

calendar of events

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

january special offers

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

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

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. 700 E 9th Ave., #9, Denver. JoAnne Palladino, Reiki Master-Teacher, Channel, & Intuitive. 303-263-0679

FREE 30-MINUTE VITALITY CONSULTATION

& \$100 off the Vitality Code 12-Week Mind & Body Transformation. Dieting alone doesn't work. This innovative program combines Emotion Code work to release stress and trapped emotions that trigger negative behaviors + the power of organic superfoods to naturally balance your hormones, heal your metabolism, lose weight and feel VIBRANT. \$320-\$650. Contact Kathy Basel 720-217-5692 or kathybasel@gmail.com

**Tell'em You Saw It In
Natural Awakenings!**



JAN 1 TUESDAY

Happy New Year!

JAN 4 FRIDAY

Free Meditation—4:30-5pm. Start your weekend off right with a free guided meditation every Friday @ 4:30pm. Free. Outlaw Yoga Littleton. Contact megan@outlawyogalittleton.com

JAN 5 SATURDAY

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

Your Precious Life DREAM DAY—9:30am-3pm. Visioning meets energy work in this transformational day to create a big vision for your life in 2019. Get clear on what you want and why and use a powerful release process to let go of the limiting beliefs, fears or self-esteem issues holding you back from achieving your financial goals and dream life. \$97. Nik-Nac-Nook Bookstore, Lakewood. Info Kathy 720-217-5692, kathybasel@gmail.com or sign up at Bit.ly/2PpDR0D

JAN 7 MONDAY

Self-Healing 101—Learn how to meditate and heal yourself with easy to use visualization techniques. Check out the first class for FREE on January 7th. Offered in-person & over-the-phone! BoulderPsychicInstitute.org

Grief Recovery 7-Wk Classes—Work with a trained Specialist to guide you through the process of taking specific actions to complete unresolved emotions that are causing you pain. \$350. Healing Heart Center of Littleton, 5808 S Rapp St, #155. Contact Laurie lffreemanllc@gmail.com or laurieafreeman.com

JAN 8 TUESDAY

The Women's Way to Health, Wealth, and Happiness Online Meetup—5:30-7pm. Zoom Live Stream. Tonight's presentation is "Create Your Future Now" presented by Tryna Cooper (303-550-4223) and Kathy Mason (720-938-2536). Donations gratefully accepted. RSVP required for live stream information.

Grief Recovery 7-Wk Classes—Work with a trained Specialist to guide you through the process of taking specific actions to complete unresolved emotions that are causing you pain. \$350. Healing Heart Center of Littleton, 5808 S Rapp St, #155. Contact Laurie lffreemanllc@gmail.com or laurieafreeman.com

Shmaya Gathering w/JoAnne Palladino—7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. First Spiritual Science Church of Denver, 3375 S. Dahlia, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

JAN 10 THURSDAY

Learn to Heal with Angels; 5 Wks—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 or AnitaDestino.com

Ditch the Diet: Emotional Release to Regain the Body {and Life} You Love—7-8:15pm. 95% of diets fail, with people gaining their weight back and more. Address the REAL cause of our discontent, do live emotional release work and give you practical tools to release stress in body and mind so you can lose the weight for good. Free. Englewood Public Library. Kathy 720-217-5692, kathybasel@gmail.com or Bit.ly/2zIPx15

Grief Recovery 7-Wk Classes—Work with a trained Specialist to guide you through the process of taking specific actions to complete unresolved emotions that are causing you pain. \$350. Healing Heart Center of Littleton, 5808 S Rapp St, #155. Contact Laurie lffreemanllc@gmail.com or laurieafreeman.com

JAN 11 FRIDAY

Suicide Sucks—What Now?—6-8pm. Join us for a Free workshop on coping with the aftermath of a suicide loss. How do we as survivors deal with the *why*, the silent grief, the "new" normal? Love Offering. Healing Heart Center of Littleton, 5808 S Rapp St, #155. RSVP to lffreemanllc@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

JAN 12 SATURDAY

\$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 Saturday of every month at 11am. Schedule online. Boulderpsychicinstitute.org

JAN 15 TUESDAY

Begin Your Qigong Lifestyle—6-8 pm, starting January 15. 9 weekly classes on Tuesdays. Build a heart-centered, intentional practice in the wholeness of proper qigong self-care, inner alchemy and chi nutrition. Eliminate stress's harmful impact on health, reverse aging and thrive in vibrant health and joy in daily living! Primarily for self-care, this course is also one of two prerequisites for all who want to start their formal Professional Medical Qigong Practitioner training or continue into other qigong courses here to deepen your chi cultivation for lasting peace and life balance. Tuition, including Learning Materials: \$495. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720.427.0406, DebraLin.ChiWellness@gmail.com, ChiWellness.net

JAN 18 FRIDAY

Yoga for 12 Steps & Recovery—7-8:30pm. Y12SR is a 12-step recovery meeting and yoga practice for those dealing with addictions or the addictive behavior of others. ALL inclusive—meaning all "A's" are welcome. Donation. Contact meryl@outlawyogalittleton.com

Sacred Drumming Circle, Sound Celebration & Meditation—7-9pm. Sound, breath, mindfulness and meditation in the energy of the circle. Bring a snack and your instruments for an evening of vibrational expansion. Suggested \$10 donation. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695 or J4CL.com

JAN 19 SATURDAY

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 reframing our stories and the gift of journaling, laughing, eating, and moving together. \$250. 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—10am-4pm. Heal those deeper wounds that drive unconscious eating. Learn why you many do 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 www.LaughingGoddess.International elishag3838@yahoo.com

JAN 22 TUESDAY

Manifesting with Biofeedback Group Series—7-9pm. 3 sessions. Start the New Year with the empowerment to achieve your goals with the SCIO Quantum Biofeedback Device. Are you ready for change? \$60 by credit card; \$55 with cash or check. 309 Ford St, Golden. Contact Bj Hambleton M.S. C.B.S at 303-378-6630, iambj@comcast.net StepsAndWings.com

looking ahead

MONDAY FEB 4

2019 Chinese New Year of The Pig Lucky Pot—6-7:30pm. Bring family and friends to usher in the Chinese New Year and learn what Chinese Astrology forecasts for us in the Metal Year of the Pig! PGood chi, food and friendship. Bring dish (gluten/dairy-free) to share. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

FEBRUARY 4-7

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. Non-sexual holistic immersions designed to deepen internal/external awareness & connection through the use of body, breath & energy work. This hands-on training covers Tantric Philosophy & Chakra Education, Tantric Techniques, Energetic Boundaries & our Trademarked 6-Session Framework for Individuals & Couples. \$1400 w/exceptions. Call 720-739-0422 or practiceselah@gmail.com

FEBRUARY 10 & 17

Soul Connections Essentials—9am-4pm. Soul Connections Module I 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, G4 Lakewood. Contact Brendan 303-525-2007 cynthiarosebookings@gmail.com

MONDAY FEB 18

Whole Plant Cooking for Best Health—6-8 pm, starting February 11. 10 monthly workshops on Mondays. The ultimate in delicious Clean Eating! Learn how easy and fun it is to prepare meals with the healing properties of chi using Whole Plant Food. Also free of gluten, dairy and refined sugar. Astounding health and weight management benefits happen promptly and eating this way is affordable and easily sustainable. Tuition, including Food Sampling and Learning Materials: \$600. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720.427.0406, DebraLin.ChiWellness@gmail.com, ChiWellness.net

Peruvian Shamanic Journey Circle—6:30-8:30pm. Indigenous cultures have journeyed for millenia to connect with spirit, gain insight, find healing, and answer important questions. Join us. No experience needed. Free. Goddess Isis Books and Gifts, 2775 S Broadway, Englewood. jp@everydayshamanism.com or everydayshamanism.com/shamanic_events.html

JAN 25 FRIDAY

\$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

JAN 26 SATURDAY

Concert For Cash #11—6-10pm. Concert For Cash is an annual gathering to raise funds and awareness for CureSMA. Auctions, dinner, dancing all for a great

cause. \$50. The Denver Field House, 1600 N Federal Blvd, Denver. The Cash Scanlon Phillips Foundation helps families of children suffering from Spinal Muscular Atrophy and other childhood diseases, and provides adoption assistance to families. Concertforcash.org Questions tess@cashscanlonphillipsfoundation.org

Grief Recovery 7-Wk Classes—Work with a trained Specialist to guide you through the process of taking specific actions to complete unresolved emotions that are causing you pain. \$350. Healing Heart Center of Littleton, 5808 S Rapp St, #155. Contact Laurie ljfreemanllc@gmail.com or laurieafreeman.com

JAN 30 WEDNESDAY

Shmaya Gathering w/JoAnne Palladino—7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. 2055 South Oneida St., Suite 330, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

FEBRUARY 21 - 24

Awakening the Illuminated Heart Workshop; A Drunvalo Melchizedek Workshop—9am-6pm. Activate your living organic MerKaBa field; live from the Sacred Space of your Heart; \$400 early reg by 2/1. \$444 after. 309 Ford St, Golden. Bj Hambleton M.S. C.B.S. 303-378-6630 Bj@StepsAndWings.com

FEBRUARY 23

Journey's Quarterly Holistic Healing and Psychic/Intuitive Fair—11am-5pm. Massage, foot baths, reiki, sound healing, healing touch, oils. Palmistry, tarot, intuitive, astrological and crystals, jewelry, oils, arts. Practitioners and vendors vary per fair so call for specifics. \$20, 20 mins. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695. J4CL.com

MARCH 19

5-Week Class on Chakras and Auras—6:30-8:30pm. Learn about your Chakras and how they coincide with our Aura; clean and align your Chakras; easy technique to set energetic boundaries. Early/\$235 Reg/\$250 Journey Within, 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com

MAY 2-4

The Demonstrating Medium with Tony Stockwell & Cynthia Rose McCaw—9am-5pm. Explore demonstrating your mediumship from the platform. If you feel called to demonstrate, this course will support your mediumship development. \$485. Hyatt House, 7310 W Alaska Dr, Lakewood. Brendan 303-525-2007 cynthiarosemedium.com

MAY 5-7

Psychic Detection with Tony Stockwell & Cynthia Rose McCaw—9am-5pm. Work with both psychic and mediumship to gather information to solve crimes or finding lost items. Having previous awareness in mediumship or psychic ability is valuable. \$485. Hyatt House, 7310 W Alaska Dr, Lakewood. Brendan 303-525-2007 cynthiarosemedium.com

save the date

EMPTY ARMS - BROKEN HEARTS WORKSHOP ON PREGNANCY AND LOSS

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



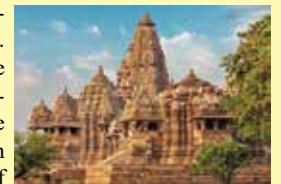
Join us for an experiential workshop designed for women healing from pregnancy and infant loss.

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.

A JOURNEY TO TANTRIC BLISS: 10 DAYS IN INDIA

February 13-22

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 journeystotantricliss@gmail.com. RSVP/Details: Journeystotantricliss.com

on going events

daily

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

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—Performed by our graduate students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Tuesdays & Thursdays from 7-8:30pm. Schedule online. BoulderPsychicInstitute.org

wednesdays

Standing in the Sunlight with Cynthia Rose Medium on OM Times Radio—2-3pm. A down-to-earth and uplifting sharing of what it means to be spiritual, creative and living life to the fullest. Soul Studio, 2103 S Wadsworth G5, Lakewood. omtimes.com/iom/shows/standing-in-the-sunlight/

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

thursdays

\$60 Home & Business Healings—Got ghosts? Sleepless nights? Consistent household/business conflict? These are great in times of transition. Offered every Thursday from 7-8:30pm in Boulder or over-the-phone. Schedule online. boulderpsychicinstitute.org

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

Aura and Chakra Healings—Drop-In between 6-7pm. Receive a 10 minute cleanse and release negative thoughts, emotions, pain and fear. Get replenished with positive energy and feel great. FREE. BoulderPsychicInstitute.org. 1332 Pearl St. Boulder. 303-530-0920.

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

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

Yoga class at Indi Yoga Studio—7:15-8:15pm. This energetic class flows and poses according to your breath (and great music!) and is sure to leave you detoxed, relaxed and smiling. Free. 411 Wadsworth Blvd, #116 Lakewood. Rebekah Adams 720-209-8797 hello@indiyogastudios.com

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 pathway to learning joy. The Dao or The Way, 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

FEBRUARY

Coming Next Month
**Socially
Conscious
Investing**

Plus: Heart Health



natural
awakenings

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