

# NAN'S ROCK SHOP & SPIRITUAL CENTER



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July / August 2019

## Carol Shares: Beyond Expectations

I feel like I have been through the wringer of change  
Starting in February which was a month of me feeling sick and unwell  
Next came the gift of encouragement for me to return to teaching  
Changes in how I ran the shop, changes in my close relationships  
The surfacing of my shadows and fears  
Discovering another level of my voice as I stood up for the rights of my heart and soul  
Many of my dreams and expectations postponed, deleted or changed  
As though I have been wringed out and re-created inside and out  
Yet with an air of resilience and determination  
My thoughts gradually transforming into higher gratitude and excitement of new opportunities.

I am a planner and organizer, I like to know where I am going (some call it control issues)  
In meditation I got the words to "Let it unfold"  
This requires patience, faith, and surrender (not my strongest points)  
Yet a "new normal" is falling into place around me  
Better than I could have possibly planned on my own.

I have taken a lot of time for self-care this season  
Taking "delicious time" to nurture, listen, connect and heal  
A lunar moth gifts its presence to me on this property  
A symbol of: rebirth, renewal of body and spirit, regeneration and the soul itself  
I am mindful, humbled and forever grateful.

So I encourage you  
To hang on for the "boot camp training" in the times that seem so very hard  
Replace "Why is this happening to me?" with "What is this trying to teach me?"  
Allow love, support and reassurance from others  
Live beyond your expectations  
Have faith that Spirit has your back  
I am worth it, you are worth it  
Together we can do this!



*"...Allow. You need to know that the entire universe comes out of flow. And if you allow yourself to be part of this natural rhythm, you will allow your self to know what it truly means to be a spiritual being on this planet. As you allow flow, the world will open to you in ways that you couldn't have imagined when trapped in your patterned thinking and prescheduled ways ... Listen. Allow. Act. And just be, in the moment. Get carried away with your life while still owning every moment. For it is your show. Allow yourself to be in it and move with it, with yourself ... Flow is happy. It is good. It is easy. The only hard part of flow is you."* Wild Woman Mystery Cards by Elizabeth Macleod

## 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 and me.

### Workshop & Events

\*\*\*\*\***We now have 3 tarot card readers on site! Plus Reflexology and Reiki private sessions!**\*\*\*\*\*

\*\*\***Due to busy a summer, workshops will resume in September**\*\*\*

**Tribal Belly Dance** with Teri Nichols. Girls just want to have fun! Contact Teri: 902 825-2264

**New Moon Drumming Circles** 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.**

**Full Moon Drumming Circles** with Carol Layton and friends. Bring your drum, rattle or instrument. Drum to the heartbeat of mother earth. **Time: 7-8:30. Cost: \$10.00.**

**FREE Introduction to Young Living Essential Oil Drop In Workshop.** This is an evening to better understand essential oils, and learn why you would want to bring them into your home. Essential Oils are the natural oil from plants and just make scents/sense! **Facebook Page: Rock and Oilers** <http://www.nansrockshop.com/essential-oils/>

Sept 7 & 8 **Reiki Level 1** with Carol Layton. **Time: 10am – 5pm both days. Cost \$195.00**

Sept 14 & 15 **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 & Sunday 10 – 3pm. Cost: \$FREE!**

Sept 21 & 22 **Reiki Level 2** with Carol Layton. **Time: 10am – 5pm. Cost \$250.00**

Sept 28 & 29 **Reiki Level 2** with Carol Layton. **Time: 10am – 5pm. Cost \$250.00**

Oct 6 **Reiki Level 3** with Carol Layton. Available only to those who have taken their level 1 and 2 with me.

Oct 19 & 20 **Mindful Market** Nan's Rock Shop last market of the season! **Time: Sat & Sunday 10 – 3pm.**

Oct 26 & 27 **Time with Natascha Polomski and her Singing Bowls.**

**Stone of the Month: Labradorite** is named after the place where it was first found in: Labrador, Canada. It's color is most commonly blue, blue-green, lavender-blue, or yellowish, and can even be pink or purple; a beautiful labradorescence and mesmerizing reflection of color. It is able to raise consciousness and connect one to universal energies. It is a great stone for developing intuition, meditation, telepathy, connecting to high guides, channeling, automatic writing, past life recall, also can help to connect to family members who have passed over into the Light and permits a safe and grounded return to the present. It is also highly protective and deflects (like a mirror) unwanted energies and negative thoughts from others. Part of its magic is bringing serendipity and synchronicity, the coincidences of placing you in the right place at the right time for your highest good. Bringing together better than one could dream possible ... beyond expectations! This stone can also uplift one's health and aura, as well as provide quick relief from worries and tensions; replacing them with enthusiasm, inspiration and self-confidence. **It is known as "the stone of magic, protection and Light".**

