**Essential Happenings**

**Thursday, July 6th**

**Step Into Your Higher Self Meditation**, 6:15-7:15pm Stones & Stuff, 556 Congress Street, Portland. If you have been working towards your own self-healing and are on the brink of wanting to manifest your desires, now’s the time to jump in and make it happen. Imagine, engage, enhance, and integrate! In this ceremony, Heather is going to facilitate a group journey to help those of you who want to integrate your higher self. With the assistance of Lollite, you will engage your senses, amplify your Third eye, and enhance your imagination to visualize the life that you want, step into that life, and live your dream. Lollite stone, live drumming, and energy work included. Ceremony led by Heather Nichols. $20/person. Call 207-874-0789 or stop by the store to register.

**Friday, July 7th**

**Maine Yoga Fest, July 7 to 9**

East End Community School, 195 North Street, Portland. Maine YogaFest is a premiere wellness event for the Maine community to come together, celebrate the healing powers of yoga and encourage a healthy, peaceful and compassionate way of living. The festival offers a diverse program allowing participants to try a wide range of yoga styles by a variety of teachers. For more information, visit: www.maine yogafest.com

**Tuesday, July 11th**

**Past Life Regression… Who Were You Before?, 6:30-8:30pm**

Center for Balanced Living, 74 Lunt Road, Falmouth. This is a group experience and the session begins with hypnosis. This deep state of relaxation holds great potential for healing because it works with your subconscious mind. Led by Dawn Noel Schmidt, she will bring you back to a childhood memory and then to a past life. $35/person. You must pre-register at: www.schedulicity.com/scheduling/BSH3LQ (click on Workshops).

**Wednesday, July 12th**

**Entrepreneur Workshop:**

**Face Your Business Fears, 8:30-11:30am**

Center for Balanced Living, 74 Lunt Road, Falmouth. Isn’t it time to get unstuck, destress, and stop feeling yucky about your business? During this workshop you will gain a better understanding of the things that might be standing in your way and discover how to move forward in a positive, powerful direction as you build your business. You will walk away with: tips and tricks for keeping calm, even in stressful situations (like networking!); less fear and more excitement about the possibilities ahead in your business; new like-minded friends who are ready to help you move forward; and a better understanding of how to move gracefully through the places where you are feeling stuck in your business. $75/person. This is the 1st workshop in a series of 6. Register at: www.bravemovesworkshop1.eventbrite.com

**Saturday, July 15th**

**The Magic of Quartz, 10:00am-12:00pm**

Stones & Stuff, 556 Congress Street, Portland. Clear Quartz is an all-purpose crystal. It can heal, transmit, remove and clear energetic blocks while also assisting in manifestation of your desires through programming the crystal. In this two hour workshop you will learn the science and spirit of this magnificent tool from nature including how it grows, how you can use it to clear chakras, how you can use it to clear spaces and homes, and how the Quartz can be programmed. Taught by Heath Nichols. $25/person, includes a Quartz crystal. Call 207-874-0789 or stop by the store to register.

**Saturday, July 22nd**

**Akashic Records Class, 10:00am-5:15pm**

(This is a 2-day class, continuing on Sunday, July 23, 12:00-6:00pm) Center for Balanced Living, LLC (gathering room), 74 Lunt Rd., Falmouth. In the first half of the class, you will learn about the history of the Akashic Records and how the Records can be used most effectively. You will learn, and practice, reading your own Records. In the second half of the class, you will learn to read the Akashic Records of others. You will learn the philosophy of reading others’ Records, including why you might want to read another’s Records and ethical considerations when doing so. We’ll also cover mediumship and past life readings. You will have plenty of practice reading your own Records as well as the Records of fellow participants. *Tea and snacks will be provided. Bring a lunch - there is a refrigerator and microwave for your food. $250/person. Register at: https://akashicrecordclass.eventbrite.com

**Tuesday, July 25th**

**Energy Share, 4:15-5:45pm**

Stones & Stuff, 556 Congress Street, Portland. This is a class for current practitioners and beginners alike. Each person will lay fully clothed on the massage table and receive a 20-minute energy work session performed by the group. Learn how to assess and balance chakras using various modalities such as crystal work, energy work, sound energy, shamanic methods, and more. Leave balanced with a new understanding of yourself, with a new spiritual community, and with the knowledge of energy work. Class led by Lauren. $20/person. Call 207-874-0789 or stop by the store to register.

**Saturday, July 29th**

**Tough Mountain Challenge**

Based at Sunday River Resort in western Maine, the Tough Mountain Challenge is an adventure obstacle race that tackles alpine terrain and throws in natural and man-made challenges. It’s just four miles in length, but when you’re running up a mountain under an arsenal of snow guns or scrambling through the mud it will feel much longer and live up to its name. The Tough Mountain Challenge is a timed event, but it’s not about whether you finish first or last - it’s about testing yourself and pushing your limits then celebrating your accomplishment once you cross the finish line. The Tough Mountain Challenge is limited to fixed number competitors in each heat to keep the race from feeling too crowded and ensure everyone has a great time. For more information, visit: www.toughmountain.com

**Wildlife Encounters, 11:00am**

Maine Wildlife Park, 56 Game Farm Road, Rt. 26, Gray. Conservation is no longer just a local issue - so bring the family to visit with “Global Cousins of our Native Maine Species!” Several live “cousins” of our native Maine wildlife will be on hand to learn about and photograph. Their unique messaging focuses on sharing awareness concerning issues affecting Animals – People – Earth. www.mainewildlifepark.com

**Saturday, August 5th**

**Reiki Level I Attunement (Self-care), 10:00am-1:00pm**

Stones & Stuff, 556 Congress Street, Portland. Level I Reiki attunement at Stones and Stuff is all about self-care and feeling the universal love inside of you. Sara holds space for Usui lineage and the highest good to lead as we integrate Reiki wisdom. Every attunement is unique because each light being is unique. The constants are intention, Reiki manuals (given prior to attunement for reading), a personalized essential oil blend and a daily self-practice to continue your Reiki growth. Join us and strengthen your body’s ability to heal itself. Snacks, water and tea are provided. 1 hour energy work session with Sara prior to attunement required. $175/person. Call 207-874-0789 or stop by the store to register.

**The Life of the Honeybee, 11:00am**

Maine Wildlife Park, 56 Game Farm Road, Rt. 26, Gray. Learn about the industrious life of the honey bee, & the role of the beekeeper. Parts of the bee hive & beekeeping equipment will be on display & experienced bee keepers will be available to answer your questions. A variety of delicious native Maine honey & other natural products from the hive will be on sale. www.mainewildlifepark.com
Entrepreneur Workshop: Engaging Customers with Your Values, Voice & Story, 8:30-11:30am Center for Balanced Living, 74 Lunt Road, Falmouth. To engage potential customers, there is nothing more powerful than sharing your story. Telling your story can be a vulnerable (sometimes scary!) adventure, but storytelling is a skill that business owners must be using in this fast-paced social media world in order to build authentic connections with customers and partners. When you understand your story, what’s unique about you, what your voice sounds like, and what people truly value about what you do, you will be poised and ready to create content that will inspire and entertain your target audiences. You will walk away with: tips and tricks for engaging people with your story more effectively on social media channels and in real-life scenarios; a better understanding of how people are finding you and what they’re really looking for; and more confidence and clarity around your story and the power it has to move customers to “buy”. $75/person. This is the 2nd workshop in a series of 6. Register at: www.bravemovesworkshop2.eventbrite.com

Thursday, August 10th
Tarot Major Arcana, 6:00-8:00pm
Stones & Stuff, 556 Congress Street, Portland.
Develop a relationship with Tarot -- this workshop is to help you develop an intimate relationship with your Tarot cards. Learn them in your shadow and light and how the different perspectives of you are reflected. Learn to use them not only for reading, but also as archetypes to help guide you from problem to solution. Taught by Heather Nichols. $40/person ($75 if registering for Major & Minor Arcana classes together). Call 207-874-0789 or stop by the store to register.

Saturday, August 12th
Attean Family Pow Wow, starts at 9:30am (all day, rain or shine – also held Sunday, August 13th) Tribal representatives from Maine, New England & around the country will be at the park for two full days with native dancers, drummers, craft vendors, singers & traditional food booths. This year, don’t miss NEW activities, food, music & Grand Entry presented each day. An exciting opportunity to learn more about Native American culture & heritage. www.mainewildlifepark.com

Thursday, August 17th
Tarot Minor Arcana, 6:00-8:00pm
Stones & Stuff, 556 Congress Street, Portland.
Develop a relationship with Tarot -- this workshop is to help you develop an intimate relationship with your Tarot cards. Learn them in your shadow and light and how the different perspectives of you are reflected. Learn to use them not only for reading, but also as archetypes to help guide you from problem to solution. Taught by Heather Nichols. $40/person ($75 if registering for Major & Minor Arcana classes together). Call 207-874-0789 or stop by the store to register.

Friday, August 25th
The Life Happens Outside Festival, 6:00-10:00pm (also held Saturday, August 26th, 9:00am-5:00pm) Thompson’s Point, Portland. The Life Happens Outside Festival is a celebration of active, outdoor lifestyles. Learn outdoor skills like knot tying and first aid from over twenty workshops for kids & adults. Check out products & services from industry vendors. Try rock climbing, standup paddleboarding, yoga, trail running and more. There’s a speed climbing contest on the rock wall & a trail race on Saturday morning. Friday night kicks off with a party, live music and a special screening of the Maine Outdoor Film Festival. Local food, cold beer & lots to do! Bring the family. The little ones will love the Kids Village. www.lifehappensoutside.org

Ongoing
Tuesdays
Mid-week Summer Writer’s Workshop, 12:00 - 1:30 PM Gathering Room, Center for Balanced Living, LLC, Suite 206, 74 Lunt Rd, Falmouth. This series is designed to provide a supportive environment for those who want to work on a writing project. We will meet for an hour and a half and dedicate the bulk of that time to writing and some to sharing our work. It is open to writers of all genres and abilities. This is not an instructional course. Drop-in rate $5. Please call ahead if you are coming. 781-5100 or you can register on-line at https://www.schedulicity.com/scheduling/BSH31LQ.

SUP Yoga, July 6 to September 5, 5:30-7:00pm East End Beach (at end of Cutter Street), Portland. Presented by Portland Paddle. If you enjoy yoga and you like being on the water, you’ll probably have a blast trying out SUP Yoga at the East End Beach this summer. You don’t need to be an expert yogi or an expert paddler. All experience levels are welcome. Limited spots available, so advanced registration is strongly recommended by calling 207-370-9730. $25/person or $18 if you have your own board. www.portlandpaddle.net

Fridays
Soul Café, Celebrating and Encouraging Creative Community, 6:30-7:30pm NOW on THIRD FRIDAYS, Center for Balanced Living, LLC Lunt Auditorium, 74 Lunt Rd, Falmouth, ME. Join us each month as we feature a performer who will engage the audience in an uplifting and creative experience. New theme each month. Refreshments, Donations. RSVP: 781-5100 so we can best prepare.

Successful Balanced Living Radio Show, WMPG 90.9 FM Weekly, 1:00-1:30pm. Tune in to hear our own Marketing Director, Lynda Adams (aka Host L.A.), interview weekly guests who will share their knowledge to help you take the steps needed to find fulfillment and success in all areas of your life: physically, mentally and spiritually. Also listen to live stream or to previously aired shows at www.successfulbalancedliving.com. Contact Lynda directly at lynda@essentiallivingmaine.com if you would like to be considered as a guest.