

## MONDAY, JULY 2

**Mediumship Mondays: Practice Circle** – 7-8:30pm. 1st, 2nd & 4th Mon. This practice circle is open to mediums that are able to exhibit prior mediumistic training or instruction. Email to confirm you meet the requirements. \$15. The Karma Castle, 1437 N US Hwy 1, Ste C8, Ormond Bch. Carl@CarlSeaver.com. Register: TheKarmaCastle.com/events.

## TUESDAY, JULY 3

**Shop Rainbow Tuesday** – 8am-8pm. Save 20% off all regularly priced items throughout the store. Debbie's Health Foods, 862 Saxon Blvd, Orange City. 386-775-7002; and 3850 S Nova Rd, Port Orange. 386-763-7046. DebbiesHealthFoods.com.

## THURSDAY, JULY 5

**Guided Meditation** – 7pm. With Cheri Flauto. Meditation is a great tool that promotes relaxation in our bodies, balances our emotions and relieves physical and mental distress. Join this journey through body and mind, healing, restoring, relaxing and imagining. \$10. Mind Body Soul, 821 Canal St, New Smyrna Bch. Preregister: 386-410-2175 or MindBodySoulNSB.com

**Psychic Development Circle** – 7-8:30pm. An ongoing circle with fun and exciting, yet challenging exercises to work with each week. No experience necessary; all levels of development welcome. \$20. The Karma Castle, 1437 N US Hwy 1, Ste C8, Ormond Bch. Register: TheKarmaCastle.com/events.

## FRIDAY, JULY 6

**First Friday Art and Music Social** – 7-9pm. Monthly open house and art show with live music, food, refreshments and more. Free. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Bch. 386-947-7941. SacredStrengthHealing.com.

## SATURDAY, JULY 7

**Astrology and Tarot Readings** – 10am-4pm. With Connie. Astrology readings (natal and compatibility: \$40 and up. Tarot readings: \$20 (15 min). Mystical Expressions of Paradise, LLC, 1014 Reed Canal Rd, S Daytona. Walk-in or RSVP: 386-274-0038.

**Craft Play Day: Chakra Rocks** – 1-5pm. Come at our leisure to create a set of vibrant colored chakra rocks. Receive a beverage of your choice (tea, coffee, lemonade, wine, beer or margarita). \$15. Spice of Life Herbs, 214 W Beresford Avenue, DeLand. SpiceOfLifeHerbs.net.

**Hand Paint Wine Glasses** – 3-4:30pm. \$30 includes all materials and supplies and light organic refreshments. Natural Concepts Revisited, 142 W ISB, Daytona. Register: 386-341-5068.

**Talking Stick Circle and Pot Luck Dinner** – 5-7:30pm. A Native American gathering to share ancient teachings and drumming together in a community circle. Bring a chair; a dish to share; family, friends and children are welcome. Eloise Page Park/Andrew Jackson Davis Bldg, Cassadaga. Follow Heart 4 Soul on Facebook.

## MONDAY, JULY 9

**Unity Men's Circle** – 6pm. The men's circle monthly meeting will explore the relationship with breath and spirit. All men are welcome. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. Info: Patrick O'Brien Ormondnal@gmail.com or Marc Gilmet: GilmetMarc@gmail.com 386-253-4201. UnityDaytonaBeach.org.

**Mediumship Mondays: Practice Circle** – 7-8:30pm. 1st, 2nd & 4th Mon. This practice circle is open to mediums that are able to exhibit prior mediumistic training or instruction. Email to confirm you meet the requirements. \$15. The Karma Castle, 1437 N US Hwy 1, Ste C8, Ormond Bch. Carl@CarlSeaver.com. Register: TheKarmaCastle.com/events.

## TUESDAY, JULY 10

**Tarot Readings** – 4-7pm. With Connie. Mystical Expressions of Paradise, LLC, 1014 Reed Canal Rd, S Daytona. 386-274-0038.

**Learn About Grids** – 5-7pm. Cardinal and Geographical Direction Gridding Class with Max. Arrive early. Mystical Expressions of Paradise, LLC, 1014 Reed Canal Rd, S Daytona. 386-274-0038.

**Wellness Workshop** – 6:30pm. Topic: Top Three Mistakes People Make when Detoxing and What to do Instead. Learn why detoxing matters, how to tell if you need a detox; how to work it into your busy schedule; and receive tips on how to avoid detox mistakes. Discover how to choose the right detox for your body. Free. Mind Body Soul 821 Canal St., New Smyrna Beach. Preregister: 386-410-2175 or MindBodySoulNSB.com.

## WEDNESDAY, JULY 11

**Your Health and Healing** – 7pm. A special presentation by Drs Kenice and Stephen Grand, DCs, Chiropractic specialists. Part of their Summer Discovery series. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. Info: 386-253-4201 or UnityDaytonaBeach.org.

## THURSDAY, JULY 12

**Yoga Nidra Guided Meditation** – 6pm. With Laura Kraljev. \$10 donation. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Bch. 386-947-7941. SacredStrengthHealing.com.

## FRIDAY, JULY 13

**Wine Tasting Happy Hour** – 4-6pm. Begins Jun 29. Every other Fri. Featuring organic and sulfite free wines; free tastings and food pairings; plus gift raffle and wine discounts. 21 and up. Debbie's Health Foods, 3850 S Nova Rd, Port Orange. 386-763-7046. DebbiesHealthFoods.com

**Healing Hands and Hearts Service** – 6:30-8:30pm. 2nd Fri. With Reverend Judi Weaver and Linda Walsh. Join for hands on healing services and deep guided meditation. Highly trained healers will channel energies from the divine to heal the body, mind and spirit. Donations accepted. Unitarian Universalist Church, 56 N Halifax Ave, Ormond Bch. Follow Heart 4 Soul on Facebook.

## SATURDAY, JULY 14

**B12 Shots** – 10-11:30am. Feel energized, age slower, and improve your brain skills. Administered by Dr Gina Bushelon. \$20. Debbie's Health Foods, 3850 South Nova Rd, Port Orange. RSVP: 386-763-7046. Info: 386-562-7319. DebbiesHealthFoods.com.

**Readings** – 10am-6pm. With Psychic, Medium, Reiki Master, InnerSpeak Healer Joyce Palmer; astrology and tarot readings with Connie. Mystical Expressions of Paradise, LLC, 1014 Reed Canal Rd, S Daytona. Walk-in or RSVP: 386-274-0038.

**Metaphysical Meetup** – Noon-4pm. Sample a diverse array of healing modalities, mini-readings at discounted prices, unique crafts and more. Free admission. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Bch. 386-947-7941. SacredStrengthHealing.com.

## SUNDAY, JULY 15

**Sunday Services** – 9am & 11am. Rev Carmen Zappi delivers an inspiring and timely message. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. UnityDaytonaBeach.org.

**Dances of Universal Peace** – 1-3pm. Jemila and Mike Felisko lead these simple, meditative and spiritual dances to promote peace and love in our world. No experience or partner needed. Potluck meal afterward. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. UnityDaytonaBeach.org.

## TUESDAY, JULY 17

**Stem Cell Therapy Seminars** – 11am, 2pm & 7pm. Discussion includes: What are stem cells?; identify your condition; can your condition be helped with stem cells? Learn how to be pain free and get your life back. Holiday Inn Daytona Bch LPGA Blvd, 137 Automall Cir. RSVP: 386-271-3208. NeoMatrixMedical.com.

**Introduction to Tapping Wellness Workshop** – 6:30pm. Tapping is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – tapping into your body's own energy and healing power. Free. Mind Body Soul, 821 Canal St, New Smyrna Bch. Preregister: 386-410-2175 or MindBodySoulNSB.com.

## WEDNESDAY, JULY 18

**Stem Cell Therapy Seminars** – 11am, 2pm & 7pm. Discussion includes: What are stem cells?; identify your condition; can your condition be helped with stem cells? Learn how to be pain free and get your life back. Shores Resort Spa, 2637 S Atlantic Ave, Daytona Bch. RSVP: 386-271-3208. NeoMatrixMedical.com.

**Astrology Readings Class** – 5-7pm. Learn about astrology readings with questions and answers. Arrive early. Mystical Expressions of Paradise, LLC, 1014 Reed Canal Rd, S Daytona. Walk-in or RSVP: 386-274-0038.

**Chakra Class** – 7pm. Make a delicious elixir liqueur to balance your chakras, a ritual chakra bath and more. \$25. Spice of Life Herbs, 214 W Beresford Avenue, DeLand. SpiceOfLifeHerbs.net.

**Movie Night: Sedona** – 7pm. A special movie presentation facilitated by Jeannie Hansen. Join for popcorn and to view *Sedona*, an uplifting and thought provoking movie. Part of their Summer Discovery series. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. Info: 386-253-4201 or UnityDaytonaBeach.org.

## THURSDAY, JULY 19

**Introduction to Essential Oils** – 2-3pm. Enhance your daily life with fragrant oils. Learn about the history of essential oils, essential oil safety, which oils to use and how to mix them for best results. Presented by Sharon Cooper, a Dr Josh Axe Certified Essential Oils Coach and NAHA Certified Level I Aromatherapist. Free. Debbie's Health Foods, 3850 S Nova Rd, Port Orange. RSVP: 386-763-7046. DebbiesHealthFoods.com.

**Wonderful Women of Unity** – 6:30pm. Christmas in July is the theme for this monthly women's gathering facilitated by Fran Sanders. Bring a favorite Christmas dish and a wrapped gift (\$10-\$15). Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. Info: 386-253-4201 or UnityDaytonaBeach.org.

**Guided Meditation** – 7pm. With Cheri Flauto. Meditation is a great tool that promotes relaxation in our bodies, balances our emotions and relieves physical and mental distress. Join this journey through body and mind, healing, restoring, relaxing and imagining. \$10. Mind Body Soul, 821 Canal St, New Smyrna Bch. Preregister: 386-410-2175 or MindBodySoulNSB.com.

**Psychic Development Circle** – 7-8:30pm. An ongoing circle with fun and exciting, yet challenging exercises to work with each week. No experience necessary; all levels of development welcome. \$20. The Karma Castle, 1437 N US Hwy 1, Ste C8, Ormond Bch. Register: TheKarmaCastle.com/events.

## SATURDAY, JULY 21

**Morning Reiki Circle** – 10am. All are welcome to join in a guided meditation, prayer circle, and reiki share. RSVP to ensure adequate seating. Parking is available in the fenced in lot. Free. Spice of Life Herbs, 214 W Beresford Ave, DeLand. SpiceOfLifeHerbs.net.

**Sacred Sound Music and Meditation Class** – 10:30-11:30am. Relax, restore and meditate to live ambient music: didgeridoo, flute and harmonium and the sounds of nature by Keith Molyneaux. Donation. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Bch. 386-947-7941. SacredStrengthHealing.com.

**Stem Cell Therapy Seminars** – 11am & 2pm. Discussion includes: What are stem cells?; identify your condition; can your condition be helped with stem cells? Learn how to be pain free and get your life back. Holiday Inn Daytona Bch LPGA Blvd, 137 Automall Cir. RSVP: 386-271-3208. NeoMatrixMedical.com.

**The Essentials of Mediumship Workshop** – 12:30-5:50pm. A one-day intensive workshop designed for your personal and/or professional mediumship development that will cover the essential steps required to become a Medium. \$199. The Karma Castle, 1437 N US Hwy 1, Ste C8, Ormond Bch. Register: TheKarmaCastle.com/events.

**Build Your Own Class** – 2-6pm. Build and take home your own Adirondack style chair from pallet wood. \$100 includes all raw materials and

hardware and light organic refreshments. Natural Concepts Revisited, 142 W ISB, Daytona. Register: 386-341-5068.

## SUNDAY, JULY 22

**Essential Oils for Dogs** – 3-4:30pm. Essential oils for pets have emotional and physical benefits. Learn what you need to know about essential oils for your dog regarding selecting oils, safety, application and benefits of using pure essential oils for your animal companion. For cat lovers there will be some additional information for your furry felines. Free. The Karma Castle, 1437 N US Hwy 1, Ste C8, Ormond Bch. Info: TheKarmaCastle.com.

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## TUESDAY, JULY 24

**Messages and Connections** from Your Loved Ones in the Spirit World – 7-8:30pm. An intimate evening with International Psychic and Medium Carl Seaver. \$30/prepaid, \$45/door. The Karma Castle, 1437 N US Hwy 1, Ste C8, Ormond Bch. Tickets: CarlSeaver.com/?page\_id=549.

## WEDNESDAY, JULY 25

**The Karma Castle Grand Opening Celebration** – 5:30-7:30pm. Come celebrate the grand opening of The Karma Castle, a new center for spiritual growth and intuitive development. 1437 N US Hwy 1, Ste C8, Ormond Bch.

**Guardian Angels** – 7pm. A special presentation by Beth Guiser, Usui reiki master teacher, IET, master instructor of angelic healing and LMT. What is a guardian angel and how do they differ from other spirit guides? How can I tell they are near and how can I connect with them? Discussion and guided meditation. Part of their Summer Discovery series. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. Info: 386-253-4201 or UnityDaytonaBeach.org.

## THURSDAY, JULY 26

**Psychic Development Circle** – 7-8:30pm. An ongoing circle with fun and exciting, yet challenging exercises to work with each week. No experience necessary; all levels of development welcome. \$20. The Karma Castle, 1437 N US Hwy 1, Ste C8, Ormond Bch. Register: TheKarmaCastle.com/events.

**Nutritional Blood Analysis** – 9am-5pm. One drop of blood can reveal nutritional deficiencies, immune system issues, toxicity, yeast overgrowth, parasites and more! \$50. \$10 deposit due at registration, the balance due on testing day. Appt: 386-763-7046. Debbie's Health Foods, 3850 S Nova Road, Port Orange. DebbiesHealthFoods.com.

## FRIDAY, JULY 27

**Wine Tasting Happy Hour** – 4-6pm. Begins Jun 29. Every other Fri. Featuring organic and sulfite free wines; free tastings and food pairings; plus gift raffle and wine discounts. 21 and up. Debbie's Health Foods, 3850 S Nova Rd, Port Orange. 386-763-7046. DebbiesHealthFoods.com.

## SATURDAY, JULY 28

**Mediumship Readings** – 10am-4pm. With Cali; astrology and tarot readings with Connie; astrology readings (natal and compatibility); tarot readings: \$20 (15 min); mediumship: \$60 (30 min). Walk-ins welcome. Mystical Expressions of Paradise, LLC, 1014 Reed Canal Rd, S Daytona. RSVP: 386-274-0038.

**Heart 4 Souls Spiritual Service** – 4-5:30pm. 4th Sat. Speaker Reverend Judi Weaver. Join to celebrate all paths of faith leading to the same fruitful destination of enlightenment and grace of God. A gathering of inspiration, insight, music, guided meditation and healing energy in a loving community family. Donations accepted. UU Church, 56 N Halifax Ave, Ormond Bch. Follow Heart 4 Soul on Facebook.