

## 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.

### WEDNESDAY JANUARY 1

**Burning Bowl Ceremony** - 7pm. End and start the New Year with us during the 7pm Wednesday Healing, Intention and Meditation 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 celebration around a fire pit for a burning bowl ceremony. Sarasota Center of Light, 852 S Tuttle Ave., 941-953-6620, [SarasotaCenterofLight.com](http://SarasotaCenterofLight.com).

### FRIDAY, JANUARY 3

**Beatle-Palooza with Faerie Elaine Silver** - 7pm. Enjoy an evening of Beatles music offered by certified BEATLEologist Faerie Elaine. It will be an exciting concert of music everybody knows and loves. This concert will include music from her CD - FAB FOUR! \$15. In the Sanctuary. Sarasota Center of Light, 852 S Tuttle Ave., 941-953-6620, [SarasotaCenterofLight.com](http://SarasotaCenterofLight.com).

### SATURDAY, JANUARY 4

**Super Value Nutrition New Year Sale!** - Store-Wide sale, both Sarasota locations: 5842 Bee Ridge Rd, 9am-6pm, 941-342-1908 and 2163 Siesta Dr, 10am-5pm, 941-366-1997, [SuperValueNutrition.com](http://SuperValueNutrition.com).

**Paddle Deer Prairie Creek** - 10am-noon. This is a lovely stretch of pristine Florida hidden away near North Port. A short, but high-quality trip, with active bird activity. You must provide your own watercraft, pfd, and be able to swim. Voluntary donations to the Sierra Club are always gratefully accepted. Must reserve, 941- 423-2713.

**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, JANUARY 5

**Rainforest Mask Exhibit** - Runs from Jan 5<sup>th</sup> -Jan 26<sup>th</sup>. Immerse yourself in a luscious display of 300 Rainforest Masks & watch indigenous Borucan artists from Costa Rica at work, visit Marie Selby Gardens on 900 S. Palm Ave., Sarasota. Included with general \$20 admission, 941-366-5731, [Selby.org](http://Selby.org).

**Paddle Myrtle Slough with Jim Story** - 9am-2pm. Bring your kayak and join Jim Story as he leads us through a freshwater jungle near Charlotte Harbor, then on to the Shell Creek waterfall and dam weather permitting. You must provide your own watercraft, pfd, and be able to swim. Voluntary donations to the

Sierra Club are always gratefully accepted. Must reserve 941-505-8904.

**ECK Light and Sound Service** - 11am-noon. **Animals are Soul Too!** A bond of love exists between you and your pet because you are Soul whom God sent here to learn to give and receive Divine Love. What most don't realize is that animals are Soul, too. Free. LaQuinta Inn & Suites, 812 Kings Highway, Port Charlotte, 941-358-0325, [Meetup.com/EckankarInSarasota](http://Meetup.com/EckankarInSarasota), Have you wondered about when bad things happen to good people? Explore this at [Eckankarblog.org](http://Eckankarblog.org)

**Sunday Afternoon Healing Outreach** - 1-2pm. Be our guest and receive an energetic healing in a loving atmosphere of friendship, honor, positive energy & devotion. Open-to-everyone. Energetic healing works on different levels of your physical, mental, emotional and spiritual being, enhancing everything in life. One of the greatest health benefits may be stress reduction and relaxation, which triggers the body's natural healing abilities (immune system), aids in better sleep, and enhances overall well-being. With Richard Powell. \$15 Suggested Donation. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**New Year's Romance on the Piano** - 4pm. Celebrate New Year's beginning experiencing Soulful Romantic Classical Music played by the passionate, world-acclaimed concert virtuoso, Eleonora Lvov. Experience this luminous, boldly emotive pianist with staggering technique who emanates ardent passion and spirituality through music. Manatee Unitarian Universalist Fellowship 322 15th St. W, Bradenton, 941-358-0235, [EleonoraLvov.com](http://EleonoraLvov.com).

### WEDNESDAY, JANUARY 8

**Super Value Nutrition Store-Wide Sale!** - Start the new year off right! Free samples, demos and save on all the top supplement brands. Largest selection & best prices in SRQ! 5842 Bee Ridge Rd and 2163 Siesta Dr, 9am-6pm, [SuperValueNutrition.com](http://SuperValueNutrition.com).

**Free MPOD Eye Test! (Macular Pigment Optical Density) at Super Value Nutrition!** -10am-2pm. First come first served! Takes 90 seconds! Super Value Nutrition, 5842 Bee Ridge Rd (Centergate Plaza). Call 941-342-1908 for more info. [SuperValueNutrition.com](http://SuperValueNutrition.com).

**Creating Transformation & Change, a 6-Part Course** - 7-8:30pm, starts Wednesday, January 8<sup>th</sup>. Session 2 of 6 is Jan. 22<sup>nd</sup>. Come and share in the energy of these inspiring teachings, to kick-start your life in the new year with renewed positivity and shift in your awareness. Caroline and Paul Crawford with their team of Infinite Intelligence, will assist you to gain a deeper understanding of these easy to integrate Universal Laws of Allowing, Attraction and more. Feel a stronger connection to your inner guidance to achieve your heart's desires. A \$20 donation is requested. Reservations call/text 941-402-9508. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204,

Sarasota. [CMFSarasota.org](http://CMFSarasota.org), Facebook: CMF of Sarasota, [PaulCrawford-TimelessTeachings.com](http://PaulCrawford-TimelessTeachings.com).

### THURSDAY, JANUARY 9

**Private Personal Readings** - 1-6pm. Known for his warm heart and humble nature, Joseph LoBrutto III has become widely known for being authentic along with his ability to predict and deliver startlingly accurate and precise readings to his audience through his psychic abilities. See what life has in store for you as Joseph helps you to choose a path that leads to the best outcome. Book a Private 30-minute Reading at the special TSU pricing, \$175. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**Release Your Subconscious Blocks to Weight Loss** - 7-8pm. In this guided workshop, Ann Bliss may intuitively pinpoint the underlying emotions and/or traumas which may have initiated your weight gain. You will be given the opportunity to release them as well as several subconscious beliefs holding you back from achieving your personal weight goals. Lastly, you can lock in your new belief system. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**Sierra Club's General Meeting** - 7pm. Speaker Dr. Erik R. Patel, of Lemur Conservation Foundation in Florida and Madagascar. Topic: Lemurs, Endangered Species, as well as human health projects in rural villages near Marojejy a World Heritage Site. Lemurs are one of the most endangered groups of animals and one of the most unique group of primates. Dr. Patel's presentation will review the activities of Lemur Conservation Foundation in Florida and Madagascar which include breeding, reforestation, forest monitoring, eco-tourism, environmental education, and human health projects in rural villages near Marojejy National Park, a World Heritage Site. Sarasota Garden Club, 1131 Blvd. of the Arts, Sarasota.

**Spiritual Resolution for 2020** - 7-9pm. With Rev Jim Toole. Transform resolutions into reality. Discover and experience techniques of practical and spiritual manifestation that bring into you and your life the fulfillment and freedom of your heart and souls desires. Learn your personal manifestation dynamic and the difference it makes fulfilling your purpose and changing your life. \$15. No one turned away. Sarasota Center of Light, 852 S Tuttle Ave., 941-953-6620, [SarasotaCenterofLight.com](http://SarasotaCenterofLight.com).

**The Double Pyramid Activation Workshop** - with Robert Austin - 7-9pm. Guests will have an opportunity to lay under a 7' & 9' Copper Pyramids infused with Healing Stones and large Crystals. Tibetan Bowls will be played as the individual experiences The Sacred Geometry and Amazing Energy of the Pyramids. Guests will share their vision of what is perceived as well the one under the Pyramid. The Guest may experience a healing, visions, relaxation or travel. Reservations required due to limited class size. Cosmic Center of

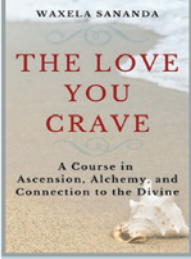


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Spiritual Light, 5041 Ringwood Meadow, Bldg. G2, Sarasota, 941-371-9333, CCOSL.com.

## FRIDAY, JANUARY 10

**Harmonize Your BE-ing Guided Meditation** - 6-7:15pm. Be renewed as you are guided through dynamic hands-on energy balancing exercises you apply to your own body. Profound relaxation, quiet mind, pain relief, and more. Register by 4pm. \$18/class, \$60/5 classes prepay. Cash or check. Suncoast Jin Shin Jyutsu, 820 Central Ave, Sarasota. Contact: Michelle 941-228-2972, Michelle@Suncoastjsj.com, Suncoastjsj.com.

**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, CCOSL.com or 760-216-1029, MirabaiDevi.org.

**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 is requested. See Free Coupon for 1<sup>st</sup> time attendees, on our Facebook site. Facebook: CMF of Sarasota. Center for Metaphysical Fellowship, **3231 Gulf Gate Drive, Suite 204**, Sarasota, 941-266-8435, CMFSarasota.org.

**Overcoming the Fear of Death: Integrating Meditation into Your Daily Life** - 7-9pm. Learn about the medical health benefits of the unique, easy-to-learn technique Kelvin Chin has taught worldwide to bring about balance in thousands of people for 40 years. He will discuss this nonreligious, non-focusing, impactful technique that turns on the "Opposite of the Fight or Flight" switch and dispels fear and anxiety. He will also explain how each technique is equally beneficial. \$25. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Speaking to Heaven Event** - 7-8:30pm. Witness Joseph LoBrutto's outstanding demonstration of his Evidential Mediumship style as often seen on TV! During his gallery he brings through clear evidence about your loved ones in spirit, often clarifying questions you might have had since their transition. Recognized as a loving bridge to the departed he brings comfort and joy as he Randomly Reads for the audience members delivering heartfelt messages. \$45. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## SATURDAY, JANUARY 11

**Nature Walk at Deep Creek Preserve** - 9-11am. Chris and Pam Henry will lead this morning walk through pine flatwoods, exploring wetland marshes and hardwood habitats. Be sure to bring your binoculars so you can observe the birds and wildlife. Voluntary donations to the Sierra Club are always gratefully accepted to support our mission. For more info, call Pam 941-888-0468, MyNewt22@yahoo.com.

**Amp Up Your "Qi" with Dee** - 10am-12pm. Participants will be learning, participating and practicing, ancient Chinese Qi Gong healing exercise forms. Moving meditation, breath work, Qigong exercise, and intentions comprise the "work" done during this workshop. The workshop will end with a

prayer circle using the nine-breath method. \*Precautions will be described, to ensure that the technique is executed properly, for the most benefit. With Denise Duquette. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Unlock Your Psychic Gifts** - 10am-12pm. Do you have precognition or do your dreams come true? Do you feel other people's feelings? Do you sense unseen others in the room? We are ALL intuitive! In this creative and useful workshop that will allow you to learn about your own psychic abilities. Explore the subjects of psychic awareness, assess your psychic strengths, learn how to raise your vibrations, work with psychic color sensing, and learn psychometry. With Guest Medium Joseph LoBrutto III. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Meditation & Knowledge of the Afterlife: How They Eliminate the Fear of Death** - 10am-5pm. Reduce fear, and expand awareness and comfort with the Afterlife, so people can live more fully NOW in the present. Increase knowledge and dispel myths about the Afterlife. Special Guest Speaker, Kelvin Chin, discusses how understanding of the Structure of Life on this side and the other side can create a fear-free existence. There will be a break for lunch. \$55. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Navigating Your Way Through the CBD Explosion!** - 10:30 am. Learn about safe CBD/CBG oil, benefits for your health and get your questions answered by Pharmacist Joe Catalano, owner of Apothicare360 pharmacy. Free seminar. Text or call Laura with questions and to RSVP to 847-452-8357. Location: Port Charlotte Library, 2280 Aaron St., Port Charlotte.

**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 sharing of spiritual thoughts and experiences with light refreshments. Free. Visit Eckankarblog.org/sound-of-soul for a video and further explanation of the Sound of Soul. Jacaranda Library, Conference Rm, Venice, 941-358-0325, Meetup.com/EckankarInSarasota. For topics close to your heart such as life after death, relationships, and more, go to Eckankarblog.org

**2020 Numerology & Energy Harmonizing Workshop** - 1-4pm. Kick off the New Year learning how to integrate numerology with hands-on energy harmonizing and help yourself flow through 2020 with less stress and more ease. Space is limited. Early bird rate is \$55 if you pay by January 6. Your investment is \$66 if you pay after January 6. Last day to register with payment is January 9. Cash or check. Suncoast Jin Shin Jyutsu, 820 Central Ave, Sarasota. Contact: Michelle 941-228-2972, Michelle@Suncoastjsj.com, Suncoastjsj.com

**Sacred Geometry Cards & Meditation** - 1-3pm. No matter what you are trying to manifest in your life right now you can shift the outcome in your favor by working with these amazing cards. During the workshop Guest Medium, Joseph LoBrutto III, will demonstrate the use of the cards in conjunction with the meditations that have been produced to go with each card. Every participant receives a deck of the Divine Affirmation cards as part of the workshop. \$35 - includes deck! The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Learn Energetic Healing with REIKI I** - 1-5pm. In this fun and powerful one-day class you will learn Reiki healing along with other advanced techniques. Anyone with a compassionate heart and a commitment to learn can become a practitioner of energy healing. Class size is limited, so pre-registration required. Workshop

includes: Reiki 1 Certification and Attunement, Aura Clearing, Hand Positions, Self-Treatment, Healing Others, Body Scanning, Develop your Practice, Reiki in Hospitals. With Barbara Harrison. \$118/advance, \$138/ATD, plus \$18 manual. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Navigating Your Way Through the CBD Explosion!** - 2pm. Learn about safe CBD/CBG oil, benefits for your health and get your questions answered by Pharmacist Joe Catalano, owner of Apothicare360 pharmacy. Free seminar. Text or call Laura with questions and to RSVP to 847-452-8357. Location: Punta Gorda Public Library, 401 Shreve St, Punta Gorda.

**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! This is an outside lakeside event in the beautiful surrounding of nature. Please bring your lawn chairs or mats as well as dressing appropriately for this outside event. \$35 pre-register or at the door. 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, CCOSL.com or 760-216-1029, MirabaiDevi.org.

**Mediumship Mentoring Session** - 4-6pm. Whether a long time intuitive wanting to enrich and expand your intuitive ability or someone who has just discovered your psychic and/or medium ability, Guest Medium, Joseph LoBrutto, will guide you in your journey to your full potential in a fun and engaging way. Discover and learn how to develop your intuitive ability, enhance and enjoy your connection to the divine presence within, and communicate with your angels, spirit guides and loved ones in spirit. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Overcoming the Fear of Death: Through Each of the 4 Main Belief Systems** - 7-9pm. What is death? Is it the end, the beginning, or a transition? Are you afraid of death? Reduce the fear of death; Learn how to talk with others who have differing beliefs about death from yours. This talk is for: The Devout, the Agnostic, and the Atheist, Baby Boomers, Gen X'ers, and Millennials. With Special Guest Speaker Kelvin Chin. \$25. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## SUNDAY, JANUARY 12

**Reincarnation Experiences: Is Reincarnation in Past or Future?** - 1-5pm. Special Guest, Kelvin Chin, will describe some of his two dozen past life memories that go back 6,000 years. He will describe how they developed in him starting 40 years ago and how they might develop in you. What precursor experiences might happen? Kelvin will also walk you through some practices and attitudes that may help you tap into and unfold your own memories. What good is it to remember past lives? \$35. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Heal Thyself, Self-Healing** - 1-3pm. Guest Speaker, Joseph LoBrutto III explains "Everything is within your power, and your power is within you." Working with his own Collective of guides many have witnessed Joseph perform miraculous healing of major diseases, emotional and physical trauma, depression, and addictions. Everyone receives the benefit of spiritual balance for a healthy mind, body, and soul connection through his Divine Energy Healing Service. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

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**Channel Coaching: Become a Channel Healer** - 3:30-5:30pm. Guest Medium Joseph LoBrutto III has dedicated himself to bring forth in trance Godly words of wisdom from the Ascended Masters and other beings of the God Source. Many of you are familiar with Joseph guides of the Collective by reading his book, now you can personally witness him demonstrate the art of channeling. In this workshop you learn to connect with your own guides. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Is There More to Life Workshop** - 6:30-9pm. Is There More to Life. has been described as an Incredible Journey and awakening. Joseph will go into depth about channeled messages and metaphysical topics while listening to parts of the audiobook. The focus of this workshop is on lessons we should be learning while here on Earth and how we are all connected to the Universal Life Force. As a GIFT everyone who attends this workshop will receive your own recording of the audiobook. \$35-includes 6-CD set! The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**What Happens When We Die? What Lives on?** - 7-9pm. Is it our soul, spirit, consciousness, or something else? How long does it live on? What is eternity? What about relationships - can we have Soul Contracts for a future life? How does "Free Will" and "Destiny" fit into this structure of eternal life? With Special Guest, Kelvin Chin. \$25. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## MONDAY, JANUARY 13

**Crystal and Tibetan Bowls Concert** - 7-9pm. Let the Vibrations of the Bowls integrate into your body and let your spirit soar. With guest "Mom Jennie" 101 years young playing along with Robert Austin. Performance Artist Tammy Kubiak will be creating a painting influenced by sounds of the bowls, and with the energy of the evening. The painting will be auctioned off at the conclusion of the concert. \$20 donation requested. **Reservations please,** call/text 941-822-9046. Center for Metaphysical Fellowship, **3231 Gulf Gate Drive, Suite 204,** Sarasota. CMFSarasota.org, Facebook is CMF of Sarasota.

## TUESDAY, JANUARY 14

**Self-Hypnosis, Part 1** - 7-8:30pm. Join Rev. Lisa Johnson in a class that you will learn about and experience how self-hypnosis can make profound difference in your experience of you and in your life. Discover ways to improve your health, well-being and way of life. Part 1 of 2. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, SarasotaCenterofLight.com.

## WEDNESDAY, JANUARY 15

**Paddle Shell Creek with Rick Fried** - 9am-3pm. This will be the longer upstream paddle to the shallows and the Cypress Knee Garden. Florida master Naturalist Rick Fried, who lives on the Creek, will be leading us on this enchanting creek in Charlotte County. Participants my opt to sign out who don't want to complete the entire 5-mile trip. Bring a shady hat and your lunch and water. Participants must provide their own watercraft, PFD, and be able to swim. Voluntary donations to the Sierra Club are always gratefully accepted. Must reserve 941-637-8805.

**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. Have you been searching for ways to overcome fear? Others share about this at Eckankarblog.org

**Let's Begin the New Year with a Healthy Outlook!** - 6pm. Join us for a free live demonstration using The Emotional Code. Sherry Mannino will explain, how we can release emotional baggage. Our everyday unprocessed emotions can get stuck or trapped in our mind and body. Let's let it go! Emotional Code Seminar with Sherry Mannino, CECP. Angela's Pure Salon & Spa, 3510 N. Lockwood Ridge Rd., Sarasota, 941-351-0670, AngelasPureSalon.com.

## THURSDAY, JANUARY 16

**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.

**Shamanic Stone Divination** - 6-8pm. Discover how to use the most powerful tool in existence for their own personal guidance (your own intuition!), but they have FUN doing it! Gone are the days of dry, boring and often, intimidating lectures and workshops. Now is the time to bring more joy into the process of self-discovery and soul growth and this workshop does just that. And the best part is that no prior experience is needed! With Vicky Edgerly. \$29. Includes a pouch of stones for participants to take home. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Fend Shui Year of the Rat with Laurie Pawli Feng Shui Consultant** - 7pm. Make 2020 sing with joy and beam with energy as you learn how to make the Year of the hard-working Metal Rat the best year ever! Feng Shui tips for success, meditation, Chinese Animal information, stone and crystals information to the Rat Year Energy! \$20. suggested donation. Cosmic Center of Spiritual Light, 5041 Ringwood Meadow Bldg. G-, Sarasota, 941-371-9333, CCOSL.com.

## FRIDAY, JANUARY 17

**Crystal and Tibetan Bowls Concert** - 7-9pm. Let the Vibrations of the Bowls integrate into your body and let your spirit soar. With guest "Mom Jennie" 101 years young playing along with Robert Austin. Performance Artist Tammy Kubiak will be creating a painting influenced by sounds of the bowls, and with the energy of the evening. The painting will be auctioned off at the conclusion of the concert. A \$20 donation is requested. **Reservations please** by calling or texting 941-822-9046. Center for Metaphysical Fellowship, **3231 Gulf Gate Drive, Suite 204,** Sarasota, CMFSarasota.org, Facebook is CMF of Sarasota.

**Living Between Worlds: Finding Personal Resilience in Changing Times** - 7-9pm. Join acclaimed author and Jungian Analyst Dr. James Hollis to learn how we can recover our bearings and sustain dignity and integrity when things fall apart. He will address what we can do to recover a sense of personal autonomy when our roadmap whirls from our grasp and leaves us confounded. C. G. Jung Society of Sarasota. \$25 members/\$35 nonmembers. Carlisle Inn, 3727 Bahia Vista St., Sarasota, JungSarasota@yahoo.com, CGJungSarasota.org.

**Soul Purpose and the Seven Rays** - 7-9pm. With William Meader. Discover your essential nature and spiritual purpose in life. William will present an overview of the seven streams of divine life and seven types of souls, and what each is destined to express in service to the outer world. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, SarasotaCenterofLight.com.

## SATURDAY, JANUARY 18

**What is Depth Psychology and Why Does it Matter?** - 9am-noon. Join acclaimed author and Jungian Analyst Dr. James Hollis to explore how depth psychology differs from other modalities. Learn how its premises and methods are of use to all of us, whether in therapy or not. C. G. Jung Society of Sarasota. \$70 members/\$80 nonmembers. Carlisle Inn, 3727 Bahia Vista St., Sarasota, JungSarasota@yahoo.com, CGJungSarasota.org.

**AYA Despacho - A Sacred Shamanic Grief Ceremony** - 10am-12pm. This is a beautiful and very moving ceremony where we come together in the spirit of community to celebrate the life of someone who is currently in the process of dying or has already departed, bringing balance and energetic closure to those of us left behind. Participants find this ceremony to be a powerful healing tool when working through grief. With Vicky Edgerly. \$20 includes all supplies. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Matters of the Spirit: 2 Days of Spiritual Diversity** - 10am-5pm. Two days of talks, workshops, and interactive activities that will explore the loving kindness of unique spiritual experiences and expressions from each presenter. Shamanism: Aya Despacho Ceremony, Part 1-10am; Aya Despacho Ceremony, Part 2-11am; Native American: The Spirit My Relations-1pm; Mitreya Center: Spirituality in the World of Abrahamic and Eastern Spirituality -2pm; Practical Buddhism: How to bring out the Buddhahood in You-3pm; The Infinite Way: Consciousness Unfolding and the Mystical "I"-4pm. \$12 per presentation. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**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 handmade 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.

**BE the Transformation Workshop** - 1-5pm. Nature has a natural rhythm and flow and so do we! The seasons of nature relate to depths of energy within our bodies that are in a constant flow of transformation. Each depth of energy is a beautiful matrix of complex dynamic relationships. Learn the depths of energy, identify imbalances, gain personal insights, and experience practical hands-on energy harmonizing that you can incorporate into your daily life. Space is limited. Early bird rate is \$75 if you pay by January 8. Your investment is \$88 if you pay after January 8. Last day to register with payment is January 16. Cash or check. Suncoast Jin Shin Jyutsu, 820 Central Ave, Sarasota. Contact: Michelle 941-228-2972, Michelle@Suncoastjsj.com, Suncoastjsj.com

**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

# Copper in new device stops cold and flu

by Doug Cornell

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every

time. He hasn't had a single cold for 7 years since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they

still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids



**New research: Copper stops colds if used early.**

had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have even used copper on cold sores and say it can completely prevent outbreaks.



**Dr. Bill Keevil: Copper quickly kills cold viruses.**

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

Get \$10 off each CopperZap with code **NATA16**.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.

ADVERTORIAL

that have kept you from a deeper understanding and relationships with Self are released and cleared away. \$100 pre-register or at the door. To pre-register visit: [Tinyurl.com/UnityWave](http://Tinyurl.com/UnityWave) or [MirabaiDevi.org/Events](http://MirabaiDevi.org/Events). Cosmic Center of Spiritual Light, 5041 Ringwood Meadow, Bldg. G2, Sarasota, 941-371-9333, [CCOSL.com](http://CCOSL.com) or 760-216-1029, [MirabaiDevi.org](http://MirabaiDevi.org).

## SUNDAY, JANUARY 19

**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 sharing of spiritual thoughts and experiences with 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. ECKANKAR Center and Reading Room, 3650F Webber St., Sarasota, 941-358-0325, [Meetup.com/EckankarInSarasota](http://Meetup.com/EckankarInSarasota). Have you wondered about the spiritual aspects health and healing? Take your search to [Eckankarblog.org](http://Eckankarblog.org)

**Matters of the Spirit: 2 Days of Spiritual Diversity** - 1-5pm. Two days of talks, workshops, and interactive activities that will explore the loving kindness of unique spiritual experiences and expressions from each presenter. A Course in Miracles: Love is Letting Go of Fear-1pm; Connecting to Spirit Through the Subconscious Mind-2pm; Keys of Enoch: Breaking the chains of the Demiurge and Exiting the Matrix-3pm; Wicca: Ancient Practices for a Modern World-4pm. \$12 per presentation. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**Sunday Afternoon Healing Outreach** - 1-2pm. Be our guest and receive an energetic healing in a loving atmosphere of friendship, honor, positive energy & devotion. Open-to-everyone. Energetic healing works on different levels of your physical, mental, emotional and spiritual being, enhancing everything in life. One of the greatest health benefits may be stress reduction and relaxation, which triggers the body's natural healing abilities (immune system), aids in better sleep, and enhances overall well-being. With Richard Powell. \$15 Suggested Donation. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**Astrology of 2020: Seeing "Perfect" with Clear Vision** - 1-4pm. Come learn about the major astrological events taking place next year, their inherent meaning and symbolism. Leave with a better understanding of what themes are active at this time and how to navigate them, as well as what it could mean for you personally. We will explore the astrological influences present that are weaving their way into this divine design. With Nathaniel Glosson. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**Forerunner of the Light** - 3-7pm. The crises now facing humanity are remarkably like the events that determined the fate of ancient Atlantis. At that distant time, individualism and unbridled desire were the driving forces of civilized life. For many years, a group of countless souls from the Inner Ashram has been coming into incarnation. Collectively known as the *Forerunner of the Light*, they represent all people who are consciously walking the Path and seeking to bring Light into the world. During this seminar we will look very deeply into the nature of this group, and the power they wield on behalf of humanity's future. \$40. Preregister at Cosmic Center of Spiritual Light, 5041 Ringwood Meadow, Bldg. G2, Sarasota, 941-371-9333, [CCOSL.com](http://CCOSL.com).

**Great Romantic Piano** - 4pm. Experience a luminous, boldly emotive pianist with staggering technique who emanates ardent passion and spirituality - world-acclaimed concert virtuoso, Eleonora Lvov. Experience this luminous, boldly emotive pianist with staggering technique who emanates ardent passion and spirituality

through music. Unitarian Universalist Church 3975 Fruitville Rd, Sarasota, 941-358-0235, [EleonoraLvov.com](http://EleonoraLvov.com).

## MONDAY, JANUARY 20

**Vitality and You - Conversations with Mikka** - 6-7:30pm. Full Spectrum Health is hosting open, informal small group conversations about nutrition with Mikka Knapp, RDN (Bright Body Nutrition), the third Monday of each month from 6-7:30. Come curious. Bring questions! Healthy snacks provided. RSVP 941-952-1200. Full Spectrum Health is located in Gulf Gate area: 2106 Bispham Road, Sarasota.

## TUESDAY, JANUARY 21

**Canoe Journey** - 6-7pm. We will travel along the beat of the drum in "canoe(s)" together, over a waterfall and down into the lower world where the animal kingdom resides. This is a Group Meditation Experience. When we return, we will spend time in fellowship, sharing our visions and grounding our experience into this physical plane. Please bring a blindfold (scarf or bandanna works well), your adventurous self, and a willingness to travel. With Vicky Edgerly. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**Walking with Angels** - 7-9pm. With Keith Leon. Join this international best-selling author and publisher to learn tools to communicate with your angels, supporting your life's path and purpose. How to attract what you want and Keith's wonderful angel stories. \$15. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, [SarasotaCenterofLight.com](http://SarasotaCenterofLight.com).

## WEDNESDAY, JANUARY 22

**Finding Your Animal Totem** - 6:30-8pm. Animal Totems are relevant and helpful to their person and teach us much about what we need to learn and how to protect ourselves. This interactive workshop helps enhance for each attendee ability to receive their totem through the heartbeat of the mother drum. The workshop will cover the reasons for having a totem, their symbology, characteristics and the empowerment they offer to you. At Elysian Fields, 1273 S Tamiami Trail, Sarasota. For info call Zan Butterfly Deerwoman at 941-586-9087.

## THURSDAY, JANUARY 23

**Paddle Lettuce Lake or Liverpool with Rick Fried** - 9am-3pm. We'll start from Lettuce Lake, or Hunter Creek, and paddle through a maze of channels that lead out into the Peace River. Then we'll go downstream, exploring side lagoons. We'll stop to lunch at the Nav-A-Gator Restaurant before returning via a different route to our cars. This one of our most popular outings! Participants must provide their own watercraft, PFD and be able to swim. Voluntary donations to the Sierra Club are always gratefully accepted. Reserve 941-637-8805.

**Navigating Your Way Through the CBD Explosion!** - 4:30pm. Learn about safe CBD/CBG oil, benefits for your health and get your questions answered by Pharmacist Joe Catalano, owner of Apothicare360 pharmacy. Free seminar. Text or call Laura with questions and to RSVP to 847-452-8357. Location: Port Charlotte Library, 2280 Aaron St., Port Charlotte.

## FRIDAY, JANUARY 24

**Journey to Enlightenment** - 7-9pm. Over the vastness of time there are believed to be three phases of human evolution that lead us to the gate of enlightenment - *Individualization, Initiation and Identification*. In this talk, William Meader will take us on a journey through these stages to understand where we have come from and what we are evolving into. Beginning with the long and arduous period when we arose out of the animal kingdom (*individualization*) to the time when an individual is committed to living a soulful life (*initiation*),

## 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.

**New Year's Resolution? Health** - all queries entertained. Five minutes gratis guaranteed. Fifty years natural healing coach/educator. Call or text Louie 561-271-1489.

these stages guide each of us to eventually become Masters of Wisdom (*Identification*). \$20. Cosmic Center of Spiritual Light, 5041 Ringwood Meadow Bldg. G-, Sarasota, 941-371-9333, [CCOSL.com](http://CCOSL.com).

**Using Your Gifts Through the Cards** - 7-9pm. Cheryl Buchanan will help you to learn how to develop your psychic skills for using cards. Let the Angels, Oracles, Animals or Tarot Cards help you to understand, see, and predict how you and others will fare in future events. Use the cards to give answers and help to decide what course of action will help you in your endeavors. Have fun, learn and play with the universe thru the cards. \$15 donation requested. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota. 941-266-8435. [CMFSarasota.org](http://CMFSarasota.org), Facebook is CMF of Sarasota.

**Past Life Gallery Readings** - 7-9pm. John C. White has been a teacher of the Spiritual Sciences for over thirty-five years. He travels throughout America, Canada, and India teaching. Known for the ability to unite Eastern insight and Western mysticism, John reveals secrets of the ancient's disciplines. John will offer messages to audience members regarding their past lives, and how those lives affect this life. \$39/advance, \$49/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

## SATURDAY, JANUARY 25

**Discover Past Lives for Yourself & Others** - 10am-5pm. Guest Speaker John White will guide students to regress each other into past lives through hypnotic trance meditations. This is for the all levels of development. Learn how to Induce trance-like states of mind. Learn how to reframe belief systems /change behavior systems through the art of mindfulness, affirmations and breathing. Transform self and subject's personality for the better. Gain Insight into one's life purpose, natural talents, relationships, and believe systems. \$99/advance, \$119/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**Meditation Mastery - Level 1** - 10am-2pm. Learn to focus, evolve beyond stress and anxiety, grounding and centering, goal setting, body scanning, unconditional love, mindfulness in the mundane acts, mindfulness and diet control. Participants will receive lifetime access to the meditations done in class in digital format. Includes a 30-minute lunch break. With Annindita Palau. \$125/advance, \$149/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, [Light@VictoriaAckerman.com](http://Light@VictoriaAckerman.com), [TheSpiritUniversity.com](http://TheSpiritUniversity.com).

**Seven Ray Workshop: An Adventure in Self-Discovery** - 10am-5pm. With international presenter William Meader. In this full day workshop learn about the seven great streams of living energy (rays), discover the unique ray nature of your soul, the key to your spiritual transformation and your Person Ray Formula through a comprehensive ray assessment and interpretation. \$70. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, [SarasotaCenterofLight.com](http://SarasotaCenterofLight.com).

**Intuitive Arts Fair** - 10:30am-5:30pm. With Andrea, Angi, Deni & Doug. \$25 for 15 minutes. \*First come first served! Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, [Info@ElysianFieldsOnline.com](mailto:Info@ElysianFieldsOnline.com).

**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. Have you experienced strong intuitions and inner guidance? Others who have share at Eckankarblog.org.

**Shaman Journey** - 2-5:30pm. We are in winter, time of quietude, clarification and purification. A wonderful time to imagine and dream oneself into preparations for Spring. The Shaman stand in the shadows of this gate offering us an opportunity to go deeper within to seek out answers and understanding. Similar to a guided meditation, enhanced by the heartbeat of the large mother drum we enter into a parallel reality where the seen and unseen, known and unknown open before us for guidance, clarity, insight and healing. RSVP. \$25/advance, \$30/after 4pm on 10/4, ATD. At Rising Tide, 5102 Swift Rd. Sarasota, Rev. Zan Benham aka Butterfly Deerwoman, 941-922-7839, Zan@Woman-Spirit.com, Woman-Spirit.com.

## SUNDAY, JANUARY 26

**ECK Light and Sound Service** - 11am-noon. **Attitudes Create Your World.** Much of the trouble we have in life is due to some long-standing negative attitudes that created these rough spots. Divine Spirit may dispel some, while others are Soul's to work through to gain purification and the consciousness of what it is. Free. **ECKANKAR** Center and Reading Room, 3650F Webber St., Sarasota, 34232 941-358-0325, Meetup.com/EckankarInSarasota. Have you wished you had used love instead of anger but didn't know how? Look into this at Eckankarblog.org

**Medical Intuitive Training** - 1-4pm. This workshop provides a complete training experience to become a medical intuitive from Special Guest Speaker John White. Each process advances the student, step-by-step, to intensify psychic abilities and develop x-ray perception. This is accomplished through the 5 modalities of: Clairvoyance, Clairaudience, Intuitive Smelling, Tasting, Clairsentience, Empathic and Intuitive knowing. A medical background is not necessary to excel as a Medical Intuitive! Learn how to give health readings on people. Learn more about energy medicine. \$59/advance, \$69/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**REIKI 2 Certification** - 1-5pm. Reiki 2 teaches distance healing in order to bridge the span of space and time. Learn unique methods of sending Reiki including use of crystals. Students will be granted additional energy centers will be accessed with Level 2 attunements. A concise section on animal healing is included. Time will be allotted for hands on practice. Wear comfortable clothing. Prerequisite is Reiki 1 Certification. Class size is limited, so pre-registration is required. With Cathy Zapsalis. \$136/advance, \$156/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## TUESDAY, JANUARY 28

**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.

**2020 Here We Come! with Catherine Rosenbaum** - 6:30-8:30pm. It's time for the annual Psychic weather report for 2020! Join us as we delve into the Cycles and Potentials presenting to us in 2020! And we have just had the 500+ year old Saturn/Pluto conjunction on Jan. 12th, 2020 with the addition of the Sun/Mercury/Jupiter/ Ceres/South Node joining the big bang. We will look at the Transit Report of 2020 thru Astrology, Chinese Zodiac Lunar New Year on Jan. 25th, 2020. (The White/ Gold Metal Rat). We will also look at the Human Design Transit for 2020. Also, a type of Destiny Map using Astrology, Quantum Physics, Kabbalah, I-Ching, Sacred Geometry, Chakra body systems and much, much more! Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

**Self-Hypnosis, Part 2**, - 7-8:30pm. Join Rev. Lisa Johnson in a class that will help you learn about and experience how self-hypnosis can make profound difference in your experience of you and in your life. Discover ways to improve your health, well-being and way of life. Part 2 of 2. \$15. Sarasota Center of Light, 852 S Tuttle Ave., 941-953-6620, SarasotaCenterofLight.com.

## WEDNESDAY, JANUARY 29

**"Exploring Shared Housing"** - 5:30. Information session led by nationally recognized expert Marianne Kilkenny. \$10 charge. Friendship Center, 1888 Brother Geenen Way, Sarasota More info: contact Joan Hill, 941-556-3249, JHill@FriendshipCenters.org.

**Learn In-Depth about Fascia** - 6:50-8pm. 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 pain. Case examples will be discussed, a treatment demonstration will be provided, and a Q&A session will follow the presentation. Arrive at 6:50 p.m. for refreshments, and the program itself will take place from 7-8 p.m. Free. RSVP, 941-957-8390. GentleBay Chiropractic, 3131 S Tamiami Trail, #102, Sarasota. GentleBay.com.

## FRIDAY, JANUARY 31

**Annual Open House at Virtue of Health Functional Medicine Clinic** - 6pm. Virtue of Health will be holding several informative talks with Q&A's and offering discounted services such as \$10 methyl B12 shots, discounted Nutrient and Glutathione IV Pushes, and more. Virtue of Health's founder, Dr. Jaqlyn, will be discussing environmental toxicity and hormone imbalances, and guest speaker Dr. Ron Torrence DO of Regenexx will be discussing the benefits of stem cell therapy. In addition, Virtue Of Health's highly trained medical team specializes in addressing the full spectrum of health conditions including: aging, weight gain, hormone imbalance, infertility, chronic viral illness, Lyme disease, immune system depletion, heavy metal toxicity, autoimmune conditions, chronic fatigue, fibromyalgia, and more. The Open House event will be held at 3333 Clark Rd, Suite 190, Sarasota, 941-724-6399, VirtueOfHealth.com.

**An Evening of Spiritualism** - 7pm. With visiting international mediums and longtime Spiritualists, Al and Geoff Potts. Enjoy an evening of conversation and presentation of historical and current Spiritualism. \$15. Revs. Al and Geoff will also join us for both of our Sunday Celebrations Sunday, Feb 2. Each twin brother will be giving the Spiritual Talk at the 11am and 7pm celebrations. Both will be giving Spirit Messages at the 7pm evening message service. Sarasota Center of Light, 852 S Tuttle Ave., 941-953-6620, SarasotaCenterofLight.com.

**NDE 101: The Basics of Recognizing a Near-Death Experience** - 7-9pm. Guest Speaker Dr. Diane K. Corcoran, RN, PhD, Col (Ret) Army, will discuss the basics of being able to recognize your personal NDE. A Near-Death Experience (NDE) is a profound psychological event that may occur to a person close to death or, if not near death, in a situation of physical or

emotional crisis. When NDErs own their experience, understand, and receive the information they need, then those men and women combat veterans can begin to heal. \$25/advance, \$35/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Past Life Regression** - 7-9pm. Hypnotist and past-life reader Susan Spiezio will be conducting this group past life regression session. Feel free to bring pillows, blankets, or anything that would make you feel more comfortable while lying on the carpeted floor. Chairs will also be provided. A short discussion will follow for anyone who wishes to discuss their experience. \$15 donation requested. Center for Metaphysical Fellowship, **3231 Gulf Gate Drive, Suite 204**, Sarasota, 941-266-8435, CMFSarasota.org, Facebook is CMF of Sarasota.

**William Henry of History Channel's Ancient Alien Series** – Ancient Aliens: Where Do We Go from Here? - 7-9:30pm. Join star and co-producer of the hit History Channel show, Ancient Aliens, for an evening devoted to your favorite topic! William takes on the most important questions about Ancient Astronaut Theory and where we are going as a species. What is the role of aliens in our future? When will all the secrets be revealed? How will our world be different? What realizations has 14 seasons led to? William will share insights from his explorations for the show and from his personal vaults. \$40. Cosmic Center of Spiritual Light, 5041 Ringwood Meadow Bldg. G-, Sarasota, 941-371-9333, CCOSL.com.

## PLAN AHEAD

## SATURDAY, FEBRUARY 1

**I Am+ : The New Humanity Workshop with William Henry of History Channel's Ancient Alien Series** - 9am-5:30pm, Feb 1 and 2nd. The next five years will see more change than in all previous human history. In fact, we are racing to the transformative moment all human history has pointed to. It is a convergence of three massive 'currents': The Singularity, the Skingularity, and the 'Rapture' or 'Ascension'. This is your chance to hear from researcher and author, William Henry, who for nearly two decades, has been on the front lines raising our awareness about the rapidly evolving developments in A.I., Transhumanism and Human Spiritual Transformation. \$175/early bird, \$225/after Jan 1. Cosmic Center of Spiritual Light, 941-371-9333, CCOSL.

**Near Death Experiences for Veterans** - 10am-5pm. "I came to believe that many soldiers were having near-death experiences as bombs exploded and gunfire nearly took their lives. But many were uncomfortable sharing what happened, and felt they had no one to talk to. I knew they needed an outlet – someone to share their life-transforming experience with – who wouldn't be dismissive or think they were crazy." During this workshop Retired Colonel Corcoran will speak how soldiers can recognize, address and heal from and NDE. \$39/advance, \$49/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Reiki I Attunement and Certification Class** - Noon-5pm. The first in three levels of Usui Reiki. An ancient art of hands-on healing handed down lineage to lineage. This is a class for an initiate into the frequencies of powerful healing arts. \$122/class or \$111 each for 4 classes. At Rising Tide, 5102 Swift Rd. in Sarasota. Please register by Jan. 15, 2020. For info/questions call Rev. Zan Benham, 941-586-9087.

**Meditation Mastery – Level 2** - 1-4pm. The Meditation Mastery Level 2 workshop is meant to be for the more advanced meditation practitioner. Preferably one who have taken the Level 1 workshop previously. This workshop with aimed towards developing your intuition and "clair" abilities to get more clearer messages from your inner reservoir of knowledge and wisdom



that is timeless and omnipresent. Learn to Develop Intuition, Create Positive Inner Voice, Problem Solving, & Remote Viewing. With Annindita Palausis. \$125/advance, \$149/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Near Death Experiences for Everyone** - 7-9pm. Diane Corcoran helps you deal with the feelings and emotions that come with an NDE as well as how to get back to being you and not allowing this experience to hold you back from being the best you can be as well as healing. A person may express anger, grief or relief. Some reactions are fear that the NDE signifies a mental disorder, because reality has shifted causing withdrawal to ponder the experience. \$29/advance, \$39/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## SUNDAY, FEBRUARY 2

**Vibration-Raising TSU Community Potluck** - 12-1:30pm. Come to a get together of light minds and hearts in a casual environment with a welcoming group. Bring your favorite dish. This event will be held directly after the Sunday Celebration (held from 10:30am to 12pm). Bring your instruments if you wish to join in. You'll find people to connect with

through spirit, music, and food. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**NDE with Dr. Diane Corcoran** - 2-5pm. NDEs do not only occur to adults, they can happen at any point in your life. Recognizing the experience and healing from it is a journey best taken with help from a trained physician. During this talk and video Dr. Corcoran will show a video of what doctors need to know about NDEs. There will also be time for the audience to share their own NDE without fear of judgment. \$39/advance, \$49/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## THURSDAY, FEBRUARY 6

**Integrative NLP Practitioner Certification® Training** - 8:30am-8pm, Feb 6<sup>th</sup>-9<sup>th</sup>. Neuro-Linguistic Programming (NLP) teaches proven techniques to communicate effectively, build rapport easily, release limiting beliefs, overcome procrastination, lack of motivation, depression and phobias. Tap into your conscious and unconscious mind. \$144 with promo code: NATURALFLORIDA Holiday Inn Tampa Westshore (Airport Area), 700 N Westshore Blvd., Tampa, Info & registration Empowerment-Partnership.com, 800-800-MIND (6463).

**7 Signs You are Highly Intuitive** - 6:30-8:30pm. Awaken Intuition and Use It. How sensitive to others' energies are you? Do you know what manifest really means? How can this be revealing to help self or others? A lecture that keeps audience involved, revealing the intuitive, empathic self within. Through a series of visual and participation they will soon realize what they can truly feel. With Karen Weber. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## SATURDAY, FEBRUARY 8

**Books & Spirit Art** - 10am-5pm. A delightful day of exploration, education, and experience into Spirit Art and Artists, Metaphysical and Spiritual Books, Writers and Writing. Vendor Booths Available. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

## MONDAY, FEBRUARY 17

**Conversations with Mikka** - 6-7:30pm. Full Spectrum Health is hosting open, informal small group conversations about nutrition with Mikka Knapp, RDN the third Monday of each month from 6-7:30. Come curious. Bring questions! Healthy snacks provided. RSVP 941-952-1200. Full Spectrum Health is located in Gulf Gate area: 2106 Bispham Road, Sarasota. Learn more about Mikka at BrightBodyNutrition.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. 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. We feature a variety of speakers and spirit message bearers throughout the year. Refreshments and fellowship period follow the service. Center for Metaphysical Fellowship, 3231 Gulf Gate Dr., Suite 204, 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.

**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 Center of Spiritual Light Sunday Services** - 10:30am. 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. Molly Friedenfeld, Inspirational Sunday (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, CCOSSL.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. Ionia's, 1241 Fruitville Rd, Sarasota. 941-360-2248. FeldenkraisInSarasota.com.

**Paganism** - 6:30-8:30pm. 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, 3383 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.

**Anchoring Light Channeled Meditation** - 6:45pm. With Dr. Rev Sharon-Elizabeth (Baba Sharone). Award winning Anchoring Light Channeled Meditation 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, CCOSSL.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. Join Susan Houlston and guest instructors every Monday & Tuesday 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 CMFSarasota.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 204, Sarasota.

**Monday Series with John White** - 7-8:30pm. Beginning January 6<sup>th</sup> Special Guest John White will hold a 4-week course with a focus on meditation. Each week focusing on a different aspect

of Mediumship; Week 1 Awakening Your Higher Mind, And How It Thinks; Week 2 Mediumship: Getting to Know Your Spiritual Guides; Week 3 Learn How To Give Proof Of Survival Messages; Week 4 Trance States Of Consciousness In Mediumship. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Basic Healing Certification Classes** - 7:30-9pm. Mondays, beginning Jan. 13, 20, 27. This 20-week healing program offers a focused, well-rounded curriculum and practicum. Students may complete the curriculum for certification or attend individual classes. \$15/class. Sarasota Center of Light, 852 S Tuttle Ave. 941-953-6620, SarasotaCenterOfLight.com.

## tuesday

**Unlock Your Psychic Senses** - 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.

**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.

**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. \$7 includes supplies. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**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 or 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. 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.

**Gifts of the Earth: Crystals & Stones** - 7-8pm. These magical gems, when used with different spiritual modalities like astrology, Tarot and pendulum, can increase the positive effects of chakra balanc-

ing, Reiki and meditation. Gain the confidence to use crystal and stones daily. Something new every week. Bring in your stones for class, or purchase some at our Enchanted Emporium gift store. With Cathy Zapsalis. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Intuitive Energy Exchange-Conscious Creation** - 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.

**Mastering the Law of Attraction** - 7-9pm. This on-going class returns after a break on Jan. 21. This class takes you to the leading edge of co-creation, working with the Principles of the Laws of Cause/Effect or Sow/Reap. This is a study and support group for living life as masterfully as we can, given our various quirks and preferences of life. We move forward in our understanding of the Law of "if you ask it is given." \$10. At Unity of Sarasota, 3023 Proctor Rd. Sarasota. Rev. Zan Benham, 941-922-7839, Zan@Woman-Spirit.com, Woman-Spirit.com.

**Psychic Practice Circle** - 7-9pm. 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! With Shirley Smolko. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Timeless Teachings** - Laws of the Universe - 7pm, every 2nd and 4th Tuesday. With Paul and Caroline 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 guided meditation format, you practice 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.

**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. 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, WildGingerApothecary.com.

**A Course in Miracles** - 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.

**Home Circle with John White** - 7-8:30pm. Beginning January 15<sup>th</sup> Special Guest John White will host a "Home Circle". This event includes theory plus experiential special practices and meditations. "Home Circle" is a term that comes from our ancestors who would gather together in homes as free thinkers and meditate, practice and understand the natural laws of mediumship, the higher mind and intuitive intelligence. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**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. 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.

**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

**Exploring Death, Dying and Beyond** - 2nd and 4th Thursdays, January thru April. With Brenda Mayberry RN Hospice Nurse and Sandra Strauss, author of several books. Join us if you are caring for a sick or aging loved one, preparing for our own death or a loved one, curious about life after death, dealing with "unfinished business" or experiencing grief, searching for evidence-based answers regarding death, seek to live a more joyous and peace-filled life. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg. G-2, Sarasota, 941-371-9333, CCOSL.com.

**Raindrop Technique Healing with Eva Franklin** - 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, Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg. G-2, Sarasota, 941-371-9333, CCOSL.com.

**Awaken Your Intuition** - 2:30-4pm. Intuitive abilities are the higher subtle senses that are beyond our rational mind; of knowing, hearing, seeing, sensing, they allow us to perceive information on a more subtle level, to know what to get and what to avoid in our life. They come with us to help guide us on our soul's journey in life, to help make better decisions, and align to our life's path, and connect to the universal consciousness. With Elaine Rhoden. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Romancing the Crone - Talk, Laugh, Learn, and Expand** - 4-5pm. Crone is rooted in the word corona...crown. We crones wear the crown of the "wise woman". We'll talk life (and past life), spirituality, experiences, hopes and dreams, and what draws life force through us. This will be an interactive evolving group. Every week will have a focus or a project. Each session will begin with a meditation relating to the day's discussion. Some sessions will have guest leaders from The Spirit University family. With Deni Dreazen. \$5. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Color/Sound/Consciousness = Real You** - 6:30-8:30pm. As the chakra colors change, accompanying magical musical sounds within you are present and changing. These frequencies offer many joyful experiences when balanced with Earth's heartbeat. New Thought frequencies coming from the "world of opposites" yield beautiful self-empowerment and a clearer understanding of unconditional self-love. Learn how you make all of your feelings and begin to make new ones. With Lily Dale Assembly Presenter Kathryn Pape. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

**Group Meditation Circle** - 6:30-8pm. We all have thoughts and questions and needs and at times are confronted with not knowing what is happening or how to access our own innate wisdom and intuition. We are living in a very powerful time of awakening, transformation and ascension. Let come together support each other and stand in the Light to move through this divine shift and time of growth together. With Jackie Zimmerman. \$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.

**Higher Self Activation & Empowerment** - 7pm. With Mark Libowitz, M.A., MSW. Release hold patterns and move into clarity. Improve physical and emotional health and vitality. Attract the best people and situations. Learn enduring Daily Practices. Awaken & express your True Soul Purpose. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg. G-2, Sarasota, 941-371-9333, CCOSL.com.

**Women Ignited: Community Women's Circle - 7-9pm.** 4th Thurs of the month. With Chrystal "FireHeart" Kubis. Are you ready to stand in your full presence, peace and power and be supported in doing that? Join us for our monthly women's circle. This event led by Chrystal 'FireHeart' Kubis is guaranteed to be filled with inspiration, support, ceremony and celebration! The time is now to collectively unite as a transformational force of love in our lives and in the world. 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.

## 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. Contact Eric 941-928-4225 or Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg. G-2, Meadows Village Center, Sarasota, 941-371-9333, CCOSL.com.

**Cloud Tai & Chi Gung with Reuben Fernandez** - 2pm. For better health, improved balance and peace of mind 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. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg. G-2, Sarasota, 941-371-9333, 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. 2<sup>nd</sup> & 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.

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

