

# NAN'S ROCK SHOP & SPIRITUAL CENTER



Email [nan@nansrockshop.com](mailto:nan@nansrockshop.com)

website: [www.nansrockshop.com](http://www.nansrockshop.com)

#13995 HWY #1. Wilmot, Annapolis County, Nova Scotia  
902 825-2700

Nov / Dec 2019

## Carol Shares: Letting Go

I view life as walking up a staircase  
A continual stepping up of learning, growing, and evolving  
My pace is determined by how easy I can let go in order to accept the new that is being offered  
Sometimes I struggle, I want what I want, I can fix it, I can do it all!

Whether it be in family, business or relationships  
I put all of me into it at full potential, to the best of my ability  
I like that about myself ... to experience it fully  
I take on the adventure of lots of activity, I am enthusiastic and excited  
In hindsight: I can jam pack my life into lots of expectations and obligations  
Whether it be physically what I can do, heart energy with those I love, or spiritual practices  
And I tend to overload and tire myself out.



So next is to prioritize  
What excites me and gives me joy and energy, fills my cup?  
What is holding me back, like dragging a bag of rocks behind me?  
What are the unreal expectations I put on myself?

This last year has been very challenging for me, but also very exciting  
I grieve over what I am leaving behind; yet, I am enthusiastic with the new coming in!  
I am practicing as I walk forward with trust, hope and faith  
Using the positive affirmation that spirit has my back.

The new vibration of this year 2020 is about to arrive  
It will knock on your door to invite you to join in  
I encourage you to do your own inner reflections  
Deciding what to keep and what to let go of

May this New Year take you to a new step in your life's journey  
Just because you can, expose your potential in a way that you have not dared to go  
Seeking support when needed, offering support when you are strong  
Living in your moments!

**Merry Christmas to you and your family. Much love, joy and potential for 2020!!!**

"That is why it is important for you to master your own dream; that is why the Toltec became dream masters. Your life is the manifestation of your dream; it is an art. And you can change your life anytime if you are not enjoying the dream. Dream masters create a masterpiece of life; they control the dream by making choices."

The Four Agreements by Don Miguel Ruiz



## 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, Reiki, Reflexology, and Workshops & Events** 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.

## WORKSHOPS & EVENTS

Register so that we know you are coming! (Holiday times will apply.)

**TUESDAY EVENINGS:** **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: \$5.00! Contact Teri: 902 825-2264**

**WEDNESDAY AFTERNOONS:** **Meet Christiane Jones** in the shop. She offers private sessions in Reflexology, Reiki and Nutrition Counselling. Bring your questions, opportunity to schedule an appointment. **Or call 902 804-4090.**

**WEDNESDAYS EVENINGS;** **Rocks and Oils** with Carol Layton. This is a weekly combo night of learning something about crystal therapy, then onto an essential oil lesson. Learn how to add both into your daily routines for better health and energy! **Time: Every Wednesday evening 7-9pm. Cost: No charge!**

**THURSDAY AFTERNOONS:** **MysticsTarot Readings** with Eve Chapman. **Time: 12 – 5pm Cost: 15 min for \$25.00, 30 min for \$50.00. Chance a drop in appointment, or call to schedule 902 692-9791**

**Reiki with Carol Layton.** Reiki is an ancient “natural healing” technique originating from Japan. It is a healing form of energy that you can apply to yourself, pets, family, friends, clients, situations, everything and everywhere! Be all you can be with Reiki; it is my most cherished training; to me Reiki is magic; Reiki is love. Let me share my many experiences with you. It is a great foundation for any direction that you may choose to take in the natural healing and spiritual arts.  
Dec 7 & 8: Reiki Level 2. Jan 11, 12 & 13: Reiki Master/Teacher. Feb 29 & Mar 1: Reiki Level 1

**Full Moon 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) Dates TBA **Time: 7-8:30. Cost: \$10.00.**

## **SPECIAL FEATURE** 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. I especially like it because it is something I can learn to give myself when I am stressed, needing relaxation, or just to download positive affirmations to feel better. Al also offers private session, my EFT Coach for some of my more challenging subjects. Thanks Al, I just love working with you! I highly recommend it! Carol*

**Nov 23 & 24, Saturday and Sunday 10 - 5pm**

**Cost 150.00 per day OR \$250.00 for both days.**

- Learn the basic EFT recipe and tapping points.
- Learn EFT for your own personal peace.
- Learn EFT to teach it to others.
- Learn EFT to help others.
- Include EFT in your healing practice.
- Release your own emotional or physical problems



• **Ready to seek true happiness, peace and joy?**