

calendarofevents

NOTE: All Calendar events must be received by February 10th (for March issue) and adhere to our guidelines. Visit MileHighNaturalAwakenings.com for guidelines and to submit entries. All entries will be edited.

FEBRUARY 1, WEDNESDAY

Monthly Free Aura Clearing and Chakra Balancing Healing Clinics—12:15–1pm AND 5:45–7pm. A healing is an energy clearing, like a psychic shower. Unnecessary energy is cleared, incl blocks to growth and flow; clarity and contentment restored. Donations. Inner Connection Institute, 2755 S Locust St., Ste 213 Denver. 303–282–9439 or InnerConnection.org.

Prayers for World Peace—7:30pm. 1st Wed of ea month, all Centers of Light members pray for peace, creating a surge of positive energy for people all over the world. Open to all faiths, it is a chance for hearts and minds to make a real difference in the world. Free. Center of Light, 2300 Forest St., Denver. 720–308–9944 or Denver@CentersOfLight.org.

Women's Wellness Support Group—6pm. 1st & 3rd Wed. Enhance your well-being, fill yourself and give from the overflow! \$35. Call for a free wellness consultation. DTC area. Ruth Sharon 303–796–7004 or <http://energyforlife.us/blog/events/>

Health & Wealth Class—7:30pm. Also 2/11@10am and 2/16@1pm. Looking for health minded, fun and positive people to partner up with us to get children healthy. If you like working with children, making a difference, and want to work from home, this is for you! FREE. RSVP Heather 303–753–2665.

Oneness Blessing—5:30–6:30pm. Also on the 15th. Certified blessing givers offer *Oneness Blessings*, a non-denominational benediction and Oneness Energy transferred. It accelerates spiritual growth and deepening. Love Offering. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303–237–8851 or milehichurch.org.

CCC: Consciousness Conversations & Contemplations—6:45–10pm. Monthly meetings to share a common desire to raise the consciousness of our planet through presentations, discussion, interaction, and networking. Every 1st Wednesday. Donations. Journeys For Conscious Living 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303–731–6695. J4CL.com.

FEBRUARY 2, THURSDAY

Spiritual Seminar—7:30pm. “The Broken Heart” with international Spiritual Master, speaker and author: Mother Clare Watts. Mother Clare Watts, Christian Master Teacher, will guide you to keeping your heart open through what can feel like a tremendous task in order to stay connected and real with the people around you. \$25. Center of Light, 2300 Forest St. Denver@CentersOfLight.org or call 720–308–9944.

Intro to “Access Consciousness” & “Access Bars” Sampler—7–9pm. Eileen Moore Koenigsberg and Tamara Younker, Access Consciousness Certified Facilitators, teach what Access Consciousness is and will “run your Bars.” \$20/prereg, \$25 at door. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303–731–6695, VaporizingClouds.com or J4CL.com.

Nutritional Cleansing Presentation & Tasting—7–9pm. Also on the 16th. New cleansing and fat burning system that is natural, safe and effective! Help your

body eliminate toxins. Average weight loss of 9–12 pounds in just nine days! Includes a product tasting. Free. LifeSource Health Partners 65 S. Wadsworth Blvd., Lakewood. RSVP required to 303–934–3600 or LifeSourceHP.com

FEBRUARY 3, FRIDAY

Spiritual Seminar—7:30pm. “The Spiritually Evolved Man and Woman.” Come meet Mother Clare Watts, priest, author, and national speaker as she brings the process of spiritual evolution down to earth and into the realm of possibility for anyone who wants it, male or female. \$25. Center of Light, 2300 Forest St. 720–308–9944 or Denver@CentersOfLight.org.

Kirtan—7–9pm. Devotional chanting and singing is a joyful community spiritual practice that opens the heart and connects us to the flow of sacred energy. Amazing musicians, too! (Oneness Blessings at 6:30PM). Love offering. Mile Hi Church, 9077 W Alameda, Lakewood. Ky Gabriel 720–251 9756 or kya1love@gmail.com.

1st Friday Art Walk— Stop in at *Always Clean* **Cleaning Service**—6–9pm. Join us for Tennyson St.'s 1st Friday Art Walk. Shops and Art Galleries are open until 9pm. Support Local Businesses. “Shop Local”. FREE. Tennyson St. between 38th – 44th ave., Denver. BerkeleyDistrict.com. DenverHouseCleaning.com

FEBRUARY 4, SATURDAY

Introduction to SoulCollage—1–4pm. Access your inner wisdom by making your own deck of collage cards. Each card represents an aspect of your personality. Snacks/supplies provided. \$55. Ironwood at the Ranch, Westminster. RSVP Betsy McLain, MA, LPC, CACIII, 303–362–3180, betsymclain@yahoo.com, betsymclain.com or soulcollage.com.

Spiritual Seminar—10am. “Peace in Your Relationships and Peace with God” with international Spiritual Master, speaker and author: Mother Clare Watts. Come hear Mother Clare Watts speak about the peace that can guide your life and your relationships—with others, with yourself and with God. \$40. Center of Light, 2300 Forest St. 720–308–9944 or Denver@CentersOfLight.org.

Marty Barigian—Seeker of the Universe Series—10am–Noon. 4 Saturdays. Marty Barigian, professional Psychic, clairvoyant, healer, intuitive financial counselor, teacher, lecturer and workshop leader will lead workshops. \$37.50. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303–731–6695. J4CL.com.

Sedona Method Releasing—10:30am–Noon. Simple, powerful technique uncovers your natural ability to let go of unwanted feelings. Set goals to clear limiting beliefs in a warm, supportive environment. \$25 in advance/\$35 at the door. Smithson Clinic, 2825 Valjejo St., Denver. Melanie Smithson, MA, LPC, BC–DMT, CHT, 303–762–8994, melaniesmithson.com or melanie@smithsonclinic.com.

FEBRUARY 5, SUNDAY

Non-Denominational Church Service—11am. Doors open from 10:40–11am. Celebrate the journey of

life with meditation and a spiritual message on the 1st Sunday of ea month. Service followed by a free aura healing/chakra balancing clinic. Rev. Margaret Johnson, Officiating Minister. Church of Infinite Spirit / Inner Connection Institute, 2755 S Locust St., Ste 213, Denver. 303–282–9439. InnerConnection.org.

SoulCollage Open House and Introduction—3–5pm. Explore SoulCollage and register to win a SoulCollage Retreat with Horses (scheduled for March 10–11) scholarship provided by Laska Counseling LLC. Free. People House, 3035 W 25th Ave., Denver. Nina Danhorn 720–924–1595, laskacounseling@gmail.com or LaskaCounseling.com

Embracing Your Spiritual Lessons with Grace—10:30–11:30am. Understand how Divine Spirit (the ECK) works in our lives. Reading from the ECK works, HU Song, quiet contemplation, music, stories, and connection with others. Free. Eckankar Center of Boulder Valley, 1800 30th St., Ste 208, Boulder. 303–443–1610 or www.eck-colorado.org.

Spiritual Gathering & Healing Clinic—11am–Noon. Also on 2/19. Join Rev. DebraRae in a safe, neutral, sacred space for service, healing clinic, refreshments and community + 1st Sun. only lunch at Mimi's Cafe. Offertory + Donations for Healings. Sacred Spaces House of Light, 223 Titan St., Aurora. Rev. DebraRae 303–365–0200 or SacredSpacesAndPlaces.com.

Radical Self Care, Complete Healing and Self Acceptance—10am–5pm. Tools, techniques, processes and principles to serve in helping you to raise your frequency, heal completely, move into heart centered and loving acceptance of yourself. \$77. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303–731–6695 or J4CL.com. Denye Robbins (720) 219–3024.

FEBRUARY 6, MONDAY

Full Moon Ceremony—7–9pm. Full Moon Ceremony with drumming, dance, ceremonies, teachings, and networking. Bring snack to share and love offering. Journeys For Conscious Living 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303–731–6695 or J4CL.com.

FEBRUARY 7, TUESDAY

Fat Begone— 90 day Challenge & Beyond—6–7:30 pm. Feb. 7, 21, Mar. 6, 20. Free, informational meeting focused on adapting to a healthier lifestyle and a fat reduction plan that truly works. We'll be working with Belly Fat Cure Book and incorporate YoungLiving products for support. Eli Ashby Healing Arts Center, 7401 Grandview Avenue, Arvada. 303–463–6565. Eliashbyhealingarts.com.

FEBRUARY 8, WEDNESDAY

Business Presentation: Forever Living Products Business Opportunity—6:30pm. We are a professional organization expanding in this area. La Quinta Hotel, 4460 Peoria St, Denver. RSVP Mercedes at 720–226–4617.

Healthy Heart—Noon–4pm. Total Cholesterol Screenings. Free consultations with health care practitioner. Free product samples PLUS, enter to win a \$100 Pharmaca Gift card! Receive \$30 in coupons. Free. Pharmaca Integrative Pharmacy, 2700 Broadway, Boulder. 303–442–0589. Pharmaca.com/pharmaca-boulder-north-colorado.aspx

How To Eliminate Low Back Pain and Sciatica—7–8:15pm. Basic spinal anatomy, most common causes of low back pain and sciatica incl disc problems. Complete a brief survey and perform a simple

orthopedic assessment to screen for low back problems. Discuss various forms of effective treatments. Free. LifeSource Health Partners, 65 S. Wadsworth Blvd., Lakewood. RSVP required at 303-934-3600 or LifeSourceHP.com

FEBRUARY 9, THURSDAY

Legal Seminar for Parents—6:30–8:30pm. Attorney Martha Hartney discusses guardianship and assets. Special speaking engagement plus learn about Holistic Moms. Free. Denver Waldorf School, 940 Fillmore St., (back of building, down steps) Denver. Holistic Moms Network, home. homewebs.com/hmndenverco/.

Open Door Reading Space—Channeling Your Guides & Angels—7–8:30pm. Small group. Rev. DebraRae clairvoyantly answers questions, offers medium communication, channels your guides/angels, or holds pet healing clinic. \$25/20 min. + \$1.25/min. thereafter. Sacred Spaces, 223 Titan St., Aurora. Rev. DebraRae 303-365-0200 or SacredSpacesAndPlaces.com.

Drum Circle with John Thunderheart Robinson—7–9pm. Drum circle, dige players, flutes, shamanic healing, sound healing, and messages from StrongFeather and ThunderHeart. Second Thursday of the Month. Donation. Journeys For Conscious Living 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695. J4CL.com.

FEBRUARY 10, FRIDAY

Mala Making Meditation with Laura—6–9pm. Laura will guide you and supply the thread for this fun evening of meditation and Mala-making. Bring your own gems and embroidery thread for the tassel at the Guru bead. \$20. PranaYoga and Ayurveda Mandala, 3333 Federal Blvd., Denver. Hansa 303-432-8099, pyamandala@gmail.com or pyamandala.com.

Trance Medium Healing Clinic—7pm. Pls arrive early. Open Channeling 7–7:30ish, Free. Healings \$10. Trance medium healing is a dynamic process facilitating re-alignment and cleansing of the spiritual body. Channeling, energy readings, and intense individual clearings. Plan some time after your healing. No appt nec. Inner Connection Institute 2755 S Locust St., Ste 213, Denver. 303-282-9439 or InnerConnection.org.

Stress Management for Healthy Longevity Monthly Educational Series—2–3pm. Learn how stress affects our aging and how to slow down the process. This month's topic is LOVE. Free. MorningStar Assisted Living, 2800 Youngfield St., Lakewood. Nikki Crouse 303-233-4343 or morningstarseniorliving.com/applewood/location.php.

Anesthesia Free Teeth Cleaning for dogs and cats—10–3pm. Hero's Pets, 8086 W. Bowles Avenue, Unit N, Littleton. Info/appts 303-972-1926, herospets@gmail.com. Herospets.com.

Adoption Day with Dumb Friends League—10–3pm. Hero's Pets, 8086 W. Bowles Avenue, Unit N, Littleton. Info/appts 303-972-1926, herospets@gmail.com. Herospets.com.

What All Kids Wish Their Parents Knew with Foster Cline, M.D.—7pm. The co-founder of the Love and Logic Institute is making a lively, laugh and learn presentation, packed with take-home-value to immediately use. \$15. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-237-8851 or milehichurch.org.

savethedate

SPIRITUALITY & MEDITATION

Saturday, February 11, 11am



Interested in a spiritual path based on meditation, ethical living, service to others and love for all creation? Interested in awakening to the possibilities of your higher self? Discover your true potential as soul. Sant Mat is a practical spiritual path based on meditation on the inner Light and Sound, ethical values, service to others and love for all creation. Its goal is to enable the soul to return and merge into its source. Discipline, dedication and help of a spiritual Master are essential. Free. Boulder Public Library, 11th & Arapahoe - Boulder. Given by representatives of Sant Baljit Singh. Info 303-921-2765 or www.santmat.net.

FOR THE NEXT 7 GENERATIONS

Saturday, February 18, 10:30am-1pm



Documentary film of the International Council of 13 Indigenous Grandmothers, filmed on location in the Amazon, Mexico, North America, and India with the Dalai Lama. After the film, Karen will guide us on 2 "journeys" to our healing and sacred space to meet our Teacher or Helping Spirit. \$10 includes snacks and beverages. Please call 303-665-0175 or see KarenRiceKing.com for details. To see the trailer, go to www.forthenext7generations.com.

6TH ANNUAL COLORADO ENVIRONMENTAL FILM FESTIVAL

February 23-25



The Colorado Environmental Film Festival (CEFF) celebrates the power of film to inspire, educate, and motivate audiences. The CEFF includes local and national feature length and short films for all ages, thought-provoking dialogue, festival celebrations for filmmakers and audiences, children's films, a filmmaker forum, and information from a variety of environmental groups. The festival presents informative and entertaining films that explore interconnected ecological, social and economic themes. Location: American Mountaineering Center, 710 10th St, Golden. www.ceff.net.

SPIRIT JOURNEY: LEVEL 1

Saturday, March 31, 10am-5pm



Learn the history of ancient spiritual practices. In guided meditations, you will "journey" to meet your Spirit Guides and Power Animals and ask them questions. Workshop cost of \$150 includes "Shamanic Journeying" and CD by Sandra Ingerman; and a kit of Egyptian Method Earth Acupuncture rods to create sacred space. Please call 303-665-0175 or see KarenRiceKing.com for details.

2 DAYS TO SUCCESS- CLEAR THE BLOCKS!

Saturday & Sunday, March 31 - April 1, 9:30am-5pm



Transform your inner critic, let go of limiting beliefs, and set a path to joy and freedom. In this weekend intensive, we will use powerful principles from Jack Canfield, coupled with Sedona Method Releasing, Visualization and Creative Modalities. We all know that self-doubt and negative self beliefs are the destroyers of dreams; let's process those annoying limitations and release them forever. Sneak preview Wednesday, 2/29, 6:30pm. \$387 by 3/9, \$437 after 3/9. Smithson Clinic, 2825 Vallejo Street, Denver. Facilitator: Melanie Smithson, MA, LPC, BC-DMT, CHT, 303-762-8994, melanie@smithsonclinic.com. MelanieSmithson.com

SAI MAA - WAKE UP!

April 27 - 29, Denver Convention Center



The planet is shifting and your soul is calling. Come be with Sai Maa in 2012, a spiritual luminary and master of transformation, for an extraordinary weekend where you can step into your vibrant health, divine joy and self-mastery. Accelerate your transformation with Sai Maa! The event will be April 27 - 29, 2012 in Denver at the Denver Convention Center. Opening Public Event April 27 @ 7:30 pm. For more information and registration visit www.sai-maa.com.

Trance Dance: "The Inner Journey"—7:30–10pm. Bring a blindfold, eat lightly, wear free flowing clothing. \$20. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695. J4CL.com.

FEBRUARY 11, SATURDAY

Dream Power—Unleashing Your Inner Messages with Tryna Cooper—2–4:30pm. Ever wondered what your dreams really mean or what insight and guidance might be hidden in your dream messages? Learn about dream symbolism and interpretation. \$20. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695. J4CL.com. Tryna 303-550-4223 or tryna@J4CL.com.

Thyroid Disorders, Gluten Intolerance and Auto-Immune Disease—10:30am–Noon. Learn how thyroid disorders, gluten intolerance and auto-immune disorders are related and what you can do for yourself to support recovery. Learn tools you can employ immediately. Free. Smithson Clinic, 2825 Vallejo St., Denver. Gail Smithson, LAc, 303-762-8994, gail@smithsonclinic.com or SmithsonClinic.com.

Health & Wealth Class—7:30pm. See descrip Jan 1st. Also 2/16@1pm. FREE. RSVP Heather 303-753-2665.

FEBRUARY 12, SUNDAY

Secrets of a Soulful Relationship—2–5pm. Pre-Valentine's Day couple's seminar to celebrate and enrich your relationship with your partner. Early bird Feb 1 \$59/cple; \$67 after. Journeys for Conscious Living. Energyforlife.us/blog/community-events/

Tea Talks for Women Presents "Creativity is a Spiritual Practice" with Jan Phillips, award-winning author—2:30–4:30pm. Activate your creative energy as we merge thought and feeling to spark our imagination, unleash our inspiration and share our wisdom. \$10. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-232-4079 or MileHiChurch.org.

Partner Yoga Workshop: The Art Of Giving And Receiving—2:30–4:30pm. Series of partner flows designed to help cultivate a sense of presence—both internally and with our partner—through movement, breath and other channels of non-verbal communication. No yoga exp nec! \$30pp. Yama Yoga Village, 6818 S Dallas Way, Greenwood Village. Yamayogavillage.com.

FEBRUARY 14, TUESDAY

Happy Valentine's Day!

Romance Angels Workshop—7–9pm. Whether single or in a relationship, the Romance Angels can help you experience greater joy and bliss in your love life. Work with them to manifest the romantic relationship you desire and more. \$40. Journey Within; Inside Rishi's Crossing Yoga Studio 2730 S Wadsworth Blvd., Lakewood. Anita Destino, Founder of Journey

Within 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com.

FEBRUARY 15, WEDNESDAY

Oneness Blessing—5:30–6:30pm. See descrip Feb 1. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-237-8851 or MileHiChurch.org.

Flying Forward with Effortless Ease and Flow—the Skills to Thrive in 2012—7–9:30pm. Jennifer Hough, speaker, author, coach, trainer, and founder of "The Vital You" and "The Get Out of Your Own Way" course, helps you thrive. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695 or J4CL.com. Jeannie 905-640-2033x21 or TheLawOfAwakening.com.

Sedona Method Releasing—10:30am–Noon. Simple, powerful technique uncovers your natural ability to let go of unwanted feelings. Set goals to clear limiting beliefs in a warm, supportive environment. \$25 in advance/\$35 at door. Smithson Clinic, 2825 Vallejo St., Denver. Melanie Smithson, MA, LPC, BC-DMT, CHt, 303-762-8994, melaniesmithson.com or melanie@smithsonclinic.com.

Women's Wellness Support Group—6pm. See descrip 2/1. \$35. Ruth Sharon 303-796-7004 or EnergyForLife.us.

FEBRUARY 16, THURSDAY

Turn Up Your Metabolic Flame and Lose Weight the No-Diet Way—7–8:30pm. Rev up your calorie burning furnace; reclaim your appetite for life, love, inspiration, fun and energy. Free. Stress Management Services, 5600 Arapahoe Ave., Ste 203, Boulder. Rachael Codina 970-315-4006 or siriom@hotmail.com.

Brain Balance Achievement Center Informational Lecture—12pm. Lecture covers the brain function of a child that struggles with academics, socialization and behavior. Discuss how to help your child overcome these issues without medications! Free. Brain Balance Achievement Center, 1211 Avery St., Golden. RSVP 303-278-1780 or Golden@BrainBalanceCenters.com.

Angel Healing Clinic—7:15–7:45pm. Instructors will communicate messages from the Angels and assist in healing for the individual and the entire group. \$25/15 min indiv at 8pm by appt.; \$10/Group healing. Journey Within; Inside Rishi's Crossing Yoga Studio, 2730 S Wadsworth Blvd., Lakewood. Anita Destino, Founder of Journey Within, 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com.

Oneness Deekshas & Sacred Sound with Ann Hines & Donna Baldwin—7–9pm. Oneness Deeksha experience with live Sacred Sound from crystal bowls and Native-American flute. Third Thursday of the Month. \$20. Journeys For Conscious Living 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695 or J4CL.com.

FEBRUARY 17, FRIDAY

Tibetan Cranial Lecture and Demonstration with Master teacher Shar Lee—7–9 pm. What Tibetan Cranial is all about, sharing of experiences, Q&A, short session. Free. Crossroads Gardens, 1800 30th St. Suite 201A, Boulder. Karen 303-772-0454 or admin@tibetancranial.org. TibetanCranial.org.

Yoga for Trauma and Addiction Workshop for Healthcare Providers—6:30–9pm. 3-hour course designed for counselors, therapist and other professionals whose clients have issues with trauma and addiction. \$35. SPAN Outreach Center, 835 North St., Boulder. RSVP KulaForKarma.org.

Harpers Ridge Canine Chiropractor—2–4pm. Hero's Pets, 8086 W. Bowles Avenue, Unit N, Littleton. Info/appts 303-972-1926, herospets@gmail.com. Herospets.com.

Dr. Joe Dispenza Introductory Lecture—7–9:30pm. Change your thoughts, change your life! Learn practical techniques to remove self-destructive habits and create lasting change in your life. \$40 advance/\$50 door. DoubleTree Hotel (the "Castle"), I-25 and 120th St.) Thornton. 970-443-0732 or BellaSpark.com.

Dr. Joe Dispenza—Breaking the Habit of Being Yourself: Intensive Workshop (Level 1): Fri–Sun. \$290 Early Bird (by Feb. 8) DoubleTree Hotel (the "Castle"), I-25 and 120th St.) Thornton, CO. BellaSpark.com. 970-443-0732

Becoming a Love and Logic Parent with Rev. Barry Ebert—7–9pm. 6 Fridays. Build a happier family and gain practical techniques to use immediately. \$105-individual; \$170-couple. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-232-4079 or milehichurch.org.

FEBRUARY 18, SATURDAY

Heal Your Body in a Single Session Series—8am–Noon. Learn to use mind/body techniques to clear hearing and congestion issues. Tune into your lymphatic system, and any glandular incongruities and inconsistencies. \$40. The Fast Focusing Center, 88 Inverness Circle, H-107, Centennial. RSVP 303 708-8817. FastFocusingCenter.com.

Introduction to SoulCollage—1–4pm. Access your inner wisdom by making your own deck of collage cards. Each card represents an aspect of your personality. Snacks/supplies provided. \$55. Ironwood at the Ranch, Westminster. RSVP Betsy McLain, MA, LPC, CACIII, 303-362-3180, betsymclain@yahoo.com, BetsyMcLain.com or soulcollage.com.

Brain Balance Achievement Center Informational Lecture—6:30pm. Lecture covers the brain function of a child that struggles with academics, socialization and behavior. Discuss how to help your child overcome these issues without medications! Free. Brain Balance Achievement Center, 1211 Avery St., Golden. RSVP 303-278-1780 or Golden@BrainBalanceCenters.com.



JOURNEYS FOR CONSCIOUS LIVING
Thoughtful, Heartfelt Living Everyday!

- Community & Spiritual Gatherings
- Consciousness-Raising Classes
- Enlightening Events
- Clean, Spacious Meeting & Healing Room Rentals

303-731-6695 **www.J4CL.com**
5855 Wadsworth Bypass, Bldg A, Suite 100, Arvada, CO 80003

Enhance Your Life by Creating, Learning, Transforming!

- Create and manifest your own reality and desires
- Learn to meditate effectively to reduce stress and gain clarity
- Read clairvoyantly to tap into universal wisdom

"I am totally impressed with how classes and church are presented at ICI.

I am encouraged to validate myself, live in the now and be who I am.

What a gift!" —DML, Management Analyst



303-282-9439
hello@innerconnection.org
innerconnection.org

We invite you to attend: Free Guided Meditations • Meditation for Living Class
Psychic Development Programs • Energy Healings • Professional Psychic Readings

Whose Time Is It Anyway? And who is winding your clock?—9am–1pm. Time is our most precious commodity yet we struggle to manage it wisely. Join us for some meaningful exploration and interaction. (For men only). \$15. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303–237–8851 or milehichurch.org

Facebook Marketing Power—10am–5pm. Technology & Empowerment Specialist Robby Robbins teaches advanced Facebook techniques to increase your earnings. \$197. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303–731–6695 or J4CL.com.

Oils for Healthy Living—2–4pm. Learn how to enjoy greater health naturally! Sample oils that reduce stress and inflammation, muscle discomfort and more. Young-Living Oils are nature's drop for better living. FREE. Eli Ashby Healing Arts Center, 7401 Grandview Ave., Arvada. 303–463–6565 or EliAshbyHealingArts.com.

FEBRUARY 19, SUNDAY

Community HU Song—10:30–11am. Denver/Boulder, non-denom Community HU song, an ancient name for God sung for spiritual upliftment. Free. ECKANKAR Center of Denver, 5800 E. Evans Ave., 303–756–9287 or Boulder, 1800 30th St., Ste 208, 303–443–1610 or Eck–Colorado.org.

Men's Spiritual Growth Circle—How to Make Your Brain Work for You with Michael Blevins, MA—2:30–4:30pm. Michael helps us examine how we became who we are and shares tools for generating positive changes and a better state of being. \$7. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303–237–8851 or MileHiChurch.org.

FEBRUARY 20, MONDAY

“Start Where You Are” Book Discussion—7–8:15pm. 6-week series explores Pema Chodron's popular book and studies the traditional Buddhist slogans on which the book is based. Examine the relevance of traditional Tibetan Buddhist philosophy to our modern lives. \$40. Mayu Sanctuary, 1804 S. Pearl St., Ste D, Denver. 303–832–0033 or mayusanctuary.com.

New Moon Goddess Circle—7pm–9pm. New Moon Goddess Circle with drumming, dance, ceremonies, teachings, and networking. Bring a snack to share and a love offering for the center. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303–731–6695. J4CL.com.

FEBRUARY 21, TUESDAY

Growing a Business—6:30–8:30pm. For the gardening entrepreneur, this class covers business plans, marketing, resources, an introduction to Quickbooks, estimating, tips for getting a job completed and much more. (4 sessions) \$124. Denver Botanic Gardens 1007 York St., Denver. 720–865–3580 or botanicgardens.org.

A Basic 5-Week Meditation—7–9pm. Achieve a life-long transformation, relax and create change in your life. Let go of negativity and stress—make room for positivity and health. Learn lifelong skills to a personal practice in our 5-week meditation. \$180. Journey Within; Inside Rishi's Crossing Yoga Studio 2730 S Wadsworth Blvd., Lakewood. Anita Destino, Founder of Journey Within, 720–413–7303, journeywithin@hotmail.com or AnitaDestino.com.

FEBRUARY 22, WEDNESDAY

Heal the Healers—7–9pm. Designed for healers to share their gifts and receive time on the table too. All healers invited. Bring your energy, tools, and a snack to share. 4th Wed of month. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303–731–6695. J4CL.com.

Sampling the Sonya Skin Care Collection—6:30pm. Aloe vera works as an adaptogen, this means it suits ALL skin types no matter what the age, type or indeed the environment the skin is in. La Quinta Hotel, 4460 Peoria St, Denver. BRING YOUR FRIENDS. RSVP Mercedes at 720–226–4617.

FEBRUARY 23, THURSDAY

Anti-Aging Skin Care 101 Presentation—6pm. Dr Katia Meier and the Clear Sky Medical team. Attend the presentation and enter your name in a raffle to win a special facial for February: Chocolate Covered Cherry Resurfacing Treatment, an \$80 Value! Clear Sky Medical, 9085 E Mineral Circle #260, Centennial. RSVP 303–790–7860. ClearSkyMedical.com.

FEBRUARY 24, FRIDAY

Thai Herbal Compressing—6:30–8:30pm. Learn to use Thai herbal compresses in your healing practice or on yourself. Compresses have been used in Thailand for over 2,500 years to relieve pain, relax muscles, reduce inflammation, and dissolve anxiety. FREE. Denver Integrative Massage School, 2414 W 32nd Ave., Denver.

FEBRUARY 25, SATURDAY

Prenatal Yoga Introduction for Yoga Teachers—9am–6pm. Sat–Sun. Enhance yoga teaching skills for occasional pregnant student. Continuing education reviews anatomy changes and basics in adapting postures to support a pregnant student. \$290. PranaYoga and Ayurveda Mandala, 3333 Federal Blvd., Denver. Hansa 303–432–8099, pyamandala@gmail.com or pyamandala.com.

Heal Your Body in a Single Session Series—8am–Noon. Ever heard of De-molecular Manifestation and Molecular De-manifestation? De-molecular manifestation is communicating with your molecules to create something; molecular de-manifestation is communicating with your molecules to make something go away. Learn how to use these techniques on everything from arthritis to tumors to moles. \$40. The Fast Focusing Center, 88 Inverness Circle, H-107, Centennial. RSVP 303 708-8817. FastFocusingCenter.com.

FEBRUARY 26, SUNDAY

Getting the Most Out of Your Home Garden—9am–Noon. Whether your home garden is 50 or 500 square feet, make the most of it. Learn easy-to-use techniques for maximizing your vegetable production. \$32/member; \$36/non-member.

Denver Botanic Gardens, 1007 York St., Denver. 720–865–3580, Registrar@botanicgardens.org or BotanicGardens.org.

Reiki I Class—9am–4:30pm. A beginning REIKI I class, taught by Kathryn Brown, a Master Reiki Teacher/Practitioner for over 25 years. Reiki II and Master Level III to follow. Retakes welcome. \$150 includes Level One instruction book and lunch, Retake Special—\$50. Centennial. Kathryn Brown 303–796–0999.

Heal Your Body in a Single Session Series—8am–5pm. Learn to use mind/body techniques to stop aging and stressing through the techniques of Access Consciousness @ Bars. \$200. The Fast Focusing Center, 88 Inverness Circle, H-107, Centennial. RSVP 303 708-8817. FastFocusingCenter.com.

Holistic Healing/Psychic/Vendor Fair—11am–5:30pm. Gifts, complimentary healing modalities—massage, shamanic foot baths, reiki, healing touch, oils, crystal bowls, and bars. Palmists, tarot, intuitive and astrology. Crystals, jewelry, oils, clothing. \$20/20 mins or per vendor or as offered. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303–731–6695. J4CL.com.

FEBRUARY 27, MONDAY

Free Conscious Movie—“Vanishing of the Bees”—7:30pm. It's a phenomenon with a name—Colony Collapse Disorder—but no explanation or solution exists. This documentary details the economic, political and ecological consequences of a dwindling world honey-bee population. FREE. Center of Light, 2300 Forest St. 720–308–9944 or Denver@CentersOfLight.org.

FEBRUARY 28, TUESDAY

Brain Balance Achievement Center Informational Lecture—6:30pm. Lecture covers the brain function of a child that struggles with academics, socialization and behavior. Discuss how to help your child overcome these issues without medications! Free. Brain Balance Achievement Center, 1211 Avery St., Golden. RSVP 303–278–1780 or Golden@BrainBalanceCenters.com.

Aging is a Preventable Disease—6:30–7:30pm. Dr. Terry Grossman, author of *Transcend*, research scientist and private practice MD offers a FREE talk to share wisdom and knowledge re: his latest works on anti-aging medicine and longevity. FREE. Morning-Star Senior Living, 2800 Youngfield St., Lakewood. RSVP Nikki Crouse 303–233–4343, ncrouse@morn-ingstarseniorliving.com. GrossmanWellness.com.

looking ahead 2011

MARCH 10-11

Healing Touch Level 1—8:30am - 6pm. Healing Touch is a gentle, complimentary energy-based approach to health and healing that restores harmony and balance to the human energy system. \$340 by 2/16; after \$365. Comfort Suites, 7060 E. County Line Road, Highlands Ranch. 303-470-6572. Healingtouchforanimals.com/ProductDetails.asp?ProductCode=HealingTouch-L1-3.2012.

FRIDAY/SATURDAY/SUNDAY, MARCH 16-18

Dr. Joe Dispenza: Breaking the Habit of Being Yourself: Progressive Workshop—(Combined Level 2/3). \$420 Early Bird (by Mar. 1). *Must attend Level 1 prior to this workshop.* Omni Interlocken Resort, Broomfield. 970-443-0732. BellaSpark.com

FRIDAY/SATURDAY/SUNDAY, APRIL 20-22

Dr. Joe Dispenza: Breaking the Habit of Being Yourself: Coherence & Healing Workshop—(Level 3.5pi). \$475 Early Bird (by Mar. 30). *Must attend Level 2/3 prior to this workshop.* Cheyenne Mountain Resort, Colorado Springs. 970-443-0732. BellaSpark.com

ongoing events

monday

Community Thai Yoga Massage Student Clinic—11am-8:30pm. Student sessions available to the public. Our sessions combine Thai yoga massage with Asian and Western massage techniques. \$21/60 min, \$28/90 min. Denver Integrative Massage School, 2414 W. 32nd Ave., Denver. Appt req 720-316-8888 or danielle@denverintegrativemassageschool.com. DenverIntegrativeMassageSchool.com

tuesday

Modern-Day Meditation—7:30-10pm. Music guides you to a calm and open state, think clearly about daily life changes and find a deeper spiritual connection. First class free. Colorado Health and Wellness Center, 126 W 5th Ave., Denver. Lily 303-524-4040, diane@miracle.org or meetup.com/Modern-Day-Meditation-Denver/.

Community Thai Yoga Massage Student Clinic—11am-8:30pm. See description Mondays.

Low-Cost Community Clinic—Tues/Thurs by appt. We offer Stress Management Consultation, Coaching, Self-Healing Instruction and Bodywork. After a comprehensive assessment of your stressors and their root causes, we offer consultation, coaching and resources to manage them. \$45 or sliding scale. Stress Management Services, 5600 Arapahoe Ave., Boulder. Velina 303-717-7709 or velina@yourstressmanager.com.

wednesday

Free Aura Clearing and Chakra Balancing—6-7pm. A healing is an energy clearing, like an “energy car wash.” We release negative energy blocking you from growth and stopping you from creating the life you desire. Donations welcome. Journey Within; Inside Rishi’s Crossing Yoga Studio, 2730 S Wadsworth Blvd., Lakewood. Anita Destino, Founder of Journey Within 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com.

Tai Chi—6-7pm. 1 hr drop-in class for practice in standing meditation, qi gong and Yang style long form Tai Chi Chuan. Work on physical and perceptual level to discover how mind, body & spirit are aligned through movement. No exp nec. Loose fitting clothing rec. \$15. Mayu Sanctuary, 1804 S. Pearl St., suite D, Denver. 303-832-0033 or MayuSanctuary.com.

thursday

Weekly Free Healing Energy Clinic in Wheat Ridge—6:30-7:30pm. A healing is an energy clearing, like a psychic massage. During a healing, unnecessary energy one is cleared, incl blocks to growth and flow. Clarity and contentment restored. Donations apprec, but not req’d. Readings available after clinic- \$25. Inner Connection Institute North Side location: 4325 Harlan St., Wheat Ridge. 303-257-4797 or InnerConnection.org.

Aura and Chakra Healings—6-7pm. Negative energy is gently removed from your body and replaced with your own positive energy. You will feel great and be ready take your next steps. Free Psychic readings from 7-8:30 by appt. Free. Boulder Psychic Institute, 1332 Pearl St, Boulder. 303-530-0920 or BoulderPsychicInstitute.org.

Free Psychic Readings—7-8:30pm. Schedule a 1.5 hour reading. Learn about your soul essence, past lives, and aura. Ask personal questions to get a psychic perspective about what is really going on. FREE. Boulder Psychic Institute, 1332 Pearl St., Boulder. 303-530-0920, [Hello@BoulderPsychicInstitute.org](mailto>Hello@BoulderPsychicInstitute.org) or BoulderPsychicInstitute.org.

Community Thai Yoga Massage Student Clinic—11am-8:30pm. See descrip Mondays.

friday

Low-Cost Clinic: Anti-Aging Facial & Massage—9am-6pm. Paula Quezada and Velina Lujan, expert

classifieds

Business Opportunities

Local network marketing company needs your help! Be your own boss, work your own hours, and get healthy. Looking for highly motivated people to help me spread the word about top of the line health supplements that REALLY work. Will train the right person to join my team! Contact Tammy Hanneman 720-877-4004. www.thanneman.youngevityonline.com

International Health and Beauty Company with \$2.9 billion a year turnover Seeks Successful Driven Self-Motivated individuals/couples with Business Experience. If you want to earn extra income without compromising your current career/business, or looking for a lifestyle changing opportunity LOOK NO FURTHER. If you are open-minded, and would like to find out if this business is for you, do not hesitate. Call me! Free Information. Independent Distributor of Forever Living Products: MERCEDES PERALTA. ID# 001002402522. 720-226-4617. pe_mercedes@yahoo.com. natureandyou.myflpbiz.com

Work at Home Opportunity! Backed by BBB, Awesome support to help you reach your goals! NO SELLING, NO INVENTORY. FREE WEBSITE, FREE TRAINING. Contact Heather at 303-646-3331 or fill out form at WorkGreenToday.com. WorkGreenToday.com

Looking for a way to bring in extra money? Maybe even a second income? Come change the world with us - one child at a time! We are looking for health-minded people who have a heart for helping others. If you like to educate others, believe in the power of whole food nutrition, and want to make a difference, this might be a fit for you. Please contact Heather @ 303-753-2665 for details and questions. Have a healthy, happy day!

Healthy Resources

Self-Care Winter Special: Laska Counseling LLC is offering \$30 off individual therapy session. We help with life transitions, grief, trauma, addictions, depression, body image and self-esteem issues. To Redeem mention code: Winter Promo. Laska Counseling LLC. Nina Danhorn, 720-924-1595. Laskacounseling.com

practitioners, offer a package special to pamper face and body. \$99/1 hr massage, 45 min facial. Frontier Medical Institute ~ Grossman Wellness Center, 2801 Youngfield St., Suite 117 Golden. Velina Lujan 303-717-7709 or Grossmanwellness.com.

sunday

Guided Meditation Class—9:15-9:45am. Open to beginners & people already practicing. Jen will guide you through 30 min practice. Free. Yama Yoga Village, 6818 S Dallas Way, Greenwood Village. 303-790-6818 or yamayogavillage.com

I have something EVERYONE is missing! Do you have diabetes, arthritis, tired, sick, whatever it may be I can help you! Cutting edge top of the line supplements that are missing from our bodies. All 90 essential nutrients, along with those specific to your needs. Money back guarantee. Contact Tammy Hanneman at 720-877-4004. thanneman.youngevityonline.com

Job Opportunities

Denver professional in need of low cost, dynamic website incorporating hosting, design, blog, video, SEO and weekly maintenance for ongoing events. Please email Trish at trishkellykw@aol.com.

Clear Sky Medical in Centennial is looking for a licensed Physician’s Assistant or Nurse Practitioner to join our team. We are a cutting edge preventive medicine clinic, utilizing holistic, integrative and functional medicine and Bio-identical hormone replacement therapy to deliver the utmost success in patient wellbeing and care. The right candidate is knowledgeable and has experience in the field of preventive medicine, has excellent communication skills, great work ethics and be willing to work in a dynamic work environment. A clean work history, no work restrictions are required. Please contact/send resume/ email to drmeier@clearskymedical.com.

Salespeople wanted! Earn a generous commission selling ads for *Natural Awakenings*; 10% for warm leads or appointments or 25% for handling clients. Must have some sales experience. Will train. Email Doug@MileHighNaturalAwakenings.com.

Earn additional income in 3 days per month delivering Natural Awakenings near your home! Must be available for 3 days at the end of the month and have your own transportation. Need reliable, trustworthy people who could use a little extra cash. Email Doug@MileHighNaturalAwakenings.com.

Spiritual Resources

Closer Walk with God, www.ThirdEyeTruth.com. Contact Elizabeth elizabethace@inorbit.com.