

calendar of events

NOTE: All calendar events must be received via email by the 12th of the month and adhere to our guidelines. Email publisher@nasrq.com for guidelines. No phone calls or faxes, please. Visit nasrq.com to submit online.

TUESDAY, OCTOBER 1

Meditation + Acupuncture for Weight Loss - 7-8pm. Join International Best-selling author/Spiritual Mentor Lara Jaye and Molly Rhoads from Rhoads to Health Acupuncture on the 1st Tuesday each month for a healing and mindfulness event. Align your mind, body, and spirit to live a more fulfilled, meaningful and inspired life. \$30. Salt of the Earth, 4037 Clark Road, Sarasota. To reserve your spot, go to SoteSarasota.com/special-events. More info? Email Lara@Larajaye.com.

FRIDAY, OCTOBER 4

Inspirational Rock Painting - 7-9pm. Artist and intuitive Tammy Kubiak will work with students to utilize their intuition to bring inspiration to paint an inspired image on a rock for themselves and classmates. Using your inspiration, you will paint an image, a quote, a message or whatever you are guided to do. You will be surprised and pleased with your creations. \$20 donation. All supplies are provided. Reservations are suggested, 941-266-8435. Center for Metaphysical Fellowship, 3231 Gulf Gate Dr., Suite 204, Sarasota. CMFSarasota.org, Facebook: CMF of Sarasota.

SATURDAY, OCTOBER 5

Learn Energetic Healing with REIKI 1 - 10am-2pm. Class size is limited, so pre-registration required. Workshop includes: Reiki I Certification and Attunement, Aura Clearing, Hand Positions, Self-Treatment, Healing Others, Body Scanning, Develop your Practice, Reiki in Hospitals Obtain a clear understanding of what energy healing is, how it works and how you can make it work for you. Upon completion you will receive a Reiki I Certificate. Enable yourself to fully claim the healing power within you by attending this one-day seminar. With Barbara Harrison. \$118/advance, \$138, ATD, \$18 Manual separate. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

The Mystical Lives of Animals - 10am-3pm. Whether you are a beginner or looking to refine your skills, you will gain knowledge and practical experience in communicating with animals. As a group, Barbara will help you skillfully, ethically and completely navigate communications to uncover compassionate solutions to benefit an animal or human companion. Please bring photos and questions about your living pets and those who have crossed over. With Barbara Goodfriend. \$59. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Psychic Saturday - 10:30am-1pm. Readings and Healings. 15-minute readings/\$20. Vibrational Healing, Love Donation. Gift certificates available. Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

ECKANKAR Center and Reading Room of Sarasota "1 Year Open House Celebration" - Noon-3pm. You are invited to stop by the Eckankar Center and Reading Room. We will be showing videos featuring the worldwide leader of Eckankar, share ECK music, and have a Wisdom Wheel you can spin to find the wisdom revealed where it stops for you. We will also have complimentary refreshments and a free CD and other free materials that inform about Eckankar and what it can do to enhance your life. 3650F Webber St. Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota

Joseph Lobrutto Live! Divine Affirmation Meditation - 1pm. Join Joseph LoBrutto III, known as a Spiritual Healing Medium, for a fun and relaxing workshop on meditating to become a healthier and happier you. The Universe is made of pure energy; it's a vibration. The meditations are relaxing but at the same time they are fine-tuning your mind & energy field to focus on things you want and need in your life. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Shaman Journey - 2-5:30pm. We enter Fall, the time of withdrawal known as the Looks Within Time. This is a time for self-reflection, preparedness and insight. It is said that the Shaman stand in the shadows of this gate offering us an opportunity to go deeper within to seek out answers and understanding. Similar to a guided meditation, enhanced by the heartbeat of the large mother drum we enter into a parallel reality where the seen and unseen, known and unknown open before us for guidance, clarity, insight and healing. RSVP. \$25/advance, \$30/ATD after 4pm on 10/4. At Rising Tide, 5102 Swift Rd. Sarasota, Rev. Zan Benham aka Butterfly Deerwoman, 941-922-7839, Zan@Woman-Spirit.com, Woman-Spirit.com.

Joseph Lobrutto Live! Contact Your Angels & Spirit Guides - 4pm. Joseph will put class participants into a deep trance using hypnosis. His Spirit Guides will work through him manipulating the energy field around each student causing their vibrational frequency to increase and move higher into the Alpha State, thereby causing a strong connection. You will connect with your Higher Self, Angels, and Spirit Guides and some will meet loved ones on the other side. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

SUNDAY, OCTOBER 6

ECK Light and Sound Service - 11am-noon. Are You Looking for a Sign from God? If you are looking for a sign from God, look no further than within arm's reach. Signs from God are around you; open your eyes to see them. LaQuinta Inn & Suites, 812 Kings Highway, Port Charlotte, 941-358-0325, Meetup.com/EckankarInSarasota.

Vibration-Raising TSU Community Potluck - 12-1:30pm. Come to a get together of light minds and hearts in a casual environment with a welcoming group. Bring your favorite dish. This event will be held directly after the Sunday Celebration (10:30am-12pm). Bring your instruments if you wish to join in. You'll find people to connect with through spirit, music, and food. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

REIKI 2 Certification - 12:30-4:30pm. Reiki 2 teaches distance healing; Pre-registration is required. Learn unique methods of sending Reiki including use of crystals and photographs. A concise section on animal healing is included. Time will be allotted for practice. The class will begin with a short review of Reiki 1 fundamentals. Wear comfortable clothing. Prerequisite is Reiki 1 Certification. With Cathy Zapsalis. \$136/advance, \$156/at door. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Joseph Lobrutto Live! Divine Energy Healing - 1pm. Joseph is a channel for the Healing Masters. These energies come from The Source - also known as "Life Force Energy". This is the power that can awaken the natural, self-healing, abilities within a person. This is the force that can bring about a state of natural relaxation. This fresh, healing energy that Joseph is transferring to you replaces your depleted energy. The only physical contact needed is where you have psychical trauma to your body. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Joseph Lobrutto Live! Intimate & Personal Messages & Answers - 3:30pm. Limited to 15 people only; everyone will receive a Mediumistic or Psychic Reading at this event. Joseph's readings are delivered by answering specific questions through his psychic abilities. He can see what life has in store for his clients and help them choose a path that leads to the best outcome in your life. If Joseph is unable to connect to your family you may ask 2 life questions. \$99. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Music and Messages - 7pm. Enjoy an evening of music performed by a wonderful musician and performer, Mindy Simmons and Spirit Messages offered by Mediums between musical selections. Sarasota Center of Light Sanctuary, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

Joseph Lobrutto Live! Transfiguration Séance - 7:30pm. Limited seating. If you have doubts, skepticism or phobia of darkened rooms this event is not for you. This event fills up quickly and it is important to register early. Guides may show themselves. Witnesses have seen Native Americans, Asians, Ascended Masters and even some described as looking extraterrestrial. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

MONDAY, OCTOBER 7

ECKANKAR Center and Reading Room of Sarasota Open - 11am-1pm. If you have a true desire to experience God for yourself, Eckankar can help you reach that goal. Discover a better understanding of your true spiritual purpose. Greeters can answer questions and the complimentary materials you can choose provide information on how Eckankar can enhance your life. 3650F Webber St. Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

Manifest Money Quickly - 6-8pm. Unleash the Power of the Universal Force! Have you ever set an intention for money, a relationship, or success? Discover the secret of what it takes to manifest abundance quickly. Find out how the law of opulence works to bring you what you desire. Access your conscious manifestation power quickly and to its fullest extent. With Shirley Smolko. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

TUESDAY, OCTOBER 8

Timeless Teachings with Caroline & Paul Crawford - 7-9pm, every 2nd and 4th Tuesdays. Inspired and channeled from Infinite Intelligence. As you discover the deeper secrets of universal laws and share in the energy of these advanced teachings, you will feel the calling and purpose of your soul to reach higher vibrations with the collective consciousness, expanding your understanding and awareness. As you live in greater harmony with the Universal Laws, conveyed directly from Infinite Intelligence, you will be in awe at the synchronicity that unfolds in your life. They bring a sense of ease, optimism and stronger connection to your divinity. \$15. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.com.

WEDNESDAY, OCTOBER 9

Learn to do Angel Intuitive Readings - 6-8pm. Using Angel Oracle Decks: Learn how to work with the Angelic realm in this introductory class. Tune into the Angelic Realm around you. Learn what your angel guides have to say. This will be an interactive class introducing you to your angel guides, learning ways of reading angel oracle cards, and give and receive messages! Recommended deck for this class is the Archangel Oracle Cards by Doreen Virtue. With Laura Romeiro. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Shining Soul Club - 8pm EST via conference line, Oct 9 and Oct 23 (2nd and 4th Wed each month) with insightful, intuitive and leading-edge spiritual guidance, meditations, healing and energy clearing guiding you to create a life aligned with your spirit and values. \$5 to get started. ShiningSoulClub.com. More info? Email Lara@LaraJaye.com.

THURSDAY, OCTOBER 10

Salt Bed + Healing with Lara Jaye - All-day. Light language intuitive energy sessions. Prepare to release stuck emotions, be filled with higher vibrational energy, and have a renewed meaning to live a more fulfilled life. Feel lighter, energized, focused, decreased stress, and expanded intuition. \$125/session. All day - must schedule in advance at Salt of the Earth Sarasota, 4037 Clark Road, Sarasota. SoteSarasota.com/book-online. More info? Email Lara@LaraJaye.com.

Free Medical Cannabis Educational Event - Sponsored by Muv, Trulieve, Surterra - 5:30-7pm. Please join us for our informational event. Here, you will find answers to your questions, obtain product knowledge, and speak with our doctors in reference to consultations - now available to clients who qualify at Point Lumineux! We are excited about this educational seminar sponsored by Muv, Trulieve & Surterra. We hope to see you there! Event Sponsors Muv, Trulieve & Surterra will be providing food! Call 941-217-6828 to register, Point Lumineux, 2206 Jo An Drive, Ste 4, Sarasota.

Laugh-Firmations - 6-7pm. We initiate laughter as exercise along with child-like playfulness. We combine it with yogic breathing (Pranayama) which helps to oxygenate the blood. Affirmations are used to focus on positive thoughts and beliefs. The simple act of focusing on the sources of meaning and purpose in our lives is incredibly effective at lowering defenses and changing behavior. With Jean Marcle. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

"Astrology Signs of the Zodiac w/ Kari Noren-Hoshal - 6:30-8:30pm. Evolutionary Astrologer, Kari Noren-Hoshal, is bringing her popular Astrology Signs of the Zodiac class to Elysian Fields. This is part one of a four-part series that she has taught online and in Baltimore, Maryland for the last 16 years. It will be held from 6:30 to 8:30 once a month on a Thursday at Elysian Fields. In this class you will understand the 12 signs of the zodiac and how each evolves from the sign before it to form a series that describes all basic functions of human activity from entrepreneurship to romance, from religion to family life. Each month we will discuss 2 zodiac signs, using our astrology charts and those of famous people to better understand the characteristics, the talents and the pitfalls of each sign. October 10th is Aries/Taurus. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

Animal Communication Study Group - 6:30-8:30pm. We will be utilizing what we learned about communicating with animals in the October 5th Mystical Lives of Animals seminar. In this study group we will be focusing on practicing of communicating with animals. With Barbara Goodfriend. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Sierra Club's General Meeting - 7pm. Speaker Becky Ayeche, an environmental and community activist, is currently the president of the Environmental Confederation of SW Florida, an umbrella organization with members from 7 counties. Sarasota Garden Club, 1131 Blvd. of the Arts, Sarasota.

FRIDAY, OCTOBER 11

ECKANKAR Center and Reading Room of Sarasota Open - 3-6pm. If you have a true desire to experience God for yourself, Eckankar can help you reach that goal. Discover a better understanding of your true spiritual purpose. Greeters can answer questions and the complimentary materials you can choose provide information on how Eckankar can enhance your life. 3650F Webber St. Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

Crystal & Tibetan Bowls Concert - 7-8:30pm. Robert Austin and special guest MOM JENNIE will be performing this concert at our **NEW LOCATION**. Experience relaxation on a deep level with this concert of over 50 singing bowls. Let the vibrations of the bowls integrate into your body and Let Your Spirit Soar! Bring a blanket, cushions and pillows if you like. \$20 donation. Reservations requested by calling Robert at 941-475-2187 or 941-822-9046. Center for Metaphysical Fellowship, 3231 Gulf Gate Dr., Suite 204. CMFSarasota.org, Facebook: CMF of Sarasota.

SATURDAY, OCTOBER 12

Divination Weekend - 10am-5pm. The use of interpretive tools can help relay guidance through your innate intuition. Explore many uncommon techniques of discovering and interpreting otherwise hidden knowledge using our extra sensory perception. Palmistry Chiromancy, Applied Kinesiology, Cartomancy, Go to Heaven Workshop, Angelic Attunement, Seance Parlour, Numerology, Pallomancy and Chartomancy, Carromancy and Pyromancy, Amathomancy - All at The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Healing Haunted Houses 101 - 10am-5pm. Did you grow up in a haunted house? Are you interested in paranormal investigation as a hobby or career? If you said yes to any of the above, then this six-hour workshop is for you! You will come away from this workshop with the basic tools and understanding that you need to start investigating and healing haunted houses today. Includes workbook and certificate upon completion from The Venetian Medium, LLC. Lunch break at 1pm. With Shirley Smolko. \$59.95. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Where the Heart is... - 10am-2pm. Emotional Navigation and clearing for the Empathic Soul. Identifying and learning to triage emotional needs, learning to understand what issues you own and which ones you don't since they all feel the same, basic energetic anatomy, basic physical and energetic heart anatomy, clearing through the heart, creating an enhanced mission statement of the soul. Bring a bag lunch if you'd like. With Carolyn Green, RN "The Energy Nurse." \$49/ advance, \$54/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Breast Health - Preventive Treatment & Management - 11am-12:30pm. Join us for a Free, Fun & Educational Event to learn tips on how to be proactive in maintaining healthy breasts. Experienced & talented speakers, including June Drennon with Tampa Bay Thermography, will be sharing their knowledge. Free event, Gift Bags & Light Refreshments. Info & registration, 941-954-0300. Gabriel Center for Wellness, 2886-B Ringling Blvd., Gold Tree Plaza, Sarasota.

Experience HU, the Sound of Soul - 11am-noon. **NEW EVENT & LOCATION** Chanting HU can bring you peace, calm, and harmony, regardless of your religion, culture, or walk of life. There will be 15-20 minutes of chanting followed by 2-5 minutes of quiet contemplation, then a discussion and light refreshments. Free. Visit Eckankarblog.org/sound-of-soul for a video and further explanation of the

classifieds

SERVICES

HOUSECLEANING. Enjoy your free time and let us do what we do best: Housecleaning to your healthy satisfaction. Call Paula for a free estimate 941-320-4052.

READINGS. Akashic Record Readings done by Betty L in person or phone. Also, at Elysian Fields on Oct 26th. Call 941-725-0630 for information.

Sound of Soul. Woodmere Park Classroom B2, 3951 Woodmere Park Blvd., Venice, 941-358-0325, Meetup.com/EckankarInSarasota.

The Séance Parlour - 7-8:30pm. Limited Seating. Experience and try some of the "old-time" physical mediumship techniques. Those on the "other side of life" work through a medium and cause something to happen on our physical plane. It takes considerable time and dedication to effectively develop the energies and harmony needed to produce phenomena and a physical bridge with the "other side" that we can all experience. With Victoria Ackerman and Others. \$25. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

SUNDAY, OCTOBER 13

Pistis Sophia Monthly Study Group - Third Sunday of the month starting October 13. Study the Gnostic Gospel of the Pistis Sophia. Information from the Risen Christ in the story of the world and what to do to Ascend to the Higher Paradise worlds. Study includes sacred ceremony. \$20. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.com.

TUESDAY, OCTOBER 15

ACIM Discussion Groups - 5:15-6:30pm. With Joan Volpe. Deepen your understanding of Metaphysical principles through a study of A Course in Miracles (ACIM). Become more aware of how we create our own reality by understanding the teachings of the Course. Once we actually accept our true identity and release the myths that bind us, we will experience a miracle. \$10. Learning Center, Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

WEDNESDAY, OCTOBER 16

"All Is Well" Book Signing w/ Madelyn Balitz - 1-3pm. For more than fifteen years, hospice professional Madelyn Balitz has cared for people nearing their final days and been a cornerstone of support for their loved ones. She poured herself into All Is Well: Understanding the End of Life, Caregiving, and Hospice Care with compassion, personal stories, and courage. Readers will come to understand the special needs of the dying and those who care for them. Cicely Saunders, founder of the modern hospice movement in the 1960's, said: "You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die." In All is Well, Balitz illustrates both what it means to live fully, and to die peacefully. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

ECK Wisdom on Spiritual Freedom - 6-7pm. What Is the Secret of True Freedom? Are you everything you want to be? You came into this life to spread your wings and live in freedom— heart, mind, and Soul! We will be discussing various tools described in the new book ECK Wisdom on Spiritual Freedom, which will be given, as a gift, to attendees ECKANKAR Center and Reading Room, 3650 F Webber St., Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

THURSDAY, OCTOBER 17

House Clearings and Crystal Elixir Cocktails Workshop - 10am-noon, and 4-6pm. If you're struggling to sell a home or feeling off balance in your home, come learn how to clear your space with Lara Jaye a master of moving stuck energy from people, homes, land, and businesses. \$50. At Salt of the Earth Sarasota, 4037 Clark Road, Sarasota. To reserve your spot: SoteSarasota.com/special-events. More info? Email Lara@LaraJaye.com.

Mediumship Development - 7-8:30pm. A 5-week Course: If you would like to learn how to develop your mediumship ability, this class is perfect place to get started. Psychic Medium Victoria Ackerman teaches you how to unlock your abilities and provides the key for learning. Students are carefully guided and monitored during each exercise and practice with others. Her in-depth, comprehensive curriculum incorporates teaching methods which compliment many learning styles. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

FRIDAY, OCTOBER 18

ECKANKAR Center and Reading Room of Sarasota Open - 3-6pm. If you have a true desire to experience God for yourself, Eckankar can help you reach that goal. Discover a better understanding of your true spiritual purpose. Greeters can answer questions and the complimentary materials you can choose provide information on how Eckankar can enhance your life. 3650F Webber St. Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

Addams Family: Evening Psychic Fair and Open House - 7-10pm. Come for a kooky, spooky, and groovy good time as we welcome you to our Addams Family Psychic Fair! Two haunted evenings for you to experience a variety of spiritual and mysterious fun. 13+ psychic readers will be on hand to answer your burning questions for only \$25/reading. Come in your "Wednesday Best" for our Costume Contest, join in on a Paranormal Investigation, and attend a fascinating, spine-tingling Séance. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Gallery by Advanced Student Mediums - 7-9pm. On this night, at our new location at 3231 Gulf Gate Drive, Suite 204, Sarasota, a number of our advanced student mediums will present a Spirit Messages Gallery, supported by two of our certified Spirit Mediums. Each attendee will have the opportunity to receive information from their spirit loved ones or guides, by the different styles of each student. Come and enjoy this fun and informative evening. \$10 donation is requested. More info @ [941-266-8435](tel:941-266-8435). CMFSarasota.org, Facebook: CMF of Sarasota.

SATURDAY, OCTOBER 19

First Watch 5K Run Around Downtown - Part of First Watch Sarasota Half Marathon weekend run festival. \$35-\$45; includes tech shirt, medal, post-race continental breakfast and invite to post-race half marathon party on Oct 20th. Five Points Park, 61 N. Pineapple, RunSarasota.com

Intuitive Arts Fair - 10:30am-5:30pm. With Deni, Erika, Kathy & Terry. No pre-booking. First come - first served! Spots fill FAST! \$25/15 minutes. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com

Heartfelt Women's Yoga Experience - 1-4pm. Gentle Yoga, Mandala Rock Painting, Mindfulness Exercise, Restorative Yoga to finish. Light refreshments provided. \$45. Please reserve at <https://bit.ly/2kcVxyg> 423 N Lemon Ave, Sarasota, 941-374-3665, or email, Stephanie@StephanieNikirkYoga.com.

Addams Family: Evening Psychic Fair and Open House - 7-10pm. Come for a kooky, spooky, and groovy good time as we welcome you to our Addams Family Psychic Fair! Two haunted evenings for you to experience a variety of spiritual and mysterious fun. 13+ psychic readers will be on hand to answer your burning questions for only \$25/reading. Come in your "Wednesday Best" for our Costume Contest, join in on a Paranormal Investigation, and attend a fascinating, spine-tingling Séance. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

SUNDAY, OCTOBER 20

First Watch Sarasota Half Marathon/Relay/10K - Depending on distance cost includes shirt, medal, swag bag, First Watch breakfast buffet, beer garden and post-race party and awards. \$65-\$145. Van Wezel Performing Arts Hall, 777 N. Tamiami Trail.

Experience HU, the Sound of Soul - 10-11am. Chanting HU can bring you peace, calm, and harmony, regardless of your religion, culture, or walk of life. There will be 15-20 minutes of chanting followed by 2-5 minutes of quiet contemplation, then a discussion and light refreshments. Free. Visit Eckankarblog.org/sound-of-soul for a video and further explanation of the Sound of Soul. ECKANKAR Center and Reading Room, 3650F Webber St., Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

MONDAY, OCTOBER 21

ECKANKAR Center and Reading Room of Sarasota Open - 11am-1pm. If you have a true desire to experience God for yourself, Eckankar can help you reach that goal. Discover a better understanding of your true spiritual purpose. Greeters can answer questions and the complimentary materials you can choose provide information on how Eckankar can enhance your life. 3650F Webber St., Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

Join us for a Cool Night Out at Point Lumineux - 5-7pm. CoolSculpting Event - Sponsored by Allergan. We will be performing demonstrations on a few different procedures and you will be given the opportunity to sit in on scheduled consultations to answer any additional questions you may have. This is a Free Event! We'll have a raffle to win up to two free cycles, a \$1,500 value, and we'll offer special pricing to anyone who signs up for CoolSculpting procedures that evening. Also, we're so excited to announce we're now offering financing through Green Sky Financing. RSVP and learn everything you need to know about the CoolSculpting procedure. Call 941-217-6828 to schedule your consultation and reserve your spot today! Point Lumineux, 2206 Jo An Drive, Ste 4, Sarasota.

Therapeutic Healing Course - 6:30-8:30pm. This course takes it a little further than Reiki! We believe we can converse with healing physicians on the other side of life. They can work through our healers to produce the healing energies and more. You will learn to communicate with these spirit healers to achieve mental, physical and spiritual health. 3 weeks. With Mary Linn Clarke. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Art of Meditation - 7-8:30pm, and Oct 28th. With Kathy Sun. Join Kathy Sun who has 20 years of experience in training and teaching meditation to learn to calm the mind and gain inner wisdom. In these classes you will examine popular forms of meditation, gain actual experience meditating, and answer any questions you may have. \$10. Learning Center, Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

TUESDAY, OCTOBER 22

Prosperity and Abundance Manifestation - 7-8pm. Manifest abundance and develop heart centered business. Help our community build bridge to manifest their spiritual dreams in our business environment and monetize on their gifts. Here we will combine spiritual philosophies of giving and receiving, abundance mindset with practical knowledge of our financial businesses' world, to better connect these worlds and create true energetic and monetary flow. With Kathy Sun. \$10 The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

WEDNESDAY, OCTOBER 23

Snatam Kaur Returns to Sarasota's Riverview Performing Arts Center - Sarasota is honored to have Snatam perform songs from her Grammy-nominated album *Beloved* and her rich catalog of classic world devotional CDs. Tickets available online at OceanofSound.org. More information available at Info@OceanofSound.org or call 941-356-1989.

THURSDAY, OCTOBER 24

"The Middle Pillar Meditation" w/ Elaine Koemel - 6:30-8:30pm. This profound meditation centers on the Cauldrons or Spheres of Light within the Middle Pillar or Central Channel of the Kabbalistic "Tree of Life". It takes you through the spheres of light (called cauldrons) of your Ketheric or Causal Body (the highest frequency blueprint for your physical form). The Cauldrons form along your central vertical axis. Just as the Chakras are spinning vortices of energy that are receptors for information and vehicles of expression connecting your Physical Body to your Etheric Body, the Cauldrons are pulsing spheres that transmute interdimensionally as the bridge that connects the Ketheric/Akashic dimensions of our Soul with the Etheric/Body of our personality. When the light flows down and fills these spheres it provides us a fountain of source energy to resource profound healing and evolution. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

Meditation Techniques and Practice - 7-8pm. Meditation is a wonderful way to calm down the mind and gain inner wisdom. An overview of different forms of meditation, including simple breathing, mindfulness, topic-driven such as loving kindness and compassion, chakra balancing, and on the nature of mind. Following will be an explanation of these practices, actual meditations for you to gain hands-on experiences, followed by Q&A. With Kathy Sun. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Releasing Embedded Emotions Past & Present - 7-8pm. Depressed? Are you in pain? Experiencing illness? Overwhelmingly sad? Often anxious? Some or all these symptoms may be caused by a hidden emotion which has resided in your body as a result of an event or trauma. By using healing energy and with your readiness to release them, we do some energy work and they are gone. With Ann Bliss. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Women's Circle with Crystal Kubis (Fireheart) - 7pm. 4th Thursdays of the Month. Women's Circle: Women Ignited: An Intimate Ceremony Circle with Chrystal Kubis (FireHeart). Ignite your soul with a sacred gathering where together we will learn to build and balance our feminine fire, so we can move as a transformational force of love out in our community and in the world. This will be a fulfilled evening of inspiration, support, ceremony and celebration. \$20. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.com.

FRIDAY, OCTOBER 25

ECKANKAR Center and Reading Room of Sarasota Open - 3-6pm. If you have a true desire to experience God for yourself, Eckankar can help you reach that goal. Discover a better understanding of your true spiritual purpose. Greeters can answer questions and the complimentary materials you can choose provide information on how Eckankar can enhance your life. 3650F Webber St. Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

An Evening of Mediumship - 7pm. With Bill Collier. Bill will bring evidential and meaningful messages from spirit loved ones to those in attendance. While he will do his best to connect with as many people as he can, not all who attend will receive a message. \$15 Suggested Love Offering. Sanctuary of Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620 SarasotaCenterofLight.com.

Art in the Dark - 7-9pm. For this night, Tammy Kubiak will help all to use their intuition, along with different artistic tools in a darkened room, to let go and create a spiritual work of art. Tools used this night will include string, marbles, paint, and canvas. The evening will start with a guided meditation to speak with our teachers and creative guides, to ask that they work with us to give us needed messages through our art. There will be a discussion share and the night will end with a grounding and snacks. \$20 donation. All art supplies will be provided. Reservations are suggested, 941-266-8435. Center for Metaphysical Fellowship, **at our new location:** 3231 Gulf Gate Drive, Suite 204, Sarasota. CMFSarasota.org, Facebook is CMF of Sarasota.

SATURDAY, OCTOBER 26

Art of Meditation Workshop - 10am-12pm. Meditation is a skill and practice that can enhance and sharpen the mind while soothing the body. Scientific studies have shown that meditation can reduce stress, controls anxiety, promotes emotional health, enhances self-awareness, lengthens attention span, can generate kindness, may help fight addictions, may reduce aging memory loss and enhances cognitive & problem-solving skills. Learn how to meditate and get started on this valuable and soul-affirming path. With Kathy Sun. \$25. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Reincarnation - 10am-12pm. In this class, we will explore the aim of reincarnation and its purpose: why do Spirits choose to come back to live on Earth? What are the roles of heredity and reason? What is the Law of Karma? We will also explore why we don't remember our past lives, and how, despite this, our souls sometimes remember those we have encountered in previous lives. With Mary Linn Clarke. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Celestial Mystical Fair - 11am-4pm. Come and learn what Summer has in store for you. Relax in this spiritual oasis. Experienced mediums available. A 20 min. reading for a \$25 donation. We will also have crystal bowl healer/reader, numerologist, card readers and healers working. Spirit drawings by Diane Marshall for \$35. Plus, we will offer pendulums, homemade essential oil health blends and crafts plus other hand-made gifts for sale. Come for the fun and to benefit from any one or several of the services being offered. More info, 941-266-8435. Center for Metaphysical Fellowship, **at our new location:** 3231 Gulf Gate Drive, Suite 204, Sarasota. CMFSarasota.org, Facebook is CMF of Sarasota.

Experience HU, the Sound of Soul - 11am-noon. Chanting HU can bring you peace, calm, and harmony, regardless of your religion, culture, or walk of life. There will be 15-20 minutes of chanting followed by 2-5 minutes of quiet contemplation,

then a discussion and light refreshments. Free. Visit Eckankarblog.org/sound-of-soul for a video and further explanation of the Sound of Soul. Mid County Regional Library, Meeting Room B, 2050 Forest Nelson Blvd., Port Charlotte, 941-358-0325, Meetup.com/EckankarInSarasota.

The Kabbalah Tree of Life - 11am-3pm. A Map To Inner Peace & Understanding: Regardless of one's religious affiliation, this ancient mystical teaching provides a clear cut tool for understanding oneself and resolving personal issues. This class provides a basic understanding of all the elements found on the Tree of Life. There will be a half hour break for lunch. With Gail DiNoia. \$25. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

SUNDAY, OCTOBER 27

The Universal Service - 10:30am. This weekly egalitarian worship service will be officiated by Rev. Zan. Services celebrate all of humanity's religions and spiritual traditions on a single altar. Scriptures, songs, prayers, chants, and offerings from each religious tradition are accompanied with universalist prayers that honor all faiths as lights serving humanity's unfoldment. Different officiates/Cherags rotate on leading the services each week. At Rising Tide, 5102 Swift Rd. Sarasota, Rev. Zan, 941-922-7839, RisingTideInternational.org.

ECK Light and Sound Service - 11am-noon. Recognizing the Guidance of Divine Spirit. Sometimes the Holy Spirit may work in a gentle way. It may give you a nudge, a feeling of how to act, what to do, which dentist to see—something down to earth. ECKANKAR Center and Reading Room, 3650F Webber St., Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

TUESDAY, OCTOBER 29

How to Refine Your Sensitivity - 7:30pm. With International Medium, Bill Collier, Join Bill as you learn to refine the sensitivity of your connection with yourself, your intuition and Spirit. Experience better clarity focus and awareness while deepening your relationship with yourself and Spirit. All are welcome. \$20. Learning Center, Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620 SarasotaCenterofLight.com.

WEDNESDAY, OCTOBER 30

Learn In-Depth About Fascia - 7pm. With Dr. Eric Winder. You are invited to attend an evening program where you can learn in-depth about fascia, why it is important, and how to solve fascia problems when they create gut symptoms. Case examples will be discussed, a treatment demonstration will be provided, and a Q&A session will follow the presentation. Arrive at 6:50pm for refreshments, and the program itself will take place from 7-8 p.m. Free. RSVP, 941-957-8390. GentleBay Chiropractic, 3131 S Tamiami Trail, #102, Sarasota, GentleBay.com.

THURSDAY, OCTOBER 31

How Do Akashic Records Connect to My Work as a Medium? - 7:30pm. With International Medium, Bill Collier. Bill will take you on a journey of exploration into the sacred wisdom of Akashic Records and their connection to mediumship. Learn how to work with these universal records that contain all knowledge including past life information. All are welcome. \$20. Learning Center, Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620 SarasotaCenterofLight.com.

PLAN AHEAD

FRIDAY, NOVEMBER 1

ThetaHealing® Basic DNA Seminar - 10am-6pm, Nov 1st-3rd. Are you ready to experience breakthroughs in your life? Let go of stubborn habits, psychological patterns, and difficult life circumstances. Must pre-register. For more info, 406-600-4138, email Info@Indiratheta.com, QuantumShiftsNow.com

SATURDAY, NOVEMBER 2

Abundance & Prosperity Workshop - 10am-12pm. Abundance and prosperity are things we can actively create. In this workshop you will learn valuable tools to break out of a "I don't have enough ___" mindset to attract what you need and to get what you want! You will learn how to make your visions become reality and how to recognize opportunities Stop holding yourself back and take the step to true abundance & security. With Kathy Sun. \$25 The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Laughter for Joy & Health - 11am-12:30pm. Come and enjoy this enlightening experience, where you become one with a vibration of bliss! You may leave feeling rejuvenated, stress-free, and with tools to engage laughter everywhere you go. With Josie Melcher, Certified International Laugh Teacher. Laughter: decreases the negative effects of stress, boosts the immune system, relaxes and massages internal organs, increases oxygen to the organs and raises your vibrational frequency. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

SUNDAY NOVEMBER 3

Vibration-Raising TSU Community Potluck - 12-1:30pm. Come to a get together of light minds and hearts in a casual environment with a welcoming group. Bring your favorite dish. This event will be held directly after the Sunday Celebration (held from 10:30am to 12:00pm). Bring your instruments if you wish to join in. You'll find people to connect with through spirit, music, and food. Bring a dish to share if you like. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

TUESDAY, NOVEMBER 5

Isha Kriya Meditation - 7-8pm. A simple and powerful guided meditation called Isha Kriya, designed by Sadhguru who a world-renowned yogi. Enhance clarity, improve health, heighten focus and energy, have greater prosperity and a state of peacefulness and joy. In this meditation workshop, you will learn the methods to utilize Isha Kriya wherever you go. This life-changing practice might be exactly the relaxation and concentration tool you are seeking. Every 1st Tuesday. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Meditation + Acupuncture for Energy - 7-8pm. Join International Best-selling author/Spiritual Mentor Lara Jaye and Molly Rhoads from Rhoads to Health Acupuncture on the 1st Tuesday each month for a healing and mindfulness event. Align your mind, body, and spirit to live a more fulfilled, meaningful and inspired life. \$30. At Salt of the Earth Sarasota, 4037 Clark Road, Sarasota. To reserve your spot, SoteSarasota.com/special-events. More info? Email Lara@LaraJaye.com.

on going events

sunday

Sunday Morning Wake up Class - 9am. Think outside the box and find new answers. Unity of Sarasota, 3023 Proctor Rd., Sarasota.

Unity of Sarasota - 10-10:15am. Meditation Service and Daily Word. 3023 Proctor Rd, Sarasota, 941-955-3301, UnityOfSarasota.org.

Nia - 10am. With Becky. Say yes to living well with Nia: a blend of the dance, martial, and healing arts. Also Wednesdays and Fridays at 9am. All classes only \$10! Wild Ginger Apothecary in Gulf Gate, 6557 Superior Avenue. 941-312-5630, WildGingerApothecary.com.

Sunday Service at CMF - 10:30am. **At our New Location.** Please join us each Sunday morning for spiritual healing, an inspirational talk, special music and messages from spirit. Leave refreshed and inspired to start the new week. Refreshments and fellowship period follow the service. Center for Metaphysical Fellowship, **3231 Gulf Gate Drive**, Sarasota, 941-266-8435, CMFSarasota.org, Facebook: CMF of Sarasota.

Sunday Celebration - 10:30am-12pm. Join us for a beautiful celebration each Sunday in the Spiritualist tradition. We begin with healings at 10:30am, followed by inspirational trance lectures at 11am. Each service is ended with inspiring and uplifting Spirit Messages. We invite people of all faiths and backgrounds. With Rev. Mary Linn Clarke and Rev. Thomas Clarke. The Spirit University, 373 Braden Ave, Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

The Universal Worship Service -10:30am. This weekly egalitarian worship service celebrates all of humanity's religions and spiritual traditions on a single altar. Scriptures, songs, prayers, chants, and offerings from each religious tradition are accompanied with universalist prayers that honor all faiths as lights serving humanity's unfoldment. Different officiates/Cherags rotate on leading the services each week. At Rising Tide, **5102 Swift Rd.** Sarasota, Rev. Zan, 941-922-7839, RisingTideInternational.org.

Unity of Sarasota- 10:30am. Uplifting service with music and inspiration with Rev. Dr. Suzi Schadle. All Welcome! 3023 Proctor Rd., 941-955-3301, UnityOfSarasota.org.

Sunday Morning Celebration Service - 11am. (Spiritual Healing available 10:30-11am). We celebrate life in an uplifting and inspirational morning service that includes singing, music, a guided meditation, greeting of the community and an inspirational talk by Rev. Jim Toole. Vibrational Healing 10:30 - 11am in the sanctuary. Enjoy the energy, fellowship and inspiration of this Spiritual Community. Sarasota Center of Light, 852 S Tuttle Ave. 941-953-6620, SarasotaCenterOfLight.com.

Cosmic In-Service Gathering of Lightworkers - 12:15pm. Open Heart Divine Healing Service with Rev Sharon-Elizabeth James (1st Sunday of the month). Rev. Eric Watrous, Connecting with Angels, Masters and Teachers (2nd Sunday of the month), Rev. Lea Chapin, Celestial Messages Service (3rd Sunday of the month), Rev. Mary Gemming, Ph.D., Ascended Master Teachings (4th Sunday of the month). Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.com.

Energetic Haling Receive or Share - 1-2pm. October 6, 20 (1st and 3rd Sundays of each month). Do you feel like you need a pick-me-up before heading into a new work week? Are you looking for stress reduction or improved health and wellness? Healers will offer their energetic healing skills. You

will can practice your own techniques and receive a healing as well. Healing Volunteer needed to practice and heal others, please contact Helen our Project Coordinator, Projects@TheSpiritUniversity.com. With Richard Powell and others. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Sunday Evening Celebration Service - 7pm. Our evening service is special for the Spirit communication offered by our Pastor, Rev. Jim Toole, one of our mediums, or a guest medium. Experience the inspiration and joy as we come together for an inspirational talk, singing, music, prayer and celebrating life. Sarasota Center of Light, 852 S Tuttle Ave. 941-953-6620, SarasotaCenterOfLight.com.

Unity of Sarasota - 7pm. Music and Inspiration. All are welcome! 3023 Proctor Rd. 941-955-3301, UnityofSarasota.org.

monday

Drop-In Psychic Intuitive, Tarot, and Astrology - 10am-6pm, Monday through Friday, Sat 12-4pm. Psychic, Tarot/ Astrology. Also, by appointment and special scheduled events! \$25/15 minutes. Wild Ginger Apothecary in Gulf Gate, 6557 Superior Avenue. 941-312-5630, WildGingerApothecary.com.

Feldenkrais with Bonnie K - 5:45pm. Ongoing Awareness Through Movement lessons. Improve posture, body/mind connection, self-reliance. \$15. Ionie's, 1241 Fruitville Rd, Sarasota. 941-360-2248. FeldenkraisInSarasota.com.

Paganism 101 - 6:30-8pm. Ever wondered what paganism is? What are their practices? Holidays? What exactly is "magick"? A series of classes to answer questions, dispel myths, and teach you on how to connect with your inner witch presented by Pagan high-priestess Helen Greene. This 12-week course is designed give students a solid foundation with a new topic each week including practical exercises to enhance ones' spiritual life. Please come join us and discover what natures' power has to offer. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Pub Theology - 6:30-8pm, the 2nd Mon. of the month. Enjoy a Spiritual discussion, Meets at Pub 32, 8383 S. Tamiami Trail, Sarasota.

Vinyasa Flow Yoga - 6:30pm, Mondays and Wednesdays. All-levels welcome, only \$10. Wild Ginger Apothecary, 6557 Superior Avenue in Gulf Gate, 941-312-5630, WildGingerApothecary.com.

Advanced Readings Practice Circle - 7-8:30pm. Do you have any Psychic or Mediumship Reading experience? Would you like to be a part of a dynamic Practice Circle? Learn from each other, encourage, aide each other's progress. This practice circle is a place for you to work on your natural abilities in a supportive setting with fellow psychic readers. Open to all who have had some prior training or instruction in performing psychic or mediumship readings. With Kathy Gutierrez and Daniel Densing. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Joyful Findings: Intuition and More - 7pm. With Melissa Parks. Explore ways of finding and living your joy, through tapping into your intuition and healing abilities. Live your truth! \$20. Wild Ginger Apothecary, 6557 Superior Ave in Gulf Gate, WildGingerApothecary.com.

Learning to Connect Classes at CMF - 7-9pm, Mondays and Tuesdays. **At our New Location.** Join Susan Houliston and guest instructors every Monday to learn techniques for connecting with

Spirit. Students are given the opportunity to practice lessons to develop their skills and each class will end with healings by the "WE" for all attending. Discussion and refreshments follow. \$10 donation is requested. Please refer to the CMF website CMF-Sarasota.org for description of the programs offered for each weekly class or call Susan at 941-266-1696. Center for Metaphysical Fellowship, **3231 Gulf Gate Drive, Suite 203-C, Suite 204**, Sarasota.

Basic Yoga Class - 7:15pm. Learn the basics of hatha yoga including standing, seated, and reclined poses. No prior yoga experience is needed. \$18 drop in/ or new student package. Garden of the Heart Yoga, GardenOfTheHeartYoga.com, 941-341-9781 for more info.

Intermediate Healing Class Series - 7:30-9pm, 8/5-9/30. Explore a full spectrum of topics including chakras, color, meditation, breath, sound, alternative modalities and more during this 10-week series. A basic knowledge of healing needed to take this class series. Please contact Rev. Jim for questions and details. \$15/class. Sarasota Center of Light, 852 S Tuttle Ave. 941-953-6620, SarasotaCenterOfLight.com, RevJimToole@gmail.com.

Monday Evening Channeled Anchoring Light Meditation - 7:45pm. With Dr. Rev Sharon-Elizabeth James, serving the Ascension of our planet with the Ascended Realms as Anchors of Light every Monday since July 16, 2007! Love Offering. The Cosmic Center of Spiritual Light, 5041 Ringwood Mdw, Bldg G-2, Sarasota. 941-371-9333, CCOSL.com.

tuesday

Exploring Your Dreams - 9:30-11:30am, Oct 1st, 8th, 15th. Spiritual Guides in Dreams, Researching Past Lives via Dreams, and Prophetic Dreams are a few of the topics which will be discussed. Attendees will receive a gift book on Dreams. FCGU Conference Room, 117 Herald Court Square, Suite 211, Punta Gorda, 941-358-0325, Meetup.com/EckankarInSarasota.

Energetic Chakra Balancing - 5:30-7pm. Do you have difficulty concentrating, sleep problems, feeling helpless, not able to express yourself, lack motivation, close off to others, not able to accomplish goals? The 7 chakras in the body are energy centers that have a direct impact on your physical, mental, emotional and spiritual well-being and regulate bodily systems, influencing everything from emotional processing to resistance to disease. Using a variety of modalities, Barbara works to clear energetic blockages and find alignment balance. Facilitated by Barbara Harrison. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

An Evening of Reiki Healing - 7-8pm. Reiki is a technique for stress reduction and relaxation that also promotes healing. These brief sessions are offered through non-touch, with the practitioner's hands placed and held on a series of locations on the head and front of the torso and sometimes limbs to a fully clothed recipient. If you have never experienced Reiki now is the time to try it. Facilitated by Barbara Harrison. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Mastering the Law of Attraction - 7-9pm. This class takes you to the leading edge of co-creation, working with the Principles of the Laws of Cause/Effect or Sow/Reap. This is a study and support group for living life as masterfully as we can, given our various quirks and preferences of life. We move forward in our understanding of the Law of "if you ask it is given." \$10. At Unity of Sarasota, 3023 Proctor Rd. Sarasota. Rev. Zan Benham, 941-922-

7839. Zan@Woman-Spirit.com, Woman-Spirit.com.

Psychic Practice Circle - 7-9pm. Come together with like-minded individuals to practice your psychic and mediumship skills. Develop and expand your intuitive abilities in a supportive and caring atmosphere. This is not a class, but rather an opportunity to advance and share your sacred gifts in friendly environment. Each session will be preceded by a brief meditation and blessing. Open to all regardless of experience. Join us for one, any, or all weeks! With Shirley Smolko. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Sierra General Meeting Notice - 7pm, 3rd Tuesday of the month. The public is invited to the Charlotte Sierra Club's monthly meeting, always on the third Tuesday of each month (except during the summer). Meeting at Unitarian Universalist Fellowship Bldg., 1532 Forrest Nelson Blvd., Port Charlotte, 941-423-2713.

Stones, Crystals, & Their Mysteries - 7-8pm. Stone vibrations and effects on the body and spirit. Combine health practices and crystals for body and spirit. Find the right stone for your spirit. Practice with meditation and focus techniques to enhance tranquility. Learn how to use stones and crystals coupled with psychic skills. Learn the gifts of the Earth, crystals and stones that may enhance your health and well-being. Gain the confidence to use crystal and stones daily. With Cathy Zapsalis. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

wednesday

Feldenkrais with Bonnie K - 9:45 and 11am. Awareness Through Movement class at 9:45am to improve posture, balance, and body awareness. Ongoing Awareness Through Movement at 11am. Lessons (in chairs/on floor) are designed to quiet non-working habitual patterns, invite you into a process for learning and offer experiences for more efficient movement. \$15. Ionie's, 1241 Fruitville Rd, Sarasota. 941-360-2248. FeldenkraisInSarasota.com.

Shining Soul Club - 8pm EST via conference line, Oct 9th and Oct 23rd (2nd and 4th Wed each month). Experience insightful, intuitive and leading-edge spiritual guidance, meditations, healing and energy clearing guiding you to create a life aligned with your spirit and values. \$5 to get started. Shining-SoulClub.com. More info, Lara@LaraJaye.com.

Connect with Your Inner Stillness Mudra Meditation - 11:30am-12:30pm. In this guided meditation format, you will hold mudras (finger poses) to ease tension & stress; quiet your mind; connect with your inner joy & serenity; and, more! In 1912, Jiro Murai used these mudras to prove that they release circulation blockages & he was cured of a terminal illness. This was the beginning of Jin Shin Jyutsu® as we know it today! Register by 10am, the day of the meditation. Special rate: Only \$10! Cash or check. Suncoast Jin Shin Jyutsu, 820 Central Ave, Sarasota. Contact: Michelle 941-228-2972, Michelle@Suncoastjsj.com, Suncoastjsj.com.

Exploring Your Psychic Potential - 2:30-4pm. Discovering different psychic and intuitive practices is made fun in this dynamic, exploratory class! This is a great opportunity to learn new techniques, as well as to share your own experiences and methods with your peers. With Barbara Harrison. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Creative Manifestation - 4-5pm. Through simple step-by-step exercises learn to see things in new ways. Learn how to receive intuitive connections, messages and creativity from another dimension or your higher consciousness. Learn to harness your sixth sense for answers and enlightenment by tuning your light source brighter. This class is for everyone. A Daytime class. With Barbara Harrison. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Free Healing Clinic - 4-6:30pm. Our Masters tap into the Divine Source of energy to balance and heal your being. Relax and enjoy this renewing and enlightening experience. Love Donation Appreciated. Angel Ministries, 2269 S Tamiami Trl, Venice. Rev Patricia Charnley, 941-492-4995, AngelMinistriesfl.org.

Yoga - South Gate Community Ctr - 4:30-5:30pm, Gentle Yoga, 6-7:15pm, Mixed Level Yoga. \$10. 3145 Southgate Cir., Sarasota, Stephanie@StephanieNikirkYoga.com

Automatic Writing - 6-7pm. Build a channel to the "other side" while communicating through pen and paper. Learn to open your mind and listen to the communication of your guides, loved ones, angels and those who have gone beyond and now wish to communicate. We teach easy techniques to give you a first-hand experience in being a pen-pal with those who are now in spirit. Barbara Harrison will share the techniques of Automatic Writing. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Vinaya Flow Yoga - 6:30pm. All-levels welcome, only \$10. Wild Ginger Apothecary, 6557 Superior Avenue in Gulf Gate, 941-312-5630, WildGingerApothecary.com.

A Course in Miracles Study Group - 7pm. With Molly Friedenfeld. Discover the peace that resides within you, illuminating the pathway for souls to remember their inner wisdom and brilliance, gather in a sacred circle, spiritual discussion and illuminations from the book, meditation, sharing and understanding the lessons from the workbook *A Course in Miracles* assists us with detaching from judgment and attachments of this world in order to "be in this world but not of it." \$10 donation. To register, CCOSL.com.

Inspirational Music for a Mid-Week Uplift - 7pm. Join us for a mid-week high. Unity of Sarasota, 3023 Proctor Rd., Sarasota.

Tarot Practice Circle - 7-8:30pm, To become a good Tarot reader you need to practice in a safe environment with no judgments. The best kind of practice is with a warm loving community of friends who share your interests and passion for the Tarot. This workshop will offer a bit of education and advice to further your knowledge of the Tarot. You will receive a reading and deliver one. Come with your favorite deck of Tarot cards! With Barbara Harrison. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Unity of Sarasota - 7pm. Join us at Unity of Sarasota for an hour of music, meditation and a short message. 023 Proctor Rd., 941-955-3301, UnityOfSarasota.org

Wednesday Candlelight Healing, Intention and Meditation Service (New Format) - 7pm. Please join us Wednesday evening for the new format of our Healing, Intention and Meditation service. Receive a Spiritual Healing, create healing requests and intentions and join us in a meditation. We share our energy and intentions together in our candlelit sanctuary in a truly a sacred and divine hour of gentle, peaceful, reflection and connection. Sarasota Center of Light, 852 S Tuttle Ave. 941-953-6620, SarasotaCenterOfLight.com.

thursday

NEW! Restorative Yoga - 2pm. Give your body the opportunity to deeply relax & rejuvenate with supported restorative poses held for a longer time. \$18 Drop/or use a class pass. Garden of the Heart Yoga, GardenOfTheHeartYoga.com, 941-341-9781 for more info.

Conversation with Yourself - 6-9pm. Transformative Journaling: Learn how to frame and answer your own questions. You'll enter your subconscious and explore your relationships with others and the meanings you've given to events, your body, feelings, dreams and spiritual promptings. Please bring a loose-leaf binder, lined 3-hole punched paper, a pen and at least 10 dividers. With Dr. Toni LaMotta. \$30/week, \$100/4 weeks. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Pet Grief - 7pm, 3rd Thurs of the month. A safe place to express your grief. Unity of Sarasota, 3023 Proctor Rd., Sarasota.

Sound Bath Meditation - 7pm. Join for a relaxing hour sound event with Ece, Only \$10. Wild Ginger Apothecary, 6557 Superior Avenue in Gulf Gate, 941-312-5630, WildGingerApothecary.com.

Uniting with the Hierarchy of Masters - 7-9pm. With Mark Libowitz. Building the rainbow bridge between heaven and earth. From the unreal to the real. From separation to oneness & joy - aligned group endeavor - circle around the flame. We are a Group of dedicated people who are striving for union and expression of our Higher Self; the experience of wholeness. Our circle reaches into the realms of the hierarchy of masters who are fully dedicated to serving humanity and the divine plan for human and planetary evolution. The Masters especially seek to empower the advancing servers and are guiding us toward our personal and collective freedom; the central purpose of life at this time. \$10-20 love donation. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg. G-2, Sarasota, 941-371-9333, CCOSL.com.

Basic Mediumship Classes - 7:30-9pm, every Thursday (Oct 3rd-Oct 24th, then 3 weeks in November). With Rev Jim Toole. This will be a 7-week series of classes that will be the basis of learning to connect with and communicate with Spirit personally and for working with others. These classes will be informational, experiential and the first of a series of certification curriculum classes. \$15. Sarasota Center of Light, 852 S Tuttle Ave. 941-953-6620, SarasotaCenterOfLight.com.

friday

Yoga at Colonial Oaks Community Ctr! - 9-10am. Gentle/Beginner \$10, 5300 Colonial Oaks Blvd. Mats available. Stephanie@StephanieNikirkYoga.com

Shamanic Healing with Eric - 11am-7pm. Fridays only by appointment. These powerful healing sessions are often channeled and rely on the high vibrational angels, masters, healers, and teachers that flow through Eric. All sessions are different depending on the treatment that is needed. All will receive results in accordance with your own bodies' desire and willingness to heal. \$60/1 hour, \$30/30 mins. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg. G-2, Meadows Village Center, Sarasota, 941-371-9333, Cosmic-CenterOSL@gmail.com, CCOSL.com.

FREE ADMISSION

Fall Bazaar

Unity of Sarasota
3023 Proctor Rd.

Unity of Sarasota
Saturday, November 2, 10am - 5pm

Local Artisans Local Authors Mystic Faire

Arts-Crafts-Jewelry Book Signings Mind-Body-Spirit



The Tour de North Port – October 20, 2019

Sponsored by People for Trees, Inc.

The Tour de North Port is a scenic on-road organized bicycle ride that features the beautiful pine flatwoods and oak tree canopies of North Port and the parks that border the Myakkahatchee Creek. It is NOT a race! Riders choose to complete a 15, 35, or 65 mile loop.

Includes FirstWatch breakfast, catered lunch, homemade pies by Pie-licious Bake Shoppe, fully-stocked rest stops with homemade snacks, mobile Support And Gear by Louie's Bicycles and Real Bikes of Venice.

\$45 pre-registration closes online Friday, Oct. 18 @midnight. (on-site registration \$50) The first 400 to register will receive a ride t-shirt, "got shade?" sunglasses, and a goodie bag.

Breakfast/pre-registration check-ins/on-site registrations start at 7AM

Group Starts begin @8AM

Imagine School, 2757 Sycamore St. North Port 34289

More information and to pre-register:

www.peoplefortrees.com • (941) 468-2486

Proceeds benefit People for Trees, Inc.,

a non-profit native tree advocacy group since 1997.

Event sponsors: Louie's Bicycles, FirstWatch Daytime Café, Natural Awakenings of Sarasota, ROI Media, Jim Dodson Law, T's Plus, Keller Williams/Patricia Bonnell, Real Bikes/Venice, Bayfront Health, Bicycles International, DurtiRunners, Earth Café, Beautiful Ponds, Southern Self Storage, Heron Creek Animal Hospital, Allamanda Garden Club

"Save a tree today, and we'll all breathe a little easier!"

Tai Chi with Reuben Fernandez - 2pm. The main principle of tai chi is internal relaxation. Tai Chi is known as an internal martial art. The power and energy do not depend on muscle power, strength or speed, rather power comes from internal relaxation and release of Chi. In this class we will focus on developing a tai chi body the basic warm up exercises and the Chen form as well as Chi Gung for its health benefits. ... Reuben D. Fernandez. Tai Chi and Chi Gung has been ongoing for the past 15 years. Presently he is instructing in Venice, Sarasota and Bradenton. To register, CCOSSL.com.

Lift Your Spirits - Social Event - 5-6pm. You are invited to socialize, mix and mingle! Network, build friendships, compare experiences, learn and engage with others in the Spirit community. Discuss your goals. Talk with facilitators, staff or students to find out more about The Spirit University. After that, attend a class or workshop! See you there! Primos's Italian Restuarant 8076 N Tamiami Trail Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Developing Consciousness with Rev Jim Toole - 6pm. Enjoy a time of connection, checking in with each other, discussing spiritual topics and joining in a channeled meditation. All are welcome Love offering. Sarasota Center of Light Ed Center 852 S Tuttle Ave, Sarasota, 941-330-5031, RevJimSCOL@gmail.com.

friday

Sarasota Farmers Market - 7am-1pm. Rain or shine. Established in 1979, the market continues its tradition of serving the community with local produce, plants, prepared foods and artisans. They currently have a full market that includes 70 vendors and 5,000 sq ft of produce and plants. 1592 Main St from Lemon Ave to Selby Five Points Park, Downtown Sarasota.

Central Sarasota Year-Round Farmers Market - 8am-1pm, rain or shine. Every agriculture vendor at the market (fruits, vegetables, herbs, plants, etc.) is a grower or farmer, not just a reseller. The Florida House, 4454 S Beneva Rd, Sarasota. CentralSarasotaFarmersMarket.com.

Bradenton Farmers' Market - 9am-2pm. Over thirty-five vendors offering locally-grown fruits, vegetables, plants, organic products, fresh seafood, prepared foods, as well as the s of local artists, crafts-people and musicians. 1005 1st Ave W, Bradenton. 941-932-9440. RealizeBradenton.com/our_vendors.

Downtown Bradenton Farmers' Market - 9am-2pm. Features a special activity including guest chefs, raffles, arts & crafts vendors, children's activities. Old Main St, Downtown parking/free on weekends. Dogs on leashes welcome. 941-744-7484.

Psychic Fair - 10am-3pm. 2nd & 4th Sat. Are you searching, questioning and seeking answers? Choose from some of the best Intuitive Artists in the area. See what your future holds. Complimentary refreshments. Private Readings \$1/Min. Angel Ministries, 2269 Tamiami Trail, Venice. Rev Pat & Rev Donna, 941-492-4995, AngelMinistriesfl.org.

What is The Third Testament? - 10am. Introduction to The Third Testament by Martinus. Live Stream with live chat. Free. 941-462-3177, Infinite808@gmail.com.