

calendar of events

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

novemberspecialoffers

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

Healing Hands of Nature: Basic First Aid with Plants—3-5pm. Learn about the plants we have in our mountain ranges that can help in an emergency backcountry situation. \$40-\$44. Register botanicgardens.org.

\$15 Trance Medium Healings—7:30-9pm. Receive a channeled healing. Come with a healing intention and release pain, mental blocks, and spiritual imbalances. Offered in-person & over-the-phone. Schedule online. BoulderPsychicInstitute.org

Happy Holidays or are they?—6-8pm. Join us for a Free workshop on allowing Grief and Gratitude to co-exist. Explore ways to help you smile at the memories, never forgetting a single one, re-personalize your celebrations. November 9th, 6-8 pm. Healing Heart Center of Littleton, 5808 S Rapp Street #155. RSVP Lauriefreeman.com

SAT NOV 10

Let's Get Stoned: A Gemstone Exploration—7-9pm. 2nd Sat ea month. Identify your stones and what spiritual guidance/healing they can give you. New instructor/topics/crystals for each class. \$12pp, \$20/couple (pre pay). Full Moon Books, 4900 W 46th Ave, Denver. Tix.Bit.ly/LetsGetStonedFHS

Pet Energy Healings—12-3pm. Healthy or ill, a pet energy healing has many benefits for both the pet and its owner; strengthen the bond, removes energetic blocks, release pain or discomfort. Bring your pet or photo. \$20/pet. By Appt. Journey Within 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

\$25 Pet Readings—11am. Improve your relationship with your companion animal! Clarify relational dynamics and negotiate issues. All species welcome. Offered over-the-phone on 2nd & 4th Sat ea month. Boulderpsychicinstitute.org.

Natural Blood Sugar Balance with Plenty of Sweetness—10:30-noon. Learn about the nutritional science and practices that support the use of plants to nourish and create internal equilibrium with blood sugar and insulin for optimal health. \$41-\$6. Register botanicgardens.org

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 Street, Ste 155. Lauriefreeman.com Loranewilson.com

MON NOV 5

Selah | Tantric Healing Arts Certification Training—thru Thurs. Authentic Tantra Training to enhance understanding & application of Tantra. Trademarked 6-Session Framework. Non-sexual holistic immersions deepen awareness and connection. No exp nec. Details 720-739-0422 or selahtrainings@gmail.com

THURS NOV 1

Love Messages from Above: All Souls Day Edition with Lynn Van Praagh-Gratton & Elisa Malangone—6-9pm. Lynn Van Praagh-Gratton and Elisa Malangone deliver powerful and purposeful messages from beyond. Mercury Cafe, 2199 California St, Denver. [Tix ElisaInsight.com](http://Tix.ElisaInsight.com) or Lynnvanpraagh-gratton.com

TUES NOV 6

Columbine Communicators Toastmasters Club—7-8:30pm. 1st & 3rd Tuesdays ea month. 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 or Columbine.toastmastersclubs.org

FRI NOV 2

\$15 Christ Force Healings—drop in 7:30-9pm. Lay on a massage table while a student healer channels the energy of forgiveness through your body. 1st Friday each month. BoulderPsychicInstitute.org

Guided Sitting Meditation: The Cycle of Life—6-7pm. As the year ends, reflect on all that has been and all that will be. \$15-\$18. Register botanicgardens.org

SAT NOV 3

Día de los Muertos—9am-4pm. Celebrate the Mexican tradition of Day of the Dead with live entertainment, face painting, lucha libre and a Mercado. Admission is free; vendors, face painting and food available for purchase. Info at Botanicgardens.org

FRI NOV 9

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

MON NOV 12

Veteran's Day 

TUES NOV 13

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

The Women's Way to Health, Wealth, and Happiness Meetup—7-9pm. Join Kathy Mason and Tryna Cooper for informative presentations and discussions on heart-based business and conscious, healthy lifestyles. Available live stream on Zoom-RSVP req'd. Donation. Info Tryna 303-550-4223 or Kathy 720-938-2536

Creating Your Own Signature Scent—6-8 p.m. Learn the basics of essential oil blending to create your own signature roll-on perfume. Learn to balance top, heart, and base fragrance notes. Calculate the proper essential oil concentration to safely build your own natural blend. \$48-\$55. Register botanicgardens.org

FRI NOV 16

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

Y12SR—7-8:30pm. Y12SR is a 12-step recovery meeting and yoga practice for those dealing with their own addictions, and/or the addictive behavior of others. ALL inclusive. Donation. Outlaw Yoga Littleton, 259 W Main St. Info meryl@outlawyogalittleton.com

SAT NOV 17

Public Andean Despacho Ceremony—4-6pm. This Ceremony is a way to connect at a deep soul level to achieve release through an offering burned in gratitude. No exp req'd. Free. Jefferson Unitarian Church 14350 W 32nd Ave, Golden. Everydayshamanism.com/events

SUN NOV 18

Richard Rudis Gong Bath—7-8:30pm. Dynamic meditative sound vibrational experience leads to well-being, emotional balance, cellular healing and spiritual awareness. Bring a pillow, mat, and blanket. Info wholelifemodalities@gmail.com. Journeys for Conscious Living, 7401 West 59th, Arvada. 303-731-6695. J4CL.com

TUES NOV 20

Columbine Communicators Toastmasters Club—7-8:30pm. 1st & 3rd Tues ea month. 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 or Columbine.toastmastersclubs.org

WED NOV 21

Peruvian Shamanic Journey Circle—6:30-8:30pm. No exp nec! Journeying is an essential skill of shamanism and opens the door to direct insight from spirit. Bring curiosity and open heart. Safe, comfortable environment. Free. Jefferson Unitarian Church 14350 W. 32nd Ave, Golden. Everydayshamanism.com/events

THURS NOV 22

Happy Thanksgiving!



FRI NOV 23

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

Blossoms of Light—thru Jan 1. Annual holiday lights extravaganza transforms York Street location into a twinkling winter wonderland. New features, brighter and more expansive than ever before. \$11-\$21. BotanicGardens.org

save the date

LOVE MESSAGES FROM ABOVE: ALL SOULS DAY EDITION WITH LYNN VAN PRAAGH-GRATTON & ELISA MALANGONE THURSDAY NOV 1ST, 6-9 PM

Gifted and heart-centered spiritual mediums Lynn Van Praagh-Gratton and Elisa Malangone deliver powerful and purposeful messages from beyond; an opportunity for magnificent healing, love and compassion. Lynn features her new book "The Hand II" and her Spiritual Tea line. Dinner/appetizers/cocktails available for purchase. Recommended arrive 6pm to ensure all ordering complete before readings begin. Mercury Cafe 2821, 2199 California St, Denver. Tickets ElisaInsight.com or Lynnvandpraagh-gratton.com



SELAH | TANTRIC HEALING ARTS CERTIFICATION TRAINING

Monday through Thursday, November 5-8; 9am-5:30pm



Authentic Tantra Training for individuals looking to enhance their own understanding & application of Tantra, as well as for those in pursuit of a professional Tantric practice. This hands-on training covers Tantric Philosophy & Chakra Education, Tantric Techniques, Energetic Boundaries, and our Trademarked 6-Session Framework for Individuals & Couples. Selah® Sessions are non-sexual holistic immersions designed to deepen internal & external awareness and connection. Experience in energy work, massage therapy, or yoga is welcomed but not mandatory. Info/RSVP, call 720-739-0422 or selahtrainings@gmail.com.

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](mailto:LoraneWilson970-903-5889) or wilsonlorane2017@gmail.com.

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 journeystotrantricbliss@gmail.com. RSVP/Details: Journeystotrantricbliss.com



Full Moon Drumming Circle—7-8:30pm. Join Marco Di Ferreira, Yogi and musician, for a full moon drumming circle. No exp nec. Bring any percussion instrument or just yourself! Suggested \$10. Outlaw Yoga Littleton, 259 W Main St. Outlawyogalittleton.com

SAT NOV 24

Small Business Saturday—Shop Small with For Heaven's Sake on this annual holiday shopping tradition that gets Denver/surrounding communities out in support of their favorite small businesses. Discounts storewide. 4600 W 46th Ave, Denver, 1923 N Wadsworth Blvd, Lakewood. Forheavensake.com

Holistic Healing and Psychic/Intuitive Fair—11am-5pm. Complementary healing modalities such as massage, shamanic, reiki, sound healing, and healing touch. Readers include angel, tarot, intuitive, and astrological. \$20/20 min or as offered. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695 J4CL.com

Autumn 5 Virtues Qigong Self-Healing Retreat—thru Sun. A soulful program of practices to integrate 5 essential natural laws into daily living for emotional balance, harmony, healing, whole health, unending vigor, and joyful self-expression. No exp nec. \$350. 720-427-0406, DebraLin.ChiWellness@gmail.com ChiWellness.net

MON NOV 26

We Are Change Open Mic Night—6-10pm. Uniting our local grassroots activist community for an evening of food, music, interviews, headliners, poetry and dancing. This is powerful! Wearechangecolorado.com

TUES NOV 27

Begin Your Qigong Lifestyle—6-8pm, 9 wkly classes. Build practice of proper qigong self-care, inner alchemy and chi nutrition to eliminate stress, reverse aging, and thrive in vibrant health and joy! \$495. Chi Wellness, Denver. [Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com](mailto:DebraLin.Allen@chiwellness.com)

WED NOV 28

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, #330, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

looking ahead

CHECK DATES/TIMES

Guided Meditations in December—During this busy time, remember to give to yourself. Meditation can transformation your life and create change. Let go of negativity and make room for the positive. Feel your health improve. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com

DEC 4 & 18

Columbine Communicators Toastmasters Club—7-8:30pm. 1st & 3rd Tuesdays ea month. Toastmasters operates clubs worldwide to promote communication, public speaking, and leadership skills. JeffCo Sheriff Station, 11139 Bradford Rd, Littleton. Guests welcome. Info jilliancasler@gmail.com or Columbine.toastmastersclubs.org

SAT DEC 8

Let's Get Stoned: A Gemstone Exploration—7-9pm. 2nd Sat ea month. Identify the spiritual guidance and healing your stones can give to you. New instructor/topics/crystals for each class. \$12pp, \$20/couple (pre pay). Full Moon Books, 4900 W 46th Ave, Denver. [Tix Bit.ly/LetsGetStonedFHS](http://Tix.Bit.ly/LetsGetStonedFHS)

FRI DEC 14

Happy Holidays or are They?—6-8pm. Join us for a Free workshop on allowing Grief and Gratitude to co-exist. Explore ways to help you smile at the memories, never forgetting a single one, personalize your celebrations. November 9th, 6-8 pm. Healing Heart Center of Littleton, 5808 S Rapp Street #155. RSVP Lauriefreeman.com

DEC 14 & 28

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

FRI DEC 21

Winter Solstice Celebration & Chanupa-Sacred Pipe Ceremony—6:30pm. Bring something to place on the altar during the ceremony such as a poem or short reading from your heart, apropos to the Winter Solstice. Suggested \$30; rsvp in advance w/\$10 deposit. Location w/reg. RSVP BJ at 303-808-4006.

SAT JAN 5, 2019

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

TUES JAN 15

Begin Your Qigong Lifestyle—6-8pm, 9 wks. Heart-centered practice in proper qigong self-care, inner alchemy and chi nutrition. Eliminate stress, reverse aging and thrive in vibrant health and joy! \$495. Chi Wellness, Denver. [Debra Lin Allen 720.427.0406, DebraLin.ChiWellness@gmail.com, ChiWellness.net](mailto:DebraLin.Allen@chiwellness.com)

JAN 19-20

Empty Arms-Broken Hearts Workshop on Pregnancy and Loss—Share your story, heal, and learn to re-framing your story. Journaling, laughing, and moving together. \$250. Healing Heart Center of Littleton, 5808 S Rapp St, #155. RSVP [Lorane Wilson 970-903-5889 or wilsonlorane2017@gmail.com](mailto:Lorane.Wilson@healingheartcenter.com)

FEB 13-22

A Journey to Tantric Bliss: 10 Days in India—Join Judith Anne Condon and Swami Ganga in Khajuraho, India to share in Tantric Ritual morning and evening with your fellow journeyers. \$500 Deposit. Payment plan avail. Info 303-630-9479 or journestaytantricbliss@gmail.com



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natural
awakenings

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on going events

daily

Free Healing Therapy for Individuals with Cancer—Reiki and Healing Touch support mental, emotional and spiritual well-being. Sign up for free 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. Channel your sensitivity to support your 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, 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

When I started counting
my blessings, my whole
life turned around.
~Willie Nelson

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 every Sunday. Daoism teaches joy. The Dao is a systematic approach to get in touch with your spirit. Dao House, 6120 CO-7, Estes Park, or online at DaoUSA.org for an inspiring talk.

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

Massage Special For New Client \$40/Hour! Relax & rejuvenate! Swedish & sports massage. Wheat Ridge location 16 years exp. Mon-Sat Call Angie 303-475-6937

\$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@joanepalladino.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 & HIGHLANDS RANCH/ENGLEWOOD 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.

Some people
are always
grumbling because
roses have thorns;
I am thankful
that thorns
have roses.

~Alphonse Karr