

NAN'S ROCK SHOP & SPIRITUAL CENTER



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Mar / April 2019

Carol Shares: What Do I Want?

Wha Hoo! I have survived February!
Windy cold weather, four super moons, purging, opportunities, and confusion
A refusal to be who I was, uncertain of whom and where I want to be
An inner rebellion, body showing signs of struggle and illness, my mind like I am going mad!
Along with the balance of visions including possibilities, joy, success, and love
As my body and soul seem to be squishing me through an opening that I am yet able to fit.

I will be 58 years old on April 29.
A part of me says ... "Old girl: slow down, put your feet up, you have done enough"
Which really I think is just old fear and self-doubt creeping in
FEAR: is something we all face in our lives at some time or another
Can I do it? How will I do it? Am I crazy?
Another part of my brain says ... "WAKE UP, LET'S GO, and LET'S SEE WHAT WE CAN DO NEXT!"

I remember when Mom (Nan) and I started Nan's Rock Shop
She teetered on the fence, thinking she was crazy to start a business at this same age
If she had given into her fear and stayed where she felt quiet and safe ... Nan's Rock Shop would not exist today
My Mom is a role model to me, all she has done, achieved, with a big heart and sharing of so much love
Leaving a valuable and memorable imprint that has influenced so many of us, this community, and more
I am so proud of you Mom, of us, and all we have done
With very little financial support or business experience
We did it our way, figured it out one step at a time ... together.

What do I want for Carol Layton for 2019?
I love the excitement of this business, merchandise, people, sharing
I am returning to teaching again and offering the occasional private session
I will grow the business of this Shop and Young Living Essential Oils
I will bring our two horses home, my heart aches for them to be here
I will continue to make time for family and friends
And I will love my partner James with my whole heart
Yes I will, how: undetermined, when: re-starting now!
May I leave a path of blazing fire, just because I can!

"I've learned that fear limits you and your vision. It serves as blinders to what may be just a few steps down the road for you. The journey's valuable, but believing in your talents, your abilities and your self-worth can empower you to walk the path down an even brighter path. Transforming fear into freedom – how great is that?" Soledad O'Brien



STAY IN TOUCH WITH US!



NEWSLETTERS: Keep updated! Which includes: website, newsletter, or **Facebook: Nans Rock Shop and Spiritual Center** and **Facebook: Rock & Oilers** (Young Living Essential Oils). Follow my posts on upcoming workshops and events, plus random articles. Follow my pages!

Private Sessions and Workshops continue to be offered.

Come visit see what is new in the shop! 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)

Apr 3: **Tribal Belly Dance** with Teri Nichols and Carol Layton. *Time: Wednesdays 7-9pm*

Apr 7: **New Moon Drumming** with Myleta Ross at the Evergreen Theatre in Margaretsville. Nan's Rock Shop will be going! For more information contact Myleta 902 825-2040. *Time: Sunday 7-8:30pm. Cost \$10.00.*

Apr 9: **Laughing and Singing Our Way Through Situational Depression** with Megan Hyslop. Contact Megan 902 840- 1734; <http://www.meganhyslop.wordpress.com> *Time: Tuesday 6:30 – 8:30pm. Cost: \$10.00*

Apr 14: **Mini Workshops Afternoon!** Topics for today: Singing Bowls, Learning Tarot, and Essential Oils. The Rock Shop will also be open! Register with the Rock Shop. *Time: Sunday 1 – 5pm. Cost: \$25.00.*

Apr 18: **Full Moon Drumming Circle.** with Carol Layton and friends. Bring your drum, rattle or instrument. No registration required, just show up! We will be in the Warehouse Dance Studio behind the Rock Shop. *Time: Thursday 7-8:30pm. Cost: \$10.00.*

April 19 – 22: Easter Holiday the Rock Shop will be closed.

Apr 25: **Young Living Essential Oils** with my invited guest Caleb Howden. Caleb offers insight and opportunity as he says “Let me help you to change your life!” We will learn how to use oils from their popular starter kit! Plus understand why Young Living is the leading essential oil company of the world! *Time: Thurs 7 – 9pm. Cost: FREE* <http://www.nansrockshop.com/essential-oils/>
Facebook Page: Rock and Oilers



Apr 27 & 28 **Reiki Level 1** with Carol Layton. *Time: 10am – 5pm both days. Cost \$195.00 ++FULL++*

May 4 **The Mindful Market** is coming back to Nan's! Vendors: To book your table contact Megan MacDonald 902 765 – 6000. Everyone else: schedule the day off so you can be here! Let's start this spring season with a walk around the labyrinth, a visit to a variety of vendors including spiritual readers, holistic therapies, crystal jewelry, we will have to wait and see what else Meghan organizes for us this year! Time: 10am – 3pm. Cost: FREE. This is also World Labyrinth Day! More information to follow.

Check our Facebook page “The Mindful Market”

