

NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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November 2018

Carol Shares: Attitude Adjustment

I have a great Life

People who I love and love me, a beautiful home, a loving partner, and good health

Flower gardens, hobby farm, a growing business that I so enjoy

A very busy lifestyle, filled with many things that I have chosen, fun!

But every once in a while, I go through a "burn-out period" where I tend to get overwhelmed and so tired

I should know better I tell myself, as this self-judgement tends to sink me lower

Though when I step back ... I realize it is really a self-evaluation brought on by my soul

A time to: re-evaluate, prioritize, heal, purge, re-invent, and upgrade my present "thought programs".

My soul challenges me, into directions where I have never been

And oh how I struggle with them, just wanting to be happy and content with what I already know and have

But as I go through the frustration and confusion of this transition and healing process

With the help of friends and family, and some professional advice

(Special thanks to Al Rodee www.alrodee.com my EFT coach; I love working with you Al!)

I see a new me coming through, a more balanced and wiser version.

So I encourage you to go forward with your dreams, wants and desires

Honouring your emotions, the compass of your soul

Into the potential of the bigger picture that is YOUR LIFE

CHALLENGE yourself in the uncomfortable places

That make you think, work and change

Seek out support and wisdom when needed from places you trust

Never quite settling to always "Just Be"

But also what "Could Be"

Which I think makes "The Balance".

You are worth it, I am worth it, and together we can achieve most anything

Attitude with Gratitude!



"No person, no place and no thing has any power over us, for 'we' are the only thinkers in our mind. When we create peace and harmony and balance in our minds, we will find it in our lives." Louise L. Hay

STAY IN TOUCH WITH US!

Newsletters: Keep updated on workshops and events! Go to our website and check Workshops and Events or stop into the shop to get your paper copy!

Facebook: [Nans Rock Shop and Spiritual Center](#). Follow my posts on upcoming workshops and events, plus random articles. Like my page!



Private Sessions are offered in the green Mini Centre behind the main house. Website or click <http://www.nansrockshop.com/private-sessions-therapies/> to check on the services available.

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.

Workshop & Events

(For more information and to register please contact the facilitator of the event)

Nov 14 **Laughing and Singing Our Way Through Anger: Play for Adults** with Megan Hyslop. Last month, we Laughed and Sang Through Fear. This month, you can expect an opening circle and heart-centering meditation, a few simple partner dance exercises, theatre games, and silly singing exercises, discussion on the gifts of anger, and time for reflection, integration and feedback. Costumes provided. **Time: Wednesday 6:30 – 8:30 pm. Special introductory price \$10.00.**

~Biocosmic Energy Massage. Energetically deep session to support connection to the true Self. \$90.00 for two hours. Contact Megan for more details or to register, 902 840 1734, meganhyslop.wordpress.com

Nov 18 **Vision Board & Manifestation Workshop** with Judy Green. Join us for a full fun day of manifestation and crafting our very own vision boards. We will start with a full introduction to the Law of Attraction, The Thought Leaders in this area, Quantum Mechanics, Life Force Energy, Epigenetics and how it all works. Then onto an afternoon of creative fun. **Time Sunday 10am – 4pm. Cost: \$135.00. www.rawngreen.com**

FREEDOM Chakradance Series with Leslie Milne. Dance guided by music to resonate to each of the seven chakras (a nine week series). Space is limited, there are a few spots still available. We will be continuing this into the new year. For more information contact Leslie Milne 902 824 -1794 <https://coyotemoonhealingarts.wordpress.com/> . **Time Tuesdays 6:30 – 8:00pm. Cost: \$15.00 per night**

Dec 2 **Spiritpainting Series**. Be guided on a Meditation journey to connect with and meet your spirit guides, helpers and ancestors who will offer signs, symbols, messages and colors to help you on our present path. All supplies will be provided. Kim is planning on offering a variety of events here at Nan's, ask, watch, and stay tuned! For more information contact: Kim Hutt 902 789-0887 soulyreconnected@gmail.com.

Tribal Belly Dance. Girls just want to have fun! **Time: Mondays 7-9pm** +++++FULL+++++

Nov 24: **MINDFUL MARKET**. A day of vendors and mini sessions right here at Nan's Rock Shop. Open 10am – 3pm. Choices: Interesting Christmas gifts, Mandala art, Crystal jewelry, Time out for yourself, Psychic readings and MORE! **Admission is free and more information can be found on our event page:** <https://www.facebook.com/events/2188613681372011/>

FREE Young Living Essential Oil Workshops with Carol Layton. Come learn the essential oil basics! We will sample some of the most popular oils and blends including my favourites! Opportunity: learn how to receive 24% off product! Host your own party with me and receive a free oil to add to your collection. A fun little workshop. Call the shop to talk to me. Let's get oiling! My Essential Oil Website Page:: <http://www.nansrockshop.com/essential-oils/> My Essential Oil Facebook Page: Rock and Oilers