

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.

SATURDAY, FEBRUARY 1

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.

Reiki I Attunement and Certification Class - 12noon-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. (\$111 each for 4 classes.) At Rising Tide, 5102 Swift Rd. in Sarasota. For info/questions call Rev. Zan Benham, 941-586-9087.

SUNDAY, FEBRUARY 2

ECK Light and Sound Service - 11am-noon. Attitudes Create Your World. Much of the trouble we have in life is due to 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. LaQuinta Inn & Suites, 812 Kings Highway, Port Charlotte, 941-358-0325, Meetup.com/EckankarInSarasota. Have you been mystified when bad things happened to good people? Share questions on this with others at Eckankarblog.org.

TUESDAY, FEBRUARY 4

The Four Agreements - Feb 4, Feb 11, Feb 18, and Mar 3. This class series is based on the teachings of the book, *The Four Agreements*, written by Don Miguel Ruiz. Each of these classes are important and experiencing all of them will make a profound difference in your life. Through your participation in this series you are setting an intention to create new agreements which bring freedom and transcendence from fear and personal limitations. See each class description under above dates. \$15/class. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, SarasotaCenterOfLight.com.

The Four Agreements: The First Agreement, Be Impeccable with Your Word - 7-8:30pm. With Joan Volpe. This class is based on the teachings of the book, *The Four Agreements*, written by Don Miguel Ruiz. Your word is the power to create; the gift that comes directly from God. Join us for discussion and experiential exercises to understand the power of the Word and the limitations we have accepted through our developing years. \$15. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, SarasotaCenterOfLight.com.

WEDNESDAY, FEBRUARY 5

"Experience Higher Consciousness" w/ Frank Difilia - 6:30-8pm. Join Frank and learn how to live a more peaceful and fulfilling life by experiencing a higher state of awareness and presence in the here and now. Frank Difilia is a psychotherapist with a master's degree in Psychoanalytic Studies and also a Certified Hypnotherapist. He has taught meditation and conducted individual and group Past Life Regressions. This workshop will explore the ideas and techniques of Alan Watts (Zen), Eckhart Tolle (The Power of Now), Joel Goldsmith (The Infinite Way), and Osho for achieving a continuous state of bliss filled higher consciousness. You will learn to meditate and escape your everyday worries and concerns. \$25. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

Creating Transformation & Change, Part 3 of 6 - 7 to 8:30pm. Attending this Part 3 session will be quite valuable, even if you missed parts 1 & 2. 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. \$20 donation is requested. Session 4 will be on Feb.19th. Reservations call or text 941-402-9508. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota. CMFSarasota.org, Facebook: CMF of Sarasota, PaulCrawford-TimelessTeachings.com.

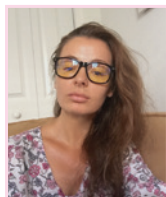
FRIDAY, FEBRUARY 7

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

SATURDAY, FEBRUARY 8

Books & Spirit Art – Enrichment Day - 10am-5pm. A delightful day of exploration, education, and experience into Spirit Art and Artists, Metaphysical and Spiritual Books, Writers and Writing: Intuitive Bubble Art, Poetry & Prose, Intro to Tai Chi & Chi Gong, Secrets of Your Life Path, Understanding the Afterlife, How to Auto Write, The Art and Aesthetics of Altar Design, The Art of Making Dream Catchers. \$12 each. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

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 increased awareness on profound topics such as life after death, relationships, and more, go to Eckankarblog.org.



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Tuesdays On-going – **Mastering the Law of Attraction**, 7-9pm
Unity of Sarasota, 3023 Proctor Rd.

Sun. Feb. 23 – **Universal Service**, 10:30am

Reiki Saturday Series

R. I – Feb. 1, **R. II** – Feb. 15, **R. III** – Mar. 7, **Attunement** – Mar. 14
Both at Rising Tide, 5102 Swift Rd., Sarasota

Rev. Zan Benham (Butterfly Deerwoman)

www.woman-spirit.com • Zan@woman-spirit.com • 941-922-7839
Visionary • Intuitive Counselor • Shamanism • Reiki Master Teacher • Ceremonialist • Reader

Cannabis Cooking Class at Point Lumineux Valentines Chocolates - 1pm. Join us for an hour and a half of fun!! You now have your MMJ card and you may already know how to vape, dab, smoke... let us teach you how to ingest medical marijuana. \$30 class fee includes ingredients to make chocolates, including essential oils for special flavoring, decorative molds to make your chocolates, recipe, whisk, and spatula to take home (participants must provide your own mmj concentrate product for this workshop) and dosing information. *All registered UV participants must have a valid Florida MMJ card and must provide their own mmj product for this workshop. Cooking Mamas is not responsible for any adverse reactions or actions following the workshop. Point Lumineux, 2206 Jo An Drive, Ste 4, Sarasota.

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

Romanticism Throughout the Ages: An Expression through Music, History & Literature -2:30pm. Eleonora Lvov, internationally acclaimed Russian virtuoso, plays a broad spectrum of music – with the artist's own personal impressions and historical remarks. The program includes magnificent works from Beethoven, Chopin and Liszt to the inimitable enchantment & power of Rachmaninov and Gershwin among others, performed by Ms Lvov with incomparable elegance, passion and tenderness. Experience romance and poetry with this luminous, boldly emotive pianist with staggering technique who emanates ardent passion and spirituality through music. Selby Public Library – Geldbart Auditorium, 1331 1st St, Sarasota, 941-358-0235, EleonoraLvov.com.

SUNDAY, FEBRUARY 9

Release Embedded Emotions Past & Present - 1-2pm. Depressed? Often Anxious? This may be caused by a hidden emotion. The divine has assisted me with the ability to pinpoint trapped emotions as well as the day on which they were embedded in your body. By using healing energy and with your readiness to release them, we do some energy work and they are gone. You may now be freed from this blockage offering you the possibility of a healthier, happier life. With Ann Bliss. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

TUESDAY, FEBRUARY 11

Unity in Spirit – Networking & Conversations - 12-1:30pm. Valentines Tea Party - The Spirit University cordially invites you to the Unity in Spirit networking & conversations gathering! This event is to connect the different spiritual centers here in Sarasota and Manatee Counties, exchange ideas, do some networking, break down barriers, and work together to build a brighter future. We look forward to assisting the spiritual communities of Sarasota and Manatee and making them stronger! Please RSVP by Monday, February 10th including how many attendees. \$15. Elixir Tea House, 1926 Hillview St, Sarasota, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

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 times, 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 Egerly. \$29, includes pouch of stones. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

The Four Agreements: The Second Agreement, Don't Take Anything Personally - 7-8:30pm. With Carolan Carey. In this workshop, we will learn how to stop taking each hurtful remark and criticism thrown at us as truth. If we accept any mean comments that are thrown at us, then we are allowing the "ME" in us to take over. Comments are a reflection of the commentator's reality, not yours. \$15. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, SarasotaCenterOfLight.com.

WEDNESDAY, FEBRUARY 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.



THURSDAY, FEBRUARY 13

Fairy Gardens - 7-9pm. Spiritual Artist and Intuitive, Tammy Kubiak, has been working with fairies during the past 3 years with very satisfying results. She will show the students how to create their own special fairy garden, and to connect with them as well. All supplies needed are provided, but if you have a favorite crystal or figurine you would like to incorporate, then you are encouraged to bring it with you. \$20 donation requested. Reservations please by February 7th. Call or text 941-539-9703. Center for Metaphysical Fellowship, **3231 Gulf Gate Drive, Suite 204**, Sarasota, CMFSarasota.org, Facebook is CMF of Sarasota.

Sierra Club's General Meeting - 7pm. Speaker: Dr. Uzi Baram Professor of Anthropology Topic: Rising Sea Levels and Cultural Heritage on Florida's Gulf Coast faces a crisis with rising sea levels, with potential loss of thousands of historical and archaeological sites. Sarasota Garden Club, 1131 Blvd. of the Arts, Sarasota.

FRIDAY, FEBRUARY 14

Guided Energy Harmonizing Meditation - 6-7:15pm. Be renewed as you are guided through dynamic hands-on energy harmonizing that 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.

SATURDAY, FEBRUARY 15

Celestial Mystical Fair - 11am-4pm. Come and learn what Spring & Summer have 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, 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.

Reiki II Attunement and Certification Class - 12noon-5pm. The second 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. At Rising Tide, 5102 Swift Rd. in Sarasota. For info/questions call Rev. Zan Benham, 941-586-9087.

The 12 Kinds of Body Function Energy - 1-5pm. Learn your personal body function energy flows: what they are; where they flow; what they do; how they affect your physical, mental, emotional and spiritual well-being; their relationships to numerology and astrology; what stresses them; and how to harmonize them! Part 1 on Feb 15. Part 2 on Mar 7. Take one or both parts. Space is limited. Early bird rate is \$75 if you pay by Feb 7. Investment is \$88 after Feb 7. Suncoast Jin Shin Jyutsu, 820 Central Ave, Sarasota. Contact: Michelle 941-228-2972, Michelle@Suncoastjsj.com, Suncoastjsj.com.

Harmonic Polarities: The Yin Yang of the Feminine/Masculine - 1-3pm. Come find out how the divine dance of the stars is more inclusive of the Feminine force than might be immediately noticeable. Although Venus and Moon have primarily been the only traditional planets arguably associated with the Feminine, the language of the zodiac and planets is actually quite ripe with symbolism that includes many representations of such a force, in addition to the complementary Masculine energy with which it integrates. With Nathaniel Glosson. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

SUNDAY, FEBRUARY 16

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 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. What about the spiritual aspects of health and healing? Take your search to Eckankarblog.org

The Rockin' Kirtan Band Joins CSL Cultural Coast - 11am. With their unique blend of ancient Sanskrit chants and everyone's favorite Peace-Love & Rock-n-Roll, join us for a unique spiritual experience! Sarasota Garden Club, 1131 Blvd of the Arts contact Rev. Theresa Fieberts 941-376-0177, CSLCulturalCoast.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, TheSpiritUniversity.com.

Abundance Revolution Workshop - 1-4pm. Create Greater Abundance with Ease and Flow! When you begin understanding and applying the Universal Laws of Creation and the tools that are part of this program you will begin experiencing more abundance in every aspect of your life. Participants have reported a heightened feeling of abundance, a greater sense of security and self-confidence and an overall sense of well-being. create greater abundance, success in your life. Not in years, but in weeks and days. With Annindita Palaus. \$99/advance, \$129/ATD. 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. Come curious. Bring questions! RSVP 941-952-1200. Full Spectrum Health is located in the Gulf Gate area, 2106 Bispham Road Sarasota. Healthy snacks provided. Learn more about Mikka at BrightBodyNutrition.com.

TUESDAY, FEBRUARY 18

The Four Agreements: The Third Agreement, Don't Make Assumptions - 7-8:30pm. With Gerry Greig. The course starts with the last paragraph of the third agreement. "What you need comes to you easily because Spirit moves freely through you. This is the mastery of intent, This is the path to personal freedom. Explore how our view of life and our discernment and other awareness help create freedom and presence within you and your experience. \$15. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, SarasotaCenterOfLight.com.

WEDNESDAY, FEBRUARY 19

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. Only \$10! Cash or check. Suncoast Jin Shin Jyutsu, 820 Central Ave, Sarasota. Contact: Michelle 941-228-2972, Michelle@Suncoastjsj.com, Suncoastjsj.com.

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

"Empath Survival Skills" w/ Julie Klutynoty - 6:30- 8pm. Do you feel fatigue on a regular basis? Do you experience 'brain fog' or feel like you can't get enough 'space' to yourself? This Level 1 workshop explores the varieties of energies sensed by Empaths, or highly sensitive people. You will receive take home tools to create your own Energetic Hygiene Kit. Learn how to clear & rid yourself of lower vibrational energies. Find out how to Hold Space & Stay Vital as you move forward & bring your focus to fostering your own vibrational health & well-being. Stay connected to your True Self, Love! \$25. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

FRIDAY, FEBRUARY 21

Viva La Breathing - 6:30-8:45pm. Intro to Feldenkrais® & TOUCH TO INFORM Seminars-concepts from the FM with applications for LMTs, coaches, educators 941.360.2248 www.feldenkraisinsarasota.com BREATHING, moving your CORE from the inside. Release tension in the diaphragm, ribs, improve posture, action. 5317 Fruitville Road, 941-360-2248, FeldenkraisInSarasota.com.

All About Your Dreams - 7-9pm. Have you had a dream that felt like it meant something more? One with objects and themes that felt deep, but left you wondering what it is all about? Hopefully the dream was clear enough for you to write it down, to further explore. Once we begin to understand our dreams, it can help us greatly to continue our life path. In this class, Intuitive and Medium Cheryl Buchanan with 22 years' experience, will explore the dream with your spirit guide or loved one, to interpret the possible deeper meaning. So, bring your journal, share your dream and let's explain it. \$15 donation requested. Reservations please. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota, text or call 937-418-7068, CMFSarasota.org, Facebook is CMF of Sarasota.

SATURDAY, FEBRUARY 22

Moving from, Thru CORE. TOUCH TO INFORM Seminar - 9:30am-5pm. Discover your skeleton as a source of balance, your pelvis/torso is a powerful engine that allows you to move efficiently. Discover the relationship w pelvis, spine. Enhance SITTING & Action. Ionie's, 941-360-2248, FeldenkraisInSarasota.com.

Mastery Training - 10am-5pm, Feb 22nd & 23rd. With Deborah Mills. Live more deeply into the truth of who you really are and leave behind all that no longer serves your highest purpose and expression of being. This unique and powerful experiential workshop will upgrade your operating systems and deeply awaken your potential within to live your part of the divine plan for personal and planetary evolution. Deborah is a gifted healer, medical intuitive and spiritual guide who has been teaching workshops on Healing and Awakening Consciousness for over 20 years. \$275. Register at SoulFocusedHealing.com or contact Ariyana at Optimume@gmail.com or 941-321-9770. Lumina Health, 2301 Porter Lake Drive, Sarasota.

Roaring 20's – Spiritualism Psychic Faire - 11am-4pm. Jazzy intuitive readers, speak easy lectures all day long, swanky live music, big cheese photo booth, hooper dancing, billet readings, workshop with Victoria Ackerman and heebie-jeebies seance demo. Readings, Healings are 15 minutes, so you have plenty of time to sample multiple styles. Whether you're well acquainted with the wonderful world of Spirit, or just beginning your journey, this is a perfect opportunity to learn, connect, grow. \$5 entry fee. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.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? Wondered about past lives? Others who have share at Eckankarblog.org.

SUNDAY, FEBRUARY 23

Angelle Peace & Kim Belew at CSL Cultural Coast - Inspirational Speakers, Musicians/Singer-Songwriters and Spoken Word Artists return to ignite your highest and best possibilities! Last year's appearance had our audience laughing and crying, transforming while being entertained - don't miss this opportunity! Watch our website/FB for info on possible House Concert or workshop. Contact Rev. Theresa Fieberts 941-376-0177, CSLCulturalCoast.org.

4 Steps to Manifesting Your Soul Mate - 10am-5pm. Disappointed in love? Ready to meet the One? Learn the 7 types of soulmates, how to attract your dream partner, clear blocks and negative beliefs, reprogram your subconscious and more! Fun and interactive! For more information, email Indiratheta@gmail.com or call 406 600-4138.

The Universal Service -10:30am. This weekly egalitarian worship service celebrate all of humanity's religions and spiritual traditions on a single altar. Reverends rotate leading the services each week. Rev. Zan Benham will officiate this one and her talk is on "Continuing to Hold The Light, The Love and The Joy." Something for everybody. At Rising Tide, 5102 Swift Rd. Sarasota, RisingTideInternational.org, Rev. Zan, 941-922-7839.

ECK Light and Sound Service - 11am-noon. Thriving Spiritually in the World Today. Spiritual life is not meant to end problems which are opportunities for Soul's unfolding. The spiritual student develops the inner link with the ECK, the Holy Spirit, the Supreme Creative Force that guides him around all the blocks in his path that once defeated him. Free. **ECKANKAR** Center and Reading Room, 3650F Webber St., Sarasota, 941-358-0325, Meetup.com/EckankarInSarasota. Have you wished you had used love instead of anger but didn't know how? Find out ways others have accomplished that at Eckankarblog.org.

Meet the Author Workshop and Book Signing with Debra Diamond - 12-2pm. Join Author Dr. Debra Diamond for an inspiring talk about what really happens in the afterlife. A well-known speaker and author Debra Diamond, Ph.D., a gifted psychic/medium and medical intuitive, will offer insights from her years as a medium and "death doula," working with hospice patients in transition. Debra was gifted with her abilities as a child but became a top-ranked Wall Street Money Manager, regular CNBC commentator and Professor at Johns Hopkins U. before deciding to pursue a life of service and spirituality. She is committed to helping others and assisting through Spirit. The workshop fee is \$5. Held at Unity of Sarasota, 3023 Proctor Rd., Sarasota. DebraDiamondPsychic.com.

Aya Despacho – A Sacred Shamanic Grief Ceremony - 1-3pm. This is a beautiful and very moving ceremony where we come together in the spirit of community to celebrate the life of someone recently departed or passing to bring balance and energetic closure. We will build a "Despacho" (a prayer bundle) consisting of layers of various elemental ingredients that have been infused with our own personal prayers, hopes and wishes for our loved ones who have crossed the Rainbow Bridge to the Afterlife. With Vicky Edgerly. \$20, all supplies included. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

TUESDAY, FEBRUARY 25

Free Medical Cannabis Educational Event - Sponsored by Muv, Trulieve, Surterra - 5:30-8pm. 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.

Deepening Your Mediumistic Connection with Spirit - 7-9pm. With world renowned medium Richard Schoeller, Join Richard for an exploration and experience of connecting to Spirit, becoming more clearly aware of the inspiration and information being shared and how it can be expressed for the greatest benefit for yourself and each and all. All levels welcome. \$30. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, SarasotaCenterOfLight.com.

WEDNESDAY, FEBRUARY 26

Psychic/Medium and Author Dr. Debra Diamond Presents Near Death Experiences -The Real Story - 4:30-6:30pm. Well known speaker and author Debra Diamond, Ph.D., a gifted psychic/medium and medical intuitive, will offer insights from her years as a medium and author working with near-death experiencers. You will learn; *the elements of a near-death experience, the circumstances that give rise to an NDE, the unmistakable connections between the energetic world and the NDE, the role of manifestation and intention and NDE. Debra was gifted with her abilities as a child but became a top-ranked Wall Street Money Manager, regular CNBC commentator and Professor at Johns Hopkins U. before deciding to pursue a life of service and spirituality. She is dedicated to the empowerment of her clients.* Workshop Fee \$5. Held at Unity of Sarasota, 3023 Proctor Rd., Sarasota. DebraDiamondPsychic.com.

THURSDAY, FEBRUARY 27

Canoe Journey – A Group Meditation Experience - 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 magical and mystical journey where you can experience the beauty of human connection with your traveling companions. Fellowship, sharing our visions and grounding our experience into this physical plane. With Vicky Edgerly, \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

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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.

Divining Rods - 7-9pm. Tammy Kubiak will be providing a brief history of divining rods, explaining the many purposes they can be used for. She will demonstrate to the student how to construct his/her own divining rods, and then coach each one in how to use them most effectively. Tammy will provide all the supplies needed for creating a set of divining rods to call your own. \$20 donation requested. Reservations please by February 20th. Center for Metaphysical Fellowship, **3231 Gulf Gate Drive, Suite 204**, Sarasota, text or call 941-539-9703, CMFSarasota.org, Facebook is CMF of Sarasota.

FRIDAY, FEBRUARY 28

An Evening of Mediumship - 7pm. With world renowned medium Richard Schoeller. Join us in our Sanctuary for a wonderful evening of fellowship, connection and Spirit Communication with Richard Schoeller. He will be demonstrating mediumship and sharing messages from the Spiritual Realm, offering as many messages to as many as possible of those who are present. \$15. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, SarasotaCenterOfLight.com.

SATURDAY, FEBRUARY 29

Meditation Mastery – Level 2 - 10am-1pm. 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.

Amp Up Your "QI" With Dee - 1-4pm. 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. (Specific breathing technique done by monks). With Denise Duquette. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Past Life Regression - 1-3pm. Hypnotist and past-life reader Susan Spiezzio 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 discus-



sion will follow for anyone who wishes to discuss their experience. \$15 donation requested. More info from Susan at 941-807-4624. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota. More info from Susan at 941-807-4624, CMFSarasota.org, Facebook is CMF of Sarasota.

The Divine Balance of Masculine / Feminine in Astrology - 3-5pm. Come find out how the divine dance of the stars is more inclusive of the Feminine force than might be immediately noticeable. Although Venus and Moon have primarily been the only traditional planets arguably associated with the Feminine, the language of the zodiac and planets is actually quite ripe with symbolism that includes many representations of such a force, in addition to the complementary Masculine energy with which it integrates. With Nathaniel Glosson. \$29. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

PLAN AHEAD

SUNDAY, MARCH 1

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.

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, TheSpiritUniversity.com.

TUESDAY, MARCH 3

The Four Agreements: The Fourth Agreement, Always Do Your Best - 7-8:30pm. With Rev Jim Toole. The fourth agreement is about the action of the first three. It shows you how to put the first three into practice. This agreement is to always do your best, even if your best constantly changes. This final agreement will help you to increase the power of the other agreements, while freeing yourself from old patterns. \$15. Sarasota Center of Light. 852 S Tuttle Ave., 941-953-6620, SarasotaCenterOfLight.com.

WEDNESDAY, MARCH 4

TRIM-LIFE 6-Week Integrative Medical Weight Management Program - As offered by the Cleve-

land Clinic. Facilitated by Laura Garrison, Ph.D., (trained by the founder of TRIM-LIFE.) Designed for those who have 'failed at every diet.' Begins March 4 in Sarasota. Info and registration: La-Alza.com.

THURSDAY, MARCH 5

7 Signs You Are Highly Intuitive - 6:30-8pm. Awaken Intuition and Use It. How sensitive to other's 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 Webster. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

SATURDAY, MARCH 7

Reiki III Master Attunement and Certification Class - 12noon-5pm. The third Master level 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 this powerful healing arts. \$122/class. At Rising Tide, 5102 Swift Rd. in Sarasota. For info/questions call Rev. Zan Benham, 941-586-9087.

The 12 Kinds of Body Function Energy - 1-5pm. Learn your personal body function energy flows: what they are; where they flow; what they do; how they affect your physical, mental, emotional and spiritual well-being; their relationships to numerology and astrology; what stresses them; and how to harmonize them! Part 1 on Feb 15. Part 2 on Mar 7. Take one or both parts. Space is limited. Early bird rate is \$75 if you pay by Feb 28. Investment is \$88 after Feb 28. Suncoast Jin Shin Jyutsu, 820 Central Ave, Sarasota. Contact: Michelle 941-228-2972, Michelle@Suncoastjsj.com, Suncoastjsj.com

MONDAY, MARCH 9

The Gifts of Imperfection Monthly Group - 6-8pm, every second Monday (March-December). Based on the research of Brené Brown, Ph.D. and the book "The Gifts of Imperfection." This group is for anyone who is interested in letting go of perfectionism and "who you think you're supposed to be and embracing who you are." Each group will cover one of the guideposts from the book, give you an opportunity to create an imperfect project, and offer ways to strengthen the practice of courage, compassion and connection. No art experience necessary, registration required, space limited. \$75/month. Creative Counseling Solutions of Sarasota, Inc. 2803 Fruitville Road, Suite 137, Sarasota, 941-932-1134, CreativeCounselingSRQ.org. Contact Natalie Lampkin, LMHC, CDWF for more details.

SATURDAY, MARCH 14

The Finale Attunement Class - 12noon-5pm. This Master class brings it all together. It expands on the art and frequency of the Reiki Master Practitioner. This ancient hands-on healing art is as good and powerful as its perceiver. An opportunity here to get out of the way and let spirit take over. Handed down lineage to lineage this is a class for the initiate. \$122. At Rising Tide, 5102 Swift Rd. in Sarasota. For info/questions call Rev. Zan Benham, 941-586-9087.

on going events

sunday

Sunday Morning Wake up Class - 9am. With David Hawkins. Think outside the box and find new answers. Unity of Sarasota, 3023 Proctor Rd., Sarasota, 941-955-3301.

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.

Unity of Sarasota - 10-10:15am meditation before the 10:30 service. 3023 Proctor Rd., 941-955-3301, UnityOfSarasota.org.

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 unfoldment. Different officiates/Cherags rotate on leading the services each week. At Rising Tide, 5102 Swift Rd. Sarasota, Rev. Zan, 941-922-7839, RisingTideInternational.org.

Unity of Sarasota - 10:30am. The uplifting service begins with music and a powerful talk by Rev. Dr. Suzi Schadle with music by Rob Satori. All are 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 (1st Sunday of the month). Rev. Eric Watrous, Connecting with Angels, Masters and Teachers (2nd Sunday of the month), Rev. Molly Friedenfeld, Inspirational Sunday (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.

Center for Spiritual Living Cultural Coast - 11am. Join us the first Sunday each month for a contemplative/meditative experience. The rest of the month is a bit more lively - always an inspiring message based on the Science of Mind (New Thought) philosophy, featuring local & internationally known musicians. Sarasota Garden Club, 1131 Blvd of the Arts, Contact Rev. Theresa Fieberts 941-376-0177, CSLCulturalCoast.org.

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.

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.

iRest Integrative Yoga - 4:30-5:30pm. Taught by Laura Garrison, PhD, C-IAYT, E-RYT 500. \$15. La-Alza.com. Indian Shores.

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

Paganism - 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. Rev. Amy Zehe Bring your Spiritual questions. Meets at Pub 32, 8383 S. Tamiami Trail, Sarasota.

Anchoring Light Channeled Meditation - 6:45pm. With Dr. Rev Sharon-Elizabeth (Baba Sharon). 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, CCOSL.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.

Learning to Connect Classes at CMF - 7-9pm. Join Susan Houliston 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.

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

CBD Tea with the Herbalist - 10am-12pm. Join our on-site herbalist, Paige Charron, for informal Q&A on topics of hemp CBD and herbalism for health. As always, customers are always provided a cup of herbal tea and free samples of CBD if they choose. Wild Ginger Apothecary, 6557 Superior Avenue in Gulf Gate, 941-312-5630, WildGingerApothecary.com.

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 - 6-7pm. 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.

Living a Positive Lifestyle - 5:30-7pm. Network & meet like-minded people in a supportive environment that fosters meaningful relationships. Get motivated, focus on your growth mindset & thrive personally & professionally. Certified Life Coach, Jill Larson & Certified Fitness Coach, Christal Borg will help you remove your self-limiting beliefs & discover your strengths. \$20 donation optional. At Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota. Email Jill@PositiveSolutionsForSuccess.com or call 941-363-6744.

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. Learn the gifts of the Earth, crystals and stones that may enhance your health and well-being. Classes are an on-going class. Something new every week. These magical gems, when used with different spiritual modalities like astrology, Tarot and pendulum, can increase the positive effects of chakra balancing, Reiki and meditation. For spirit practitioners can enhance ability to receive a stronger response. Gain the confidence to use crystal and stones on a daily basis. With Cathy Zapsalis. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

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

Psychic Practice Circle - 7-9pm. 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

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.

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. Ionia'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.

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.

Sound Bath Meditation - 6pm. Join for a relaxing hour sound event with Sema, 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.

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 - 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.

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.

Group Meditation Circle - 6:30-8pm. 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. Please join us every week and continue to awaken and transform ourselves into the beautiful beings of light that we are. We are all on the path, each of us is exactly where you are meant to be! 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 from loss of a pet. Unity of Sarasota, 3023 Proctor Rd., Sarasota.

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.

Spooky Mystical Britain - 7-9pm. Beginning February 13th to March 5th. The British Isles has had a long grisly history. We will explore this land and learn about the numerous castles, medieval abbeys, prehistoric stone circles, holy wells and ancient burial chambers. Through fabled ghost stories from centuries past. We will hear about tales of spooky sightings and other mysterious occurrences in the many haunted mansions, pubs and hotels. With Tracey Corporan. \$10. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Women Ignited: Community Women's Circle - 7-9pm. 3rd 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 'Fire-Heart' 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.

Intermediate Mediumship Classes, with Rev Jim Toole - 7:30- 9pm. This 8-week series will give participants an opportunity to develop their mediumship beyond the basics that was taught in the previous series. Learn and practice practical and sacred techniques to connect with spirit for personal and public expression in a sacred and highly energized environment. \$15/class. Sarasota Center of Light, 852 S Tuttle Ave, Sarasota. Please contact Rev Jim to attend, 941-330-5031, RevJimToole@gmail.com, 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

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awakenings

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. 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.

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



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