

calendar of events

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

SUNDAY, MARCH 1

ECK Light and Sound Service - 11am-noon. Recognizing God's Help in Every Moment. Divine love comes to us in surprising ways. We often don't recognize that the Holy Spirit has spoken to us to help make our sojourn in this world a little better, a little more enlightening. 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

Richard Schoeller International Medium - 11am and 7pm. Richard will join us for both of our Sunday Celebrations, giving the Spiritual Talk at the 11am and 7pm celebrations and Spirit Messages at the 7pm evening service. Sarasota Center of Light, 852 S Tuttle Ave. Sarasota, 941-953-6620, SarasotaCenterofLight.com.

TUESDAY, MARCH 3

"Positive Lifestyle" Workshop - 5:30-7pm, every Tues. RELATIONSHIPS. Come together, network, & meet like-minded people in a supportive environment that fosters meaningful relationships. It's time to get motivated, focus on your growth mindset, & thrive personally & professionally. Certified Career, Business & Life Coach, Jill Larson and Certified Nutrition & Fitness Coach, Christal Borg will take you deep inside yourself to remove your self-limiting beliefs & discover your strengths. \$20 donation. Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota, Jill@PositiveSolutionsForSuccess.com or call 941-363-6744 to save your spot today!

The Four Agreements: The Fourth Agreement, Always Do Your Best - 7- 8:30pm. Even if your best constantly changes with Rev Jim Toole. This agreement brings the first three together and adds to them. Learn what your best is, what that means and how to live it! This final agreement will help you to increase the power of the other agreements, while freeing yourself from old patterns. \$15 (nobody turned away). Sarasota Center of Light, 852 S Tuttle Ave. Sarasota, 941-953-6620, SarasotaCenterofLight.com.

WEDNESDAY, MARCH 4

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

Creating Transformation & Change, Part 5 of 6 - 7-8:30pm. Attending this Part 5 session will be quite valuable, even if you missed parts 1 thru 4. 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 requested. Session 6 on Mar. 18th. 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

THURSDAY, MARCH 5

Meditation for Fidgety Skeptics - 6pm. With esoteric healer Chuck Pisa. You've heard about the benefits of meditation, but you're still a little skeptical. You've even tried learning meditation but found your mind wouldn't settle down and the inside of your skull became a zoo of fidgeting thought monkeys! Is it time to give up? No way! These are just indicators that you're human. In this workshop you'll learn simple and deeply healing meditation techniques, with the documented science of how just 5-10 minutes per day leads to better focus, more clarity, lower stress, lower blood pressure, improved immune response and slowing age-related atrophy of the brain. Love donation to Shelterbox for Syrian refugees. Longevity Wellness Clinic, 528 48th St, Court East, Bradenton, 941-923-9355, LongevityWellnessClinic.com, contact Programs@LongevityWC.com.

FRIDAY, MARCH 6

Spirit Connection: Hear Your Soul Call - 1:30-4:30pm. The Alchemy of Light Project Event #1 of 12. Enjoy enlightening entertainment and help raise the consciousness of humanity. Presentation, Stories for Awakened Awareness, Inspirational quotes and literature, and a personal "message for the day". \$20 or work trade. Join conscious like-hearted souls and feel empowered and uplifted! Unity of Sarasota 3023 Proctor Ave., 541-625-3208, Smile4Love.com.

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.

SATURDAY, MARCH 7

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

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.

6 Kinds of Body Function Energy - 1-5pm. Learn 6 of 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; relationships to numerology and astrology; stressors and how to harmonize with your hands! Space is limited. Early bird rate is \$75 if you pay by Mar 1. Investment is

\$88 after Mar 1. Suncoast Jin Shin Jyutsu, 820 Central Ave, Sarasota. Contact: Michelle 941-228-2972, Michelle@Suncoastjsj.com, Suncoastjsj.com

"I Can't Get to Sleep" - 6pm. With stress relief expert Ray Foley. How wonderful would it be if getting a good night's sleep involved hitting a couple of keys on your computer! It's possible! The SRC4U software was developed to seek out and neutralize the negative energy that results from stress, both major and minor. SRC4U stands for Stress Relieving Companion for You. This God based software marries 21st Century technology with a variety of ancient modalities and therapies. It can be used in home for family and friends or by health practitioners to enhance every aspect of their business model. Almost every dis-ease and dis-harmony has its origins in stress. In this 60-minute presentation you will delve into a multitude of ways to get a good night's sleep using 21st Century technology powered by ancient modalities. Love donation to Shelterbox for Syrian refugees. Longevity Wellness Clinic, 528 48th St, Court East, Bradenton, 941-923-9355, LongevityWellnessClinic.com, contact Programs@LongevityWC.com.

SUNDAY, MARCH 8

Music of the Plants of the Plants – an Interactive Experience - 1-3pm. A Music of the Plants machine allows people and plants to communicate via the universal language of music. A clip is placed on a leaf and a probe is placed near the root system. The machine then converts changing electrical impulses from the plant into musical tones allowing the plant to communicate with us. The communication works both ways, the tones of the plants change as we interact with the plants. With Beverly Templeton. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

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

TUESDAY, MARCH 10

Inquire Within Goddess Shoppe - Get the 'Ick' off your 'Wow'! Are you ready for an energy 'tune-up' or assistance in defining clear and healthy boundaries to avoid being pulled into social or family drama? Whether you need charging of your energy field, balancing of chakras, clearing dense and heavy energy, or an energy tune-up, come in for a Goddess Healing by Susan. Let's get that 'ick off your Wow.' By appointment only. 1653 5th St, Sarasota. Call 941-330-9274 or email Susan@TheGoddessShoppe.net.

"Positive Lifestyle" Workshop - 5:30-7pm., every Tues. OVERCOMING FEAR. Come together, network, & meet like-minded people in a supportive environment that fosters meaningful relationships. It's time to get motivated, focus on your growth mindset, & thrive personally & professionally. Certified Career, Business & Life Coach, Jill Larson and Certified Nutrition & Fitness Coach, Christal Borg will take you deep inside yourself to remove your self-limiting beliefs & discover your strengths. \$20 donation. Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota, Jill@PositiveSolutionsForSuccess.com or call 941-363-6744 to save your spot today!

Aya Despacho – A Sacred Shamanic Grief Ceremony - 6-8pm. 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.

"How & Why Crystals Work" - A Left Brain, Western Perspective Based on Science & Technology - 6-7:30pm. With Kathy Keh. Did you know that modern civilization as we know it today would come to a grinding halt if it weren't for crystals? Without crystals like quartz, pyrite, graphite, rubies and even sapphires we wouldn't be able to tell time, read our email, listen to music, have a knee replacement, watch Netflix, and even light our gas grills!!! Come learn how and why crystals fuel our everyday lives and why no one can live without them. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

Life Mastery 1: Examining the Window of Consciousness - 6pm. With philosopher and author Elizabeth A. Wilson. A lively and sensual exploration of the human consciousness and why a systematic approach to healing enhances your results. In this 60-minute workshop, enjoy evocative visual modelling, story-telling and essential oil infused chocolate tasting, woven together to demonstrate a powerful perspective on the relationship between your consciousness and your healing results. Love donation to Shelterbox for Syrian refugees. Longevity Wellness Clinic, 528 48th St, Court East, Bradenton, 941-923-9355, LongevityWellnessClinic.com, contact Programs@LongevityWC.com.

Intro to Healing - 7-8:30pm. With Rev. Lisa Johnson. Discover and learn what spiritual healing is, the effect it has on mind, body and spirit, and the difference it can make in your life and for others. This class will be informational and experiential and is open to all. \$15. Sarasota Center of Light, 852 S Tuttle Ave. Sarasota, 941-953-6620, SarasotaCenterofLight.com.

THURSDAY, MARCH 12

Meditation to Enhance Well-Being - 1-2:30pm. You will be led by Master Teacher Caroline Crawford to learn techniques for self-development and healing. Sessions will be repeated on the 2nd and 4th Thursdays each month, March through June. Next session March 26th. Reconnect to the energy and inspiration of your True Nature, enjoy peace and renewed energies for mind, body and soul. \$10 donation requested, further info call or text 941-402-9595. Center for Metaphysical Fellowship 3231 Gulf Gate Dr, Suite 204, Sarasota. More info, CMFSarasota.org, CarolineCrawford.org or Facebook: Caroline Crawford - Timeless Teachings. A warm welcome awaits you.

"Moving Free" w/ Deb Ritter - 1-3pm. Inspired by her mother's final declaration the she "must move free," Deb Vaughan Ritter embarked on a remarkable journey of awakening. Along the way, she learned how to "move free, right here, right now" every surprising day. Utilizing the metaphor of a challenging mountain hike, she fearlessly chronicles her transformative trek and encourages the reader to navigate their challenges with courage and hope and to "spiral up" to new heights of love, peace, joy, and freedom. The grounded yet uplifting tenets in this book are accessible to all, whatever their age, stage in life, or belief system. Free.

Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

From the Common Cold to the Coronavirus - 6pm. With Dr. Cynthia Clark, AP. How Chinese Medicine Boosts the Immune System. Why do we get sick? Do you ever wonder why the girl in the cube next to you never gets the bug going around, while you're permanently stuck in cold and flu season? For thousands of years Chinese Medicine has been identifying the root cause of colds and flus. Learn about why this medical lens is so effective and get healthier in the long run! Fee: Love donation to Shelterbox for Syrian refugees. Longevity Wellness Clinic, 528 48th St, Court East, Bradenton, 941-923-9355, LongevityWellnessClinic.com, contact Programs@LongevityWC.com.

Positive Aging - 6-7:30pm. Life expectancy has improved over the past few decades. Most of us will look forward to over twenty years in retirement. How we choose to address our aging bodies and minds during this time is up to us. Our beliefs in aging play a big role in our health and happiness. With Diane Lang \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Manatee Sarasota Sierra Club General Meeting - 7pm. Speaker Michael McGrath represents the Florida Chapter of the Sierra Club as an organizer for the Chapter's Red Tide and Wild Lands campaigns will focus on the statewide development threats. Sarasota Garden Club, 1131 Ave of the Arts.

FRIDAY, MARCH 13

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. Facebook is: CMF of Sarasota. CMFSarasota.org, Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota, 941-266-8435.

SATURDAY, MARCH 14

The Creative Arts Association of Lakewood Ranch is hosting its Spring Art Show & Sale - 9am-4pm. The art show will feature original works of art by local artists in mediums including: Painting; Sculpture; Fiber Arts; Ceramics; Stained Glass; Jewelry and more!! Admission is FREE. Lakewood Ranch Town Hall (8175 Lakewood Ranch Blvd.).

Abundance Revolution Workshop - 10am-2:30pm. Create Greater Abundance with Ease and Flow! When you begin understanding 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. With Annindita Palaus. \$99 in advance, \$129/ATD. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Mindfully Happy-Waking Up to Life - 10:30am-12:30pm. "It is not uncommon for people to spend their whole life waiting to start living" Eckhart Tolle. Mindfulness is being in the present moment, so you

can experience a happy, healthy life. This class will give you the tools to live a more positive and mindful life. Learn ways to make mindfulness part of your everyday life. Learn ways to live your authentic life. With Diane Lang. \$20 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 a discussion and light refreshments. Visit Eckankarblog.org/sound-of-soul for a video and further explanation of the Sound of Soul. Free. Conference Room, Jacaranda Library, 4143 Woodmere Park Blvd., Venice, 941-358-0325, Meetup.com/EckankarInSarasota. For others' spiritual viewpoints on profound topics such as life after death, relationships, and more, go to Eckankarblog.org

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.

Charity Event by Medium Caroline Crawford - 2-4pm. All proceeds go to F.E.L.T. (Feeding Empty Little Tummies) of children in Manatee County. Caroline brings messages from your loved ones with profound clarity. The healing energies that radiate, profoundly touch hearts, creating greater balance, harmony and happiness. This non-profit charity has a backpack program to meet the nutritional needs of homeless children, that may go hungry at weekends. F.E.L.T serves 130,000+ meals per year! Please help underprivileged children. \$25 donation requested. If you can't attend but would like to donate, please go to FeltInc.org. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota. More info CarolineCrawford.org, Facebook: Caroline Crawford - Timeless Teachings, or CMFSarasota.org, Facebook: CMF of Sarasota.

SUNDAY, MARCH 15

Experience HU, the Sound of Soul - 10-11am. Chanting HU can bring you peace, calm, and harmony, regardless of your religion, culture, or walk of life. There will be 15-20 minutes of chanting followed by 2-5 minutes of quiet contemplation, then a discussion and light refreshments. Visit Eckankarblog.org/sound-of-soul for a video and further explanation of the Sound of Soul. Free. 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.

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.

Great Romantic Piano with Eleonora Lvov - 4pm. World acclaimed Russian virtuoso and popular recording artist, Eleonora Lvov, plays a broad spectrum of music – with the artist's own personal impressions and historical remarks. Her program includes magnificent works from Chopin, Liszt, Rachmaninov, Gershwin and others. Experience romance and poetry with this “luminous, boldly emotive pianist with staggering technique who emanates ardent passion and spirituality through music”. “Eleonora Lvov has achieved world-wide acclaim as a piano virtuoso and popular recording artist. Winner of prestigious International competitions, she performs widely as a soloist with major orchestras and in recitals throughout the US, Europe and Russia. She is a dynamic teacher of master classes and music history, and also conducts private lessons for all levels in her studio in Sarasota.” Free. Yamaha Concert Hall: 4223 S. Tamiami Tr, Sarasota, 941-358-0235, EleonoraLvov.com.

TUESDAY, MARCH 17

“Positive Lifestyle” Workshop - 5:30-7pm, every Tues. WHAT'S YOUR PURPOSE? Come together, network, & meet like-minded people in a supportive environment that fosters meaningful relationships. It's time to get motivated, focus on your growth mindset, & thrive personally & professionally. Certified Career, Business & Life Coach, Jill Larson and Certified Nutrition & Fitness Coach, Christal Borg will take you deep inside yourself to remove your self-limiting beliefs & discover your strengths. \$20 donation. Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota, Jill@PositiveSolutionsForSuccess.com or call 941-363-6744 to save your spot today!

Eat Rich - How to Use Every Sense to Enrich Your Food Experience - 6pm. With health coach Tatiana Thompson. This 60-minute class explores the history and science of how and why we eat with our senses. You will experience how to use every one of your senses to enhance your eating practice and why it is so necessary for your optimal health. You will be able to immediately implement what you learn which will improve how you choose to nourish your body. (This class is part of The You Eating movementSM). Love donation to Shelterbox for Syrian refugees. Longevity Wellness Clinic, 528 48th St, Court East, Bradenton, 941-923-9355, LongevityWellnessClinic.com, contact Programs@LongevityWC.com.

Intro to Metaphysical Spirituality - 7-8:30pm. With Rev. Jim Toole. Discover and learn how to live spiritually (Spirituality) above the physical (Metaphysical). This informative and experiential class will reveal how Metaphysical Spirituality can awaken and inspire you to living a more fulfilling and purposeful life. \$15 (nobody turned away). Sarasota Center of Light, 852 S Tuttle Ave. Sarasota, 941-953-6620, SarasotaCenterofLight.com.

WEDNESDAY, MARCH 18

Meditation Class at the Brain Wave Center with Nurturing Sol Healing Arts - 8:30am. In this class, we will explore different types of meditation to help ease your nervous system and bring your awareness back to the body and breath. Discussion will be held before and after each session to help support your meditation practice in the group. Participants may choose to utilize neurofeedback training in conjunction with meditation or practice meditation alone. We will also work together to support you in developing a meditation practice at home. We recommend 6-10 consistent sessions to see improvements in body and mind. \$20, space is limited. Join us at the Kress Building located at 1440 Main Street, Sarasota, 941-552-4500, BrainWaveCenters.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

THURSDAY, MARCH 19

“Sync into Sound” - 6:30-7:30pm. With Lucy Tight. The Sound Journey is an inner journey guided by numerous sounds, all with varying frequencies and vibrations... each resonating with different parts of the body. These tones can lead you into a state of total relaxation in which healing and connection to our higher consciousness can take place. Please wear comfortable clothes, bring a yoga mat, a pillow, eye pillow (we have extra if you need one) & blanket, as the room might be a bit cold. In these Journeys you will be guided by the sounds that Lucy & Wayne (certified Sound Therapists) make using Crystal Alchemy bowls, gongs, tuning forks, chimes, crystal harps and other beautiful instruments. \$40. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

FRIDAY, MARCH 20

Finding Your Totem - 7-9pm. Cheryl Buchanan will take you through several methods to find the totems that mean the most to you at this time in your life. This process includes a guided imagery to reveal what animals come to see and help each class member. Then Cheryl will use the wonderful Medicine Card Layout by Jamie Sands to discover more about your animals. If you know some of your totems – GREAT but come and meet some of the others. You will receive handouts for future reference and so you can better be aware when your helpers come through. \$20 donation is requested. Reservations please, call or text 937-418-7068. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota. CMFSarasota.org, Facebook is CMF of Sarasota.

SATURDAY, MARCH 21

A-ha! Holistic Health Expo -10am-5pm. A conference forum. Hear the latest at entertaining and informative seminars including healing, health, physical and emotional support, intuition, and additional topics you won't want to miss! Lectures Include: alternative health, bodies in motion, connecting to nature & spirit, eating for health as well as meet and greets with national celebrities. \$10 includes admission and ALL conferences, music, demos, and mini workshops. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Celestial Mystical Fair - 11am-4pm. Come and learn what Spring & Summer have in store for you. Experienced mediums and healers available. 20 min. reading/\$25 donation. We will also have a crystal bowl healer/reader, card readers and healers working. Plus, we will offer pendulums, homemade essential oil health blends, crafts and 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.

Inquire Within Goddess Shoppe - 11am-1pm. Susan Milligan will be discussing our character defenses and how they distort our energy fields and impact our relationships. For the ultimate healing experience, we must explore our emotional defenses - these are the emotional reactions and mental rationalizations we use to guard ourselves against emotional pain. We use our defenses to avoid feeling uncomfortable and inconvenient emotions and then they gradually become habitual and unconscious. This type of thinking or reacting can block our spiritual development and dull our joy as well as our pain. By recognizing and exploring our character defenses we can have more conscious living in our relationships. Investment \$20. 1653 5th St, Sarasota. Please R.S.V.P. by March 20th, call 941-330-9274, or email Susan@TheGoddessShoppe.net.

SUNDAY, MARCH 22

ECK Light and Sound Service - 11am-noon. Connecting the Diamonds. Every event in our life is part of a divine plan, a diamond, including so called mistakes or chance happenings. Invisible lines connect these diamonds in every possible direction and combination. Learn about connecting the diamonds in your life. 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 that others accomplished that at Eckankarblog.org

Shamanic Stone Divination - 2-4pm. 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. 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.

TUESDAY, MARCH 24

“Positive Lifestyle” Workshop - 5:30-7pm, every Tues. BE PROACTIVE. Come together, network, & meet like-minded people in a supportive environment that fosters meaningful relationships. It's time to get motivated, focus on your growth mindset, & thrive personally & professionally. Certified Career, Business & Life Coach, Jill Larson and Certified Nutrition & Fitness Coach, Christal Borg will take you deep inside yourself to remove your self-limiting beliefs & discover your strengths. \$20 donation. Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota, Jill@PositiveSolutionsForSuccess.com or call 941-363-6744 to save your spot today!

“Use Scientific Principles to Supercharge Crystals That Help You to Align You with Life Path & Purpose” - 6:30-7:30pm. With Kathy Keh. For some of you the idea of supercharging your crystals to achieve something meaningful in your life is a woo woo kind of thing. It was for me until I did some left-brain research and learned that crystals do in fact help us to manifest our deepest desires and heartfelt wishes by acting like powerful radio signals out into the Universe. Come learn how to use the science behind crystals to live a brighter more joyful life. Elysian Fields, 1273 Tamiami Trail, Sarasota, 941-361-3006, Info@ElysianFieldsOnline.com.

Exploring the Spiritual Laws - 7-8:30pm. With Jeff Rosenthal. The seven spiritual laws are paramount to our existence, although most people aren't

aware of them. This class will delve into the seven spiritual laws, discuss how they affect your life and how you can become more aware and effective in your life. \$15. Sarasota Center of Light. 852 S Tuttle Ave. Sarasota, 941-953-6620, SarasotaCenterofLight.com.

WEDNESDAY, MARCH 25

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.

Free Medical Cannabis Educational Event - Sponsored by Muv, Trulieve, Surterra - 5:30-7:30pm. 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.

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

THURSDAY, MARCH 26

Qigong & Meditation - 7:30am. With Dr. Cynthia Clark AP. Enjoy a gentle and restorative session with an award-winning medical Qi Gong practitioner. Love donation to Shelterbox for Syrian refugees. Longevity Wellness Clinic, 528 48th St, Court East, Bradenton, 941-923-9355, LongevityWellness-Clinic.com, contact Programs@LongevityWC.com.

Reversing Chronic Pain Naturally! - 6pm. With Dr. Ernesto Fernandez, DOM, AP, LMHC. The Opioid Crisis wouldn't exist if there wasn't a Chronic Pain epidemic! Whether your pain is from an injury, fall, post-surgical complications, burns or unknown reasons, you will discover the little-known contributing factors that make pain linger and become chronic. In this 60-minute class you'll also learn natural drug-free comprehensive options for resolving Chronic Pain. Love donation to Shelterbox for Syrian refugees. Longevity Wellness Clinic, 528 48th St, Court East, Bradenton, 941-923-9355, LongevityWellness-Clinic.com, contact Programs@LongevityWC.com.

Journey Through Canvas - 7-9pm. Tammy Kubiak will share a vision and journey through canvas and paint. You will find how connected we are to each other after a visual meditation. All will start painting with equal timing and then moving over to the next painter's seat to add to the vision, then move again until you have added to each other's canvas. Sharing each finished painting with discussion to compare our journey, and then take home the one you started. Tammy will provide all the supplies

needed. \$20 donation requested. RESERVATIONS PLEASE by March 19th. Call or text to 941-539-9703. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota, CMFSarasota.org, Facebook is CMF of Sarasota.

SATURDAY, MARCH 28

Tarot and the Astrological Layout - 10am-4pm. Ready to amaze your clients with pinpoint accuracy on any person or issue? Is there a raise coming soon? Is there a new lover on the horizon? Is their growth on track for spiritual awareness? This is a dynamic method using the tarot cards, astrology and numerology in an innovative approach toward interpretation and integration of meanings. Prior knowledge of astrology is unnecessary, need understanding of card meanings. With John Maerz. \$69. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Inquire Within Goddess Shoppe - 11am-1pm. Magic! It's a sexy word for sure! Magic has become trendy, however, the phrase, 'a little knowledge is a dangerous thing,' certainly applies when it comes to doing Magic. Creating your own magic so you don't become beholden to a 'spiritual' MLM hierarchy when using magic is key. Join us for an exploration on using Magic with clear intention in your life. Investment \$20. 1653 5th St, Sarasota. Please R.S.V.P. by March 27th, call 941-330-9274, or email Susan@TheGoddessShoppe.net.

Tea Leaf Readings and Message Circle - 11am-12pm. Sit for a tea leaf reading and see what mysteries this life holds for you! You'll be poured a cup of tea and drink it leisurely. Think about what you'd like to manifest in the coming year, laugh, chat. Instructions given on this ancient, profound technique. Mediums will read the leaves in a cup for each person. A fun, healthful way to receive a personal message and open up psychic abilities. With Victoria Ackerman and Barbara Harrison. \$20 - includes all supplies. 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.

Fairy and Elfin House Building Workshop - 12-1pm. This workshop is fun for the young and young at heart! We'll walk you through laying out a base to support your Fairy & Elfin House, painting, structural additions like twigs, feathers, moss, leaves and flowers, we will share different ideas you can use with items from our "fairy creations table" as well as the items you bring. With Barbara Harrison. \$25 - includes some supplies, plus bring whatever you wish to use in your creation. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Mandala Dot Painting - 1-4pm. Simone Santangelo will show and assist you in creating your own Mandala disc on poured plaster casts with paints and tools that she provides. The meaning of the word mandala in Sanskrit is circle. Mandala is a spiritual and ritual symbol in Hinduism and Buddhism, representing the universe. ... it is sometimes drawn as a

classifieds

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circle enclosing a square, with a deity on each side, and is often used to aid in meditation and yoga. All materials will be supplied for this fun, creative and meaningful class. Donation of \$35. Please call 941-993-6235 for reservation - class will be limited to 6 people. Center for Metaphysical Fellowship, 3231 Gulf Gate Drive, Suite 204, Sarasota, CMFSarasota.org, Facebook is CMF of Sarasota.

Saint Tone Duo, Tony Lavorgna and Janie Boisclair, Energize Your Vibes Keynote Concert - 7-8:30pm. Experience a fresh reboot at this Positive, Self-Empowering musical performance with Saint Tone. Enjoy an uplifting, audience participation, energizing evening! Tony & Janie perform original music with a vibration that encourages positive thinking and a rebooting of your life. \$20. Sarasota Center of Light. 852 S Tuttle Ave. Sarasota, 941-953-6620, SarasotaCenterofLight.com.

SUNDAY, MARCH 29

The Universal Service - 10:30am. This weekly egalitarian worship service celebrates 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." At Rising Tide, 5102 Swift Rd. Sarasota. Something for everybody. RisingTideInternational.org, Rev. Zan, 941-922-7839.

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 31

Inquire Within Goddess Shoppe - Get the 'Ick' off your 'Wow'! Are you ready for an energy 'tune-up' or assistance in defining clear and healthy boundaries to avoid being pulled into social or family drama? Whether you need charging of your energy field, balancing of chakras, clearing dense and heavy energy, or an energy tune-up, come in for a Goddess Healing by Susan. Let's get that 'ick off your Wow.' By appointment only. 1653 5th St, Sarasota. Call 941-330-9274, or email Susan@TheGoddessShoppe.net.

"Positive Lifestyle" Workshop - 5:30-7pm, every Tues. PERSONAL GROWTH. Come together, network, & meet like-minded people in a supportive environment that fosters meaningful relationships. It's time to get motivated, focus on your growth mindset, & thrive personally & professionally. Certified Career, Business & Life Coach, Jill Larson and Certified Nutrition & Fitness Coach, Christal Borg will take you deep inside yourself to remove your self-limiting beliefs & discover your strengths. \$20 donation.

Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota, Jill@PositiveSolutionsForSuccess.com or call 941-363-6744 to save your spot today!

Introduction to Light Language Healing - 7-8:30pm. Many are finding the answers to these struggles in an ancient and sacred healing method that speaks directly to your heart and soul—called Light Language. This is not a language that is understood at the physical level however our soul soak's up the words and the codes it contains allowing for profound healing and transformation. It is also helps people lose weight, lower their stress, get over addictions, and much more! With Lara Jaye. \$20. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

Personal Responsibility - 7-8:30pm. With Rev. Phyllis Lambert. Learn how to create a fulfilling life by taking personal responsibility. This vital spiritual principle is a key that unlocks more freedom, fulfillment and awakening in life. Discover the difference it makes to be able to have a more powerful ability to respond (responsibility) to the world around you. \$15. Sarasota Center of Light, 852 S Tuttle Ave. Sarasota, 941-953-6620, SarasotaCenterofLight.com.

PLAN AHEAD

SATURDAY APRIL 4

Fairy Faire at Payne Park - 10am-4pm. Exhibitors, Intuitive Readers, Live Music, Food, Fairy House Contest, Dancers, 30' Fairy Castle. Celebrating the wonders of the natural world, and all the beings that inhabit it. For all ages. For Elfin & Sylvan Folk, Wood Sprites & Faerie Folk, and All you Humans who still Believe in Magic. \$5 admission, kids free. Payne Park Auditorium and Surrounding Grounds, 2100 East Laurel St, Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.com.

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.

Sunday Service and Celebration - 10am. Come join us at the Church of Light for healings, meditation and messages. Private and group readings by appointment. Contact Rev Shari. Church of Light, 2408 43rd Ave. West, Bradenton, 941-751-5683.

Unity of Sarasota - 10am. Sunday Daily Word and Meditation until 10:15, before the 10:30 Sunday Celebration 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

SUNDAY, APRIL 5

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

TUESDAY, APRIL 7

"Positive Lifestyle" Workshop - 5:30-7pm, every Tues. BE MINDFUL. Come together, network, & meet like-minded people in a supportive environment that fosters meaningful relationships. It's time to get motivated, focus on your growth mindset, & thrive personally & professionally. Certified Career, Business & Life Coach, Jill Larson and Certified Nutrition & Fitness Coach, Christal Borg will take you deep inside yourself to remove your self-limiting beliefs & discover your strengths. \$20 donation. Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota, Jill@PositiveSolutionsForSuccess.com or call 941-363-6744 to save your spot today!

TUESDAY, APRIL 14

"Positive Lifestyle" Workshop - 5:30-7pm, every Tues. TIME MGT SKILLS. Come together, network, & meet like-minded people in a supportive environment that fosters meaningful relationships. It's time to get motivated, focus on your growth mindset, & thrive personally & professionally. Certified Career, Business & Life Coach, Jill Larson and Certified Nutrition & Fitness Coach, Christal Borg will take you deep inside yourself to remove your self-limiting

beliefs & discover your strengths. \$20 donation. Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota, Jill@PositiveSolutionsForSuccess.com or call 941-363-6744 to save your spot today!

TUESDAY, APRIL 21

"Positive Lifestyle" Workshop - 5:30-7pm, every Tues. LETTING GO. Come together, network, & meet like-minded people in a supportive environment that fosters meaningful relationships. It's time to get motivated, focus on your growth mindset, & thrive personally & professionally. Certified Career, Business & Life Coach, Jill Larson and Certified Nutrition & Fitness Coach, Christal Borg will take you deep inside yourself to remove your self-limiting beliefs & discover your strengths. \$20 donation. Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota, Jill@PositiveSolutionsForSuccess.com or call 941-363-6744 to save your spot today!

TUESDAY, APRIL 28TH

"Positive Lifestyle" Workshop - 5:30-7pm, every Tues. FINANCIAL WELLNESS. Come together, network, & meet like-minded people in a supportive environment that fosters meaningful relationships. It's time to get motivated, focus on your growth mindset, & thrive personally & professionally. Certified Career, Business & Life Coach, Jill Larson and Certified Nutrition & Fitness Coach, Christal Borg will take you deep inside yourself to remove your self-limiting beliefs & discover your strengths. \$20 donation. Larson Natural Health Center, 3560 S. Tuttle Ave, Sarasota, Jill@PositiveSolutionsForSuccess.com or call 941-363-6744 to save your spot today!

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 morn-

ing 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.

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. With 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 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, 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.

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.



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Tuesdays on-going – **Mastering the Law of Attraction**, 7-9pm
Unity of Sarasota, 3023 Proctor Rd.
Sun. Mar. 29 – **Universal Service**, 10:30am
Reiki Saturday Series
Reiki III 1 – Mar. 7, **Reiki III 2**, Master 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

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.

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.

Arcturian Multi-Dimensional Healing - 7-9pm. Assist In The Acceleration of Planetary and Human Ascension. Join along with Jon Rios as he transmits uplifting multi-dimensional healing frequencies to assist in the acceleration of our spiritual growth and evolution. These energetic frequencies act as catalysts for awakening our spiritual DNA in remembrance of our infinite potential and inherent magnificence. This process involves healing with celestial energies and a highly spiritually developed collective consciousness whose energies are immensely powerful and filled with Divine Love, in direct alignment with our Higher Selves. \$10. Cosmic Center of Spiritual Light, 5041 Ringwood Meadows, Bldg G-2, Sarasota. 941-371-9333, CCOSL.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 AnnMarie Touchette. \$10. 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. 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.

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, 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.

Our Kindred Minds Meditation and Sharing Circle - 7-8pm. Give yourself the positive experience of being part of a group that helps you spiritually, physically and emotionally. So many of us are stressed out and overwhelmed by life and have lost our human connection, it's time to change that. Come Join us and get recharged, balanced, laugh, and cry, all while making new friends & connections. With Jackie Zimmerman. \$10 The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.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.

Mediumship Series - 6:30-8:30pm., March 12 and 19. Learn the various stages of trance, experience different types of trance. We will go through what you are feeling when you are approaching a trance state and how to "let go" effectively with trust and guidance, how to go into trance safely. We will go over how ectoplasm is used for materialization, what it is, and how to recognize this phenomenon. With Mary Linn Clarke. \$15. The Spirit University, 373 Braden Avenue Sarasota, 941-544-5874, Light@VictoriaAckerman.com, TheSpiritUniversity.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.

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.

The Science and Metaphysics of Crystal Healing - 7-9pm, starting March 26. Build a foundation of knowledge and understanding about how crystals can be used to heal yourself and others, learn how a crystals color, atomic structure, and chemical composition create an amazing ability to promote healing. Sensing and working with energy, scan the energy field for holes, leaks, or tears. how crystals can affect these chakras, and much more. With certified crystal healer Rod Pettit. \$20. 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 "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.

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 of Spiritual Light, 5041 Ringwood Meadows, Bldg. G-2, Meadows Village Center, Sarasota, 941-371-9333, CCOSL.com.

Synergized Consciousness Visioning Group - 12:30-2:30pm, 2nd and 4th Fridays. Michelle Marie Angel, author: "It IS A New World After All: Poetry & Prose to Inspire A New World Vision". \$40/4 weeks. Unity Of Sarasota 3023 Proctor Ave. Classroom F., 541-625-3208, Smile4Love.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, 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.

community resource guide

ACUPUNCTURE/ CHINESE MEDICINE

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Board Certified Acupuncture Physician
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