

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.

SUNDAY, DECEMBER 1

ECK Light and Sound Service - 11am-noon. Karma: A Loving Gift from God? How do we treat God's creatures, other people, ourselves? How do we act and think? The Law of Karma is the great teacher, not a vindictive law. It's designed to open the heart to love and understanding. Free. LaQuinta Inn & Suites, 812 Kings Highway, Port Charlotte, 941-358-0325, Meetup.com/EckankarInSarasota

MONDAY, DECEMBER 2

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 choose will provide information on how Eckankar can enhance your life. 3650F Webber St. Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota

TUESDAY, DECEMBER 3

Chakra Balancing Workshop - 7-8:30pm. With Joan Volpe. Following the shamanic wisdom of ancient peoples and modern teachings of energy medicine, this workshop will help participants to understand the subtle energy body and the effects of energy vibration upon health and dis-ease. In this workshop we shall discuss healing techniques to help balance chakras at higher levels. \$15. Learning Center, Sarasota Center of Light, 852 S Tuttle Ave, Sarasota, 941-953-6620, SarasotaCenterofLight.com.

WEDNESDAY, DECEMBER 4

ABDY: Connecting to the Source Sessions - 7pm. To register and for more information please go to: AbyCosmicCenter.SplashThat.com or call 941-371-9333. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.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.

Tuning Fork Healing Workshop - 7-9pm. Robert Austin will be conducting the workshop for enabling an individual to assist a friend or family member to; help alleviate Arthritis, Raynaud's, Fibromyalgia and Carpel Tunnel symptoms in the hands, or Neuropathy in the feet. This workshop will be hands-on for learning how to apply the available tuning fork, while using a Crystal and Healing Stone in order to release Stagnant Energy from within the body. Tuning forks will also be available for purchase. \$25 donation requested. Reservations are required, call or text 941-822-9046. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota, CMFSarasota.org, Facebook CMF of Sarasota.

SATURDAY, DECEMBER 7

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.

5 Top Mediums, 1 Holiday Eve - 7-9pm. Spirit of Holidays Messages Party. Come celebrate the Spirit of the holidays with a warm welcome to all. At our holiday gala all guests will receive heartwarming and validating information from a top psychic medium. Enjoy food and wine and learn about upcoming news and events. Holiday Gala includes: Spirit Messages from 5 Top Psychic Mediums, everyone receives a personal message, Dinner, Gift Baskets Raffle, Live Music, Gaiety, and Fun. Primos Restaurant 8076 N. Tamiami Trail, Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

SUNDAY, DECEMBER 8

Pistis Sophie Study Group - 3pm. With Rev. Annie Eng. Learn the wisdom of this Gnostic Gospel from the "Risen" Jesus that was hidden for centuries! Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.com.

MONDAY, DECEMBER 9

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

WEDNESDAY, DECEMBER 11

2020 Vision Board Workshop - 7-9pm. Come join Colleen Panebianco in creating "Your Vision" for 2020. It will be a collage of images, words and affirmations that you will want to display in a central location to remind you to focus daily on your intentions. Your creation will spark your motivation toward goals, and dreams of abundance. Enjoy the evening working with other class members and leave with satisfaction of the work product you have created. All supplies are provided, but if you have some unique articles you want to utilize, please bring them along. \$20 donation requested. Reservations please, call or text 941-586-4797. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota, CMFSarasota.org, Facebook, CMF of Sarasota.

THURSDAY, DECEMBER 12

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.

FRIDAY, DECEMBER 13

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 choose will provide information on how Eckankar can enhance your life. 3650F Webber St. Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota

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. See Free Coupon for 1st time attendees on our Facebook site. Facebook CMF of Sarasota. CMFSarasota.org, Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota. More info @ 941-266-8435.

The Mystical Magi: The Mystery of the Star of Bethlehem - 7pm. With Mark Anthony the Psychic Lawyer. Using ancient Astrology, modern Astronomy and Archaeological evidence combined with his spellbinding speaking style and colorful PowerPoint presentation, Mark Anthony the Psychic Explorer will unravel Ancient Mysteries about the Star of Bethlehem and the identities of the mystic Wise Men from the East. \$20/advance, \$25/ATD. Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

Powerful Group Healing Session - 7pm. Join international renowned Quantum Healer and Modern-Day Shaman, Bart Smyth, for a transformational healing gathering. This gathering is offered to assist individuals and their loved ones on the very auspicious day of Friday, Dec 13. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.com.

SATURDAY, DECEMBER 14

Astrological Group Gallery Reading – 10am-12pm. Ever wondered what the location of planets at your birth signifies about your life? A great opportunity for both those new to, and familiar with, astrology to receive a fresh perspective or seasonal update about their “stellar signature” in a group setting, for fun and education, while being differentiated so that something unique can definitely be taken away by all, as everyone will be sure to learn something new about themselves. With Nathaniel Glosson. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com TheSpiritUniversity.com.

Experience HU, the Sound of Soul - 11am-noon. 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 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

An Evening of Spirit Communication - 7pm. With Mark Anthony the Psychic Lawyer. An Evening Of Spirit Communication with Psychic Lawyer Mark Anthony, 4th Generation Psychic Medium, Oxford-Educated Attorney, Best-Selling Author and Media Personality. Mark connects random audience members with loved ones from the other side during this uplifting and inspiring event. Sanctuary \$45/, \$60/ATD. Sarasota Center of Light, Sanctuary, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

SUNDAY, DECEMBER 15

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, DECEMBER 16

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 choose will provide information on how Eckankar can enhance your life. 3650F Webber St. Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota

TUESDAY, DECEMBER 17

Transforming Intention into Reality - Creating a NEW Year - 7-8:30pm. With Rev Jim Toole. Bring intention into reality by unifying both spiritual and practical techniques to create the life you want, inside and out. Manifest the experience, prosperity and freedom that brings true fulfillment to your life. Discover how BEING in Action is an effective, powerful and unlimited creation process. No one turned away. \$15. Sarasota Center of Light, Learning Center, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

WEDNESDAY, DECEMBER 18

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

THURSDAY, DECEMBER 19

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.

Unity of Sarasota - 7pm. On the third Thursday of every month 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, DECEMBER 20

Healing Power of Smudging – 7-9pm. Tammy Kubiak will give a lesson on the history and benefits of smudging and show how to use smudging techniques to effectively cleanse your environment and your emotions. She will also teach you how to make your own smudge stick bundles. All supplies are provided. Come to benefit from learning the techniques and enjoy the discussions with other class members. Have the satisfaction of taking home the tools you create and the knowledge to treat living and workspaces for yourself, and for friends. \$20 donation requested. Reservations please, call or text 941-879-1445. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota, CMFSarasota.org, Facebook is CMF of Sarasota.

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.

CLASSES AND WORKSHOPS

WANT A NATURAL BIRTH? Shorten your labor and learn Comfort measures for pregnancy and delivery. Great information is packed in this 3-hour class. Register 941-875-3991. \$50. Lifesong, Northport. Saturdays in January 2pm.

SATURDAY, DECEMBER 21

Celestial Mystical Fair - 11am-4pm. Come and learn what Winter 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, 3231 Gulf Gate Drive, Suite 204, Sarasota, 941-266-8435, CMFSarasota.org, Facebook is CMF of Sarasota.

Caroling in the Garden - 7pm. Carolers and musicians will be singing and leading carols in the illuminated garden for everyone to listen to and participate in. There will be refreshments and snacks to enjoy. Come be a part of the music, fun and inspiration of the season. Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

SUNDAY, DECEMBER 22

ECK Light and Sound Service - 11am-noon. Creating Blessings from Hardships. Fate is the baggage one carries into this life, but free will is the divine creativity employed to lighten the load. It determines why some people are happy and thrive in conditions that throw others into fits of wretchedness and grief. Free. ECKANKAR Center and Reading Room, 3650F Webber St., Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota.

Special Hanukkah Winter Solstice Ceremony Event - 12:15pm. On the powerful day of Sunday, come join us for this special event. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.com.

TUESDAY DECEMBER 24

Divine Light Service - 7pm. You are invited to be a part of the sacred energy and connection of this candlelit service. Those who attend will enjoy wonderful music, an inspirational talk and receive a Spirit message from one of our mediums. Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

FRIDAY, DECEMBER 27

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 choose will provide information on how Eckankar can enhance your life. 3650F Webber St. Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota

SATURDAY, DECEMBER 28

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.

SUNDAY, DECEMBER 29

The Universal Service -10:30am. This special end of the year service offers a Burning Bowl Ceremony for letting go of the old and a White Stone Ceremony to help set ourselves aright in the New Year. This will be officiated by Rev. Zan Benham and other Reverends from the center. This weekly egalitarian worship service celebrates all of humanity's religions and spiritual traditions on a single altar. At Rising Tide, 5102 Swift Rd. Sarasota, RisingTideInternational.org<http://www.risingtideinternational.org>, Rev. Zan, 941-922-7839.

Burning Bowl Ceremony - 12pm. End and start the New Year with us during the 1030am morning celebration to create intentions, healing requests and visions for clearing 2019 and experiencing an expansive expression in 2020. We will gather in the garden after the morning celebration around a fire pit for a burning bowl ceremony. Sarasota Center of Light, 852 S Tuttle Ave., Sarasota, 941-953-6620, SarasotaCenterofLight.com.

PLAN AHEAD

THURSDAY, JANUARY 2

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. Gentle-Bay Chiropractic, 3131 S Tamiami Trail, #102, Sarasota, GentleBay.com.

FRIDAY, JANUARY 10

An Evening with Mirabai Devi - 7-8:30pm. Join Mirabai Devi for this FREE public program that raises consciousness and opens the heart to be filled with Divine Love. We invite you to an evening filled with love, expansion of consciousness

and Transmission of Divine Light. No registration necessary. Mirabai Devi is an international spiritual teacher, facilitator for healing, author, and the founder of the Mirabai Devi Foundation. The Foundation is dedicated to her mission of raising world consciousness through the awakening and healing of humanity. Donations gratefully accepted. Cosmic Center of Spiritual Light, 5041 Ringwood Meadow, Bldg. G2, Sarasota. 941-371-9333 or 760-216-1029, MirabaiDevi.org.

SATURDAY, JANUARY 11

Increasing Your Light Vibration in the Next Decade with Mirabai Devi - 2-5pm. During these turbulent times of change on Earth, being centered in Divine Love plays a major role in restoring peace, balance and harmony. Join Mirabai Devi as she leads us through a transformational journey to remove blockages, experience greater freedom and transcend the mind. Experience the Light on 1/11 and bring Light into your next decade! \$35/pre-register or ATD. To pre-register visit: TinyUrl.com/UnityWave or MirabaiDevi.Org/Events. Cosmic Center of Spiritual Light, 5041 Ringwood Meadow, Bldg. G2, Sarasota. 941-371-9333 or 760-216-1029, MirabaiDevi.org.

SUNDAY, JANUARY 12

Illuminate Punta Gorda Florida Mind-Body-Spirit-Arts Festival - 10am-4pm. The Festival will showcase the finest of local holistic wellness practitioners, products & amazing artisans of all kinds. Practitioners offer mini sessions of body-and energy-work such as Reiki, massage or sound

therapy. Explore energy-enhancing crystals, essential oils and natural spa products. Find jewelry, gifts, and select from beautiful art choices from a variety of disciplines or try an intuitive reading, consult an astrologer, or see what the Tarot deck reveals. Admission includes hourly free workshops, see www.illuminatefestivals.com/puntagorda for listings. \$6/ATD, \$5/advance online. Charlotte Harbor Event & Conference Center, 75 Taylor St., Punta Gorda.

FRIDAY, JANUARY 17

William Meader-International Teacher Esoteric Philosophy & Astrologer/Events - Jan 17-25. Events: Practical Mysticism/Soul Purpose & Seven Rays/Forerunner of Light/Eye of Vision/Journey to Enlightenment/Seven Ray Workshop/Astrology appointments. Details at Meader.org or Linda@EmergentLight.com

SATURDAY, JANUARY 18

For the Deeper Work with Mirabai Devi - 6:30-8:45pm. Join Mirabai Devi for this workshop intensive focused on Readings and Light Transmissions. The evening will be filled with miraculous healings and deep life transformational shifts as we witness the Divine Light at work while members of the group are healed. Experience deep healing as the blockages that have kept you from a deeper understanding and relationships with Self are released and cleared away. \$100 pre-register or ATD. To pre-register visit: www.tinyurl.com/unitywave or MirabaiDevi.Org/Events. Cosmic Center of Spiritual Light, 5041 Ringwood Meadow, Bldg. G2, Sarasota. 941-371-9333 or 760-216-1029, MirabaiDevi.org.

Florida Integrative Dentistry

A Unique Facility For Holistic Dental Care

General / Biological Dentistry and Oral Toxicology

Doctor Dick Chapman, DDS, PA

Services that set us apart:

Holistic Dental Cleanings

Bioinert Ceramic Dental Implants

OZONE Therapy

Dental DNA Testing

Strict Safe Mercury Removal Protocol

Dental Materials Compatibility Assessment

Oral (Flora) Probiotics

Minimally Invasive Dentistry

Catering Not Only to Your Teeth But Your Overall Well Being

941-893-5968

2401 University Parkway, Bldg 1, Suite 204, Sarasota, FL • www.floridaintegrativedentistry.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 (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.

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 cel-

brating 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.

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.

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

Law of Attraction Remembered Class - 7-9pm, (no class on Dec. 24 or 31st.). 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.

Timeless Teachings - Laws of the Universe - 7pm, every 2nd and 4th Tuesday. With Caroline and Paul Crawford. 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. 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.

Unity of Sarasota - 10-11am. Introduction to Tai Chi & Qi Gong with Leslie Harris-Senac. \$5 per class. Unity of Sarasota, 3023 Proctor Rd., Sarasota, UnityOfSarasota.org.

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.

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.

Vinyasa 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.

Unity of Sarasota - 7pm. Weekday service with music and inspiration. Unity of Sarasota, 3023 Proctor Rd., Sarasota, 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

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.

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

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, CosmicCenterOSL@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.

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.

saturday

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. 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? - 11am. Introduction to the life work of Martinus. Live Stream with chat questions. Free. 941-462-3177, TheThirdTestament.info

HEALTHY LIFESTYLES ISSUE

JANUARY

Age-Defying Habits

plus: Healthy Immune System



Readers are Seeking These Providers & Services:

Energy Healing • Fitness/Health Clubs
Integrative Physicians • Life Coaching
Natural/Organic Foods
... and this is just a partial list!



FEBRUARY

Cardiovascular Health

plus: Regenerative Medicine



PLANT-BASED NUTRITION ISSUE

MARCH

Thriving on a Plant-Based Diet

plus: CBD

CONNECT WITH OUR READERS

THREE-MONTH EDITORIAL
CALENDAR & MARKETING PLANNER

CONTACT US

Sarasota / Manatee Edition:
941-564-0885
publisher@nasrq.com