

NAN'S ROCK SHOP & SPIRITUAL CENTER



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#13995 HWY #1. Wilmot, Annapolis County, Nova Scotia
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May / June 2019

Carol Shares: Divine Messages

What to do, what to let go, how do I decide?
Sometimes my mind can spin with possibilities
At times a relentless force continually nattering in my head
And brain fog sometimes takes over.

Advice from friends, family and councillors is so very valuable
It also helps to me to "sound" my thoughts so I can hear them out loud
No one person has all the answers; we each have different backgrounds of experiences
But when it comes right down to it ... it is me who makes the final decision
From my training and research of all these years ... I know that my soul knows
She is a continual whisper in my ears, a loving and genuine presence who only wants what is best for me
And sometimes I forget to take the time to quiet my thoughts to hear her.

I was reading my journal today
I came across this piece of channelled writing that I wrote Nov 16, 2017
It was worth reading again, I share it with you.

Dearest Carol,

I have seen much change in how you are looking at your life. There is so much to be thankful for. If you are not thankful for all that you have received, why give you more. It ends up being an empty black hole.

Look around you; look at everything that you enjoy as a flower. You are the vase that holds the flowers together. Are your flowers dried up and dead? Or they young and fresh? Weed out the dead flowers, nourish and replenish. Notice how it feels to look after your flower arrangement. People sense and feel your bouquet. What are you showing them? This life is not a competition. Own, feel, and grow the love!



So I encourage you in times of confusion and reflection
To first share with your trusted sources
Then bring it home to yourself and your soul
Find the way to connect which is most appropriate for you
For me it can be: a walk in nature, my back up against a tree, meditation
healing drum circles, receiving Reiki, writing in my journal, dancing, music
A walk in my labyrinth.
Whatever is your way to quiet your mind
So the gentle voice of your soul and higher self can be heard
For only you can know what is what is best for you
You are the spiritual master that you have been looking for!

STAY IN TOUCH WITH US!



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

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)

May 5 & June 3. **New Moon Drumming** Circle with Myleta Ross. This takes place in the Evergreen Theatre in Margrettsville. Nan's Rock Shop will be going! Contact Myleta at 902 825-2327. Myleta's favourite quote: "We are all just walking each other home" by Ram Dass. **Time 7-8:30. Cost: \$10.00.**

May 9 & 23 : **Essential Oil Drop In** with Carol Layton and Alice Lawlor. This is an evening to better understand essential oils, and learn why you would want to bring them into your home. Young Living is a great company with great products! I am excited; let me share with you our stories and experiences. Plus we will sample some of the more popular oils. Essential Oils are the natural oil from plants and just make scents/sense! Let's get oiling! **Time: Thursday 7 – 9pm. Cost: \$FREE**

<http://www.nansrockshop.com/essential-oils/> **Facebook Page: Rock and Oilers**



May 12 **Introduction to Tarot Workshop** with Carol Layton. This is a fun workshop to learn how to read your cards and develop intuition. **Time: Sunday 1-5pm. Cost: \$55.00**

May 16: **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. Drum to the heartbeat of mother earth. **Time: Wednesday 7-9pm. Cost: \$10.00.**

May 25 & 26 **Reiki Level 2** with Carol Layton. **Time: 10am – 5pm both days. Cost \$250.00 ++FULL++**

Jun 5 & 12 **Reiki Level 1** with Carol Layton. **Time: 10am – 5pm (2 Wednesdays). Cost \$195.00**

June TBA **Mindful Market** Nan's Rock Shop will be hosting a market with lots and lots of vendors! **Check our Facebook Add: The Mindful Market (in pink) Time: Saturday 10 – 3pm. Cost: \$FREE Admission!**

Stone of the Month: Green Aventurine



Aventurine, Green is a member of the quartz family: silicon dioxide with microscopic fuchite particles. It reflects iridescent sparkles when held in the light. Holds emotions of new beginnings and growth similar to the vibration of spring (new grass, budding leaves, regeneration and growth). Also helps one move forward with confidence into changes: as in one's employment, residence, school, relationships, or spiritual focus. It helps rebuild and recharge energy. And brings in a feeling of lightness and humor. It enhances: vitality, confidence, happiness, protection, imagination, creativity, career success, calm, positive outlook, balance and inner strength. Healing: heart/cardiac, cell repair, surgery or recovery conditions, and premature infants. **Known as the Stone of GOOD LUCK.**