



## What's up?

**Sunday, November 5th— Open Discussion**

**Sunday, November 12th— Short Film**

**Sunday, November 19th— Guest Speaker Sunny Redmond— Inspirational Speaker**

**Sunday, November 26th— Live Music by Barry Chapman**

**Work The Power of thought so that it works for you. - Tuesdays, November 7,14,21,28 Golden 963-5516**

**Kundalini Yoga - Wednesdays, November 4,11,18,25 4:00– 5:30 PM. Call Jolie @ 704-1464.**

**Essential Oils-Learn the basics - Thursday, November 9th 6:30 PM. India Barlow and Lars Skogen 925-2259**

**“Ascension Pathways and 11:11 light Activation Ceremony”- Saturday, November 11th 6:00 PM \$15.00 Call Golden 963-5516**

**Drawing Class - Thursdays, November 2,9,16,30, 12:30 PM—3:30 PM Alice Gustafson 928-8602**

**Sunshine Yoga - Sundays November 12,19,26 8:30 AM - 9:30 AM Energize your body, clear your mind & set your intentions for your day. Bring your own mat, NO FEE call Malika 948-3315**

**Movie Night - Saturday, November 18th 7:00 PM “Down The Rabbit Hole” PART ONE in depth look at “What The Bleep” For information call Joseph 945-8812**

**Celebrate Starting our 8th year—Sunday, 12:00 Noon November 19th El Jebowl Bowling Pizza Party, Free to all. Please Notify Joseph 945-8812. We need to know how many lanes to reserve.**

### Notes from the universe - Mike Dooley

Do you know what the one question is, that we hear the most from those who've made big dreams come true? You know, once the floodgates burst open, torrents are unleashed, and they're swimming in laughter, friendships, and dinero? In the very same moments that it seems the entire world is beating a path to their door with more love, appreciation and opportunities than they've ever known?

"What *on earth* did I *ever* do to deserve so much?"

And we're usually, like, "Dude, you visualized."


The Universe

# November 2006

## A Spiritual Center

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Carbondale, CO 81923

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 4:00-5:30 PM Kundalini Yoga Jolie 704-1464	2 12:30 PM Drawing Class Alice 928-8602	3	4
5 10:00 AM Inspirational Services	6	7 6:45-9 PM Workshop Golden 963-5516	8 4:00-5:30 PM Kundalini Yoga Jolie 704-1464	9 12:30 PM Drawing Class Alice 928-8602  Essential Oils Learn The Basics Lars Skogen, India Barlow 925-2259 6:30PM	10	11 <i>Workshop</i> 6:00 PM <i>Golden 963-5516</i> <i>Ascension, 11:11</i>
12 10:00 AM Inspirational Services Short Film  Sunshine Yoga 8:30 AM- 9:30 AM Malika 948-3315 NO CHARGE	13	14 6:45-9 PM Workshop Golden 963-5516	15 4:00-5:30 PM Kundalini Yoga Jolie 704-1464	16 12:30 PM Drawing Class Alice 928-8602	17	18 <i>Movie Night</i> <b>"Down the Rabbit Hole"</b> 7:00 PM 
19 10:00 AM Inspirational Services Sunshine Yoga 8:30 AM- 9:30 AM Malika 948-3315 NO CHARGE <b>BOWLING AFTER SERVICE</b>	20	21 6:45-9 PM Workshop Golden 963-5516	22 4:00-5:30 PM Kundalini Yoga Jolie 704-1464	23 	24	25
26 10:00 AM Inspirational Services Live Entertainment Barry Chapman  Sunshine Yoga 8:30 AM- 9:30 AM Malika 948-3315	27	28 6:45-9 PM Workshop Golden 963-5516	29 4:00-5:30 PM Kundalini Yoga Jolie 704-1464	30 12:30 PM Drawing Class Alice 928-8602		