



Calendar

SEPTEMBER

9/1 — HOW TO WORK WITH A SINGLE THERAPY DIAMOND ONLINE COURSE. Support personal transformation in yourself and others using the power of Therapy Diamonds to awaken inner blueprints of optimal health. You will also get a \$1000 credit toward the purchase of a Therapy Diamond. (860) 646-3063. customerservice@gemformulas.com. Register <https://gemstonetherapyinstitute.org/>.

9/1 — GEMSTONE THERAPY LEVEL 1 ONLINE PROGRAM. Experience the deep healing results you intuitively know are possible from gemstones but haven't been able to achieve using common crystals or pocket rocks. Enjoy learning in the comfort of your home and meet with peers in online group coaching sessions. (860) 646-3063. customerservice@gemformulas.com. Register <https://gemstonetherapyinstitute.org/>.

9/14 — HEALING BETRAYAL AND BROKEN TRUST: GROUP REMOTE DIAMOND AND GEMSTONE THERAPY SESSION. Learn about the common energetic effects of betrayal and broken trust to help you heal these hurtful experiences more quickly and completely. Leave the session ready to see new relationships with fresh eyes. (860) 646-3063. customerservice@gemformulas.com. Register <https://gemstonetherapyinstitute.org/>.

9/17 — FERMENTATION WORKSHOP WITH KAREN MASTERSON at Sweet Autumn Farm, 180 Prospect St., Carlisle, MA. Learn why fermented foods are so important to your diet and how to make it an easy, nutrient dense addition to what you are already doing. It will be fun and informative! Email herbstudies@gmail.com or visit www.bostonherbalstudies.com for more info.

9/24 — REIKI LEVEL I TRAINING. Learn to use the healing life energy of the universe to heal yourself, others, pets and to thrive in stressful times. Receive a 43-page manual, practitioner certificate and lots of guided in-class practice. (508) 808-5696, www.northeastreikicenter.org

9/30-10/2 — LEARN TO PLAY MUSIC IN A WEEKEND! With The Understanding of Music Seminar online. World

famous seminar (www.understandingofmusic.com) turns beginners into musicians, revitalizes and inspires even pro musicians. (781) 599-1476. <https://signup.understandingofmusic.com> or sallee@understandingofmusic.com

OCTOBER

RE-EARTHING, for all, is a 7-month journey to connection and soulful community, and ANIMA TERRA, for women, a year-long journey of wild descent and soul emergence. Beginning in October. Details at www.spirithollow.org.

10/1 — 3rd ANNUAL STURBRIDGE HERBFEST. Classes, vendors, food! Join us on the Sturbridge Common, Rt 131, MA. 9:30-4:30. For more info or vendor applications contact Salli Greene at Alternatives for Health. (508) 347-2111 or sargreene@gmail.com. www.sturbridgeherbfest.com.

10/3 — FENG SHUI HEALTH: FIND HEALTH SOLUTIONS IN YOUR HOME . Are you having health issues that you can't seem to resolve? Work with the energy around your space to change the impact on your health. Learn more and sign up at www.wonderspacefengshui.com/heal. 7pm-8pm: Zoom . Cost: \$11. roomfullof wonder@gmail.com

10/3/22 - 2/6/23 - SPIRITUAL DREAM DEVELOPMENT CIRCLES. Free monthly virtual meetings. Are you curious about dreams? Would you like to gain a deeper understanding of why we dream or how to interpret them? Contact cherylbradley.com

10/4 — LYME PRACTITIONER TRAINING WITH TOMMY PRIESTER. Online. 6 Tuesday evenings 6:00-9:00pm, meeting every 2 weeks starting October 4. This class is designed to help people of all walks understand and address Lyme disease and co-infections in an effective and comprehensive way. Email herbstudies@gmail.com or visit www.bostonherbalstudies.com for more info.

10/6 — HERBS AND AROMATICS WEBSITE LAUNCH. The Eclectic Institute of Aromatherapy and Herbal Studies is excited to announce the launching of our

new website and online aromatherapy course — an introduction to essential oils, teaching the many ways they keep us healthy while reducing stress, and providing balance! We invite you to join the celebration with a free online workshop, "Essential Oils for Winter Health," and 10% off our new online interactive aromatherapy course! Visit our new website HerbsAndAromatics.org and enter the coupon code AromaLaunch to obtain your discount! Be part of our community @HerbsandAromatics on Facebook and Instagram to continue learning and exploring the many benefits of essential oils!

10/7-10/9 — USUI REIKI RYOHO 1ST & 2ND DEGREE TRAINING WEEKEND. Nicholas Pearson, author of Foundations of Reiki Ryoho, visits from Florida to lead this weekend training in person in Methuen, MA. Register and info www.circlesofwisdom.com. (978) 474-8010.

10/12 — HEALING AND STRENGTHENING THE KNEES: GROUP REMOTE DIAMOND AND GEMSTONE THERAPY SESSION. In this session, we'll make sure the knees are well nourished, strengthened, and hydrated, and clear of unwanted energy. Join us whether you have knee issues or want to avoid them. (860) 646-3063. customerservice@gemformulas.com. Register <https://gemstonetherapyinstitute.org/>.

10/14 — COLOR RAY HEALING LEVEL 1 ONLINE COURSE. Take charge of your healing journey by learning how to shift the color spectrums that underlie any condition, and how to evaluate a person's main color ray. Color-Ray Healing Practitioner certification available. (860) 646-3063. customerservice@gemformulas.com. Course includes video instruction, live coaching call, study guides, quizzes. Register <https://gemstonetherapyinstitute.org/>.

10/15 — REIKI LEVEL II TRAINING. Learn advanced Japanese Reiki techniques for purification, distance healing, and spiritual growth. Receive a 47-page manual, practitioner certificate and lots of guided in-class practice. (508) 808-5696, www.northeastreikicenter.org

10/15-10/16 — HERBS AND ENTHEOGENS FOR BRAIN HEALTH AND FUNCTION - AND HOW TO USE THEM RIGHT with Guido Mase. Going well beyond ginkgo, we'll explore how herbs can impact our ability to think clearly, remember well, and stay focused, both in microdoses and at therapeutic levels. Visit <https://www.bostonherbalstudies.com> for more info.

10/20 — STOP UNCONSCIOUS SELF-SABOTAGE. Learn how to easily identify and root out unconscious subliminal messages streaming to your conscious awareness, that causes you to self-sabotage. Discover techniques to access and release energy frequencies that causes you to do the opposite of what you consciously know to do. Register at awellthyyou.com

10/23 — AROMATHERAPY LEVEL ONE WITH LINDA PATTERSON at Sweet Autumn Farm, Carlisle, MA. An introduction to aromatherapy and essential oils. This class is 4 full days (10am-5pm) one month apart. 11/13, 12/4, 1/23/23. We will discuss body systems, blending and working with the oils. Visit <https://www.bostonherbalstudies.com> for more info.

NOVEMBER

11/9 — FINDING FREEDOM FROM UNHEALTHY HABITS: GROUP REMOTE DIAMOND AND GEMSTONE THERAPY SESSION. We'll work with gemstones that soothe and nourish the emotions, so they'll be more likely to express themselves positively. You'll also get direct support for the patterns underlying the habit you want to address. (860) 646-3063. customer-service@gemformulas.com. Register <https://gemstonetherapyinstitute.org/>.

11/11 – PROTECT YOURSELF BY INSTALLING HEALTHY BOUNDARIES. Learn how to identify the percent boundaries you currently have with the speech and actions of someone you need to establish boundaries with. Discover techniques to access and release energy frequencies that prevents you for installing 100% healthy boundaries. Register at awellthyyou.com

11/12-11/13 — 15TH ANNUAL SPIRIT OF CHANGE MAGAZINE NATURAL LIVING EXPO. Royal Plaza Trade Center. 181 Boston Post Road West, Marlboro, MA. Saturday 9-6; Sunday 9:30-4:30. Featuring 200 exhibits, 50 workshops, readings, shopping and fun. Enjoy the healthy indoor and outdoor food courts for delicious breakfast, lunch and dinner meals throughout the weekend. Too much to see and do in one weekend! Plan to attend both days! www.NaturalExpo.org.

UPCOMING

1/27-1/29 — READ & PLAY MUSIC in a weekend! World famous seminars now live online! The Understanding of Reading and Playing Music Seminar turns



11/12 — Experience a chi reactivation meditation with an acoustic carpet ride to realign your body from cell to soul through the power of sound with Holly Eden Morrow, 5pm, at the Natural Living Expo, Marlboro, MA. See 11/12 listing or visit www.NaturalExpo.org.

beginners into musicians, revitalizes and inspires even pro musicians. (www.understandingofmusic.com). (781) 599-1476. Register www.understandingofmusic.com/sign-up-form/ or sallee@understandingofmusic.com.

2/23-2/25 — 15TH ANNUAL ANNIE APPLESEED PROJECT COMPLEMENTARY AND ALTERNATIVE CANCER THERAPIES CONFERENCE. Held at the Embassy Suites in West Palm Beach, FL. Register today! (561) 749-0084. www.anniappleseedproject.org

3/19-3/19 — THE JOY SOURCE'S 12TH ANNUAL WOMEN'S JOY WEEKEND, Ashworth Hotel, Hampton, NH. Join Julie McGrath as she hosts this uplifting weekend full of engaging workshops, inspiring speakers and an amazing joy vibe to last for weeks after the event! Details at www.JulieMcGrath.com.

3/24-26 — JAHC 2023 JOINT AMERICAN HOMEOPATHIC CONFERENCE. Homeopathy for all. Join for one day or all three, virtual or in person at Holiday Inn San Antonio Riverwalk. Registration opens Dec 2022. www.JAHC.info.

4/26-4/30 — THE 28TH ALL & EVERYTHING INTERNATIONAL LIVE AND ONLINE HUMANITIES CONFERENCE. The ALL and Everything International Humanities Conference is an international forum for the presentation and discussion of studies associated with the exploration of G. I. Gurdjieff's work and legacy and in particular his writings. Register at www.aandconference.org.

ONGOING

DAILY FREE GUIDED COMMUNITY PRACTICE online through Cambridge Health Alliance Center for Mindfulness and Compassion. Over 20 teachers offering sessions in English, Spanish and Portuguese. See schedule and register at www.chacmc.org/connect or (617) 591-6132.

TRADITIONAL JAPANESE USUI REIKI TRAINING.

Learn to use the healing life energy of the universe to thrive in life. Heal yourself, others, pets. Receive illustrated manual, practitioner certificate and lots of guided in-class practice. (508) 808-5696, www.northeastreikicenter.org

ECK LIGHT AND SOUND SERVICES ON ZOOM sponsored by the Massachusetts Satsang Society on the first and third Sunday of the month starting at 11am. Check eckinmass.org for monthly themes or contact Mark at resa_in_ma@yahoo.com.

LEARN TO MEDITATE WEBINARS WITH SCIENCE OF SPIRITUALITY. Free online Monday evening at 7pm. "Meditation is a private retreat from the problems of the world." Sant Rajinder Singh Ji. www.sos.org/webinars/learn-to-meditate-series.

HERBS AND AROMATICS (formerly The Eclectic Institute of Aromatherapy and Herbal Studies) offers live certification classes in the: Introduction to European based Aromatherapy beginning in: Sturbridge 10-22, Carlisle 10-23. Aromatherapy Level II Advanced Blending beginning in: Lincoln 1-28-23, Sturbridge 2-25-23. Goat's milk soap making in Sturbridge 9-25. For more information contact HerbsAndAromatics@gmail.com

GENTLE KRIPALU YOGA ZOOM CLASSES. With Pat Lebau, professional level Kripalu Yoga teacher. M, W, TH at 10:30am. Gentle Zoom Yoga for Plantar Fasciitis on TH at noon. Donation-based payment via Paypal or Venmo. PatriciaLebau@gmail.com or 508-393-5581. www.PatLebauYoga.com.

BOSTON SCHOOL OF HERBAL STUDIES. Arlington and Lincoln, MA. Affordable, evening and weekend classes, Aromatherapy Certification Courses, Herbal Apprenticeship Programs and Advanced Training. Call (781) 646-6319 or see bostonherbalstudies.com.