

## 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](mailto:publisher@nasrq.com) for guidelines. No phone calls or faxes, please. Visit [nasrq.com](http://nasrq.com) to submit online.

### FRIDAY, NOVEMBER 1

**Create Your Vortex using the Twelve Principles and Law of Attraction** - 7-9pm. Do you wonder how to 'get into the Vortex' and stay there? Would it be helpful for you to have a blueprint for living that helps keep you in alignment with Who You Are? The Twelve Principles for Daily Living are that blueprint. They are a guide for navigating ourselves in the world which help us live as the divine beings we are, allowing for unimpeded flow of the energetic resources of the universe. This flow contains the potential energy to create all we desire, just as Law of Attraction promises. With Krista Gorman. \$10 suggested donation. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.com.

### SATURDAY, NOVEMBER 2

**Inquire Within Goddess Shoppe** -10-11:30am. In this free presentation Susan Milligan will be discussing our character defenses and how they distort our energy fields and impact our relationships. For the ultimate healing experience, we must explore our emotional defenses. These are the emotional reactions and mental rationalizations we use to guard ourselves against emotional pain. We use our defenses to avoid feeling uncomfortable and inconvenient emotions. We start employing defenses early on in our development and then they gradually become habitual and unconscious. By recognizing and exploring our character defenses we can have more conscious living in our relationships. Please R.S.V.P. by Nov 1st, call 941-822-8056, or email [Susan@TheGoddessShoppe.net](mailto:Susan@TheGoddessShoppe.net).

**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., 941-953-6620, [SarasotaCenterofLight.com](http://SarasotaCenterofLight.com).

### SUNDAY, NOVEMBER 3

**ECK Light and Sound Service** - 11am-noon. The Blessings of Gratitude. People are often too busy counting what they don't have. But if we do realize our blessings and are grateful, then our heart is kept open to love and all the gifts love brings, including the possibility of healing. Free. LaQuinta Inn & Suites, 812 Kings Highway, Port Charlotte, 941-358-0325, [Meetup.com/EckankarInSarasota](http://Meetup.com/EckankarInSarasota)

**Founders Day Celebration** - 11am. Join us as we will be having a special Sunday Morning Celebration, (Spiritual Healing available 10:30 - 11am) with Sunday Morning Celebration at 11am, a wonderful coffee hour after, a peace pole rededication and so much more as we celebrate our 70th Anniversary as a Spiritual Center here in Sarasota! Sarasota Center of Light, 852 S Tuttle Ave., 941-953-6620, [SarasotaCenterofLight.com](http://SarasotaCenterofLight.com)

**Sacred Healing Ceremony & Psyche-K to Create Desired Outcomes Workshop** - 1-4pm. Revs. Margaret & David Hiller are guest speakers. \$20. Wed., Nov 6 they will also do the service at 7pm. 3023 Proctor Rd, Sarasota, 941-955-3301, [UnityOfSarasota.org](http://UnityOfSarasota.org).

### MONDAY, NOVEMBER 4

**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](http://Meetup.com/EckankarInSarasota)

### TUESDAY NOVEMBER 5

**Meditation + Acupuncture for Energy** - 10-11:30am. 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. To reserve your spot, [SoteSarasota.com/Special-Events](http://SoteSarasota.com/Special-Events). At Salt of the Earth, 4037 Clark Road, Sarasota. More info? Email [Lara@LaraJaye.com](mailto:Lara@LaraJaye.com).

**Timeless Teachings - Secrets of Universal Laws** - 7-9pm. With Paul and Caroline Crawford. Sharing in the energy of these profound teachings you will feel a stronger connection to the guidance and purpose of your soul. These wisdom teachings are conveyed in a way that are easy to understand and integrate, allowing you to live in greater alignment with the Universal Laws and your true nature. \$20. Learning Center, 941-953-6620, [SarasotaCenterofLight.com](http://SarasotaCenterofLight.com).

### WEDNESDAY, NOVEMBER 6

**Super Value Nutrition Store-Wide Sale!** - 9-6pm. Demos, free samples and everything is on sale! Both Sarasota locations, 2163 Siesta Drive and 5842 Bee Ridge Road.

**"Psychic Night" with Andrea Nierenberg** - 6:30-8:30pm. "Ask a Psychic, Learn How to Tap into Your Guides and Become More Intuitive..." Come to an evening where you will ask the psychic/intuitive reader a question and learn how the messages come through from your guides, spirits and the universe. Also discover how you can tap into your own psychic intuition and to receive messages in a variety of ways - on what you see, hear and feel. Will engage in several exercises where you will be able to see how intuitive you really are and how to enhance your skills going forward. \$25. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, [Info@ElysianFieldsOnline.com](mailto:Info@ElysianFieldsOnline.com).

### THURSDAY, NOVEMBER 7

**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.

### FRIDAY, NOVEMBER 8

**Inquire Within Goddess Shoppe** - Get the 'Ick' off your 'Wow'! Get an energy 'tune-up' before the holidays. Define clear and healthy boundaries to avoid being pulled into family drama and holiday stress. Whether you need charging of your energy

field, balancing of chakras, clearing dense and heavy energy, or an energy tune-up, come in for a Goddess Healing by Susan. Let's get that 'ick off your Wow.' By appointment only. Call 941-822-8056, or email [Susan@TheGoddessShoppe.net](mailto:Susan@TheGoddessShoppe.net).

**ECKANKAR Center and Reading Room of Sarasota Open** - 4-6pm. 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](http://Meetup.com/EckankarInSarasota)

### SATURDAY, NOVEMBER 9

**Close Encounters - Psychic Fair** - 11am-4pm. Telepathy Workshop, Intuitive Readers, 11:11 Phenomenon Forum, Angel Escape, Cosmos Messages and UFO Investigations. Learn more about The Spirit University! Our Psychic Readers will use their intuitive abilities to assist you in making choices and in answers for personal growth. Readings/15 minutes, so you have time to sample different reader styles. If you've never had a reading, now is the time to give it a try! We will also offer Healings with our certified Reiki healers. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](mailto:Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**Experience HU, the Sound of Soul** - 11am-noon. NEW EVENT & LOCATION, near Jacaranda Library in Woodmere Park. 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](http://Eckankarblog.org/sound-of-soul) for a video and further explanation of the Sound of Soul. In Woodmere Park Classroom B2, 3951 Woodmere Park Blvd., Venice, 941-358-0325, [Meetup.com/EckankarInSarasota](http://Meetup.com/EckankarInSarasota)

**"Puff at The Point" Cannabis Social** - 5-8pm. Bring your own medical cannabis and socialize! Must have medical cannabis card. A fundraiser for Veterans and sponsored by Potluck SRQ. 5pm happy hour with horderves. Point Lumineux, 2206 Jo An Drive, Ste 4, Sarasota, 941-217-6828.

### SUNDAY, NOVEMBER 10

**Reduce Stress and Make Confident Decisions Using a Simple Tool** - 1-5:30pm. In this workshop you will discover meaningful, interesting ways to apply dowsing to get the answers you need, answers your brain cannot give you. Dowsing is an invaluable tool that can take the guesswork, and thus the stress, out of the many taxing decisions we need to make every day. This class also includes a session on "device-less dowsing" for those occasions when your pendulum is not immediately at hand or is inconvenient to use. With Richard Powell. \$30. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](mailto:Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

### MONDAY, NOVEMBER 11

**Unity of Sarasota** - 6:30pm-8pm. Unity provides an opportunity to ask all the spiritual questions you were never able to mention. We meet the 2nd Monday of the month at Pub 32, 8383 S Tamiami Trail. Have a bite and a brew if you like and we think outside the box. [UnityOfSarasota.org](http://UnityOfSarasota.org)

## TUESDAY, NOVEMBER 12

**ACIM Discussion Group** - 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, 941-953-6620, SarasotaCenterofLight.com.

## WEDNESDAY, NOVEMBER 13

**Shining Soul Club** - 8pm EST via conference line. Also, on Nov 20<sup>th</sup>. Bi-monthly 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, NOVEMBER 14

**Inquire Within Goddess Shoppe** - 5:30-7:30pm. Want to learn more about crystals? Join certified crystal therapist Rod Pettit as we delve into the fantastic world of Mother Earth's treasures. Rod will explain how crystals are formed and what gives them their unique healing properties. After learning about how to select the crystal that's right for you, we will explore the different shapes of crystals, and how each shape effects the energy of the crystal itself. Rod will also talk about how you can use your crystals, including healing, meditation, protection, psychic abilities, manifestation, attracting wealth and abundance, grounding, love, fertility, creativity, and much more. Feel free to bring your own crystals. \$30. R.S.V.P. by Nov 13th, call 941-822-8056, or Susan@TheGoddessShoppe.net.

**Crystal & Tibetan Bowl Concert** - 7-8:30pm. Crystal bowl healing energy healing through harmonic sounds and crystals resonates with the body balancing the chakras and re-energize the auric field. Stimulate and restore the harmony between the physical and spiritual planes of the body. Robert uses Crystal Bowls, Tibetan Bowls, Tuning Forks, Tingshaws, Crystals, Healing Stones and voice to accomplish healing at various energy levels. With Robert Austin. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Manatee Sarasota Sierra Club General Meeting** - 7pm. Join us this month for a talk on the health of Soils and its increased ability to retain nutrients. Water Harvesting, its necessity for reducing nutrient toxicity in waterways. Bio-dynamic Farming and Permaculture practices. Sarasota Garden Club, 1131 Ave of the Arts.

## FRIDAY, NOVEMBER 15

**Inquire Within Goddess Shoppe** - Get the 'ick' off your 'Wow'! Get an energy 'tune-up' before the holidays. Define clear and healthy boundaries to avoid being pulled into family drama and holiday stress. Whether you need charging of your energy field, balancing of chakras, clearing dense and heavy energy, or an energy tune-up, come in for a Goddess Healing by Susan. Let's get that 'ick off your Wow.' By appointment only. Call 941-822-8056, or email Susan@TheGoddessShoppe.net.

**ThetaHealing® Basic DNA Seminar** - 10am-6pm, Nov 15<sup>th</sup>-17<sup>th</sup>. Are you ready to experience breakthroughs in your life and let go of stubborn habits, psychological patterns, and difficult life circumstances? Must pre-register. For more info, call 406-600-4138, email Info@IndiraTheta.com, or visit IndiraTheta.com

**Gallery by Advanced Student Mediums** - 7-9pm. On this night 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 requested. Center for Metaphysical Fellowship. New location at 3231 Gulf Gate Drive, Suite 204, Sarasota, 941-266-8435, CMFsarasota.org, Facebook is CMF of Sarasota.

## SATURDAY, NOVEMBER 16

**Celestial Seeking Weekend** - 10am-5pm. Travel into the fascinating outer worlds reaching from Astrology to Astronomy. We will investigate the many aspects to the sky, visible heavens, the sun, moon, stars, and other celestial bodies. Zodiac & Earth Elements, Evolutionary Astrology: Past Lives & Life Purpose, Near Death Experience: What I Learned, Lemurian Teaching Wheel, UFOs & Us, Connecting with Your Angels, Go to Heaven Workshop, What NDE Teaches Us, Astrological Predictions for 2020. For full schedule and tickets: TheSpiritU.com. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Using Runes for Self-Change** - 11am-3pm. In ancient times, the Runes and their symbols were used by warriors who were bent on conquest. Similar in function to the Tarot, the Runes were last in current use in Iceland during the late Middle Ages. Contemporary use is meant to serve the Spiritual Warrior, the one whose quest is doing battle with the self, for self-change. This class is based upon the information presented in The Book of Runes by Ralph H. Blum. With Gail DiNoia \$25. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Audience with Caroline Crawford** - 2-4pm. British born International Medium Caroline Crawford conveys messages from the spirit world with both clarity and conviction in a rare and profound way. This highly gifted Medium brings messages from your loved ones that are inspirational and uplifting to touch your heart, bringing a renewed sense of awakening through the heart and soul. **This event will include an inspirational talk, and a Divine Light Transmission to cleanse and align your energies.** \$20 donation requested. Reservations recommended. Center for Metaphysical Fellowship. New location at 3231 Gulf Gate Drive, Suite 204, Sarasota, 941-266-8435, CMFsarasota.org, Facebook is CMF of Sarasota. CarolineCrawford.org, Facebook: Caroline Crawford - Timeless Teachings.

**Video: Sri Harold Klemp's Talk at the 2019 ECK Worldwide Seminar, "Realize Your Divine Dream"** - 3-4pm. Free. ECKANKAR Center and Reading Room, 3650-F Webber St., Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota

## 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. Call 941-725-0630 for information.

### OFFICE SPACE

**ROOM FOR RENT.** For a LMT/healing arts professional in a clean, quiet and holistic environment. \$425 per month includes utilities. Deposit required. For more info contact 941-228-9724.

## SUNDAY, NOVEMBER 17

**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, NOVEMBER 18

**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.

## TUESDAY, NOVEMBER 19

**Ascension in Everyday Life** - 7-9pm. With Rev Jim Toole. Explore how ascension can be a powerful and important pathway in your daily life helping take your Spiritual Path to an elevated level. Learn how to connect to, interact with and experience the energy, guidance and support of the masters and angels and the difference it makes in your life. All are welcome. \$15. Nobody turned away. Learning Center, 941-953-6620, SarasotaCenterofLight.com.

**Prosperity & 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 business's 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, NOVEMBER 20

**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. Free. ECKANKAR Center and Reading Room, 3650 F Webber St., Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota

**Shining Soul Club** - 8pm EST via conference line. Bi-monthly 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, NOVEMBER 21

**Double Pyramid Activation Workshop** - 7-9pm. Lead by Robert Austin, you will lie under 1 of 2 Copper Frame Pyramids, infused with energy of large Stones of Selenite, Rose Quartz Sodalite and Crystals for ten to fifteen minutes. Tibetan Bowls will be played to experience the Sacred Geometry and Amazing Healing Energy, in a dream-like state of relaxation. Guests will share their observations of what they perceive during this period. Reservations required. Contact Robert 941-475-2187 or 941-822-9046 for reservations and info. \$25 donation requested. Center for Metaphysical Fellowship. New location at 3231 Gulf Gate Drive, Suite 204, Sarasota, 941-266-8435, CMFsarasota.org, Facebook is CMF of Sarasota.

**Unity of Sarasota** - 7pm. On the third Thursday of every month, at 7pm is Bentley's House. It is a safe place to share your grief over the loss of a pet. Bring pictures and stories to share with others who have gone through the same loss. 3023 Proctor Rd. UnityOfSarasota.org

## FRIDAY, NOVEMBER 22

**Inquire Within Goddess Shoppe** - Get the 'ick' off your 'Wow'! Get an energy 'tune-up' before the holidays. Define clear and healthy boundaries to avoid being pulled into family drama and holiday stress. Whether you need charging of your energy field, balancing of chakras, clearing dense and heavy energy, or an energy tune-up, come in for a Goddess Healing by Susan. Let's get that 'ick off your Wow.' By appointment only. Call 941-822-8056, or email Susan@TheGoddessShoppe.net.

**ECKANKAR Center and Reading Room of Sarasota Open** - 6-8pm. 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

**Dream Catcher Workshop** - 7-9pm. Artist and

spirit intuitive Tammy Kubiak will first give a brief history of dream catchers and explain their spiritual connection to us all. Then after a guided meditation, the attendees will have the opportunity to create their own special dream catcher, using the unique inspired designs influenced by their guides and loved ones. All supplies are furnished. All are warmly invited to join others expressing their creativity and take home a work product you will likely be very proud of. \$20 donation requested. Reservations are suggested. Center for Metaphysical Fellowship. New location at 3231 Gulf Gate Drive, Suite 204, Sarasota, 941-266-8435, CMFsarasota.org, Facebook is CMF of Sarasota.

## SATURDAY, NOVEMBER 23

**Abundance Revolution** - 10am-3:30pm. When you begin understanding and applying the principles of manifestation and the tools that are part of this program you will begin experiencing unexpected transformations in every aspect of your life. Create change instantaneously. Discover how using the universal laws correctly can lead to your exponential success. Go beyond goal setting, visualizations and affirmations with these tools which can train you to train your vibration and enable you to manifest like a master. With Annindita Palau. \$99/advance, \$129/ATD. 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. 20 min-reading/\$25 donation. We will also have crystal bowl healer/reader, numerologist, card readers and healers working. 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. Center for Metaphysical Fellowship. New location at 3231 Gulf Gate Drive, Suite 204, Sarasota, 941-266-8435, CMFsarasota.org, Facebook is CMF of Sarasota.

**Spiritual Discussion** - 11am-noon. *Have You Had a Spiritual Experience?* Come share and learn more about spiritual experiences such as coincidences, guidance from departed ones or angels, dreams, past lives, and soul travel. These topics come from the *Spiritual Experiences Guidebook* which will be given as a gift to attendees. Free. Mid County Regional Library, Meeting Room B, 2050 Forest Nelson Blvd., Port Charlotte, 941-358-0325, Meetup.com/EckankarInSarasota

**Tapping into the Universal Cornucopia** - 11am-2pm. Manifesting Abundance Quickly with The Art of Thankfulness. Based on the classic book written by Wallace D. Wattles, *The Science of Getting Rich*. You will learn the secret techniques of manifesting abundant and lasting wealth. Shirley will expound upon the teachings of Wallace Wattles to show you how using the art of thankfulness can help you to manifest money instantly. With Shirley Smolko. \$39. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## SUNDAY, NOVEMBER 24

**The Universal Worship Service** - 10:30am. This weekly egalitarian worship service will be officiated by Rev. Zan Services 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 unfolding. Different officiates/Cherags rotate on leading the services each week. At

Rising Tide, 5102 Swift Rd. Sarasota, RisingTideInternational.org. Rev. Zan, 941-922-7839.

**ECK Light and Sound Service** - 11am-noon. Are Dreams a Doorway to Heaven? Dreams are the starting point for many. Good works may carry us far and prayer is indeed a boon, but generally we can learn more about the true nature of God through the secret knowledge of dreams. Free. ECKANKAR Center and Reading Room, 3650F Webber St., Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

## SATURDAY, NOVEMBER 30

**Heartfelt Women's Yoga Experience** - 1-4pm. Gentle Yoga, Art-Creative Personal Note Cards, Mindfulness Exercise, Restorative Yoga to finish. Light refreshments provided. \$45. Please reserve - <https://bit.ly/2kcVxyg>. For more info, Stephanie@StephanieNikirkYoga.com, 941-374-3665. 423 N Lemon Ave, Sarasota.

### PLAN AHEAD

## SUNDAY DECEMBER 1

**Vibration-Raising TSU Community Potluck** - 12-1pm. 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-12pm). 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 wish. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## TUESDAY DECEMBER 3

**Meditation + Acupuncture for Holiday Stress** - 10am-12noon. 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. To reserve your spot, SoteSarasota.com/Special-Events. At Salt of the Earth, 4037 Clark Road, Sarasota. More info? Email Lara@LaraJaye.com.

## THURSDAY DECEMBER 5

**Symbols: The Language of Spirit** - 6-9pm. This workshop will help beginning and seasoned readers alike to develop their own special shorthand with Spirit. Using the universal language of the collective unconscious with Spirit will greatly enhance your ability to quickly understand what Spirit is trying to convey to you. If you've ever watched a medium on television give readings, you may have noticed that they state that certain symbols have a specific meaning for them; the mediums quickly know what Spirit is trying to show them. With Shirley Smolko. \$35. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## SATURDAY DECEMBER 7

**Spirit of Holidays Messages Party** - 7-9pm. Come celebrate the Spirit of the holidays with a warm welcome to all. Spirit Messages from 5 Top Psychic Mediums. At our holiday gala all guests will receive heartwarming and validating information from a top psychic medium. Enjoy food, wine and learn about upcoming news and events. Everyone receives a personal message, Dinner Buffet, Wine, Desserts, Gift Baskets Raffle, Live Music, Gaiety, and Fun. \$69. At Primos Restaurant 8076 N. Tamiami Trail, Sarasota, 941-544-5874, Light@VictoriaAckerman.com TheSpiritUniversity.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.

**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 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 unfolding. 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. Sundays begin with a meditation from 10am to 10:15am. Uplifting service with music and inspiration with Rev. Dr. Suzi Schadle at 10:30am. 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 (1<sup>st</sup> Sunday of the month). Rev. Eric Watrous, Connecting with Angels, Masters and Teachers (2<sup>nd</sup> Sunday of the month), Rev. Lea Chapin, Celestial Messages Service (3<sup>rd</sup> Sunday of the month), Rev. Mary Gemming, Ph.D., Ascended Master Teachings (4<sup>th</sup> 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 (1<sup>st</sup> and 3<sup>rd</sup> 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.

**Pistis Sophia (Faith Wisdom) Study Group** - 3-5pm, beg Nov 10<sup>th</sup>, then every 2nd Sunday of the month. With Rev. Annie Eng. Join us in the Pistis Sophia study group as we take the role of Sophia and say the 'metanoias' (repentances) of Pistis Sophia as our own inner transformation for our own salvation and redemption. As we sing the eleven songs of praise to the light it reiterates our faith in the Light and our longing to be free from the afflictions of chaos, we will be eventually released from this matrix and reunited with our own higher self/Christos. \$10. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.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. 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. With Helen Green. \$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. One of the best ways to improve your psychic reading abilities is by working with a group. Learn from each other, encourage, aide each other's progress. Let your collective psychic energy move everyone forward. This practice circle is a place for you to

work on your natural abilities in a supportive setting with fellow psychic readers. We will focus solely on the intuitive impressions received without using psychic tools. With Kathy Gutierrez and Daniel Densing. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Conscious Evolution & Intuitive Energy Manifestation** - 7-8:30pm. Strengthen your connection to your higher self in this Spirit guided experience into Self Realization, Soul Reintegration and Life Revitalization. Learn meditative breathing / clearing techniques to center and ground your life force. Practice creative visualization and design an affirmation to empower your true will to create a life of renewed passion, refined focus and sustaining joy for your soul's purpose. With Lynn Cat Neal. \$20. 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.

**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

**ECK Wisdom on Life After Death** - 9:30am-noon. Discover illuminating answers to timeless questions about what really happens after we die. Explore heaven, near-death experiences, reincarnation, and the truth about the afterlife. Attendees will receive a gift book. Free. FGCU 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? It's possible that your chakras are out of alignment. Maintaining a healthy body and mind that are perfectly in balance with one another is a

possible endeavor. With 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. "I feel very refreshed and seem to be thinking more clearly." "I think I fell asleep." "I feel relaxed." are some of things people typically say after a Reiki session. If you have never experienced Reiki now is the time to try it. With Barbara Harrison. \$15 suggested donation. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Law of Attraction Remembered Class** - 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. We are entering a study series of intension for living life as masterfully as we can, given our various quirks and preferences. 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. During this continuing series, 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! Facilitated by Shirley Smolko. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Sierra General Meeting Notice** - 7pm, 3<sup>rd</sup> 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. Learn the gifts of the Earth, crystals and stones that may enhance your health and well-being. These magical gems, when used with different spiritual modalities like astrology, Tarot and pendulum, can increase the positive effects of chakra balancing, Reiki and meditation. For spirit practitioners can enhance ability to receive a stronger response. Gain the confidence to use crystal and stones on a daily basis. With Cathy Zapsalis. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Timeless Teachings with Caroline and Paul Crawford** - 7-9pm, every 2nd and 4th Tuesday. 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. Each session will build on these profound teachings that the nonphysical team known as JERAMA, will convey through Caroline and Paul. Following an initial insightful discourse, you will then be given time to ask direct questions to the team, which are meaningful to you at this time,

assisting you on your continued pathway. This is a unique and exciting opportunity to converse with Beings of Light whose soul intention is to assist your ascension and the evolution of humanity. \$15. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.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.

**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! From lucid dreaming to psychometry, seeing auras to telepathy, we will be diving into a different topic every week to explore what they are and how to apply them using our own psychic gifts. 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. Everyone has experienced that joyful moment when the light flashes on - the Ah-ha! of intuitive connection, messages and creativity from another dimension or your higher consciousness. This class will give you the tools you need to open up new frontiers, find your own resolution to everyday problems and aid you in decision-making. You may learn to see things in new ways. Through simple step-by-step exercises that require no special abilities. 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@StephanieNikir-kYoga.com

**Automatic Writing** - 6-7pm. Tap into your psychic abilities! 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. Beginners welcome. We will provide the inspiration and coaching that will help open your mind to a higher consciousness. Just bring some paper and a pen, the spirits will do the rest. With Barbara Harrison. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

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

**Unity of Sarasota** - 7pm. Weekday service with music and a different program each week. Unity of Sarasota, 3023 Proctor Rd., Sarasota, UnityOfSarasota.org

**Tarot Practice Circle** - 7-8:30pm. The Tarot is a wonderful tool that can cultivate your intuition. Due to the vast amount of information etched into each of seventy-eight cards in a Tarot deck, an individual could spend a lifetime examining the images and becoming an expert in their meanings. 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. With Barbara Harrison. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**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

**Raindrop Technique** - Has its origin in the Lakota Native Americans. In its co-creation, it uses nine 100% therapeutic grade essential oils. Scientific research and a growing list of testimonials point that it may help with the following conditions: emotional issues, chronic pain, slipped disc, scoliosis, chronic fatigue syndrome, multiple sclerosis, fibromyalgia, Epstein bar virus, immune system, pneumonia, asthma, chronic stress and more. Hablo Español. EvaFranklin26@yahoo.com, 941-961-9540.

**Intro to Lenormand Cards** - 7-9pm. Just what are the Lenormand cards? Mademoiselle Lenormand has been called the greatest Fortune Teller of all time. In early Nineteenth Century Paris, she reportedly read the fortunes of leaders of the French revolution, Marat, Robespierre, St. Just, and Tsar Alexander. She is best known for her readings of Josephine and Napoleon. She predicted his rise to and fall from power. The Lenormand uses only 36 cards, as opposed to the 78 cards in the tarot, and there are no reversals. With Michael Newtown-Brown. Series

of three classes starting Nov 7th. \$65/advance, \$70/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Mediumship Development** - 7-8:30pm. 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: Everything you need to know about the 6th sense, how to make your own validated Spirit contact, how to use mediumship for your own spiritual benefit, help others as a professional intuitive, credible medium. With Victoria Ackerman. \$15. 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 collec-

tive 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 24<sup>th</sup>, 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.

**Yoga at Colonial Oaks Community Ctr!** - 9-10am, no class Nov 29. 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.

**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, CCOSL.com.

**Lift Your Spirits - Social Event** - 5-6pm. Have you ever wondered about the spiritual world? Let's get together with others who share your interests, in a casual atmosphere over tea, coffee or drinks. 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. You may even discover interests you didn't even know you had! At Primos's Italian Restaurant 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.

**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, craftspeople 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. 2<sup>nd</sup> & 4<sup>th</sup> 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?** - 11am. Introduction to The Third Testament by Martinus. Live Stream with live chat. Free. 941-462-3177, Infinite808@gmail.com.

## friday

## saturday

# The Original Salt Rooms of Sarasota



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