

calendar of events

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

junespecialoffers

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

SPIRIT GUIDE RETREAT: 15% OFF

Connecting with Your Gifts June 29-30. 15% off with code "GiftsOfMyBeing619". Elkhorn Ranch, Loveland/Estes Park. Shannon Elisabeth 970-818-8346 or shannon@fun-freedom-oneness.com

AROMATHERAPY: 25% Off Initial Session

Essential oils can increase emotional balance, well-being, and contribute to better overall health. Kim Farrington, HHP, CCAP, Root Wellness Studio, 2247 Federal Blvd. Denver 720-810-7714

REIKI: 20% Discount

when you mention *Natural Awakenings* while scheduling your appointment. In Denver and Boulder. Michel Barta, M.Ed. Reiki Master Teacher. Peace Bridge Reiki 720-722-3545

COLON HYDROTHERAPY

and/or Nutrition Consultation for \$40/60 minutes (\$20 discount) until July 1 with Sharon Roulhac of Cosmopolitan Colonics, 1420 S Chambers Rd, Ste 118, Aurora. 720-451-3953

COUNSELING: Complimentary Consultation

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

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: \$30 Off Initial Healing

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

\$60 Home & Business Healings—1st and 3rd Thursdays from 7–8:30pm. Got ghosts? Sleepless nights? Consistent household or business conflict? These are great in times of transition! In Boulder or over the phone. Schedule online. BoulderPsychicInstitute.org

JUNE 7 FRI

Game Night Gathering—6:30-8:30pm. Also on 7/14 & 28. Spend time in community playing games, munching on snacks, and deepening social connections. Ages 11-15. \$40; spots limited. 4900 29th Ave Denver. RSVP Breann@successfullysocialco.com

JUNE 8 SAT

Energy Speaks: A Transformational Evening with Lee Harris—7-9pm. Intuitive Guidance, Channeled Teaching and Book Signing. Experience a magical evening of intuitive guidance and channeling from acclaimed transformational leader Lee Harris. Join us to receive practical teaching for navigating daily life with clarity, empowerment and optimism. \$50. Unity Spiritual Center Denver, 3021 S. University Blvd, Denver. 303-758-5664 or LeeHarrisEnergy.com

Day of Mindfulness—9am-3pm. Inspired by the secular teachings of mindfulness-based stress reduction, this workshop is designed to offer an urban retreat day as a way to de-stress and re-capture the joy of living each moment fully. \$72-\$82, Botanicgardens.org.

\$25 Pet Readings—11am–12:30pm on 2nd Sat ea month. Improve your relationship with your companion animal. Clarify relational dynamics and negotiate issues. All species welcome. Over the phone. Schedule online. BoulderPsychicInstitute.org

JUNE 9 SUN

A Course in Miracles Discussion Panel—1:30-4pm. Not for sissies. This is not a religion. It is a spiritual path. Join us and hear four expert and seasoned Course practitioners. \$15. Greenwood Village City Hall 6060 S. Quebec St. Paranormal Talks. 720-203-6354 or info@ParanormalTalks.com

JUNE 10 MON

I Ching Wisdom in Changing Times 9 Wks—6-9pm Mondays. Eastern natural health philosophy's most respected book, the *I Ching*, guides our qigong practice to align spontaneous living with Nature's ever shifting rhythms. \$540 incl materials. Register by 6/5. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

JUNE 11 TUES

"Storytelling – How to Connect to Your Audience"—5:30-7pm. Zoom Live Stream. presented by Tryna L Cooper, Meetings and Events/Journeys for Conscious Living and Kathy Mason, Mason Works Marketing. Tryna 303-550-4223 or Kathy 720-938-2536. RSVP req'd for live stream information.

JUNE 12 WED

7th Annual Co-Creators Convergence—thru 6/16. Experiential gathering including meditation, metaphysical processes, crystalology, movement, art, and nature walks. \$225. Meals, on-site lodging, camping and commuter options available. Sunrise Ranch, 100 Sunrise Ranch Rd, Loveland. Sunriseranch.org or Facebook: LoveCCC. Info Karen 949-547-4066

CHECK DATES

Offered Quarterly: Reiki Level One Training—Develop deeper connection for daily practice of relaxation and healing. Reiki attunement, resource materials, hands-on training, and certificate provided. \$135/student. In Boulder. Classes limited to 4. Contact Michel 720-722-3545 to be added to list.

JUNE 1 SAT

Sacred Circle & One Heart Song Global Meditation for Peace—7-9pm. Join with millions of other One Heart Song groups to create peace, share love and raise consciousness and frequencies. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695.

JUNE 2 SUN

1-Day Introduction to Biodynamic Craniosacral Therapy—9:30am-6pm. Discover the living world inside the body through the elegance and effectiveness of Biodynamic Craniosacral Therapy. Introduces the philosophy and skills of this modality. \$250. 303-999-9963 or Register at Schoolofinnerhealth.org

JUNE 3 MON

Garden Guru Tour: Hardy Cacti—10-11am. Immerse yourself in the Gardens with a horticulturist as your guide. Gain insight into living museum collections and walk away with gardening tips from an expert. \$15-\$17 Botanicgardens.org

JUNE 4 TUES

Self-Healing 101—Learn how to meditate and heal yourself with easy-to-use visualization techniques. Check out the first class for FREE on June 4th. Offered in person & over-the-phone! BoulderPsychicInstitute.org

JUNE 5 WED

Sip and Stroll—6:30-8pm. Join Horticulturalist/Herbalist Blake Burger on a walking tour of the gardens featuring medicinal plants. This informative and practical tour will showcase a few of the many medicinal plants. \$10-\$15, Botanicgardens.org.

5-Day Introduction to Biodynamic Craniosacral Therapy—9:30am-6pm daily. Discover Biodynamic Craniosacral Therapy and the living world inside the body. Students will explore and begin to perceive subtle underlying forces in the human body and how to support their healing capacity. This course teaches essential effective skills applicable to any healing arts modality. Course can be taken alone or as the 1st 5 days of the 50-day Certification Training. Also offered 12/11-15. \$700 Call 303-999-9963 or Register at Schoolofinnerhealth.org

JUNE 6 THURS

Internal Skin Remedies Using Herbs—6-9pm. The health of the skin is often a reflection of what's going on inside of the body. We look at the skin, liver and power foods and balancers of the herbal kind that bring health and clarity to the surface! \$52, Botanicgardens.org.

JUNE 13 THURS

Meditation for Beginners 5-Weeks—Thursdays 6:30-8:30pm. Transformation your life and create change. Let go of negativity and make room for the positive. Feel your health improve. Early/\$210, Door/\$225. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com

JUNE 14 FRI

Emotional Aromatherapy Workshop—7-8pm. Come learn about the emotional benefits of Aromatherapy, using essential oils for emotional benefit, and the science behind it! *doTERRA event* FREE Root Wellness Studio 2477 Federal Blvd. Denver Kim Farrington, CCAP 720-810-7714

\$15 Trance Medium Healings—Drop-in 2nd & 4th Fridays from 7:30–9pm. Receive a channeled healing from postgraduate students. Come with a healing intention and get rid of pain, mental blocks, emotional turmoil, and spiritual imbalances. BoulderPsychicInstitute.org

JUNE 15 SAT

Collecting the Rain: Rain Barrels at Home—10am-Noon. Learn how to install a rain barrel on your property, calculate the system's proper size, current Colorado rainwater laws, explore passive irrigation strategies and subsurface drains, and hands-on experience. \$41-\$47, Botanicgardens.org

save the date

INTEGRATIVE NLP PRACTITIONER CERTIFICATION® TRAINING

JUNE 13 - 16 IN DENVER

Neuro-Linguistic Programming (NLP) teaches proven techniques to communicate effectively; build rapport easily; release limiting thoughts and beliefs; overcome procrastination, lack of motivation, depression, and phobias. Tap into your conscious and unconscious mind to empower your life. \$144 to attend with Promo code NATURAL. Located at the Sheraton Denver Tech Center in Greenwood Village. Register online at www.empowermentpartnership.com or info@nlp.com. Enrollment advisors are also available at 800-800-MIND (6463).



LAVENDER FESTIVAL

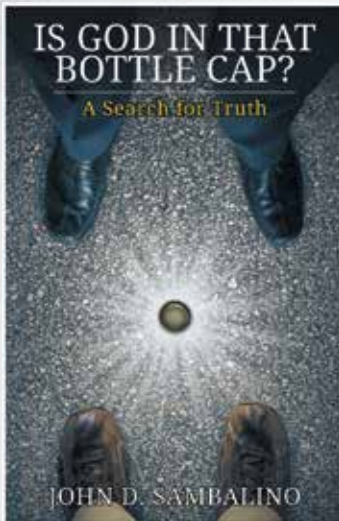
JULY 20, CHATFIELD FARMS IN LITTLETON

More than 2,000 lavender plants set the scene for this family friendly celebration of Chatfield Farms' Lavender Garden. Shop lavender products made by local growers and artisans. Enjoy free demos, live music, food and drink vendors, and tours. Educational programs available for an additional charge. Tickets \$5-\$7, botanicgardens.org. 8500 W Deer Creek Canyon Rd.

AMMA IN SANTE FE!

JUNE 20 - JUNE 23

Meet Mata Amritanandamayi, renowned humanitarian and spiritual leader, revered for her message of selfless love and compassion toward all beings, and receive her individual, heartfelt hug. Arrive at least 90 minutes early for a token. Tokens may be limited by time constraints. Free Public Programs: Thursday, June 20, 12pm and Devi Bhava, Sunday, June 23, 7pm. Paid Retreat: June 21-23. Pre-registration required. Hilton Buffalo Thunder Resort, 20 Buffalo Thunder Trail, Santa Fe, NM 87506 www.amma.org www.amritapuri.org



Available at Amazon, Barnes & Noble, and Neighborhood bookstores

Is God in That Bottle Cap?

An inspirational guide to leading a life of spirituality

A true life story of the personal quest for spiritual enlightenment and the many benefits of meditation, based on the author's 44 years of daily meditation, more than 40 years of yoga and tai chi, and more than 20 years of qigong



“I would love to see this book in the hands of practitioners of all paths for self-realization.

- **Vijayendra Pratap, Ph.D.**
president of the Yoga Research Society,
Author (*Beginning Yoga, Yoga Vision,*
Secrets of Hatha Vidya)

“... readers should certainly enjoy this absorbing book, A lively and intensely readable story of one man's use of a variety of spiritual practices to reveal the nature of reality.

- **Kirkus Reviews**

“A fun ride and informative read.

- **Jeff Cox**, retired president of
Snow Lion Publications

www.isgodinthatbottlecap.com

Richard Rudis Gong Bath—7-8:30pm. Dynamic meditative sound vibrational experience which guides into physical well-being, emotional balance, cellular healing and spiritual awareness. Bring pillow, mat, and blanket. Sacredsoundgongbath.com or wholelifemodalities@gmail.com. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695

JUNE 16 SUN

Happy Father's Day!

JUNE 18 TUES

Begin Your Qigong Lifestyle—6-8pm. 9 weekly classes on Tuesdays. Build a heart-centered, intentional practice in qigong self-care, inner alchemy and chi nutrition. Tuition, includes materials: \$495. Register by 6/11. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

JUNE 20 THURS

\$60 Home & Business Healings—1st and 3rd Thursdays from 7-8:30pm. Got ghosts? Sleepless nights? Consistent household or business conflict? These are great in times of transition! In Boulder or over the phone. Schedule online. BoulderPsychicInstitute.org

We must not allow other people's limited perceptions to define us.
~Virginia Satir

JUNE 21 FRI
Summer Solstice

3 Days of Tantra ...June is Busting Out All Over—and we want you to, too. Bust out of those crusty relationship & intimacy shells that have you trapped. Bust out of wondering what Tantra is really all about. Bust out with free-flowing sensuality & self-confidence. \$357 - \$657 Osho Leela, 1025 Rosewood Ave, Boulder. Judith Anne Condon, Journeys to Tantric Bliss 303-630-9479

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

Emotional Aromatherapy Workshop—7-8pm. Learn about the emotional benefits of Aromatherapy, using essential oils for emotional benefit, and the science behind it! *doTERRA event* FREE Root Wellness Studio 2477 Federal Blvd. Denver Kim Farrington, CCAP 720-810-7714

JUNE 24 MON

We Are Change Open Mic Night—6-10pm. Share the power uniting local grassroots activist community for an evening of food, music, interviews, headliners, poetry and dancing. Perform your songs and poems! Event page on Facebook and Wearechangecolorado.com

JUNE 26 WED

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 S Oneida St, Ste 330, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

JUNE 28 FRI

3-Day Biodynamic Principles—9:30am-6pm daily. Create the conditions that support healing and presence in yourself and others. Understanding and relying on the principles of biodynamics can change relational, parental and professional dynamics. Also offered 10/18-20. \$390 Schoolofinnerhealth.org

\$15 Trance Medium Healings—Drop-in 2nd & 4th Fridays from 7:30-9pm. Receive a channeled healing from our postgraduate students. Come with a healing intention and get rid of pain, mental blocks, emotional turmoil, and spiritual imbalances. BoulderPsychicInstitute.org

JUNE 29 SAT

Spirit Guide Retreat: Connecting with Your Gifts—Sat & Sun. Access deep grounding and higher truth about self-identity and greatest offering. Discover and deepen the truest expression of "who you are" and the gift of your being. We will connect with your spirit guides, power animals, and tools for tapping into your greatest power. Camping-style, private land backing to national forest. 15% off with code "GiftsOfMyBeing619". \$300-\$375. Elkhorn Ranch, Loveland/Estes Park. Shannon Elisabeth, 970-818-8346 or shannon@fun-freedom-oneness.com

JUNE 30 SUN

Free Group Meditation—9:30am-12:30pm. Coly Vulpiani, Facilitator. 2055 South Oneida St., Ste 330, Denver. RSVP 303-476-8402 or coly@parallelrealitiespractice.com.

on going events

daily

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

tuesdays

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

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 our graduate students. Enjoy their advanced skill set and ask questions about relationships, career, health, and more! Schedule online. BoulderPsychicInstitute.org

wednesdays

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

thursdays

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, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

\$10 Psychic Readings—7-8:30pm. Performed by our graduate students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Schedule online BoulderPsychicInstitute.org

Aura and Chakra Healings—6-7pm drop-in. 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.

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.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, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

sundays

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

looking ahead

JULY 6

Day of Healing—11am-3pm. Celebration-picnic and healings! Celebrate Journey Within in Lakewood for 11 yrs. Give yourself Private Energy Healings, Angel Card readings and more. Journey Within, 777 S Wadsworth Blvd. Bldg 2 #108, Lakewood. Anita Destino 720-413-7303 or AnitaDestino.com

JULY 9

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

OCT 5

1-day Intro to Biodynamic Craniosacral Therapy—9:30am-6pm. Discover the living world inside the body through the elegance and effectiveness of Biodynamic Craniosacral Therapy. Introduces the philosophy and skills of this modality. \$250 Call 303-999-9963 or Register at Schoolofinnerhealth.org

OCT 23-27

5-day Neurodynamics Course—9:30am-6pm. This is a unique course! Learn about fluids and nerves and the therapeutic potential in their interactions. Learn about the autonomic nervous system and how to track autonomic nervous system states. \$700 Schoolofinnerhealth.org

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natural
awakenings

Each day of our lives we make deposits in the memory banks of our children.

~Charles R. Swindoll

