

Metaphysical Metro

Mon Nov 28, 2016

All day Metaphysical Metro

Mon Nov 28, 2016 - Tue Nov 29, 2016

Where: <http://MetaphysicalMetro.online/>

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Metaphysical Metro puts the pieces together for you, providing information for DFW classes, workshops, groups, gathering, meditations, fairs and a whole host of events related to holistic health, wellness, spirituality, consciousness, metaphysics, spiritual awareness and more. Visit Metaphysical Metro online and catch short video highlights Monday, Wednesday and Friday. The link is simple: MetaphysicalMetro.online <http://MetaphysicalMetro.online/>
Subscribe: https://www.youtube.com/subscription_center?add_user=nursehealervideo

10am - 1pm

Custom Readings/Listenings with both, Marilyn & Tohmas Twintrees! + GDV Machine

Where:

Crystal Source - 441 W. Bedford Eules Rd., Shady Oaks Shopping Mall - Hurst, TX 76053

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/CrystalSource/events/235378784/> Crystal Source: The Body Mind Spirit Connection www.thenewenlightenmentsite.com click here for reading information and descriptions!

10am - 1pm

GDV Gas Discharge Visualization Readings by the Twintrees new technology

Where:

Crystal Source - 441 W. Bedford Eules Rd., Shady Oaks Shopping Mall - Hurst, TX 76053

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/CrystalSource/events/235526441/> Crystal Source: The Body Mind Spirit Connection GDV Sessions The GDV machine is a Russian technology that is a massive evolvement of the original Kirlian camera technology. It is actually a v...

7pm - 8pm Beginners Salsa Class! Monday 7pm \$10

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Beginners Salsa Class! Monday 7pm \$10 My Salsa Dance & Fitness Studio, 522 W. Harwood Rd, Hurst, TX <https://www.meetup.com/Salsafreaks/events/235770237/> If you wish to learn Salsa, this is the perfect starting place. Every Monday we will go over the very basics of Salsa and continue onto a beginner combination which may include turns, cross body leads and more... This is a Beginner level class and we aim to comfortably teach everyone as much as possible in every class.. When you are ready to advance please inquire about Intermediate classes or private lessons. No partner needed for this class. \$10 per person 7pm - 8pm My Salsa 522 W,. Harwood rd Hurst. Tx 76054 Call Kane for more info

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

7pm - 8:30pm Hatha Yoga

Where: Cosmic Cafe, 2912 Oak Lawn Ave, Dallas, TX 75219

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Hatha Yoga Mondays 7:00 PM to 8:30 PM Cosmic Cafe 2912 Oak Lawn Ave Dallas, TX 75219 <http://www.CosmicCafeDallas.com> A universal restorative level meant for all age groups and backgrounds.

7pm - 8:30pm Restorative Yoga with Madeline (class is full!)

Where: Atma Bhakti Yoga Center, 6315 Lindsley Ave, Dallas, Texas 75223

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Atma Bhakti Yoga Center, 6315 Lindsley Ave, Dallas, Texas 75223 <http://atmabhaktiyoga.org/>

7:30pm - 10:30pm Messages from The Masters of Light

Where: Home of Cathy Reeder - 2821 Cobre Valle Ln. - Plano, TX 75023

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Messages-from-the-Masters-of-Light/events/qngrrhyvpblc/> Messages from the Masters of Light Greetings, Beloved Earth Angels. I hope you can join us as we gather together to share channeled messages from Archangels, Ascended Masters, and ...

7:30pm - 8:30pm POLE FITNESS at Vivé by Design in Arlington

Where: Vivé by Design, 2704 W Park Row Dr, Arlington, TX 76013

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

POLE FITNESS at Vivé by Design in Arlington Mondays 7:30 PM to 8:30 PM Vivé by Design, LLC Fitness & Dance Studio 2704 W Park Row Dr, Arlington, TX 76013 <http://vivebydesign.com/> <https://www.meetup.com/Get-Fit-Get-Confident-and-Love-Yourself/>

7:30pm - 8:30pm Sound Healing Meditation Class

Where: Dhyana Yoga Center, 3131 Custer Rd, Ste 265, Plano, Texas 75075

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Sound Healing Meditation Class <http://www.dhyanayogacenter.com/> Join us on a sound healing journey Monday nights at 7:30 pm! Using crystal bowls, gongs, and toning with her voice, Kendra will guide you through the meditation to a state of simply being in the present, allowing your mind to open to positive affirmations and creating a thought pattern to revert back to throughout the week. Every week we will focus on a different affirmation in the meditation and then apply it to our week. We hope to see you there. Blessings! Please bring anything you need to help you create a nest of comfort for your experience (eye pillows, blankets, etc.)

----- <http://www.dhyanayogacenter.com/>

Metaphysical Metro

Tue Nov 29, 2016

8:30am - 11:30am Pay it Forward Networking (Plano)

Where: US Memory Care - 3690 Mapleshade lane - Plano, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Pay-it-forward-Business-Referral-Network/events/hqjdvlyvpbmc/> "PAY IT FORWARD" Business Referral Network We are the "Pay it Forward" business referral group and one of the fastest and most successful referral groups in North Texas. We are not like...

9am - 10am Gentle Yoga with Mara

Where: Atma Bhakti Yoga Center, 6315 Lindsley Ave, Dallas, Texas 75223

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Atma Bhakti Yoga Center, 6315 Lindsley Ave, Dallas, Texas 75223 <http://atmabhaktiyoga.org/> A gentle yoga class is for everyBODY of every fitness level. It is derived from traditional Hatha Yoga to improve body awareness and consciousness. We use gentle stretches and strength building poses. Props and balls are used therapeutically. Physical movement is integrated with concentration and breathing exercises. Good for beginners and experienced practitioners. Good for anyone wanting a slower and quieter healing practice, in order to cultivate inner radiance and well-being. Price: \$10

12pm - 2pm Tuesday Luncheon at Mystic Mandala - Free Event

Where: Mystic Mandala - 3131 Custer Rd, Suite # 265 - Plano , TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/HolisticFestivalofLife/events> North Texas Holistic Festival of Life Are you looking for ways to connect with other passionate people? Do you have a special gift or service you want to share with the community? Do you simply want to eat lunch with your friends? Every Tuesday Mystic Mandala gathers for a potluck style luncheon. We share about ourselves dreams and whatever the moment brings to us. We desire collaborate on community events and discuss ways to support one another in pursuing our own goals and dreams. When 12-2pm What to bring... Small dish to share but not required... 2nd floor at Custer Park Shopping Center - Custer and Parker Intersection

5:30pm - 6:30pm Restorative Yoga with Mara

Where: Atma Bhakti Yoga Center, 6315 Lindsley Ave, Dallas, Texas 75223

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Atma Bhakti Yoga Center, 6315 Lindsley Ave, Dallas, Texas 75223 <http://atmabhaktiyoga.org/>

Metaphysical Metro

6pm - 7pm Zumba at Vivé by Design in Arlington

Where: Vivé by Design, 2704 W Park Row Dr, Arlington, TX 76013

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Zumba at Vivé by Design in Arlington Tuesdays 6:00 PM - 7:00 PM Vivé by Design, LLC Fitness & Dance Studio 2704 W Park Row Dr, Arlington, TX 76013 <http://vivebydesign.com/> <https://www.meetup.com/Get-Fit-Get-Confident-and-Love-Yourself/> What to expect: Monday we do 30 minutes of Cardio and 30 mins of toning. Tuesday we do a full hour of Zumba. Our goal is to help you get out of your shell! To step out of your comfort Zone an move! I want you to first gain confidence in you, second, get fit and healthy and most of all LOVE YOURSELF!!! People of all fitness levels welcomed! Don't let a health condition be your excuse let it be your reason!!! :) We will have a great time!!!! Tuesday and Thursday at 6 pm!!!! Thursday at 8pm and Saturday 10 am and 11 am If you can't attend a class I can come to you and your friends!!! Now what is your excuse? Visit our website www.vivebydesign.com View our video to get an idea of all our classes <http://youtu.be/EhPOO6Mi00A->

6:30pm - 8pm

Mind and Meditation: Intro to the Happiness Program by Art of Living Foundation

Where: Art of Living Center, 1404 Walnut Hill Lane #104, Irving, TX 75038

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Mind and Meditation: Intro to the Happiness Program by Art of Living Foundation Tuesdays 6:30 PM Art of Living Center DFW Metroplex 1404 Walnut Hill Lane #104, Irving, TX 75038 <http://www.meetup.com/ARTOFLIVINGDALLAS> Our lives are a result of the thoughts in our mind. How can we make this law work for us so we can create the lives we want? An internationally acclaimed seminar based on innovative breathing techniques that can reduce stress and heighten mental clarity and awareness. The seminar integrates modern methods with ancient wisdom to help individuals lead a more fulfilling and productive life. The techniques and processes introduced during the seminar are easy to learn and practice, improving human performance in the workplace, creating a greater sense of commitment and team unity, improved relationships, and enhancing overall quality of life. Workshop includes: * An interactive talk focusing on breathing techniques that release stress and heighten mental clarity and awareness. * Experience inner peace through yoga and meditation * The tendencies of the mind * Sources of energy * The science & secrets of breath * Nature of stress * Benefits of breathing techniques * Experience Meditation and more In the MIND & MEDITATION session we will learn about the laws that govern our minds, understand how meditation can be a key tool to help us leverage this fact, and learn how we can more easily tap into the benefits of meditation by using our breath. <http://www.meetup.com/ARTOFLIVINGDALLAS>

7pm - 8pm Meditation Class

Where: The Spirit Within, 6012 Reef Point Lane Suite G, Fort Worth, Texas 76135

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Meditation Class <https://www.facebook.com/events/377272032617668/> Meditation is easier than you think. Many people try to meditate and think they aren't doing it right, or they have difficulty quieting their mind. Join this class for a simple approach to mastering the beneficial practice of mediation. Meditation can help reduce stress, can enhance intuition and can enhance clarity. This one hour is both relaxing and informative. Call or text 817-995-7755 to reserve your space. Class only \$20. <https://www.facebook.com/MeditationAndBeyond/>

Metaphysical Metro

7pm - 10pm Meets on Tuesdays now! Mediumship practice group

Where:

Crystal Source - 441 W. Bedford Eules Rd., Shady Oaks Shopping Mall - Hurst, TX 76053

Calendar: Metaphysical Metro**Created by:** Mary Catherine Miller**Description:**

For full details, including the address, and to RSVP see: <https://www.meetup.com/CrystalSource/events/230726631/> Crystal Source: The Body Mind Spirit Connection Cost \$15

7pm - 9pm New Moon Women's Gathering with Christina Vargas

Where: SYNC Yoga & Wellbeing, 1888 Sylvan Ave, Ste F-250, Dallas, Texas 75208**Calendar:** Metaphysical Metro**Created by:** Mary Catherine Miller**Description:**

New Moon Women's Gathering with Christina Vargas <https://www.facebook.com/events/368821900128609/> This event features a gratitude/despacho and fire ceremony. We'll use all the elements of nature, along with the senses of touch and sight, to bring an offering of gratitude to support and place us in a right relationship with ourselves and panchamama - Mother Earth. Please join us! \$20 in advance, \$25 at the door. <https://www.facebook.com/syncdallas/> <http://www.syncdallas.com/>

7pm - 8:30pm Radiant Yoga

Where: Cosmic Cafe, 2912 Oak Lawn Ave, Dallas, TX 75219**Calendar:** Metaphysical Metro**Created by:** Mary Catherine Miller**Description:**

Radiant Yoga Tuesdays 7:00 PM to 8:30 PM Cosmic Cafe 2912 Oak Lawn Ave Dallas, TX 75219 <http://www.CosmicCafeDallas.com> We will be upstairs in the meditation center Reactivate your inner radiance through the physical center. Duration of 90 minutes arriving at a deep witnessed stillness.

7pm - 9pm SignsInLife Astrology Discussion with Thaddeus Fenner

Where:

Crystal Source - 441 W. Bedford Eules Rd., Shady Oaks Shopping Mall - Hurst, TX 76053

Calendar: Metaphysical Metro**Created by:** Mary Catherine Miller**Description:**

For full details, including the address, and to RSVP see: <https://www.meetup.com/CrystalSource/events/> <https://www.meetup.com/SignsInLife-Astrology-DFW/events/> Welcome to the SignsInLife Astrology regular meeting spot at Crystal Source--twice a month on the 2nd and 4th Tuesdays--for all things related to astrology every other Tuesday from 7pm to approximately 9pm at Crystal Source beginning Oct 11th, 2016. If you are new to astrology please bring an accurate time of birth for your complimentary chart. We will discuss many astrological techniques and their uses as well as looking into the astrology of the upcoming months. With regard to the current month and month ahead, we will be looking at those astrological energies more in depth at the beginning of the class, more specifically focusing in on the new and full moon and major planetary aspects. Also, we will be sharing more and more astrological info with the group as the group grows. Observation and experience are great teachers so thank you in advance for your individual contributions! We will look at beginner techniques through the advanced stuff, in addition to discussing all of the professional astrology software ins and outs, relevant text books, magazines, larger astrological societies, conferences and gatherings, future classes, etc. \$5 per person--no cc's please! We almost always have a bit of time for some personal questions during the class but please be considerate of others as our meeting time is limited. Also, if you are interested in getting a more solid foundation on the basics as quickly as possible, please let me know as weekend workshops are available for beginners and will be scheduled quarterly--please see the calendar for further details. Thank You and Many Blessings! Thaddeus

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

7pm - 9pm Sweet B's Attitude of Gratitude - November

Where:

Wonderfully Made Craft Studio, 5411 Basswood Boulevard, Suite 217, Fort Worth, TX 76137

Calendar: Metaphysical Metro**Created by:** Mary Catherine Miller**Description:**

Sweet B's Attitude of Gratitude - November Tuesday November 29 7:00 PM to 9:00 PM Wonderfully Made Craft Studio, 5411 Basswood Boulevard, Suite 217, Fort Worth, TX 76137 <https://www.meetup.com/Wonderfully-Made-Crafters/events/235631325/http://wonderfullymadecraftstudio.com/> Let's make 2017 The Year of Gratitude! With all of our communicating through modern technology, person-to-person relationships can sometimes get lost. In this monthly class, we will make a variety of small tokens of gratitude that you can give to friends, family, and randomly to those who serve you, make you smile, or look like they need a hug. We'll make something different each month! Things like tags, bags, cards... just a fun variety of ways to say thank you! They can be totally anonymous if you choose. How fun to leave a little thank you the next time you go out to eat, or even in the drive thru! You will be amazed at all the opportunities you will have to share gratitude. Don't forget to join Sweet B's Monthly Planner Class to remind you to share your Attitude of Gratitude! Instructor: Tina Brown Cost: \$25/participant Sign up here <https://squareup.com/store/wonderfully-made-craft-studio/item/sweet-b-s-attitude-of-gratitude-november-th-pm-pm> <https://www.facebook.com/WonderfullyMadeCraftStudio/>

7pm - 8pm Total Body Fitness with Felicia at Vivé by Design in Arlington

Where: Vivé by Design, 2704 W Park Row Dr, Arlington, TX 76013**Calendar:** Metaphysical Metro**Created by:** Mary Catherine Miller**Description:**

Total Body Fitness with Felicia at Vivé by Design in Arlington Tuesdays 7:00 PM to 8:00 PM Vivé by Design, LLC Fitness & Dance Studio 2704 W Park Row Dr, Arlington, TX 76013 <http://vivebydesign.com/> <https://www.meetup.com/Get-Fit-Get-Confident-and-Love-Yourself/>

7pm - 9pm Weekly Meditation & Dharma Gathering

Where: Unity of Dallas - 6525 Forest Lane - Dallas, TX**Calendar:** Metaphysical Metro**Created by:** Mary Catherine Miller**Description:**

For full details, including the address, and to RSVP see: <https://www.meetup.com/DallasShambhalaMeditationCenter/events/235792903/Dallas-Shambhala-Meditation-Center> Share the energy of group sitting and walking meditation, enjoy tea and good company, and take in the week's dharma discussion. Newcomers are...

7:30pm - 8:45pm New Moon Circle

Where: Your Spirit Sparkle, 112 N Dallas St, Ennis, Texas 75119**Calendar:** Metaphysical Metro**Created by:** Mary Catherine Miller**Description:**

New Moon Circle <https://www.facebook.com/events/1684845308499110/> Have you ever wanted to sit around a campfire with a bunch of your girlfriends and share stories, and wisdom and leave feeling better deep down in your soul? Our Full Moon Circles are where you belong. Join us for an evening as we circle around the candlelight and connect with each other and ourselves. This is a fun, sacred event in the heart of Ennis, Texas. \$25 to join. Party favors and snack are provided! No kids, please. <http://yourspiritsparkle.com/> <https://www.facebook.com/YourSpiritSparkle/>

Metaphysical Metro

8:15pm - 9:15pm Pole Fitness at Vivé by Design in Arlington

Where: Vivé by Design, 2704 W Park Row Dr, Arlington, TX 76013

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Pole Fitness at Vivé by Design in Arlington Tuesdays 8:15 PM Vivé by Design, LLC

Fitness & Dance Studio 2704 W Park Row Dr, Arlington, TX 76013 <http://vivebydesign.com/> <https://www.meetup.com/Get-Fit-Get-Confident-and-Love-Yourself/>

Wed Nov 30, 2016

All day Metaphysical Metro

Wed Nov 30, 2016 - Thu Dec 1, 2016

Where: <http://MetaphysicalMetro.online/>

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Metaphysical Metro puts the pieces together for you, providing information for DFW classes, workshops, groups, gathering, meditations, fairs and a whole host of events related to holistic health, wellness, spirituality, consciousness, metaphysics, spiritual awareness and more. Visit Metaphysical Metro online and catch short video highlights Monday, Wednesday and Friday. The link is simple: MetaphysicalMetro.online <http://MetaphysicalMetro.online/>
Subscribe: https://www.youtube.com/subscription_center?add_user=nursehealervideo

9:30am - 10:30am Gentle Yoga with Mara

Where: Atma Bhakti Yoga Center, 6315 Lindsley Ave, Dallas, TX 75223, USA

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Atma Bhakti Yoga Center, 6315 Lindsley Ave, Dallas, Texas 75223 <http://atmabhaktiyoga.org/>

A gentle yoga class is for everyBODY of every fitness level. It is derived from traditional Hatha Yoga to improve body awareness and consciousness. We use gentle stretches and strength building poses. Props and balls are used therapeutically. Physical movement is integrated with concentration and breathing exercises. Good for beginners and experienced practitioners. Good for anyone wanting a slower and quieter healing practice, in order to cultivate inner radiance and well-being. Price: \$10

3pm - 8pm Dallas Stands with Standing Rock - 2 (#noDAPL)

Where: Energy Transfer Partners, 8111 Westchester Drive, Dallas, Texas 75225

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Dallas Stands with Standing Rock <https://www.facebook.com/events/980464625391849/>

This is a PEACEFUL PROTEST. Any violence, threats or hate speech will not be tolerated and is in no way associated with the mission of this group or event. The event will take place on the sidewalk in front of the company headquarters responsible for funding the Dakota Access Pipeline (8111 Westchester Dr. Dallas, TX). PLEASE INVITE YOUR FRIENDS AND SPREAD THE WORD!!! ♥ Event Rules: - DO NOT PARK IN EMPLOYEE PARKING (there is plenty of street parking) - NO VIOLENCE, THREATS or HATE SPEECH - DO NOT STEP ON THEIR PROPERTY - Remain on the sidewalk! - NO Guns - NO Masks - NO Drugs - Bring water!! - SPREAD THE WORD!!! ♥ <https://www.facebook.com/pages/Energy-Transfer-Partners/1102247373183539>

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

6:30pm - 8pm Meditation & Awareness Group

Where: Holistic Connections - 207 W Marvin Ave - Waxahachie, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Holistic-Connections/events/mgzczlyvpbnc/> Holistic Connections My passion is to help those seeking spiritual Healing and Guidance. Are you having trouble focusing and getting your mind to quiet down? Do you...

6:30pm - 7:30pm Messages From The Body

Where: Atma Bhakti Yoga Center, 6315 Lindsley Avenue, Dallas, TX 75223, United States

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

The body doesn't lie. Our bodies tell the Story of our entire lives. By studying our breathing and movement patterns, We can unfold the messages the body is trying to tell us. Sometimes these Messages are quiet, like a hunched up shoulder or sore lower back. Or they can be quite loud, formulating dis-ease to get our attention. Messages from the Body classes will help you to discover more about the habitual holding patterns that can Limit movement and breath and let's face it, life. Developing a personal Practice around transforming these patterns, will bring our body and minds to Freedom. Facilitator: Eileen Maxey

7pm - 8pm

AMERICAN TRIBAL STYLE BELLY DANCE at Vivé by Design in Arlington

Where: Vivé by Design, 2704 W Park Row Dr, Arlington, TX 76013

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

AMERICAN TRIBAL STYLE BELLY DANCE at Vivé by Design in Arlington
Wednesdays 7:00 PM to 8:00 PM Vivé by Design, LLC Fitness & Dance Studio 2704 W Park Row Dr, Arlington, TX 76013 <http://vivebydesign.com/> <https://www.meetup.com/Get-Fit-Get-Confident-and-Love-Yourself/>

7pm - 10pm CHANGE YOUR AURA CHANGE YOUR LIFE - NEW EDITION

Where: Unity of Fort Worth - 5051 Trail Lake Drive - Fort Worth, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Spiritual-Arts-Institute/events/fxwnxlyvpbnc/> Spiritual Arts Institute TX We will begin again at the beginning with a new beginning. Everything you think, feel and do radiates a spiritual energy which exhibits color. This...

7pm - 8:30pm Energy Work: Let Your Subconscious Help Shift Your Troubles

Where: My Heart Reiki - 1113 Hampshire Lane, Suite 8 - Richardson, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Holistic-Energy-Healing-Support/events/234763669/> Holistic & Energy Healing Support Group - DFW Suffering paralysis by analysis? Or just don't know what step to take next? Want to allow your subconscious to provide the shift instead...

Metaphysical Metro

7:30pm - 9:30pm **Rewiring Your Memories into Love, Week 2**

Where: Mystic Mandala - 3131 Custer Rd, Suite # 265 - Plano, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Rewiring Your Memories into Love [https://www.meetup.com/Accessing-Your-Highest-Creation-Energies/events/Mystic Mandala, 3131 Custer Rd, Suite # 265, Plano, TX](https://www.meetup.com/Accessing-Your-Highest-Creation-Energies/events/Mystic-Mandala-3131-Custer-Rd-Suite-#-265-Plano-TX) Let's talk a minute about memory and how it affects your life. For a couple of months I've been having computer problems. I've sent it for warranty service four times and in three of the four cases, the computer has been returned with a note about there being corrupt data in the hard drive. I was thinking today of our class, Rewiring Your Memory Into Love, and suddenly the two things came together: human memory and the issue of corrupt data. Now when my computer has corrupt data on it, everything goes awoul. Each time has it presented itself in a different way, but in each case the computer went from being a very useful tool to an 5-pound anchor. I believe painful memories are a lot like that. First we establish a memory based on how we feel at the time, usually how we feel about ourselves and our place in the world. We experience the event through our filters and store it in a perhaps distorted way. Every time we take it out and replay it, we add a little more distortion. Again, based on how we feel in the moment. And with each replay we have an opportunity to further corrupt not only the memory, but the effect the memory has on our day-to-day lives. It's like data corrupting your hard drive. Now usually when I get that note about there being corrupt data on my hard drive, it means they have wiped the drive clean and I have to completely rebuild my machine. Reloading all the programs and reloading or recreating all the files. Quite a chore but afterwards my computer is once again a useful tool. Hopefully the last time is actually the last time with the issue being actually healed, rather than my just going through repetitive process of bemoaning my fate, sending the computer back and going back to square one. But even that reminds me of how we deal with memories. I'm not suggesting that you need to wipe all your memories clean to be able to function properly, but I do believe that becoming aware of the distortion and how that distortion affects your life can help you cleanup your memory files. And by cleaning them up, you free many of the joyful memories that are parsed along with the painful ones. On Wednesday November 30th, we'll be blessed again with the Divine assistance from the Ancient Beings of the Light. They will bring us both words of wisdom and a great download of frequencies to help clean up our "corrupt memory files." And perhaps best of all, they'll bring a river of love to move our hearts towards that perfect state of Sacred Self Love. I truly hope you'll join us. Remember that you can attend remotely if you don't live in the area or have a schedule conflict. Check in with your heart and see if this is the time for you to make this step. Rewiring Your Memories into Love Wednesday, November 9 and 29 and December 7, 14 and 21 Energy Exchange: \$20 - \$30 as you choose. Lately I've been reminded of the memory and how it shapes our lives even when we feel we have moved past a particular event. As we move into this time of family gatherings, many memories come into play. While there are many experiences of joy and love throughout our lives, we often remember most those of conflict or tension, judgment or separateness. We see the world through our filters and these filters color the experiences themselves by our feelings about ourselves, our feelings about the world around us, the systems of belief we've accepted as our own and many more things. In truth, our memories may have little in common with our actual experiences. Yet these same memories may have great power over future experiences. My personal example: A number of years ago I had an epiphany triggered by one sentence a woman spoke, "My father was in Viet Nam." My daughter's father was in Viet Nam during the last 6 weeks of my pregnancy and the first 4 months of her life. I felt cheated and was jealous of anyone who'd had her husband with her during and after delivery. I felt the passion of that jealousy raise its vibrant green head many times for over 35 years. Yet the instant I heard the words, "My father was in Viet Nam." everything changed. Through those words—which had nothing and yet everything to do with my experience—I saw the reality of my situation as the gift I'd been given. In the time before and after Courtney's birth, I lived with my parents. I was loved and protected, well-fed, nurtured. I was safe. I was given the assistance I so needed and I was given time to really bond with my daughter. It was a gift beyond measure for which I have been tremendously grateful since the words, "My father was in Viet Nam." were spoken. The realization itself made me think of other "memories" and how my way of seeing things could have painted distorted pictures of events throughout my life. In this series, I've asked my Divine Entourage to work with us to clear our filters, to move us out of the sense of victimhood that the memories of hard and painful events have engendered, to help us refocus on the love and joy we've experienced and to allow us to see ourselves as the powerful loving

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9:30pm - 11:30pm Dallas Drum Djam

Where: The Green Elephant, 5627 Dyer St, Dallas, Texas 75206

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Drum Djam goes from 9:30pm till 1:30am 18 and up, burners, hula hoops and skill toys are welcome with cover charge. <http://drumdjam.com/> Drums Dance Dj's Venvors and Artists of all kinds. New Friends , Old friends and people you have yet to meet. Find your feet and move to the beat . Get in the pit and Love someone !!!! The Torch is Lit !!!! \$ 5.00 Investment

Thu Dec 1, 2016

6am - 9pm Go Love Yourself - a personal commitment holiday challenge

Where: SoulSpace Yoga Community, 3425 W 7th St, Fort Worth, Texas 76107

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Go Love Yourself - a personal commitment holiday challenge <https://www.facebook.com/events/681089058727836/> The second annual yogachallenge is here! Go LOVE Yourself - A Personal Holiday YogaChallenge! Your presence is the greatest gift you can give your loved ones during the holidays. Self-care often goes on the back burner between social events, gift shopping, family or volunteering time. We are often lucky to make it to the mat once during the season! At SoulSpace Yoga Community, we believe that to best show up for the other people in your life, you must first show up for yourself. Taking care of yourself is a gracious gift to this world as it brings clarity and presence to all of your interactions. We invite you to join us in a 15 day challenge to yourself that encourages daily self-care. You choose between a daily yoga class or a sauna...or both! December 1 - December 15 The deets: - Sign up by adding your name to the chart in the lobby of SoulSpace - To get your star for the day, take one yoga class OR enjoy 1 sauna session - Can't come to the studio every day? If you take a class AND sauna, or take two back-to-back classes, you will get 2 stars! - Besides fulfilling a personal commitment which feels amazing in and of itself, there's more: - 15 stars = \$15 gift card to SoulSpace - \$20 stars = \$20 gift card to SoulSpace - \$25 stars = \$25 gift card to SoulSpace - The challenge is FREE to enter! You've got this one. You've got nothing to lose and everything to gain. Take part with us to turn the Holiday into a joyous holiday season! <https://www.facebook.com/soulpaceyogacommunity/> <http://www.soulpaceyc.com/>

8:30am - 11:30am "Pay it Forward"- Business Referral Network-Colleyville

Where: US Memory Care - 8100 Precinct line Rd - Colleyville, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Pay-it-forward-Business-Referral-Network/events/> "PAY IT FORWARD" Business Referral Network We are the "Pay it Forward" business referral group and one of the fastest and most successful referral groups in North Texas. We are not like...

6:15pm - 7:30pm Restorative Yoga with Mara

Where: Atma Bhakti Yoga Center, 6315 Lindsley Ave, Dallas, Texas 75223

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Restorative Yoga is a passive practice towards relaxation. <http://atmabhaktiyoga.org/> Simple and gentle positions are created over and around the softness of pillows, blankets and other props. These positions can be held for 5-10 minutes, so that time and relaxed breathing can infiltrate the deeper levels of our senses and organs. Such a pampering practice gives body and mind rest from doing and thinking, allowing muscle tension to loosen and stretch. One feels refreshed and renewed, promoting restful sleep. Price: \$10

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

7pm - 8:30pm Activation of All Senses and the Healing Chamber

Where: Waterview Office Center - 9535 Forest Lane Suite 257 - Dallas, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: [https://www.meetup.com/White-Light-Circle-Open-Forum-All-areTeachers-Students/events/ White Light Circle - Open Forum and Classes](https://www.meetup.com/White-Light-Circle-Open-Forum-All-areTeachers-Students/events/White-Light-Circle-Open-Forum-and-Classes) This is a Full Activation of all of your psychic abilities with the divine Mother and Father spirit. This session will pack a powerful punch and I am told by spirit it is time to fully activate as many as possible who are moving towards the light. The Full Activation works with the sacred Heart Chakra, which is above the Heart Chakra, on a different energy level. You will learn how to meditate and bring all of the love and light into your sacred Heart Chakra, which will light you up!!!! In addition, I have included the Healing Chamber, where you can learn how to heal yourself and others. The most important question you can ask spirit when you need guidance, is "what are my options" and this opens your communication with your loved ones on the other side. Spirit can bring forth the best advice from many of the experts that you can now have available! How to manifest. What are the best times to manifest? Personal relationships and work relationships. The best job for you at this time in your life. All of these areas can be fulfilled in the Universe. This class will be offered the first Thursday of each month. Bring your questions, experiences and share in a safe environment, as we expand your awareness. I will open the class with grounding, meditation to center your system, a short activation with spirit, and opening up to spirit for the correct balancing and centering of your energy field. Please join me and the enlightened! Price: \$30.00 /per person

7pm - 8:30pm Hatha Yoga

Where: Cosmic Cafe, 2912 Oak Lawn Ave, Dallas, TX 75219

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Hatha Yoga Thursdays 7:00 PM to 8:30 PM Cosmic Cafe 2912 Oak Lawn Ave Dallas, TX 75219 <http://www.CosmicCafeDallas.com> A universal restorative level meant for all age groups and backgrounds.

7pm - 9pm SignsInLife Astrology Discussion with Thaddeus Fenner

Where:

Crystal Source - 441 W. Bedford Euless Rd., Shady Oaks Shopping Mall - Hurst, TX 76053

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/CrystalSource/events/> <https://www.meetup.com/SignsInLife-Astrology-DFW/events/> Welcome to the SignsInLife Astrology regular meeting spot at Crystal Source--twice a month on the 2nd and 4th Tuesdays--for all things related to astrology every other Tuesday from 7pm to approximately 9pm at Crystal Source beginning Oct 11th, 2016. If you are new to astrology please bring an accurate time of birth for your complimentary chart. We will discuss many astrological techniques and their uses as well as looking into the astrology of the upcoming months. With regard to the current month and month ahead, we will be looking at those astrological energies more in depth at the beginning of the class, more specifically focusing in on the new and full moon and major planetary aspects. Also, we will be sharing more and more astrological info with the group as the group grows. Observation and experience are great teachers so thank you in advance for your individual contributions! We will look at beginner techniques through the advanced stuff, in addition to discussing all of the professional astrology software ins and outs, relevant text books, magazines, larger astrological societies, conferences and gatherings, future classes, etc. \$5 per person--no cc's please! We almost always have a bit of time for some personal questions during the class but please be considerate of others as our meeting time is limited. Also, if you are interested in getting a more solid foundation on the basics as quickly as possible, please let me know as weekend workshops are available for beginners and will be scheduled quarterly--please see the calendar for further details. Thank You and Many Blessings! Thaddeus

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

7:30pm - 9:30pm Intuitive Insights

Where: SoulTopia Holistic Boutique, Valley View Center, 13331 Preston Road, Dallas, TX 75240

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Intuitive Insights Thursday, November 17th, 7:30pm-9:30pm <http://soultopia.guru/schedule-of-events> Join us this Thursday Night from 7:30-9:30pm for Intuitive Insights with Michelle Welch as we creatively interact to awaken and trust our intuition. The focus in this circle is to awaken and raise your psychic abilities to new levels. Energy Exchange: \$20 Location: SoulTopia Holistic Boutique Valley View Center, inside the mall, 13331 Preston Road, Dallas, TX 75240 (Facing Preston Road between Sears and New China Grille near the AMC Movie Theater)

7:30pm - 8:30pm POLE FITNESS at Vivé by Design in Arlington

Where: Vivé by Design, 2704 W Park Row Dr, Arlington, TX 76013

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

POLE FITNESS at Vivé by Design in Arlington Thursdays 7:30 PM to 8:30 PM Vivé by Design, LLC Fitness & Dance Studio 2704 W Park Row Dr, Arlington, TX 76013 <http://vivebydesign.com/> <https://www.meetup.com/Get-Fit-Get-Confident-and-Love-Yourself/> In the back Parking lot of The Mansion on Park Row on the second floor of 2704.

7:30pm - 9pm Tools for Conscious Living with Angela Torres

Where: Lightworker's Sanctuary - 7336 Main Street - The Colony, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Lightworkers-of-North-Texas/events/pmngxlyvqbc/> Lightworkers of North Texas Tools for Conscious Living offers spiritual tools designed to help you transform your desires into reality by learning how you can begin to disce...

Fri Dec 2, 2016

All day Metaphysical Metro

Fri Dec 2, 2016 - Sat Dec 3, 2016

Where: <http://MetaphysicalMetro.online/>

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Metaphysical Metro puts the pieces together for you, providing information for DFW classes, workshops, groups, gathering, meditations, fairs and a whole host of events related to holistic health, wellness, spirituality, consciousness, metaphysics, spiritual awareness and more. Visit Metaphysical Metro online and catch short video highlights Monday, Wednesday and Friday. The link is simple: MetaphysicalMetro.online <http://MetaphysicalMetro.online/> Subscribe: https://www.youtube.com/subscription_center?add_user=nursehealerverideo

10am - 4pm Dallas Christmas Bead & Jewelry Show

Where: Grapevine Convention Center, 1209 S Main St, Grapevine, Texas 76051

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Dallas Christmas Bead & Jewelry Show <https://www.facebook.com/events/166724273753098/> Annual Christmas Bead & Jewelry Show held at the Grapevine Convention Center, Grapevine, TX. We are open to the public and admission is only \$5. Sorry, no children under 8 years of age.

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

1:30pm - 2:30pm Reduce your stress naturally, the Ayurveda way!

Where: Le Spa Fit, 4209 Colleyville Blvd, Ste B, Colleyville, Texas 76034

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Reduce your stress naturally, the Ayurveda way!<https://www.facebook.com/events/1357523494257714/> This workshop introduces a person to Ayurvedic tips and techniques to stress management naturally. Ayurveda is one of the oldest holistic health sciences in the world. Ayurveda is a unique system of wellness which focuses on the mind-body relation and the importance of balance to ensure health. Explore Ayurveda. Learn the secret to good health in Ayurveda through this interactive Ayurveda wellness workshop. The workshop is presented by Gauri Junnarkar, Ayurveda Practitioner, Registered Licensed Dietitian, Certified Diabetes Educator and Licensed Massage Therapist. www.ayurnutrition.com Duration: 1-1.5 hr
What will I learn: During the workshop, the attendees will learn: • Ayurvedic daily stress relief techniques • Ayurveda body type and dosha balance • Ayurvedic herbs for stress relief
Who can attend: Anyone who is interested in learning about Ayurveda wellness! What to bring: Pen, pencils, notebook to take notes and your positive attitude
Cost of Attendance: \$35 per person (Early bird pricing \$25 if registered by 11/27/2016). <https://www.facebook.com/lespafit/> <http://www.lespafit.com/>

7pm - 9pm First Friday DRUM CIRCLE

Where: Center for Spiritual Living - 4801 Spring Valley Rd Ste 115 - Dallas, TX, USA

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/DFWDrumming/events/xlcmklyvqbdb/> DFW Community Drum Circles Join us for this "First Friday Drum Circle." Bring your drums and percussion instruments. If you don't have any, don't worry, there's plenty...

7pm - 9:30pm Introduction to Spirits: Ghosts 101

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Introduction to Spirits: Ghosts 101 <https://www.facebook.com/events/295874840779952/> This is the first in a series of classes discussing several types of spirits. In this first one we will touch a bit on classifying spirits and then delve into ghosts and even ghost hunting. If there is additional interest I will put together a 201 class on Necromancy. <https://www.facebook.com/HearthWisdomStore/>

Metaphysical Metro

Sat Dec 3, 2016

8:30am - 9:30am

Total Body Fitness Camp with Felicia Starks at Vivé by Design in Arlington

Where: Vivé by Design, 2704 W Park Row Dr, Arlington, TX 76013

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Total Body Fitness Camp with Felicia Starks at Vivé by Design in Arlington Saturdays 8:30 AM to 9:30 AM Vivé by Design, LLC Fitness & Dance Studio 2704 W Park Row Dr, Arlington, TX 76013 <http://vivebydesign.com/> <https://www.meetup.com/Get-Fit-Get-Confident-and-Love-Yourself/> Total Body Fitness Camps are a group-based exercise program designed to burn fat, build lean sexy muscle, and whip you into shape. A variety of calisthenics, resistance training and cardiovascular exercises melts fat and strengthens muscles. I'll use group dynamics to motivate and inspire you to achieve your fat-loss and fitness goals. Positive encouragement and team spirit will motivate you to challenge your limits and achieve new levels of fitness and health. Burn Away Ugly Fat Total Body Fitness Camp routines stimulate fat burning and increase your metabolism for long-term fat burning. You'll shed those excess pounds faster than you've ever imagined. Live Happier, Healthier & Longer Specially-selected exercises strengthen your heart, improve circulation and maximize immune system stimulation. Get sick less often and substantially reduce your risk for heart disease, heart attack, diabetes, cancer, and other life-threatening illnesses. Total body fitness cannot be achieved without proper nutrition so, you'll get practical nutrition hacks & tips to equip you so you know exactly what you should be eating to help you reach your goals.....no boring steamed food either!

10am - 4pm Dallas Christmas Bead & Jewelry Show

Where: Grapevine Convention Center, 1209 S Main St, Grapevine, Texas 76051

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Dallas Christmas Bead & Jewelry Show <https://www.facebook.com/events/166724273753098/> Annual Christmas Bead & Jewelry Show held at the Grapevine Convention Center, Grapevine, TX. We are open to the public and admission is only \$5. Sorry, no children under 8 years of age.

10am - 10:30am Find your Inner Zen Meditation

Where: Le Spa Fit, 4209 Colleyville Blvd, Ste B, Colleyville, Texas 76034

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Find your Inner Zen Meditation <https://www.facebook.com/events/366177477051887/> Join Sophia Mckinney of Serenity Now as she guides you through a meditation session to beat stress and bring focused awareness to the mind and energetic balance to the body. Using a variety of ancient & modern breath and bodywork techniques empowering your health naturally. <https://www.facebook.com/lespafit/> <http://www.lespafit.com/>

10am - 11:30am Hatha Yoga

Where: Cosmic Cafe, 2912 Oak Lawn Ave, Dallas, TX 75219

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Hatha Yoga Saturdays 10:00 AM to 11:30 AM Cosmic Cafe 2912 Oak Lawn Ave Dallas, TX 75219 <http://www.CosmicCafeDallas.com> A universal restorative level meant for all age groups and backgrounds.

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

10am - 12pm Managing Your Mood With Essential Oils

Where: Kindred Coffee Co, 8700 N Tarrant Pkwy, North Richland Hills, Texas 76182

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Managing Your Mood With Essential Oils <https://www.facebook.com/events/1152310094838814/> Kindred Coffee Co, 8700 N Tarrant Pkwy, North Richland Hills, Texas 76182 Life can be stressful, especially around the holidays, but there is a natural solution! Join us to learn how to manage your mood (or the mood of someone you love) naturally using essential oils. FREE emotional blend for new users, prize drawings, essential oil gifts available for purchase, and more! This is a come and go workshop so grab a delicious tea or coffee beverage and stop by anytime between 10am-12pm.

10:30am - 3:30pm Laura E. West Tarot & Tea Card Readings

Where: Prana Haven, 107 South McKinney Street, Richardson, Texas 75081

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Laura E. West Tarot & Tea Card Readings Saturdays from 11:30-3:30 at Prana Haven at 107 S. McKinney St. in Richardson - Relax, shop, soak up the good energy and get your reading! <https://www.facebook.com/PranaHavenLLC/> <http://www.pranahaven.com/> Laura E. West Tarot & Tea Card Readings Cards, Tea, Palmistry, Astrology & Lipsology Prana Haven offers an array of gifts and energy work, and features handmade jewelry, handmade soaps, essential oils as well as Chakra and fair trade items.

12pm - 2pm Animal Communication Gallery with Sandra Larson

Where: Lightworker's Sanctuary - 7336 Main Street - The Colony, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Lightworkers-of-North-Texas/events/228964584/> Lightworkers of North Texas Do you love animals and wish you could understand their messages? Sandra Larson, International Animal Communicator, will assist you. Come and learn...

12:30pm - 5pm Belly Dance Garage Sale

Where: Crescent Moon Belly Dance Studio, 6206 South Fwy, Fort Worth, Texas 76134

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Belly Dance Garage Sale <https://www.facebook.com/events/581233882083560/> The Mother...Goddess of all garage sales. Need to make some extra \$ for the holidays? Bring your gently used belly dance items to Crescent Moon. Set up time is noon & selling time starts at 12:30pm. Bring your table or rent one for \$10. Rent your space to sell your goods for \$20. No entrance fee for shoppers. These garage sales are always a huge success - you don't want to miss out on great bargains! Tables & spaces are limited, reserve yours today!

1pm - 3pm

Everyone welcome to practice Tarot with Lillis & your own tarot-anything goes!!!

Where:

Crystal Source - 441 W. Bedford Euless Rd., Shady Oaks Shopping Mall - Hurst, TX 76053

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/CrystalSource/events/231808109/> Crystal Source: The Body Mind Spirit Connection If you know tarot at intermediate level, Bring any TAROT deck you wish to learn. This is an open class for anyone wanting to learn how to use.

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

2pm - 5pm Dallas Meditation Introduction

Where: Dallas Meditation - 2760 E Trinity Mills Rd #120 - Carrollton, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Dallas-Meditation-Meetup/events/> <http://meditationtexas.org/local-centers/dallas-meditation/> This introduction is if you have any interest in freedom, happiness, peace, and truth. This meditation is a very simple, yet direct way of freeing and cleansing the mind. It is with a method of subtraction. This meditation is always a guided practice thru self-reflection. The introduction gives a clear understanding of how this meditation is changing the human mind (a mind of burden and stress) to the infinite universe mind (a mind of freedom and happiness). This event will last 45 minutes to an hour. Address : 2760 E Trinity Mills Rd #120 Carrollton TX (We have a huge parking lot.) **If you are not able to attend this event, but have interest in meditation you can call our center to have a personal introduction. Dallas Meditation is a non-profit. \$10 donation appreciated. (469) 522-1229 (Center) pasadena.meditation@gmail.com

3pm - 5pm Free Introduction to Essential Oils

Where: Cosmic Crow Collective, 509 E Abram St, Arlington, TX 76010, USA

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Every first Sat of the month starts at 3pm. join us for Essential oils class with Angela and Kurt Vandenberg. learn the how, when and why to use essential oils. raffle and giveaways at every class. Tovi scan available for \$15. tells you about your health and what oils would be most helpful for your body! <https://www.meetup.com/CosmicCrowCollective/events>

3pm - 6pm Solitary Practice Group Lead by Lillis Owens

Where:

Crystal Source - 441 W. Bedford Euless Rd., Shady Oaks Shopping Mall - Hurst, TX 76053

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/CrystalSource/events/228702762/> Crystal Source: The Body Mind Spirit Connection For those who took the Solitary Practitioners Course, this is a class time to meet and work on the development of solitary skills and to learn...

Metaphysical Metro

4:30pm - 6pm

Mind and Meditation: Intro to the Happiness Program by Art of Living Foundation

Where: Art of Living Center, 1404 Walnut Hill Lane #104, Irving, TX 75038

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Mind and Meditation: Intro to the Happiness Program by Art of Living Foundation
Saturdays 4:30 PM to 6:00 PM Art of Living Center DFW Metroplex 1404 Walnut Hill Lane #104, Irving, TX 75038 <http://www.meetup.com/ARTOFLIVINGDALLAS> <http://www.artofliving.org/us-en/dallas> Our lives are a result of the thoughts in our mind. How can we make this law work for us so we can create the lives we want? An internationally acclaimed seminar based on innovative breathing techniques that can reduce stress and heighten mental clarity and awareness. The seminar integrates modern methods with ancient wisdom to help individuals lead a more fulfilling and productive life. The techniques and processes introduced during the seminar are easy to learn and practice, improving human performance in the workplace, creating a greater sense of commitment and team unity, improved relationships, and enhancing overall quality of life. Workshop includes: * An interactive talk focusing on breathing techniques that release stress and heighten mental clarity and awareness. * Experience inner peace through yoga and meditation * The tendencies of the mind * Sources of energy * The science & secrets of breath * Nature of stress * Benefits of breathing techniques * Experience Meditation and more In the MIND & MEDITATION session we will learn about the laws that govern our minds, understand how meditation can be a key tool to help us leverage this fact, and learn how we can more easily tap into the benefits of meditation by using our breath. <http://www.meetup.com/ARTOFLIVINGDALLAS>

6pm - 8pm Holiday Kirtan & Potluck w/Bhakti House Band

Where: Dhyana Yoga Center, 3131 Custer Rd, Ste 265, Plano, Texas 75075

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Holiday Kirtan & Potluck w/Bhakti House Band <https://www.facebook.com/events/1794957117430199/> <http://www.dhyanayogacenter.com/> <https://www.facebook.com/DhyanaYogaCenter/> SING, DANCE, & BE HAPPY!! Kirtan with Bhakti House Band Event Registration - Suggested Love Donation \$20 Join us for an evening of sacred sound and devotion as we share the sacred practice of Nada Bhakti Yoga -- the Yoga of Sacred Sound and Conscious Devotion. This is MUCH more than a concert. Community singing is a very powerful, unifying, and liberating experience, and even more so when chanting ancient Sanskrit mantras. Take this opportunity to express yourself through singing, dancing, and being in a fun, sacred space with the support of a loving community. Come explore the authenticity of your TRUE voice! Bhakti House Band presents an East-meets-West fusion of percussion-driven instrumentation, rich harmonies, Sanskrit mantra, Kirtan, and inspirational English lyrics to create a sacred space for listeners to surrender their minds to the rhythmic groove of the heart.

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

7:30pm - 9:30pm Ghost Tour at Tierney's Cafe & Tavern

Where: Tierney's Cafe & Tavern, 208 East Main Street, Lewisville, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Ghost Tour at Tierney's Cafe & Tavern <https://www.meetup.com/The-Pleiadian-School-of-Learning/events/gndqbmvyvbjc/> The Pleiadian School of Learning Your local psychic tour guides, Cindy Ross and Heidi Barr welcome you. This after dark tour through Old Town Lewisville is for all ages from 5 to 100. The tour will discuss not just the ghosts, but the true history of the Lewisville area beginning in the 1800's to the present day. By doing this it is easier for us to understand the ghost sightings that we have had in the past and are currently still experiencing. Patrons of the Gateway Ghost Tour will get to experience real paranormal activities. Ghost meters are available on the walking tour. Also our ghost enthusiasts will be able to enjoy hands on experience the old fashion way with the use of pendulums and divining rods. As paranormal investigators and psychic mediums we teach you how to feel the different energies that are present with ghost activity. Each tour is comprised of a basic psychic development class. We believe in enriching your every day experiences with the understanding and knowledge of the world that is unseen by most. Revisit the past and walk the same streets of those who came before you. Lewisville has a rich history of the untamed West opened to those eager to settle a new land. We retell the stories of those who left their mark on Old Town Lewisville and who never wish to be forgotten. This is a family oriented tour fun for all ages. We have yet to come across anything malevolent and dark in our guiding of these tours. With the presence of the many spirits that choose to show themselves along the tour our hopes are that you will gain new insights and understanding of what it is to be ghost. We are here to answer your questions and guide you into the world of the unseen. This is not a ghost hunt and we are not ghost hunters! We simply allow for those present to reveal themselves. In following this principle we open the door for those who wish to be remembered to step forward. With this simple rule in place I will tell you that our encounters with the spirit world in Old Town Lewisville increase with each tour we facilitate. Every tour is different! This is an event that you will want to experience over and over. You never know what ghost you will get to encounter next! Adults \$20 when you pay in advance online or \$25 on day of tour Kids 6-12 \$10 5 and under Free Pay online at www.Gatewayghosttours.com Cash is accepted at the start of the tour. Your RSVP is very important! In case for severe weather tours will be cancelled and you will be put with the next available tour. For more information please call [masked] See our facebook page for more information at <https://www.facebook.com/GatewayGhostTours>

9:30pm - 12am Denton Drum Circle

Where: Denton Courthouse-On-The-Square - 110 W. Hickory Street - Denton, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/DFWDrumming/events/qggkhgyvqbf/> DFW Community Drum Circles Drum Circles happen every Saturday night on the lawn of the Courthouse. Random people can borrow instruments and play along, or dance to ...

Sun Dec 4, 2016

12am - 12:30am Denton Drum Circle

Where: Denton Courthouse-On-The-Square - 110 W. Hickory Street - Denton, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/DFWDrumming/events/qggkhgyvqbf/> DFW Community Drum Circles Drum Circles happen every Saturday night on the lawn of the Courthouse. Random people can borrow instruments and play along, or dance to ...

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

10am - 4pm Dallas Christmas Bead & Jewelry Show

Where: Grapevine Convention Center, 1209 S Main St, Grapevine, Texas 76051

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Dallas Christmas Bead & Jewelry Show <https://www.facebook.com/events/166724273753098/> Annual Christmas Bead & Jewelry Show held at the Grapevine

Convention Center, Grapevine, TX. We are open to the public and admission is only \$5. Sorry, no children under 8 years of age.

11:30am - 6pm Dallas Psychic Fair @ NOW Center in Dallas, TX

Where: NOW Center, 13331 Preston Road, Suite 2096, Dallas TX 75240

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Dallas Psychic Fair 1st Sunday 11:30 am - 6:00 pm Remaining 2016 FairDates:

Sept 4 * Oct 2 * Nov 6 * Dec 4 Dallas' Oldest and Largest Fair -since 1979. 75+ professional Psychic Readers, Wellness Practitioners, Vendors, and so much more! At NOW Center, 13331 Preston Road, Suite 2096, Dallas TX 75240 <http://dallaspsychicfair.com/>

1pm - 4pm Fairy Workshop with Angela Torres

Where: Lightworker's Sanctuary - 7336 Main Street - The Colony, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Lightworkers-of-North-Texas/events/234737860/> Lightworkers of North Texas "Fairy Magic

& The Elemental Kingdom" Connecting with Earth's Angels Are you interested in fairies? Have you ever wondered if you ...

5pm - 6pm Chakra Sound Meditation

Where: Cosmic Cafe, 2912 Oak Lawn Ave, Dallas, TX 75219

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Chakra Sound Meditation Sundays 5:00 PM to 6:00 PM Cosmic Cafe 2912 Oak

Lawn Ave Dallas, TX 75219 <http://www.CosmicCafeDallas.com> We will be upstairs in the meditation center This meditation involves vocal sounds to balance, harmonize, and bring awareness to the chakras or subtle energy centers. Colors, positions, and certain sounds are used as a guidance. It is followed by actual crystal sounds, which have been used to meditate since ancient days.

Metaphysical Metro

5pm - 6:30pm Yoga Nidra with Sound Immersion

Where: Dhyana Yoga Center, 3131 Custer Rd, Ste 265, Plano, Texas 75075

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Yoga Nidra with Sound Immersion <https://www.facebook.com/events/169572153508698/> Yoga Nidra is a powerful, ancient form of guided meditation that induces relaxation and healing of the body, mind and spirit. Yoga nidra is one of the yogic practices of pratyahara, or 'withdrawal of the mind from the sensory experience'. It is a profound practice where awareness is internalized and the body becomes completely relaxed. In this session, Peggy Breeze will guide you through Yoga Nidra while Denae Richards immerses you in soft sounds using the gentle vibrations of the gongs and Tibetan bowls. Sound meditation and Yoga Nidra work together as companion practices through which you purify the deepest levels of the mind and expand the conscious state to include what was previously unconscious. It is one of the deepest of all meditations, leading awareness through many levels of mental process to a state of supreme stillness and insight. -----

Workshop Cost: \$35 Mats are provided. Feel free to bring eye pillows and anything that you would like to have to create a comfortable nest of yours! <https://www.facebook.com/DhyanaYogaCenter/> <http://www.dhyanayogacenter.com/>

6pm - 8pm Candlelight Yoga + Guided Meditation

Where: Arlington Yoga Center, 1011 W Abram St, Arlington, Texas 76013

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Candlelight Yoga + Guided Meditation <https://www.facebook.com/events/1322551661112290/> Join AYC for an evening of restorative movement and relaxation. Help yourself unwind during the holiday season! We'll begin with an hour of candlelit gentle yoga practice followed with an hour of guided Yoga Nidra! Yoga Nidra is the art of conscious relaxation (psychic sleep) Guided by a teacher's voice, one identifies sensations throughout the body while remaining in a state of relaxed awareness so that you may release deeply held tensions. Cost: \$20 (Paid at the door, cash/credit/check) What to bring: Water, mat, pillow, blanket, eye pillow <https://www.facebook.com/ArlingtonYogaCenter/> <http://www.arlingtonyogacenter.com/>

6pm - 7pm

Heart of Recovery: Uniting meditation with the myriad paths of recovery

Where: Unitarian Universalist Church of Oak Cliff - 3839 W. Kiest Blvd - Dallas, TX

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/DallasShambhalaMeditationCenter/events/> The Heart of Recovery is a meditation and discussion group that seeks to unite formal meditation practice and mindfulness with the myriad paths of recovery from addiction and compulsive behavior. The Heart of Recovery welcomes anyone interested in making the effort to abstain from compulsive/addictive behavior that seeks to integrate the strength, clarity, and basic goodness of meditation into their recovery.

Metaphysical Metro

6:30pm - 7:30pm

Mind and Meditation: Intro to the Happiness Program by Art of Living Foundation

Where: Art of Living Center, 1404 Walnut Hill Lane #104, Irving, TX 75038

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Mind and Meditation: Intro to the Happiness Program by Art of Living Foundation
Sundays 6:30 PM to 7:30 PM Art of Living Center DFW Metroplex 1404 Walnut Hill Lane #104, Irving, TX 75038 <http://www.meetup.com/ARTOFLIVINGDALLAS> Our lives are a result of the thoughts in our mind. How can we make this law work for us so we can create the lives we want? An internationally acclaimed seminar based on innovative breathing techniques that can reduce stress and heighten mental clarity and awareness. The seminar integrates modern methods with ancient wisdom to help individuals lead a more fulfilling and productive life. The techniques and processes introduced during the seminar are easy to learn and practice, improving human performance in the workplace, creating a greater sense of commitment and team unity, improved relationships, and enhancing overall quality of life. Workshop includes: * An interactive talk focusing on breathing techniques that release stress and heighten mental clarity and awareness. * Experience inner peace through yoga and meditation * The tendencies of the mind * Sources of energy * The science & secrets of breath * Nature of stress * Benefits of breathing techniques * Experience Meditation and more In the MIND & MEDITATION session we will learn about the laws that govern our minds, understand how meditation can be a key tool to help us leverage this fact, and learn how we can more easily tap into the benefits of meditation by using our breath. <http://www.meetup.com/ARTOFLIVINGDALLAS>

Mon Dec 5, 2016

All day Metaphysical Metro

Mon Dec 5, 2016 - Tue Dec 6, 2016

Where: <http://MetaphysicalMetro.online/>

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Metaphysical Metro puts the pieces together for you, providing information for DFW classes, workshops, groups, gathering, meditations, fairs and a whole host of events related to holistic health, wellness, spirituality, consciousness, metaphysics, spiritual awareness and more. Visit Metaphysical Metro online and catch short video highlights Monday, Wednesday and Friday. The link is simple: MetaphysicalMetro.online <http://MetaphysicalMetro.online/>
Subscribe: https://www.youtube.com/subscription_center?add_user=nursehealervideo

7pm - 8:30pm 7 Day Interactive Meditation Workshop

Where: Radha Govind Dham, 8888 N MacArthur Blvd, Irving, TX, 75063

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

7 Day Interactive Meditation Workshop <https://www.evensi.com/7-day-interactive-meditation-workshop-radha-govind-dham/191608803> Learn an ancient way to do meditation that helps you connect to God, while also helping you reduce stress, control anger, develop confidence and bring a sense of peace and calm in your daily life Register online <http://www.RGDdallas.org>

Highlights this Week ~ MetaphysicalMetro.Online

Metaphysical Metro

7:30pm - 8:30pm Sound Healing Meditation Class

Where: Dhyana Yoga Center, 3131 Custer Rd, Ste 265, Plano, Texas 75075

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

Sound Healing Meditation Class <http://www.dhyanayogacenter.com/> Join us on a sound healing journey Monday nights at 7:30 pm! Using crystal bowls, gongs, and toning with her voice, Kendra will guide you through the meditation to a state of simply being in the present, allowing your mind to open to positive affirmations and creating a thought pattern to revert back to throughout the week. Every week we will focus on a different affirmation in the meditation and then apply it to our week. We hope to see you there. Blessings! Please bring anything you need to help you create a nest of comfort for your experience (eye pillows, blankets, etc.)

----- <http://www.dhyanayogacenter.com/>

8pm - 11pm Sufi/Zen Poetry

Where: Cosmic Cafe - 2912 Oak Lawn - Dallas, TX 75219

Calendar: Metaphysical Metro

Created by: Mary Catherine Miller

Description:

For full details, including the address, and to RSVP see: <https://www.meetup.com/Meditations-at-Cosmic-Cafe/events/dqqshfyvqbhb/> Meditations at Cosmic Cafe Readings from the esoteric masters at the community table. From Rumi to Koan ... join us at 8pm Monday night at the Community Table. All dimensions...