

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

APRIL 2018

Carol Shares: Act Your Awesome!

April showers bring May flowers
Let this be the spring that we BLOOM to be even more
Renovate our souls, decorate our surroundings
Notice where we have been holding ourselves back
Experiment, challenge to step out of our comfort zones
Be the leader of our destinies, not led by the cautious opinions of ourselves or others
Allow ourselves the freedom to think, dress and act our true awesome selves!

I believe all has a yin and a yang, a gift and a sacrifice
Adventure is a risk of letting go of what you know and going into an unknown
To be a public speaker is to challenge your shyness of speaking out in a group
To forgive is to risk being hurt again; but to stay angry is to slowly disintegrate
Healthy boundaries are to be bold and stand up to what feels right in our hearts with a risk of losing something
Who said it was supposed to always be easy?

I believe we are all doing the best we can with what we have been given
To live is to experience all these emotions and opportunities of growth
Life continues to bring in endless chances "to practice".

As we allow ourselves to BE, GROW, IMPROVE, EXPRESS
Healing our glitches, developing our gifts
Knowing that we all are delightfully AWESOME
Let's open the windows to our natural
Honouring ourselves and others

Encouraging: YES I CAN DO IT!
Breaking our goals down to manageable steps
After all the journey of a thousand miles starts with one step.

Letting a beautiful world blossom into all we can be ... together!

You have to stay true to yourself and where you are coming from. There's a lot of stress out there, you just need to believe in yourself; always go back to the person that you are, and don't let anybody tell you different, because everyone's special and every one's awesome. McKayla Maroney



STAY IN TOUCH WITH US!

Newsletters: To automatically receive our newsletters by email, go to our website homepage and click on subscribe. If you want to discontinue for any reason, click on unsubscribe.

Facebook: [Nans Rock Shop and Spiritual Center](#) : Follow my posts on updates and sharing ideas.



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: Amazonite

Amazonite is a light green to blue green molted with cream veins, with a lustrous reflection. An orthoclase feldspar and albite arranged in layers. It inspires: hope, truth, sincerity, honor, self-love, integrity, trust, clarity, and psychic vision. Extremely soothing, calming, helps one to identify: “precious moments”, honesty and truth. It is a strong stone of communication, particularly helpful in times where telling the truth is difficult. Helps you to find and clarify what your truth really is. Also helps you to hear and recognize truth when it is spoken. If you have a challenging situation to face or a long – overdue speaking of your truth, a difficult request to make, a public speaking engagement, amazonite is the most beneficial stone to wear or carry. It helps open up honest and truthful communication, wants, needs, and healthy boundaries. I like to think of it as a stone that reminds you that **YOU ARE ABSOLUTELY AMAZING!!!!** “Known as the stone of healthy relationships and genuine friendship.” “Never apologize for showing your feelings – when you do, you apologize for truth.” B. Disraeli.



Young Living Essential Oil of the month: Grapefruit

Young Living Grapefruit Essential oil is cold pressed from the fresh fruit peel of grapefruits grown in the United States, grapefruit's sweet, zesty scent is uplifting and revitalizing. This sweet, invigorating aroma encourages feelings of joy, satisfaction, and playfulness. Not only is Grapefruit oil perfect for diffusing, but it's also a great addition to DIY skin care products from lotions to bath salts, inhale directly from the bottle or take internally. The oils in this fruit are incredibly beneficial to the metabolism, appetite suppressant, help to dissolve cellulite, deters cravings; thus making it a good oil to support weight loss and management. Put one drop in water before every meal to calm your appetite. It is also a good liver and kidney tonic, boosts the immune system, and emotionally is uplifting, relaxing, refreshing, and cheerful.

My essential oil experience click:

<http://www.nansrockshop.com/essential-oils/>



Workshops and Events

INTUITIVE READINGS OR PRIVATE HEALING SESSIONS with Darlene. To keep it simple, Tarot is a means of gaining insight through symbols. Each card that is drawn carries a meaning or message. Each message that is delivered by spirit is that which is needed by the seeker. Experiences that we face can sometimes seem overwhelming. Let me help you understand your choices and support you with the encouragement and gentle guidance from spirit. April Special: Have a friend book a one hour reading..., you receive \$10.00 discount on your reading. www.touchedbyanangelhealingcentre.com
Please call me directly to book your appointment 902 682-2236 Time: MONDAYS at Nans.



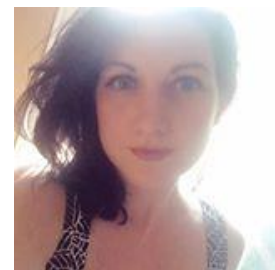
Now offering Aroma Touch Therapy sessions! *This technique is a clinical approach to applying essential oils along energy meridians and reflexology points of the back, feet and hands to help balance various systems of the body. Unlike traditional massage, it utilizes oils to promote relaxation and stress re-lief, offer immune support, de-crease pain and inflammation and elevate mood. Although a gentle technique, it is extremely relaxing and energizing at the same time. Pamper yourself. 1 hour sessions with **bonus** of receiving 15 minutes extra of Reiki or reflexology. Call me!*



READINGS by Rose-Marie Theriault. We all need help on this road called life. I am able to connect to messages from your guides, angels, spirit and those who have passed on. These messages are meant to give you direction, awaken and uplift you on your journey. The Universe, Angels, Spirit Guides and Spirit are here to aide you in your healing, grieving, gratitude and so much more. Rest in their stillness and walk away with peace of mind. **Please call me directly to book your appointment ... 902 308-9167 Time: At Nan's April 11, 26, 28. www.myspiritualreadings.com**

Apr 8: **PAST LIFE JOURNEY with Meghan MacDonald.** 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. *** 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***

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)**



Apr 8: **LEARNING FENG SHUI SERIES with Debra Pomeroy** *Master Feng Shui Consultant JaneRae By Design.* Feng shui is most commonly thought of as a way to arrange our environments to best suit the energies of the home and those living within. But once you have done the heavy lifting and things are in place "then what"? Then my friends it's time to attract the things you want and the most powerful and effective way is to symbolize our intentions. This type of symbolic Feng Shui is similar to that of a vision board however instead of creating a dream by using images and putting them all in one place on a wall or fridge, "brrrrrr talk about chilling your goals". No, we will use a three-dimensional item that represents your goals and ambitions. Then to increase the success of your wishes we will identify the best placement for your desires taking into consideration your home energies that support you're deepest desires.

You will also learn to create your very own activation bowls which are beautiful and enhance you and your home. Come with an open heart, a clear mind, and be ready to receive! "*Bringing Life into Balance*" Time: **Sunday 2:00 – 4:30pm. Cost" \$45.00.** For private consultations email: janeraebydesign@outlook.com

Tuesday Mini Workshops with Carol Layton. Time: 7-8:30pm. Cost \$10.00 Registration required

April 10: PENDULUM NITE. Let's get together to clear and activate with our pendulums!

April 17: HEALING DRUMMING CIRCLE. Let's gather around the fire behind the warehouse on the New Moon. **FREE!**

April 24: INTRO TO ESSENTIAL OILS. Let me share my essential oil experiences. And enjoy some scents!

April: **SIMPLE SALSA DANCE CLASS 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.**



I will also be offering Bio-cosmic Energy Massage! This is a form of energy work that liberates physical and emotional blockages, encourages spiritual connection, and promotes feelings of joy and confidence in your true Self. A physically light but energetically deep two hour full head and body massage along energy channels. Includes basic astrology to enrich the work and anchor the mind. Cost: \$90.00 (2hour) Bio-cosmic Head Massage and basic astrology (1 hour): \$60.00 **Please contact me directly to register or to book an appointment, 902 840 1734 or meganhyslop@yahoo.ca. <http://www.meganhyslop.wordpress.com>**

Apr 21 & 22: **REIKI LEVEL 1 with Carol Layton.** **Time: Saturday & Sunday 10am – 5 pm both days.**

Apr 29: **ESSENTIAL OILS, EFT AND WEIGHT LOSS with Judy Green.** Easy tools to help you "Activate your full potential"! I will show you how you can blend these natural healing modalities to strengthen and empower yourself; Master your health & weight, once and for all. It is not your fault that you keep putting on, or can't release excess weight! 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 1/2 day workshop 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! We will even look at which crystals can assist you in achieving your personal goals. **Time: Sunday 11am – 4:30pm. Cost: \$65.00. Bring your lunch, herb tea will be provided. www.rawngreen.com** Judy is re-offering this workshop by popular request. This is a packed full afternoon of insight, discovery and wisdom.



Mindful Market at Nan's

Local Vendors, Wellness Practitioners, Intuitive Readers and Entertainers are coming together at Nan's!

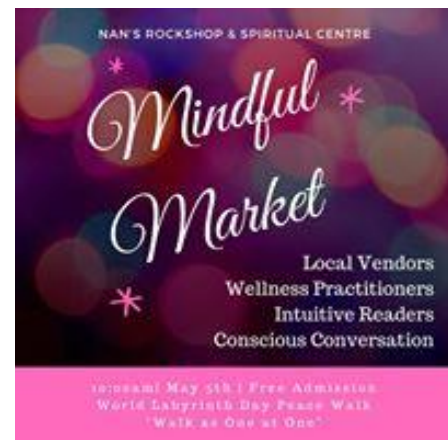
We invite you to shop the market, visit the shop, enjoy the services and participate in a 1:00pm Peace Walk through the Labyrinth. Learn more about World Labyrinth Day at: <https://labyrinthsociety.org/world-labyrinth-day>

There will be refreshments, workshops and shopping in Nan's Rock Shop in the main house. The Mini Centre will be offering 3 choices of Readings and Private Therapies. And the newly renovated Warehouse Dance Studio will hold our vendors. Weather permitting; they may be outside activities, including walking the labyrinth. Also check out the hobby farm, gardens, and nature trails. Bring your lunch and stay for the day!

I welcome you to this beautiful property, a place like coming home.

We are more than just ROCKS; we are an EXPERIENCE!

More information and updates will follow.



May 5 10:30am – 3:00pm Cost: free of charge ... SO DROP IN!