

NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

Email nan@nansrockshop.com

website: www.nansrockshop.com

**#13995 HWY #1. Wilmot, Annapolis County, Nova Scotia
902 825-2700**

MARCH 2018

Carol Shares: Activate!

It is March: not winter, not spring
The transition time of coming out of hibernation and birthing into our next season
These last two months I have been working with Debra Pomeroy with Feng Shui
Learning about the energy in my home, curing problem areas, placing in remedies,
And creating "activations" towards things that I have asked for.

She has helped me to look at my home with new eyes
Just because I have always placed it there or always done it that way...
Does not mean that I have continue to do the same
They say to do the same thing over and over is to get the same results
Like somewhere in me is an inner rebellion ... I want different, I want more!

And not just material things
I want more: love, more peace, more confidence, more joy
Along with more success and prosperity!
What am I capable of achieving in my mind, in my life and in my surroundings?

So I am jumping aboard with Debra, following her Feng Shui suggestions
I am seeing changes within me all ready: emotions, thought patterns, and increased energy
Next is to see how the changes affect my relationships and my business
As everything connects to each other: body, mind and spirit
I feel "activated", not just surrendering into what may happen
Actually creating a future that I want and desire.

Vision Boards, the book The Secret, Law of Attraction
EFT (emotional freedom technique), Reiki, Reflexology, Essential Oils
The so many holistic therapies that I have studied and practiced
All giving me tools for in my tool box to be healthy, strong and confident
I encourage you to also step outside your comfort zone of the way you always do things
Add new tools to your tool box!
Change, experiment, research, be brave, ACTIVATE!

"It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventure and exciting for in movement there is life, and in change there is power." Alan Cohen



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Private Sessions are offered in the green Mini Centre behind the main house. Website or click <http://www.nansrockshop.com/private-sessions-therapies/> to see who is working.

Come visit see what is new in the shop, sit with us for a while in the kitchen lounge, see the flower-herb-vegetable gardens, give a wave to our pet goats Opal and Marshmallow, take some time to do a walking meditation – in our Labyrinth.

We share with you this beautiful place, the place I grew up, great memories, a close family, friends & colleagues. From James & me.

Stone of the Month: Red Tiger's Eye

Red Tigers-Eye is an iridescent gemstone that is brownish red in color and has both light and dark lines running through, it shimmers. Often called the Dragon's Eye. This fierce, dynamic energy brings in strength and grounding energy. Red-Tigers-Eye will encourage you to have a healthy passion for any project, pursuit, or endeavor. It is a stimulating stone that activates motivation and energizes those who are feeling lethargic. It is an energy booster yet it will also help you relax when you need to slow down, in a healthy balance. This stone will infuse you with confidence so that you can fulfill any role, perform any task, and speak to anyone with wisdom and grace, encouraging you to take your destined leadership role. Like a tiger, one who wears the tiger eye has the patience to wait for the most opportune moment with great focus and determination. It brings in a confident energy to help those in times of intimidation or bullying, acts as a money charm, speeds up a slow metabolism, attracts love and increases a low sex drive, plus offers high energy protection, especially when travelling (evil eye). Physically aids in healthy blood, anemia, benefits muscle tissue, bones, teeth and nails, helps heal eye conditions, and improves night vision. Known as the stone "To Activate!"



Young Living Essential Oil of the month: Cedarwood

Cedarwood is a great oil to use in this "activating" month of March. It is very useful oil for all around basic health. But it also is a very grounding oil which helps tame down nervousness, overwhelming emotions, to help keep you grounded and focused! Solid, one step at a time, reassurance, and just breathe! It also helps to attract and allow community to be involved as we move together towards "MORE!" For more info on Cedarwood click: <http://www.nansrockshop.com/essential-oils/>



Introduction to Young Living Essential Oil Workshop (FREE) with Carol Layton. Call to get your name on the list! Or check in to see when the next one is being offered. I will be offering these workshops as often as I can to keep up with your popular interest! Essential Oils are in!!!! Essential oils blend into everything I offer here, a healthy choice to a healthier you! **Time: Evenings 7-9pm.**



Workshops and Events

Mar 3: **Tea Leaf Reading Workshop** with Darlene Sawler. The art of reading tea leaves is referred to as Tasseology and is a divination or fortune-telling method. The reader interprets the signs, symbols presented within the leaves. You will learn how to read and interpret the symbols in tea leaves. You will give and receive a tea leaf reading. We will also learn to call in your intuition and embrace your higher self. But most of all our goal is to have fun! Bring a friend and join me! Tea cups and saucers provided, but feel free to bring your own special Tea cup if you like. I will be serving snacks and refreshments (Tea and Crumpets). We will be doing a guided meditation, you can pick an Oracle card and receive a message. Fire bowl ceremony to end. **Time: Sunday 1-4:00pm. Cost: \$60.00.**



Mondays: Intuitive Readings OR Private Healing Sessions with Darlene Beginning in March, I am very pleased to announce that I will be available for Intuitive Readings as well as Private Sessions every Monday! As a kick off for the month of March when you book a one hour private session with me, you will receive a complimentary 15 minute 3 card Oracle spread (past, present and future). My private sessions include Reiki, Reflexology and Aroma Touch Therapy. Also, book a one hour reading and have a friend book a one hour reading...By bringing a friend, you receive \$10.00 off your own reading. **Thirty minute readings are \$50.00. One hour readings or private sessions are \$90.00. Please book directly with me. 902 682-2236 www.touchedbyanangelhealingcentre.com**

Mar 4: **Past Life Journey** with Meghan MacDonald. Our first Past Life Journey of 2018! *** We will be using MONQ Personal Diffusers at this event instead of a topical application of essential oils. You will have the opportunity to try all 10 available blends*** We will begin by setting intentions and easing into the Alpha State. This is done through the use of Essential Oils, Healing Crystals, a Soothing Soundscape, and Progressive Relaxation Techniques. You will then be gently guided back in time to reveal a past life experience that may offer insight into the life you are living today. At the end of your journey you will have time to rest, reflect, journal or discuss your experience, if you so choose. A yoga mat, blanket, journal, favorite crystal or water bottle would be items to consider. www.cosmiccrossroads.ca
Time: SUNDAY 11:30am – 1:00pm. Cost Meditation Only: \$15. Meditation + MONQ Diffuser: \$35 (regular retail price for the diffuser is \$30). 902 765 6000. (Registration required)



Mar 4: **Learning Feng Shui** with Debra Pomeroy Master Feng Shui Consultant **JaneRae By Design.** When your house isn't making you feel at-home anymore it's time to **Expand Your Feng Shui**– It is a misconception that Feng Shui is only about de-cluttering/gutting out the house and moving or removing furniture. It is so much more and once the heavy lifting is done and chi has the ability to move then it's the perfect time for you to activate. To bring the life experiences you and your family want and be empowered by your environment. If you want to create something the secret sauce is to activate. So dare to be brave and see firsthand just how magical it can be. When I work from the outside in and the ground up I promise you will be supported in the efforts you put in. Step 1 is to clear the way (remove obstacles), Step 2 is to identify energy concerns and protect (place remedies) and Step 3 is to activate your wishes (work with each assigned energy for the 9 areas of the home). It's like this, anyone can sit on a chair with 3 legs but they will not be balanced so if you have an area in your home that is missing like a corner related to health, do you think it would benefit you to know and correct this? Of course you would because this will enhance everyone in the house. Same principle works for success, relationships and income. We will cover the 9 sectors of the home so please take the compass reading of your front door when standing inside looking out (this helps me to give you more specific information at this workshop). **(It does not matter if you use this door it's still the front door)**

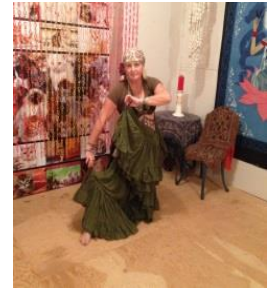


Time: Sunday 2:00 – 4:00pm. Cost" \$45.00. For private consultations contact by **email: janeraebydesign@outlook.com**

Mar 13: **Introduction to Reiki and Reiki Share** with Carol Layton and Wanda Vidito. Whether you already have your Reiki training, or you are just curious. This is a night where we will get together to practice and support each other. For those new to Reiki come and experience it and learn to also offer. For those with experience, we will support each other and teach the newcomers. A time of being together, one person to receive at a time. Reading oracle inspirational cards will also be included in this evening. **Time: Tuesday 7-9pm. Cost: 10.00.**



Tribal Belly Dance with Teri Nichols. Sorry guys, it is just for us girls! Yes ... let's get back to the dance!!! Join me as I teach you the beginner moves to Tribal. I will help you to dress in the Tribal style of full skirts and jingles. Somehow dancing in dress brings out our goddess attitude! Every night together I will teach you some new moves, we will also take time to review previous lessons, and then we enjoy a time of free style to the beat of some rock'n roll! Closing with a cool down and grounding meditation. Dance like no one is watching! Classes are held in the Warehouse dance Studio behind the main house. We have just two spots left, then we have a full troop of 10! **Time: Every Monday 7-9pm. Cost: First night is free; \$10.00 per class; pay for five for \$40.00.**



Mar 18: **Essential Oils, EFT and Weight Loss** with Judy N Green. Learn tools to help you "Activate your full potential"! I will show you how you can blend these three natural healing modalities to strengthen and empower yourself; Master your health & weight, once and for all. I will introduce you to Emotional Freedom Technique (EFT) aka Tapping, to control cravings and stop self-sabotaging behaviour. Essential oils are nature's gift to support your well-being, but did you know that essential oils are rock stars helping with weight management and supercharging your Tapping? This course includes an introduction to the nutritional research that is going into my upcoming book "Your Personal Eating Plan: Achieving Your Ideal Weight & Health." Helping you to achieve your ideal weight and finally feel good about yourself! **Time: Sunday 1:00 – 4:30pm. Cost: \$45.00** www.rawngreen.com



Mar 20: **New Moon Drumming Circle** with the team at Nan's Rock Shop. We will gather to drum and celebrate the new moon and the coming in of spring. Bring your drum or sound instrument. Our intent will be to activate our motivation and potential for the season of spring and new beginnings. Place: Fire circle behind the Warehouse. **Time: Tuesday 7-9pm. Cost: FREE Bring your energy and your beautiful spirit!**

Mar 22 – April 12: **Simple Salsa Dance Classes** with Megan Hyslop. You will learn Basic Salsa, Merengue, Cumbia, and Bachata Steps and turns mixed with playful movement exercises. Connect with your body and heart, meet new people, laugh, sweat, relax... enjoy safe, simple human touch, movement, and fun! Wear comfortable clothes and shoes, bring water to drink. Let's make this revolution a dancing one! See you in the warehouse! Simple Salsa for all levels. **Time: Thursday 7 – 8:30 pm. Cost: \$10 a class or \$30 for all four sessions.** www.meganhyslop.wordpress.com



Apr 7 & 8: **Reiki Level 1** with Carol Layton. This is a great workshop to be your foundation for almost everything. You will learn a healing therapy for yourself and family, and will be introduced to crystals, pendulums, chakras, do's and don'ts of energy work, and more. It is my most cherished training; let me share it with you! **Time: Saturday & Sunday 10am – 5 pm both days. Cost: \$195.00**

May 5: **Nan's Wellness Expo & World Labyrinth Day:** More information to follow! Just mark it on your calendars! Meghan MacDonald will be the contact person for this event **902 765 6000** www.cosmiccrossroads.ca

*I am proud and honored to be working with so many talented and gifted people.
May you enjoy this newsletter and the people who are now working with me.
I welcome you to join in to the event(s) that most attract you.
Let's be the change we want to see in the world!*