalized nutrition plans, and expert guidance. Feel balanced, beautiful, and empowered to take on your wellness goals. Achieve and maintain your ideal weight, discover the ideal foods for your body type, learn healing, seasonal recipes and remedies, and naturally improve your energy and mood. 3-6 month plans are designed for your unique needs. Call or see website to set up your free 1 hour consultation today.

## 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.



## INTUITIVE GUIDE CERTIFICATION/ EQUINE THERAPY

### YOUR DIVINE LIGHT @ UNICORN MESA

Chantal Fidanza - Santa Fe, NM  
505-438-1074 / YourDivineLight.biz

Offering Intuitive Guide Certification, Tele-courses, Intuitive Healing Sessions, and Empath Support (both with and without equines) at my peaceful, mountain-view setting, or via phone. Everything I teach I continue to walk on my own path and offer with the intention of empowering others to merge with their divine light and to trust their own guidance and inner wisdom. Special support for empaths, those particularly sensitive to energy. Discounted Session Packages for ongoing support available.



Positivity, confidence and persistence are key in life, so never give up on yourself. ~Khalid

## NEW! MEDITATION

### RON LIGGETT

303-819-2100 / ronliggett7@gmail.com  
Share-international.us/mtnw/

The Royal Road to an experience of the Self starts with meditation and service to others. There is a scientific and very effective way of doing both using a method called Transmission Meditation. In this meditation our Elder Teachers send very high energies through our chakras which then get distributed to the world. It is simple, life changing and always free. Call for more information.



## MESSAGES FROM SPIRIT

### ELISA MALANGONE

720-372-3927 / Elisalnsight.com



Searching for passion and insight to your life purpose? Connect to your unique insight and higher soul perspective for guidance concerning healing from grief and loss, health, career, relationships, finances, and other matters of the heart. Elisa combines authentic mediumship abilities and intuitive coaching by connecting to spiritual guidance to assist you in tapping into your higher wisdom and best self. Live, phone or virtual readings & events. Call or see website for more details. See ad, page 23.

## NO-PAIN OPTIMAL ALIGNMENT

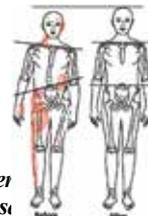
### NEUROENERGETIC RELEASE™ (NER)

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 disease. 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.

Coming Next Month

# Safe Drinking Water

Plus:  
Immune System Boosters



Health Defense Issue



**natural**  
awakenings

To advertise or participate in our next issue, call 303-770-1981

## 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.

## REIKI

### SUNRISE REIKI COLORADO

Jeff Baird, USUI Holy Fire II Reiki Master Teacher  
Based in Evergreen In-Person & Remote Healings  
720-250-8107

jeff@sunrisereikicolorado.com  
Sunrisereikicolorado.com



Reiki heals both humans and animals physically, mentally, emotionally and spiritually. Baird's gentle leading approach changes lives as his loyal customers rediscover their wellness. Jeff has helped people and animals heal from Cancer, Fibromyalgia, PTSD, Insomnia, Migraines, Depression, Retinitis Pigmentosa, broken bones, sprains, spinal issues, allergies, nightmares, flu, chronic pain, dental issues, panic attacks, kidney stones, diabetes and more. He has helped individuals and teams achieve their professional as well as their personal goals for over 30 years. His corporate wellness program reduces stress, while improving focus, morale and efficiency. Got Pain? Try Reiki.

## NEW! SHAMANIC SERVICES

### WOLFHEALS SHAMANIC SERVICES

BJ Brown, MSW, CIBP  
Shamanic Practitioner & Teacher  
Boulder 303-808-4006  
Wolfheals.com



Shamanism is known to benefit disease on any level while deepening a sense of wholeness. This ancient spirituality and methodology, found in all cultures, works directly with the compassionate Spirit realms and Earth wisdom. BJ offers Body-Centered Psychotherapy, classes, house clearing, ceremonies, and various shamanic methods (Soul and Power Animal Retrievals, Extraction, etc). Remote shamanic healing is free. See website for events and offerings. This sacred work can restore connection with self, soul and spiritual autonomy.

## TANTRA/CONSCIOUS COACHING

### SELAH | HOLISTIC WELLNESS

Andrea Martin, CYT, Certified Intuitive Dao Tantric Healing Artist, Conscious Lifestyle/Relationship Coach  
2346 Broadway, Boulder  
720-739-0422 / PracticeSelah@gmail.com  
PracticeSelah.com



Complement your body's natural ability to self-heal, balance, and evolve with Selah, a Tantric Healing Arts, Yoga, and Conscious Lifestyle & Relationship Coaching practice. Tantric Bodywork for individuals & couples combines sensory massage, energy circulation, breathwork, engagement techniques, and mild yoga postures to re-sensitize your being. Conscious Coaching guides you into deeper congruence with your authentic self. YogaHikes™ invite you to hike into your practice on epic trails. Allow us to guide you into the modality that will best serve you. See ad page 9.

## TANTRA & INTIMACY

### JUDITH ANNE CONDON

Conscious Relationship/Tantra Coach  
1025 Rosewood Ave, Ste 106, Boulder  
720-441-4088  
selahcolorado@gmail.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.

Life is like riding a bicycle.  
To keep your balance, you must keep moving.  
~Albert Einstein

## 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.

## CHI HEALING / QIGONG CLASSES

### CHI WELLNESS, THE CENTER OF QIGONG

Debra Lin Allen, Founder/Director  
720-427-0406

DebraLin.ChiWellness@gmail.com  
ChiWellness.net

Thrive in balance and flexibility in body and life, physical vigor and health, spontaneity and inner peace through chi cultivation, care and practice with Debra Lin Allen. Medical Qigong and Qigong Lifestyle Coaching by appointment. Group qigong self-care classes throughout the week. Professional certification programs to teach qigong and do medical qigong therapy also available. The best of health and prosperity await you, call today! See ad page 11.



## CONSCIOUS EVENTS AND SPEAKERS

Two Locations!

### JOURNEYS FOR CONSCIOUS LIVING

7401 West 59th Ave., Arvada  
7502 West 80th Ave., Ste 170  
(Lower Level PSCU Building), Arvada  
303-731-6695 or 303-469-0306 / 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 23.



## COUNSELING

### 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

Experience the benefits of traditional counseling while openly and actively acknowledging the role of intuition and the soul's journey in achieving wellbeing. Live Your Knowing Counseling helps you gracefully bring wisdom to life through a unique blend of traditional psychotherapy, intuitive wisdom, past life reconnecting, and energy balancing. Move through grief, relationship challenges, depression, anxiety and self-doubt. Discover your path and purpose, reveal your unique wisdom, and experience sensitivity as strength. Gain clarity, confidence and a more joyful life. Get started today with a phone or in-person complimentary consultation.



## DENTIST

### 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 17.

## 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. See ad, page 12.



## ENERGY MEDICINE/ PSYCHOLOGY

### HEALING CHANGE

Marie Adams EEM-AP, CHT, PT  
679 W Littleton Blvd. #205, Littleton  
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.



## EVENT CENTER & MEETING ROOMS

Two Locations!

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## 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.

