

# Mind



## 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 well-being. 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.

## COUNSELING/ PSYCHOTHERAPY

### 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.



## HEALING AND COACHING

### SHARON SHORES

Life Mastery Coach, Healer & Emotion Code Practitioner  
4101 E Louisiana St, Suite #500, Denver  
720-514-0623  
Sharon@sharonshores.com  
SharonShores.com

Sharon is a Transformation Life Coach, Medical Intuitive Healer and Emotion Code Certified Practitioner! Visit her website for testimonials on her work! If you are in need of a great coach to help you move forward or are in need of a healer-physical, emotional or mental healing-contact Sharon.



## INTEGRATED MENTAL HEALTH

### RUTH STIEGLITZ HOOLEY, M.S., (R.N.), PH.D., PSY.D.

Licensed Clinical Psychologist; Fellow Forensic Psychology  
In Denver & Lone Tree  
303-621-6066 / ruthhooley@gmail.com



Using the integrative model of mind-body-spirit, learn how to release your negative energies, past hurts and traumas; and alleviate P.T.S.D., depression, anxiety, shame and victim mentality. Learn how to increase effective life-coping skills for yourself and your relationships, while moving into forgiveness of self and others, with gratitude and a sense of meaning and purpose. I accept most insurances, including Medicare.

## LIFE COACH

### RECLAIM YOUR JOY!

Sharyl Davis - Joy Coach  
720-767-0193 / sharyl@sharyldavis.com  
Sharyldavis.com

LIVE A LIFE OF PASSION, PURPOSE AND PROSPERITY! Do you ever wonder, "Is there more to life than this? I have everything I wanted, I thought I'd be happier. Something is missing. Why am I here? If only I had the "right" job/relationship, I'd be happy." I'm Sharyl and I'm a Joy Coach. I'd love to help bring more JOY into your life! Schedule a FREE 30-minute Joy Breakthrough Session.



## LOVE COACHING

### MANIFEST LOVE

Jennifer Zundel  
303-352-1970 / jenzundel@hotmail.com  
Facebook.com/jenniferzundelcoaching/

Create happy healthy love from the inside out. Certified Calling in "The One" Coach Jennifer Zundel supports conscious men and women to evolve the patterns of their past romantic relationships and manifest their Soulmate! She also supports those going through pain of breakup, to heal their hearts with Conscious Uncoupling Coaching. Schedule your FREE consultation to learn more.



## MEDITATION

### JOURNEY WITHIN

Anita Destino  
Inside Irongate Executive Plaza  
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 profile page 13.

## TRAUMA SPECIALIST

### RUTH STIEGLITZ HOOLEY, M.S., (R.N.), PH.D., PSY.D.

Licensed Clinical Psychologist;  
Trauma Specialist  
In Denver & Lone Tree  
303-621-6066  
ruthhooley@gmail.com

Live your life fully without experiencing your unrelenting fears, shame and a sense of unresolved loss. Everyone experiences trauma, whether a little "t" or a big "T." When confronting the trauma by using EMDR treatments, the trauma subsequently changes the negative narrative, feelings and behaviors. This resolution of the trauma and PTSD symptoms allows one to move on with a sense of peace and in forgiveness of self and others. Most insurances accepted, including Medicare.



# Body



## 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.

## ADVENTURE RETREATS & COACHING

### WOMEN'S EMPOWERMENT WORKSHOP

Susie Kincade  
P.O. Box 1276, Eagle  
970-328-5472 / Womenempower.us

Adventure Retreats and Coaching for Women: Discover your personal power, direction and confidence with



nature connected life coaching and retreats from Women's Empowerment Workshop. Expertly guided adventures – on the river, hiking, rock climbing and more – deepen your connection to the natural world and support your personal growth, transformation, and self-knowing. Learn life-long tools that build resilience, self-confidence, and authenticity. For girls and women of all ages and abilities. Find your retreat, workshop or coaching at Womenempower.us. Family, group, and rites of passage retreats too! Call 970-328-5472, or email susie@womenempower.us. See ad page 8.

## ALTERNATIVE & HOLISTIC HEALTH

### SERENITY CBD LLC

Rachel Cole  
4301 Newcombe St, Wheat Ridge  
720-318-0158 / Rachel@serenitycbd.org  
Serenitycbd.org

Explore CBD for the relief of pain, healing and better health. Serenitycbd.org sells organic, medicinal CBD products made from Colorado-grown organic hemp, which contain less than .3 percent tetrahydrocannabinol (THC). That means there's no psychoactive effects (no high), only naturally occurring cannabinoids (CBDs), terpenes, and phytonutrients helpful to the body. From "Soil to Oil" we take pride in providing the best high quality product from our Organic farm in Wheat Ridge.



## AUTOIMMUNE PROTOCOL

### DR. YAMILA

Yamila Cruz-Martinez  
787-717-8805 / Dr.ycruzmtz@gmail.com  
Dryamila.com



Take control of your health! Certified AIP Coach trained on the science and implementation of the Autoimmune Protocol, a diet and lifestyle that promotes healing and often enhances medical treatment for those with autoimmune disease. We promote the right conditions for your body to heal itself, such as removing foods that may trigger an immune response, are harmful to the gut, and lead to hormone dysregulation; restoring nutrients and flora that promote a healthy gut and well-regulated immune function; and providing a framework for building a life-long diet exactly suited to you. Also offered: Functional medicine, Chiropractic and Reiki.

## 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 private appointment. Group qigong self-care classes throughout the week. Professional certification programs to teach qigong and do medical qigong therapy also available Your prosperous life awaits you, call today! See ad page 10.



## 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 12.



## 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 22.



Be happy for  
this moment. This  
moment is your life.

~Omar Khayyam



## 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.

## HEALTHY LIVING

### VITALITY ACHIEVED

Sharyl Davis  
720-767-0193 / VitalityAchieved@gmail.com  
Voxxlife.com/Sharyl

IMPROVE BALANCE - REDUCE



PAIN - IMPROVE EXERCISE PERFORMANCE. The Biggest Breakthrough in wellness in the Past 50 Years. VoxxLife wearable neurotech includes socks and shoe inserts that help with: Improving balance/mobility, Reducing fall risk, Pain relief, Increasing energy, Improving exercise performance, Improving Endurance, Enhancing quality of life. +31% Improved Balance. +22% More Power. +15% Increased Range of Motion. +90% Pain Relief. INSTANT. PROVEN. TESTED. Ask for 2 Minute Personal Demonstration!

## INTEGRATIVE HEALTH



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 PHYSICIAN or see ad page 2.

### SOUL JOURNEY HEALTH

12211 W. Alameda Parkway #104, Lakewood  
720-519-1548 / Souljourneyhealth@gmail.com  
Souljourneyhealth.com

Empowering you to RECLAIM YOUR HEALTH.

Integrate: To make whole by bringing all parts together. Health: A state of optimum - physically, chemically, mentally, spiritually - not merely the absence of disease or infirmity. The body heals itself in a sure, sensible, practical and reasonable manner; this healthy potential awaits the hand, heart, and mind of a trained individual to bring it forth. The Soul Already Knows Its Journey.



## MIDWIFE

### MOON SONG MIDWIFERY, LLC

Jacqueline Lynch, CPM, RM  
720-724-7664  
jacqueline@moonsongmidwifery.com  
MoonsongMidwifery.com



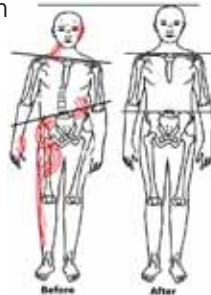
Family-centered, respectful, loving care for your child-bearing years and beyond. Offering full-spectrum midwifery and well-woman care throughout the Front Range, greater Denver area, and Mountain towns. Home Birth, Water Birth, Fertility and Pre-Conception Assistance, Well-Woman Gynecology Care. Over 10 years of experience serving women and families! All appointments take place in the comfort of your own home. I come to you!! Schedule your FREE, No Obligation Consultation today.

## 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. See profile page 13.



## 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 PHYSICIAN 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.

## TRANSFORMATIONAL HEALTH & WELLNESS COACHING

### MANIFEST NATURAL WELLNESS

Kelly Haugh, Certified Holistic Health & Wellness Coach, Certified Transformational Coach  
720-236-7897  
KellysCoachingWisdom@gmail.com  
ManifestNaturalWellness.com



Feel like yourself again! With my certified coaching, you'll build a strong, healthy gut, gain control of your life to reduce stress and anxiety, release limiting and dis-empowering beliefs, squelch inflammation and pain, unload extra weight, and learn to really live in the present! With my proven techniques, support and accountability, you can achieve your goals in 2018. Contact me for a complimentary Discovery coaching session! Do something your future self will thank you for!

## WELLNESS SERVICES

### A TOUCH FOR WELLNESS

Debbie Sloan CMT, LE  
10050 Ralston Rd, Suites 1&2, Arvada  
303-995-9919 / Atouchforwellness.com

A wellness studio to nurture your body, skin and spirit, Debbie offers massage therapy, hot stone massage, facials, waxing. She has many years of experience and is creative with combining services as needed.



Experience a CBD massage or facial using our products. We sell CBD products that are federally legal, one of our many firsts in the cannabis industry. We have ongoing educational presentations and consultations about hemp/CBD products. (Not MMJ).

## YOGA/TAI CHI

### BODY & BRAIN YOGA

Lakewood 303-948-5500  
Westminster 303-456-7670  
Denver 303-316-9977  
Littleton 720-283.6222  
Golden 303-278-0382  
Bodynbrain.com

With a brain-oriented approach



to health, body & brain yoga / tai chi not only improves flexibility and strength, but also give tools for living mindfully and creating a more balanced lifestyle. Suitable for all ages, experience levels, and body types. We also offer workshops integrating mind-body principles to help actualize your fullest potential.



## CONSCIOUS EVENTS AND SPEAKERS

Two Locations!

### JOURNEYS FOR CONSCIOUS LIVING

7401 West 59th Ave., Arvada  
JOURNEYS FOR CONSCIOUS LIVING at MEETINGS & EVENTS  
7502 West 80th Ave., Suite 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 gatherings, and offering an event center (space rental) to empower people to create and express thoughtful changes in living their lives every day, thus creating the space and energy to stay centered and expand community. See ad page 9.



JOURNEYS FOR CONSCIOUS LIVING

## ENERGY HEALING

### NATASHA DEAKINS

1800 30th St Suite 309, Boulder  
720-499-8469  
psychic@natashadeakins.com  
Natashadeakins.com



**FREE INTRODUCTORY HEALING!** Relieve negative compulsions, urges, and patterns in your life like anxiety, flashbacks, emotional & mental disturbances. Heal on a spiritual level and bring your mind, emotions, and body to a harmonious state of being. Warning, you may experience happiness, joy, and self-love after your healing session. Inquire with in only if you want positive life changes and great insight into your life. Free 30 minute sessions available for all first-time clients. Appt. required.

### 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 profile page 13.



## 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.

## ENERGY PSYCHOLOGY

### RUTH STIEGLITZ HOOLEY, M.S., (R.N.), PH.D., PSY.D.

Licensed Clinical Psychologist; Fellow Forensic Psychology  
In Denver & Lone Tree  
303-621-6066 / ruthhooley@gmail.com



Using the integrative model of mind-body-spirit, learn how to release your negative energies, past hurts and traumas; and alleviate P.T.S.D., depression, anxiety, shame and victim mentality. Learn how to increase effective life-coping skills for yourself and your relationships, while moving into forgiveness of self and others, with gratitude and a sense of meaning and purpose. I accept most insurances, including Medicare.

## 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 balance 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. Clear energetic obstructions and direct focus in your natural strengths toward positive life transformations. Healthy environmental chi promotes a healthier you! See ad page 10.

## FENG SHUI/MINDFUL INTERIOR DESIGN

### CONSPIRE DESIGN + PHOTOGRAPHY

Sharon Wunder - Interior Coach  
Consultations via phone and Skype  
Online Courses and Workshops  
303-918-5610 / info@sharonwunder.com  
ConspireDesign.com



Creative interior design solutions using mindful parts of Feng Shui and psychology which adds quality zip and zing in all aspects of one's life. Design the utmost enchanted and creative living space that aligns with your dreams and goals by learning The Conspire Design Method™. With the premise that your external environment supports your internal thoughts, we will work with nature's elements and a "whole health" consciousness. Various packages are available. Mention this listing and receive a free gift!

## HEALING

### JOANNE PALLADINO

Intuitive - Channel - Reiki Master-Teacher  
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 vibra-  
tional light language, attunes  
you to a love frequency; 3. Reiki healing to dis-  
solve energetic blockages; 4. Life changing guid-  
ance that will shift 'old patterns' that no longer  
serve you. In-person or by phone.

## HYPNOTHERAPY/ SPIRITUAL COUNSELING

### SEEDS OF SATYA

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

Are you navigating trauma,  
life transitions or spiritual  
growth? Seeds of Satya will  
help you find greater har-  
mony and peace by guiding  
you into your innate wisdom  
that seeds truth into your heart  
and mind through experien-  
tial processes with Depth Hypnosis, Spiritual  
Counseling, and Integrative Shamanic tech-  
niques, meditation and group workshops. "You  
are divine intelligence, a mystery begging to be  
known"- Kari



## INTIMACY & TANTRA

### 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. Tan-  
tra. 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 becom-  
ing 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, medita-  
tion & more. There is no nudity or sexual con-  
tact. 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.

## INTUITIVE ARTS

### SHINE YOUR LIGHT!

Chiwa Higashi  
Awaken, Heal, Transform  
Boulder  
303-215-6073  
ShineLightNow@gmail.com  
ShineLightNow.com/english



Intuitive Life Coach & En-  
ergy work to help you trans-  
form your life. Have you felt  
that you were going through  
some changes and not sure  
how to move through this  
process? Chiwa can support  
you in your awakening pro-  
cess. Learn to connect with your Divine Self  
and align with your soul purpose. Intuitive  
life coach, Energy healing, & Classes. In love  
& service!

## MEDIUMSHIP

### JOURNEY WITHIN

Anita Destino  
Inside Irongate Executive Plaza  
777 S Wadsworth Blvd. Bldg 2-108,  
Lakewood  
720-413-7303 / Anitadestino.com

A safe place for people inter-  
ested in creating change in  
their lives, Journey Within  
helps you focus on spiritual  
growth, developing your in-  
tuition and personal devel-  
opment. During an intuitive  
reading/healing receive mes-  
sages from your Angels, Guides or loved ones  
who have crossed over. Also, we can move en-  
ergy blocks, old beliefs and patterns that are no  
longer beneficial to you. See profile page 13.



## MESSAGES FROM SPIRIT

### ELISA MALANGONE

720-372-3927 / Elisalnsight.com



Searching for passion and  
insight to your life purpose?  
Connect to your unique in-  
sight and higher soul per-  
spective for guidance con-  
cerning healing from grief  
and loss, health, career, rela-  
tionships, 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 25.

## SHAMANIC SERVICES

### WOLFHEALS SHAMANIC SERVICES

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



Shamanic healing can benefit  
dis-ease on any level while  
deepening a sense of whole-  
ness and connection. Enhance  
health, integrity and well-being  
through spiritual power and  
autonomy. Shamanism, an an-  
cient, cross-cultural method-  
ology, works directly with the compassionate  
Spiritual realms, including Earth's natural wis-  
dom. Long distance consultations, counseling,  
classes, house clearing, ceremonies also offered.  
Remote shamanic healing is free. See website  
for various offerings and schedule your session.  
The work is sacred. You are sacred.

## TOOLS TO AWAKEN

### JOANNE PALLADINO

Intuitive - Channel - Reiki Master-Teacher  
JoAnne@JoAnnePalladino.com  
303-263-0679 / JoAnnePalladino.com

Sacred Tools to support YOUR  
Sacred Awakening. Hand se-  
lected items chosen for high  
vibrational resonance, personal  
and client results. These tools  
provide grounding / inner peace /  
expanded consciousness / sacred  
unity. One-of-a-kind mala beads,  
holy essential oils, sacred geometry sculpture and  
jewelry, Clear Your Path to Self-Love Video series,  
Way of Mastery Book and more. Feel free to con-  
tact JoAnne for guidance about these sacred tools  
that will best support your awakening journey.



## SOUL FOOD

### DR. NADINE

Creating RESULTS Holistic Center  
Healer, Teacher, Clairvoyant, Naturopath  
970-443-2541 / DrNadine11@gmail.com  
MagnificenceMine.com



Raise self-esteem and empow-  
er yourself with Dr Nadine's  
SOUL Food Card Deck, nourish-  
ing Body, Mind, Emotions and  
Spirit. 2017 People's Choice -  
Inspirational Product - COVR  
Award Winner. Each Soulful card  
is designed to inspire, uplift and  
motivate you to stop, take a breath, realign with  
your inner truth and step forward with clarity,  
certainty and balance. Experience profound shifts  
with a private Healing or Reading with Dr Nadine;  
download MP3 meditations; ask about packages,  
classes and workshops. Visit MagnificenceMine.  
com to learn more.

## SPIRIT GUIDE LIFE COACHING

### SPIRIT GUIDE LIFE COACH

Simone St. John  
720-507-4440

Simone@SpiritGuideLifeCoach.com  
SpiritGuideLifeCoach.com

Thirsting for Clarity? Simone connects with her Spirit Guides to receive information that can shift your perspective, uncover gifts, give direction and increase clarity as you move toward living your life with greater authenticity.



“Simone’s Spirit Guides pinpointed the road blocks I put on myself that have kept me in a holding pattern. Her Spirit Guides gave me enlightenment and empowerment to start fresh with intention and purpose.” -Octavia M.

## SPIRITUAL AWAKENING

### NEW HUMAN LIVING

Les Jensen

Boulder, CO

720-981-1236

inquiries@newhumanliving.com

NewHumanLiving.com

New Human Living, founded by author, radio host, energy master and visionary, Les Jensen, brings a fresh approach to the spiritual journey of awakening. Les offers practical tips for cleansing and healing



the energetic imprinting from our past. Purifying our energetic dialogue of creation. And mastering the art of soul-level creation. To learn more about Les, his weekly radio show, and his mixed-media offerings, visit NewHumanLiving.com.

## SPIRITUALITY & SELF DISCOVERY

### 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.



## 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. See ad page 4.



## EVENT CENTER & MEETING ROOMS

Two Locations!

### JOURNEYS FOR CONSCIOUS LIVING

7401 West 59th Ave., Arvada

JOURNEYS FOR CONSCIOUS LIVING at MEETINGS & EVENTS

7502 West 80th Ave., Suite 170 (Lower Level PCSU 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 gatherings, and offering an event center (space rental) to empower people to create and express thoughtful changes in living their lives every day, thus creating the space and energy to stay centered and expand community. See ad page 9.



JOURNEYS FOR CONSCIOUS LIVING

## ENVIRONMENTAL HEALTH

### EVERYDAY WHOLE HEALTH AND HOME

Tina Atchley

303-910-4593

tina@everydaywholehealthandhome.com

Everydaywholehealthandhome.com

Create a home and work environment that energetically supports your health and well-being. Disturbances in the earth’s natural flow of energy caused by cell phone towers, electromagnetic energy, underground water and the like, create stress in our environment that affects us physically, emotionally, mentally and spiritually. Neutralize geopathic stress energy, cure negative vortexes, release karma lines, space clearing and more. Heal your home/work space for harmony in relationships, better sleep, enhanced creativity, improved health and more. Free 15-minute consultation.



## HEALING: PETS

### JOURNEY WITHIN

Anita Destino

Inside Irongate Executive Plaza

777 S Wadsworth Blvd Bldg 2 #108,  
Lakewood

720-413-7303 / Anitadestino.com



Our pets are great friends and companions. Our pets are wonderful healers in our lives and sometimes they need an energy healing too. Just like people, pets can hold on to energy that is no longer beneficial for them. A pet energy healing is an aura and chakra clearing, and can assist your pet in maintaining its health, vitality, and enthusiasm. See profile page 13.

## PHOTOGRAPHY

### CONSPIRE DESIGN + PHOTOGRAPHY

Sharon Wunder

Portraiture in Nature, Headshots, Events, and Rituals

303-918-5610 / info@sharonwunder.com  
ConspireDesign.com

Portraiture that...well...just plain sparkles and rocks! Specializing In Graduating Seniors, Family, Lifestyle Branding, Headshots, Celebrations and Rituals. Earth-friendly Products Such As Digitals + Print Processes that are environmentally conscious are available upon request. A variety of packages to match your needs are available. Mention this listing and receive 10% off your first order of prints or framed displays.

