

calendar of events

NOTE: All Calendar events & Special Offers must be received by December 5th (for January issue) and adhere to our guidelines. Visit MileHighNaturalAwakenings.com for guidelines and to submit entries. All entries will be edited.

decemberspecialoffers

You must mention Natural Awakenings to receive these freebies and discounts.

DIVORCE:

Free 30 Minute Conversation

Divorce coaching is a collaborative partnership specifically designed to help you evaluate your options as you move through the storm of divorce. Coaching by Kelly with Kelly Chisholm. Info@CoachingbyKelly.com or CoachingbyKelly.com

NUTRITION:

Free 1-Hr Consultation

Create a nourished life and transform your health through one-on-one coaching, personalized nutrition plans, and expert guidance. Daybreak Holistic Nutrition, Elaine Brogan, Integrative Nutrition Health Coach (INHC), 720-256-1336 or elaine@daybreaknutrition.com

ENERGY HEALING: Free Aura Clearing and Chakra Balancing for first-timers

Every Wednesday 6-7 pm, open to everyone. Repeats \$5/pp. Journey Within, 777 S Wadsworth Blvd., Bldg 2-108, Lakewood. Anita Destino, 720-413-7303

ENERGY HEALING:

Free 20-min consultation- phone/Skype

Deep healing at the physical, emotional, mental and/or spiritual levels of your being. 679 W Littleton Blvd, #205 Littleton. Marie Adams EEM-AP, CHT, PT, Healing Change, 303-668-0299

COUNSELING:

Complimentary Consultation

Live Your Knowing Counseling, Creekside at Highline Office Park, 1211 S Parker Rd, Denver. Renee Ellis, MA RMT, 720-984-9575

ENERGY HEALING: \$30 Off Initial Healing

Reiki, vibrational healing & intuitive reading for first-time clients. In person or phone. 2055 S Oneida St, Ste 330, Denver. JoAnne Palladino, Reiki Master-Teacher, Channel, & Intuitive. 303-263-0679

CHECK FOR DATES/TIMES

Grief Recovery 7 Wk Classes—Our Grief Recovery Support includes working with a Specialist to guide you through the process. We help you take specific actions to complete any unresolved emotions that are causing you pain & sorrow. \$199. Healing Heart Center of Littleton, 5808 S Rapp St, #155. Lauriefreeman.com LoraneWilson.com

SUN DEC 2

Happy Hanukkah! 

TUES DEC 4

Guided Meditation; Healing Your Body—6:30-7:30pm. Explore the power of using visualization to heal your body. Let go of aches, pains and limitations. Pre-pay \$20/\$25 at the Door Journey Within; Inside Irongate Executive Plaza, 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

Columbine Communicators Toastmasters Club—7-8:30pm. 1st & 3rd Tuesdays ea month. Toastmasters operates clubs worldwide for the purpose of promoting communication, public speaking, and leadership skills. JeffCo Sheriff Station, 11139 Bradford Rd, Littleton. Guests welcome. Info Jillian Gibson at jilliancasler@gmail.com

WED DEC 5

Standing in the Sunlight with Cynthia Rose Medium—2-3pm. Cynthia Rose brings her unique perspective to all that is meaningful with an uplifting sharing of what it means to be spiritual, creative and living life to the fullest. Tune in @ omtimes.com/iom/shows/standing-in-the-sunlight/

MON DEC 10

A Channeled Healing with Archangel Michael—6:30-7:30pm. Group session with Archangel Michael who helps with physical healings, life's purpose, courage, strength and protection. Just being in the room is a healing itself. Pre-pay \$25/\$30 at the door. Journey Within; Inside Irongate Executive Plaza, 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

TUES DEC 11

Guided Meditation; Clearing Your Chakras—6:30-7:30pm. clean and balance your seven major Chakras. Experience a deeper healing by letting go of energetic blocks while you bring in peace, love or harmony during your healing. Pre-pay \$20/\$25 at the door. Journey Within; Inside Irongate Executive Plaza, 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

The Women's Way to Health, Wealth, and Happiness Meetup—7-9pm. Join Kathy Mason and Tryna Cooper for "Storytelling – How to Connect with Your Audience with Storytelling" Available live stream on Zoom-RSVP req'd. Donation. Info Tryna 303-550-4223 or Kathy 720-938-2536

FRI DEC 14

Psychic Fair—Fri-Sun. 2nd & 4th wknds ea month. 1923 N Wadsworth Blvd, Lakewood location open 11am-6pm; 4900 W 46th Ave, Denver location open 10am-7pm. \$1.50/minute; 30 min minimum on all psychic readings and services (exceptions apply). Pre-reg or drop in. Special guests and readers! See schedule Bit.ly/ForHeavensSakeEvents.

Happy Holidays or Are They?—6-8pm. Grief workshop to re-personalize your celebrations; learn how to say no and allow grief and gratitude to co-exist. Healing Heart Center of Littleton 5808 S Rapp St, #155. Info Laurie 720-841-4137, ljfreemanllc@gmail.com or Lorane 970-903-5889, wilsonlorane2017@gmail.com

\$15 Trance Medium Healings—Receive a channeled healing from our post graduate students. Come with a healing intention and release pain, mental blocks, and spiritual imbalances. Offered in-person & over-the-phone. Schedule online. BoulderPsychicInstitute.org

Sacred Drumming Circle, Sound Celebration & Meditation—7-9pm. Fill yourself with appreciation and celebration using sound, breath and mindfulness in the energy of the circle. Bring snack and instruments. \$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695 J4CL.com

SUN DEC 16

Winter Solstice Women's Circle—4-6:30pm. Release what no longer serves you. Harvest this year's experiences, turning them into fuel to propel you forward into greatness. Free. Sheridan Public Library 3425 W Oxford Ave, Denver. Contact Jennifer Zundel, 303-352-1970, jenzundel@hotmail.com

MON DEC 17

Selah® Tantric Healing Arts Certification Training—Dec. 17-20th Mon-Thurs 9am-5:30pm. Authentic Tantra Training, marketing services & clients to energetic individuals interested in becoming a contracted full or part-time practitioner. Call 720-739-0422 or practiceselah@gmail.com

TUES DEC 18

Guided Meditation; Meet your Spirit Guides or Guardian Angels—6:30-7:30pm. Work with your Guides and Angels to release additions and bad habits. Pre-pay \$20/\$25 at the door. Journey Within; Inside Irongate Executive Plaza, 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

FRI DEC 7

Psychic Fair—Fri-Sun. 1923 N Wadsworth Blvd, Lakewood location open 11am-6pm; 4900 W 46th Ave, Denver location open 10am-7pm. \$1.50/minute; 30 min minimum on all psychic readings and services (exceptions apply). Pre-reg or drop in. Special guests and readers! See schedule Bit.ly/ForHeavensSakeEvents

One Heart Song Global Meditation—7-8:30pm. Join with millions of One Heart Song groups around the Earth to create peace, share love and raise consciousness and frequencies. Journeys For Conscious Living, 7401 West 59th, Arvada. 303-731-6695. J4CL.com

SAT DEC 8

Let's Get Stoned: A Gemstone Exploration—7-9pm. Create a relationship with your stones to identify them and their spiritual guidance/healing. New instructor and new topics/crystals for each class. \$12pp, \$20/couple (pre pay). Full Moon Books, 4900 W 46th Ave, Denver. Tix Bit.ly/LetsGetStonedFHS

\$25 Pet Readings—Improve your relationship with your companion animal! Clarify relational dynamics and negotiate issues. All species welcome. Offered over-the-phone on 2nd & 4th Saturday of every month at 11am MST. Schedule online. boulderpsychicinstitute.org

SUN DEC 9

A Montage of UFOlogy Films: UFO's are Always with Us—1:30-3:30pm. Join us for the REAL X-files and discover how UFO's have directly impacted our consciousness. Suggested \$10. St Anthony Hospital W 2nd Place, Lakewood. 720-203-6354 or meetup.com/Paranormal-Talks

save the date

BLOSSOMS OF LIGHT

November 23 - January 1 at Denver Botanic Gardens

A signature event for over three decades, this annual holiday lights extravaganza transforms the York Street location into a twinkling winter wonderland. With fresh and exciting new features, along with some fan favorites, this year's display will be brighter and more expansive than ever before. Come to this family-friendly event that has become a holiday tradition for thousands of Front Range families. Tickets are \$11-\$21 at BotanicGardens.org



EMPTY ARMS - BROKEN HEARTS WORKSHOP ON PREGNANCY AND LOSS

Saturday & Sunday, January 19-20, 9am - 5pm both days



Join us for an experiential workshop designed for women healing from pregnancy and infant loss. Unlock the secrets; Explore the pain of loss; Learn tools for recovery; and start putting your life back together. There will be sacred

time to share your story, open to healing, learn the power of re-framing our stories and the gift of journaling, laughing, eating, and moving together. \$250 Pre-registration is required. Seating limited to 12 attendees. Healing Heart Center of Littleton, Ste 155, 5808 S Rapp Street. RSVP Lorane Wilson 970-903-5889 or wilsonlorane2017@gmail.com.

LOVING YOURSELF THIN: ROCKING YOUR SKINNY SELF WITH BODY, MIND & SPIRIT

JANUARY 19, 10 A.M. - 4 P.M.

Heal those deeper wounds that drive unconscious eating. Learn why you are doing all of the right things, but not losing any weight... and why loving yourself is the key to rocking your best body ever! You are a goddess; treat yourself like one. \$147. Hilton Hotel, 7390 W. Hampden Ave., Littleton. For more information, contact Elisha Gabriell at 719-244-3516 or elishag3838@yahoo.com. LaughingGoddess.International



A JOURNEY TO TANTRIC BLISS: 10 DAYS IN INDIA

February 13-22, 2019



Connect. Experience. Transform. Join Judith Anne Condon and renowned guide Swami Ganga in Khajuraho, one of the birthplaces of Tantra. Immerse your body, heart, mind and spirit in the ancient Tantric energies of its Temples:

visit forests and waterfalls; one of India's last remaining tiger preserves; Khajuraho's marketplace and Ayurvedic Spas; share in Tantric Ritual morning and evening with your fellow journeyers. \$500 Deposit. Payment plan available. Questions 303-630-9479 or journeystotantricbliss@gmail.com. RSVP/Details: Journeystotantricbliss.com

HELP CREATE A HEALTHIER PLANET

PUBLISH A **natural** MAGAZINE
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For information on available territories call 239-530-1377
or visit NaturalAwakeningsMag.com/Franchise

Do you *dream* about a meaningful and creative career
that *connects* you to the community
while you work from the comfort of *home*?

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The **NORTH CENTRAL FLORIDA** edition of *Natural Awakenings* is for sale! Serving the counties of **Alachua, Bradford, Marion and Sumter, plus The Villages**. This is a meaningful home-based business opportunity. No previous publishing experience is required. Extensive training & ongoing support is provided.



For Sale By Owner! For more information call:
352-629-4000 or visit GoNaturalAwakenings.com

TUES DEC 18

Columbine Communicators Toastmasters Club—7-8:30pm. Toastmasters operates clubs worldwide to promote communication, public speaking, and leadership skills. JeffCo Sheriff Station, 11139 Bradford Rd, Littleton. Guests welcome. Info Jillian Gibson at jilliancasler@gmail.com

Peruvian Shamanic Journey Circle - Yule Edition—6:30-8:30pm. No experience necessary! We'll learn some shamanic techniques to keep the joy in Yule. All are welcome. Free. Vast Wellness Center 2323 S Troy St, #3-107 Aurora. everydayshamanism.com/journeyworkshop

WED DEC 19

Peruvian Shamanic Journey Circle - Yule Edition—6:30-8:30pm. No experience necessary! We'll learn some shamanic techniques to keep the joy in Yule. All are welcome. Free. Jefferson Unitarian Church, 14350 W 32nd Ave, Golden. everydayshamanism.com/journeyworkshop

THURS DEC 20

Guided Meditation; Healing Your Family Space—6:30-8:30pm. Reconnect with self and family by releasing childhood resentments, healing relations, and breaking negative family patterns. Pre-pay \$30/\$35 at door. Journey Within; Inside Irongate Executive Plaza, 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

FRI DEC 21

Winter Solstice 

Winter Solstice Celebration & Chanupa-Sacred Pipe Ceremony—6:30pm. Bring something to place on the altar or a short reading from your own heart, apropos to the Winter Solstice. Suggested \$30 w/\$10 deposit. Boulder. RSVP/Info BJ at 303-808-4006.

TUES DEC 25

Merry Christmas 

THURS DEC 27

Guided Meditation; Creating Your New Year—6:30-7:30pm. Let go of 2018 and set intentions for your 2019 in a loving environment surrounded by Angels. Pre-pay \$20/\$25 at door. Journey Within; Inside Irongate Executive Plaza, 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

FRI DEC 28

Psychic Fair—Fri-Sun. 1923 N Wadsworth Blvd, Lakewood location open 11am-6pm; 4900 W 46th Ave, Denver location open 10am-7pm. \$1.50/minute; 30 min minimum on all psychic readings and services (exceptions apply). Pre-reg or drop in. Special guests and readers! See schedule Bit.ly/ForHeavensSakeEvents.

SUN DEC 30

Whole Plant-Based Holiday Pot Luck—5:30-7:30pm. Join our festive potluck dinner of Holiday Chi and learn the benefits of eating this way! Free, just bring a WFPB dish free of gluten, dairy and refined sugar for our buffet table. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720.427.0406, DebraLin.ChiWellness@gmail.com

MON DEC 31

Happy New Year's Eve 

looking ahead

TUESDAY JAN 15

Begin Your Qigong Lifestyle—6-8pm. 9 weekly classes build your practice of qigong self-care, inner alchemy and chi nutrition. Eliminate stress, reverse aging and thrive in vibrant health and joy in daily living! \$495. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

SAT JAN 5, 2019

Intuitive Guide/Empath Support Training—8-month training via weekly tele-classes, 12-2pm + 2 retreats in Santa Fe, NM with equines. Deeply transformational training perfect for those wishing to start their own intuitive practice or seeking support. Limited spaces, Early bird discounts. Chantal Fidanza 505-438-1074, Info@yourdivinelight.biz

THURSDAY JAN 10

Learn to Heal with Angels; 5 Wks—6:30-8:30pm. Meet your Guardian/Healing Angels. Guided meditations help you heal, release grief, guilt, addictions and habits to create the life you desire. Early Bird \$235, Regular \$250 Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com

SATURDAY JAN 19

Loving Yourself Thin-Rocking Your Skinny Self with Body, Mind & Spirit—10am-4pm. Learn why you may be doing all of the right things, but not losing any weight... and why loving yourself is the key to rocking your best body ever! \$147. Hilton Hotel 7390 W Hampden Ave, Littleton. Elisha Gabriell, 719-244-3516 elishag3838@yahoo.com

JAN 19-20

Empty Arms-Broken Hearts Workshop on Pregnancy and Loss—Experiential workshop designed for women healing from pregnancy and infant loss. Sacred time to share your story, open to healing, learn the power of re-framing our stories and the gift of journaling, laughing, eating, and moving together. \$250. Healing Heart Center of Littleton, #155, 5808 S Rapp St. RSVP Lorane Wilson 970-903-5889 or wilsonlorane2017@gmail.com.

JAN 28-31

Selah® Tantric Healing Arts Certification Training—Authentic Tantra Training, marketing services & clients to energetic individuals interested in becoming a contracted full or part-time practitioner. Call 720-739-0422 or practiceselah@gmail.com

FEBRUARY 10 & 17

Soul Connections Essentials—9am-4pm. This experiential class supports your personal soul development as we work with guides, angels and intuition. Allow yourself a deeper journey as you connect with loved ones. \$249 before Dec 31, \$299 after. Soul Studio 2103 S Wadsworth Blvd, G4 Lakewood. Brendan at 303-525-2007, cynthiarosebookings@gmail.com

MONDAY FEB 11

Whole Plant Cooking for Best Health—6-8pm. Learn to prepare meals using Whole Plant food free of gluten, dairy and refined sugar for astounding health and weight benefits. \$600 incl food/materials. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

FEB 13-22

A Journey to Tantric Bliss: 10 Days in India—Connect, experience, transform with Judith Anne Condon and renowned guide Swami Ganga in Khajuraho, one of the birthplaces of Tantra. Tantric Ritual morning and evening. \$500 Deposit. Payment plan avail. Info 303-630-9479 or journestotanicbliss@gmail.com

MAY 2-4

The Demonstrating Medium with Tony Stockwell & Cynthia Rose McCaw—9am-5pm. Learn about demonstrating your mediumship from the platform. Previous experience with mediumship is beneficial. Gain support for your mediumship development. \$485. Hyatt House 7310 W Alaska Dr, Lakewood. Brendan-303-525-2007 or kingstreetmusicproductions@gmail.com

MAY 5-7

Psychic Detection with Tony Stockwell & Cynthia Rose McCaw—9am-5pm. Work with both psychic and mediumship to gather information in solving crimes or finding lost items. \$485. Hyatt House 7310 W Alaska Dr, Lakewood. Brendan-303-525-2007 or kingstreetmusicproductions@gmail.com

To succeed in life, you need three things: a wishbone, a backbone and a funny bone.
~Reba McEntire

on going events

daily

Free Healing Therapy for Individuals with Cancer—Reiki and Healing Touch support health on physical, mental, emotional and spiritual levels. Sign up for sessions at one of our partner locations or in-home for those too sick to travel at LifesparkNow.org

Intuitive One-One Support for Empaths—By appt. Your gift of sensitivity can support every area of your life for ultimate health, flow and empowerment. 2.5 hr session, plus 30-min follow-up \$350. 3 sessions \$485. In person (Santa Fe, NM) or phone. Chantal Fidanza 505-438-1074, Info@YourDivineLight.biz

mondays

Longmont Spiritual Transformation with Transmission Meditation—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Connie 303-834-0526

tuesdays

Wheatridge Spiritual Transformation with Transmission Meditation—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Tim 303-239-8101

\$30 Psychic Readings—7-8:30pm Performed by grad students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Schedule at BoulderPsychicInstitute.org

wednesdays

Energy Healings/Aura Clearing/Chakra Balancing—6-7pm. A healing is an energy clearing, release negative energy blocking growth and create the life you desire. \$5/healing. Free for first timers. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303 or journeywithin@hotmail.com

North Boulder Spiritual Transformation with Transmission Meditation—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Lon 303-746-7118

Whenever you go somewhere that speaks to your soul, you are going home to yourself.
~Martha Beck

thursdays

\$60 Home & Business Healings—7-8:30pm. Got ghosts? Sleepless nights? Consistent household/business conflict? These are great in times of transition! In Boulder or phone. Schedule Boulderpsychicinstitute.org

Qigong Movement—6-7:30pm. Fun group experience increases flexibility, strength, endurance, mental focus and calm. Suitable for folks healing & athletes seeking internal fortitude. \$20/drop-in; \$90/6 classes. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

\$30 Psychic Readings—7-8:30pm. Performed by grad students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Schedule BoulderPsychicInstitute.org

Free Aura and Chakra Healings—Drop-In betw/ 6-7pm. Receive 10 min cleanse and release negative thoughts, emotions, pain and fear. Get replenished with positive energy and feel great. BoulderPsychicInstitute.org

fridays

Free Healing & Meditative Services—6-7pm. Celebrate being yourself, living life, and cultivating community. Enjoy weekly themes such as Chakra Balancing Singing Bowls, Channeled Angel Healings, Singing & Storytelling, and Meditative & Shamanic Journeys. BoulderPsychicInstitute.org

saturdays

Qigong Movement—1-2:30pm. Fun group experience increases flexibility, strength, endurance, mental focus and calm. Suitable for folks healing & athletes seeking internal fortitude. \$20/drop-in; \$90/6 classes. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

sundays

Learn About Daoism Sunday Sermon—8:30am. Daoism is a systematic approach to get in touch with your spirit. Join us every Sunday at the Dao House, 6120 CO-7, Estes Park, or online at DaoUSA.org for an inspiring talk. *Return to Simplicity, Live Your True Nature.*

Community Tai Chi/Qigong—9am. Enjoy the relaxing and energizing effects of community meditative movements. Breath deep, increase strength and flexibility at the Dao House, 6120 CO-7, Estes Park. DaoUSA.org

classifieds

BUSINESS OPPORTUNITIES

Looking for a way to bring in extra money but don't want to get "another job"? Need something flexible to fit it into your life? What if you could transform your health and your wealth in the next 90 days by partnering with us? What if you could work a handful of hours each week and bring in a nice side income? We are looking for people who want the above and want to make a difference in the world while having FUN! WHAT IF YOU COULD? Please call for more info @ 303.903.8248


HEALTHY PRODUCTS/SERVICES

\$30 Off Initial Healing Session: Reiki, vibrational healing & intuitive reading. In person or phone. 700 E. Ninth Ave., Suite 9, Denver. JoAnne Palladino, Reiki Master-Teacher, Channel & Intuitive. 303-263-0679 or joanne@joannepalladino.com

SHEN-U.com: Self Empowered Healing; Own Your Power; Love Yourself; Be One with God. Visit SHEN-U.com

JOBS AVAILABLE

Earn Extra Spending \$\$ as a Distribution Driver for METRO DENVER, GOLDEN/ARVADA & LAKEWOOD/LITTLETON Areas: *Natural Awakenings* is looking for a reliable, conscientious, honest delivery driver with a good driving record and car, who lives **in the area**. Must have own insurance; basic ability to work with Excel/email; be available for a day or three between the 25th-1st; ability to take on side jobs for extra \$\$ on same route. No phone calls please. Email Doug@MileHighNaturalAwakenings.com with your qualifications.



Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.

~Harriet Tubman