

# NAN'S ROCK SHOP & SPIRITUAL CENTER



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Sept / Oct 2019

## Carol Shares: Doubts into Adventures

I look up into the universe; I question my life as it is now coming into September  
So many changes, opportunities, ideas, new friends and colleagues, along with choices and decisions to be made  
I am excited / nervous, energetic / frozen, grateful / overwhelmed  
I feel that all change is an opportunity to learn and grow  
Yet I still tend to struggle with letting go of what I know and understand  
To listen and allow what is calling me forward and ... go for it!

In meditation I received this vision of being in a canoe with no oars ... being taken down the stream  
I was at the end of the boat reaching, yelling, and struggling to what I was leaving behind  
Like I was being taken hostage against my will  
What I was reaching for was not moving, was not coming with me  
Eventually I surrendered, allowing myself to sit quietly with gentle tears  
In the place of the unknown, leaving behind what I know ... yet not to the new reality  
Eventually I see myself turn around in the canoe to look at the stream's destination  
I see a dot on the horizon, there is light and a landmark of a red flag marking the spot  
I breathe, relax and surrender; waiting to see what could be next.

Life tends to do this to me ... over and over  
Carrying me to new lands, new places in my heart and soul  
In August life offered me the opportunity to go to Inuvik, North West Territories  
So far away ... I said "NO" at first: too far, too expensive, too chaotic  
Life however guided me forward, and I went, a pull from my heart that I could not put aside  
Then I got to spend precious time with family, the birth of my forth grandbaby (beautiful baby girl)  
And go on an adventure to a new land, a new culture, and splash a bit in the Arctic Ocean!

Doubt ... it blocks us going forward, holding us back in a fear bubble  
Somehow preventing us from taking the risks of change and opportunity  
But to stay is to never know, along with missing out on the adventure that awaits  
So I encourage you to take a big breath in  
Allow the universe, your soul and spirit allies to encourage you  
To be brave enough to ride the storm of confusion  
That will wash away the old fear based habits and programs  
Changing DOUBTS into ADVENTURES!

*"All negativity is caused by denial of the present. Unease, anxiety, stress, worry – all forms of fear – are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of nonforgiveness are caused by too much past, and not enough presence." Eckhart toll*



## 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, Tarot/Intuitive Readings 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.

## Workshop & Events

Sept 26 **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. **7-8:30. Cost: \$10.00.**

Oct 1 **Tribal Belly Dance** with Teri Nichols. Girls just want to have fun! Let's get back to the dance! **Time: Every Tuesday 7-9pm. Cost: no charge! Contact Teri: 902 825-2264**

Oct 2 **Rocks and Oils** with Carol Layton. This is a weekly combo night of learning something about crystal therapy, then onto an essential oil lesson. **Time: Every Wednesday evening 7-9pm. Cost: No charge!**

Oct 3 **Drumming Circle** with Carol Layton and friends. Bring your drum, rattle or instrument. Drum to the heartbeat of mother earth. Meet us in the Warehouse Dance Studio (behind the Rock Shop) **Time: 7-8:30. Cost: \$10.00.**

Oct 5 & 6 **Reiki 2** with Carol Layton. **Time: Saturday & Sunday 10am – 5pm. Cost \$250.00.**

Oct 8 **Workshop Combo: Singing Bowls / Reiki / EFT Tapping.** **Time: Tuesday 1-4pm. Cost: \$25.00**

Oct 10 **Workshop Combo: Singing Bowls / Reiki / EFT Tapping.** **Time: Tuesday 7-9pm. Cost: \$20.00.**

**+++OCTOBER SPECIAL FEATURE:** 12 & 13 **Singing Bowl Plus Workshop** with Natascha Polomski from Walkerville, NS. *Hi, I'm Natascha – Your guide through the fantastic exploration of sound, vibration, frequency and healing. We will be getting to know the singing bowls, how they are made, different ways to make them sing, and most of all how they in combination with BioEnergetic Feedback can point out where in the field and on the body attention is needed. This workshop will give insights to increase energy levels with complementary and alternative methods to reduce stress, balance the energy field and increase the overall well-being. I am a certified Peter Hess® Sound Massage facilitator and Touch for Health user. Welcome to the incredible world of Vibration and Sound. Singing bowls are available and also for*



**Workshop: Saturday 10am – 5pm. Cost: \$150.00**

**Sound Bath with Meditation: Saturday 7 - 8:30pm. Cost: \$20.00**

**Private Sessions: Sunday 9:00 – 4:00pm. Cost: \$35.00 for 30 minutes [www.turnupthefrequency.com](http://www.turnupthefrequency.com)**

**+++++** Oct 19 & 20 **Nan's Rock Shop Mindful Market.** This property will be FULL of vendors of a mindful and healthy nature; including intuitive readers, holistic practitioners, crystals, jewelry and more! This is a "MUST VISIT!" WHA HOO!!! **Time: Sat & Sun 10am – 3pm. Cost: FREE ADMISSION!+++++**

Oct 30 **Introduction to Young Living Essential Oil Drop In Workshop** with Carol Layton. This is an evening to better understand essential oils, and learn why you would want to bring them into your home. They just make scents/sense! Come sample some to pick out your favourites! Let's get oiling! **Time: Wednesday 7-9pm. Cost: Free!**

Nov 2 & 3 **Reiki 1** with Carol Layton. **Time: 10am – 5pm. Cost: \$195.00**

Nov 23 & 24 **EFT Tapping (Emotional Freedom Technique Level) 1 & 2** with Al Rodee **[www.alrodee.com](http://www.alrodee.com)** *I have been working with Al for 7 plus years. A great tool to add to your health tool box of natural healing and happier living. Something you can learn to do yourself, thanks Al, I just love working with you! I highly recommend it! Carol*

