

NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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May 2017

Carol Shares: Gifts and Glitches

Life is a combination of ... everything
I strive for happiness, joy, love and peace
Perfection, I want everything to be perfect
And my brain is a continual swirl of how to change, fix or heal
I want me and everyone else to live happily ever after.

Well, Life is not meant to be a fairy tale
But maybe if I further my research and watch more cartoons
All cartoons come with a plot, a negative force, drama and usually end with ...
If one stay's true to oneself, a glorious last scene of love, victory and bliss.
Oh ... WOW ... I AM living a fairy tale!

Life with its full potential of gifts and glitches
We all have them, the balance that holds us together
The gifts we share so easily, a glowing of our souls, leaving a Light trail behind us wherever we go
The glitches, the struggles, the opportunities of facing challenges
The learning of this earth walk, Life as a school
Learning by doing, experiencing, and feeling.

The gifts and glitches of relationship, family, friends, employment etc
So I am being taught, I am learning to look for and notice
Gifts are everywhere; I want to be more mindful and more appreciative
For to notice is to also attract more of the same
Glitches too are everywhere; I can complain, fight, argue, worry
But as I watch myself, I notice that almost always "glitches lead me to the gifts".

So I encourage you to look at the adventure of your Life
Maybe walk into it as if it is a drama play
Be the lead actor, the heiress or heir, win your academy award
Influencing yourself and others towards everyone's highest potential
And we will share the rewards of success TOGETHER!

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. Maya Angelou



STAY IN TOUCH WITH US!

Newsletters: To automatically receive our newsletters by email, go to our website homepage and click on subscribe. If you want to discontinue for any reason, click on unsubscribe.

Facebook: [Nans Rock Shop and Spiritual Center](#) “click on Likes” to be with us and see my posts.

Come visit see what is new in the shop, sit with us for a while in the kitchen lounge, see the flower–herb-vegetable gardens, give a wave to our pet goats Opal and Marshmallow, take some time to do a walking meditation – in our Labyrinth.

We share with you this beautiful place, the place I grew up, great memories, a close family, friends & colleagues. From Skip & me.

Stone of the Month: Tourmaline Quartz

Tourmaline Quartz is a combination of tourmaline spikes or clumps held in the protective Light of white quartz. It acts like a psychic vacuum cleaner, clears out the “bad vibes of all types, repairs the auric field, and promotes general well-being. Wearing tourmaline quartz throughout the day creates a “bubble of Light” around the body screening out destructive energies. Tourmaline quartz is able to wash over the aura and clear dysfunctional and harmful energy patterns. It helps you to face and clear what is holding you back, addresses, clears, and re-establishes healthy energy flow. It offers purification in the protection of the Light. The Light will fill in the spaces of darkness, like putting a window in your closet and opening the window to the fresh air. Tourmaline quartz helps: clear rooms and environments, (especially good for therapy rooms), helps to improve diet to cleaner eating or cleaning up from substance abuse, plus offers psychic protection. Human beings are split – divided into the sunlight side and the side that dwells in the shadow. The tourmaline helps open up the shadows to the Lights of the white quartz. By using Tourmaline Quartz you create a balancing action, which may be classified as a yin-yang energy, encompassing the dualities of light and dark, negative and positive. It shifts opposites into balance because the black neutralizes any negativity and the white or clear quartz enhances positive energy. **Known as the stone of Yin and Yang.** *“It is yin and yang. Light is the left hand of darkness ... how did it go? Light, dark. Fear, courage. Cold, warmth. Female, male. It is yourself ... both and one. A shadow on snow.” Ursula L. Le*



Essential Oil of the Month: Geranium

Geranium essential oil carries a delightful uplifting floral fragrance along with many therapeutic properties. Both the showy flowers, stalks and leaves of these perennial plants are harvested. **MOODS:** helps to overcome anxiety, stress or anger and fosters peace, well-being and hope. **EMOTIONS:** helps heal grief, loss or trauma; brings in confidence, positive self-expression, spontaneity, relationship balance and sensuality. **WOMAN'S HEALTH:** menstruation issues, stabilizes hormones including menopause, mood swings and hot flashes. **SKIN CARE:** helps almost and skin type or skin conditions, including the tender skin of your face. Aids in skin conditions such as eczema, acne, anti-aging, sun damaged, promotes healthy and shiny hair, reduces cellulite, and mosquito repellent - when applied to the skin directly or with carrier oil. **Health:** offers respiratory support, liver support, diabetes (lowers blood sugars), also aids in the treatments or prevention of urinary tract infections, diarrhea, sore throats and more. Allow yourself to receive the natural healing gifts from geranium; it is my favourite essential oil. Add flower to your day!



Workshops & Events

May 7 **Vision Board Afternoon Retreat** with Megan Hyslop. More details see below as Special Feature

May 13 & 14 **Reiki Level 1:** with Carol Layton. *Time: May 13 & 14 (Sat & Sun). Cost \$195.00.* For more info click: <http://www.nansrockshop.com/wp-content/uploads/2008/06/Reiki.pdf>

May 21 **This Month's Nutrition Workshop: Where's the Beef?:** with Judy N Green



RAW 'N Green Wellness Coaching ...Get RAW 'N Green with EPICURE

It is grilling season!

EPICURE has new seasonal products perfect for helping you achieve your perfect grilled meal.

See the new products and receive a lesson on how to prepare nutritious Whole Food Plant-based meat alternatives. This is a hands-on workshop where we prepare the meal together and enjoy the creations of our making. Don't forget the **FREE** \$25.00 of your choice of EPICURE product.

Time: Sunday 1-4pm. Cost \$25.



Demonstrations are always Gluten Free & Whole Food Plant-Based and may contain an option for dairy & eggs.

www.rawngreen.com

May 29 **Introduction to Essential Oils Workshop** with Carol Layton and Jade Howden. Learn: **what** are essential oils,



when to use them, **where** they come from, **how** to purchase them, and **why** add them to your daily health program. Jade Howden is a Young Living Distributor who has used the oils and these products her entire life. She will be sharing information on the benefits of essential oils, how they work, and how you can use them. jadehowden10@gmail.com *Time: Sunday (1-4pm). Cost: \$30.00 (which can be used as credit to buy product). Includes free manual on Beginning with Essential Oils. Bring a friend and receive a surprise bonus gift from Nan's Rock Shop. Free to those who want to repeat and refresh.*

Tribal Belly Dancing on Monday Evenings with Teri Nichols. Let Terri dress you in costume and show you the first basic moves. Feel good about yourself and your body image for all women are beautiful. Allow the goddess energy within you to shine. Every woman has parts of her body she has issues with! Why not come out and dance like no one is watching, have fun, learn moves, and tone that belly. Costumes and accessories are available to be borrowed, rented or bought. Events will be held in the Warehouse Dance Studio (Behind the shop) *Teri: 902 825-2264 Time: Every Monday 7-9pm. Cost \$10.00 (first night is free).* (registration preferred or drop in)



Mini Open House. Come join us in the Kitchen Lounge. We offer a short activity on various subjects for example: mini trades, meditation, group EFT, Reiki, singing bowls, pendulums, smudging, crystal therapy, tarot etc. All are welcome, whether it is your first time to visit, or you are an old friend. *Drop in. Time: Thursday afternoons: 1-4pm. No Cost.*

Tuesday Evening Sharing Circle: Meet us at the Rock Shop, see topics below. *Time: 7-9pm Cost is \$10.00*

May 2 Let's Talk about Animal Totems and Animal Medicine with Carol Layton

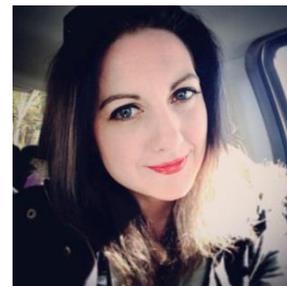
May 9 Introduction to Singing Bowls with Teri Nichols

May 16 Learning to Channel with Donna Berthiaume

May 23 Meditate with the Aromatherapy of Essential Oils with Meghan Mac Donald (Cost: 15.00)

May 30 Pendulum Wisdom, made Simple, Let's Dowse! With Carol Layton

May 20 Spring into Summer with Essential Oils with Meghan MacDonald. Learn about Essential Oils and how to use them to make your Summer Sweeter! You will be guided to make a natural product of your choice: Soothing After Sun Cream, Natural Insect Repellent, Healing Mist for Skin Irritations or a Deep Conditioning Hair Mask. *Time: Saturday 1 – 3:30pm. Cost: \$25.00. (Registration required).*



NEW PRACTITIONER AT NAN'S: Meghan will be offering private sessions of Reiki, BodyTalk & Aromatouch \$70 For more details click: meghan@cosmiccrossroads.ca

Welcome Back Megan Hyslop

Hello! My name is Megan Hyslop, and I'm delighted to reintroduce myself at the Rock Shop, a place I know and love. As an artist and healer, I believe in the power of Love, Play, and Land in the movement towards health and wholeness. I'm currently offering Bio-Cosmic Energy Massage, a vision board workshop to welcome the spring, and the joyful movement of simple salsa dance.



Apr 19 - May 24: **Simple Salsa Dance**

Simple salsa for all levels. Salsa music is energetic, emotional, and alive. We'll play with the beats in our bodies and hearts, take turns proposing and receiving moves. It's not about being fancy but enjoying safe, simple human touch and movement. I specialize in working with folks with shyness or anxiety. If you've never danced it before and if you don't have a partner, this class is for you! If you have or do, all the better!

Wednesdays 7-830pm. Cost: \$10.00 per week or \$50 for all six sessions.

May 7 **Vision Board Workshop**

Images are a powerful way for our unconscious to communicate what we truly desire, beyond the conditioning and expectations of our everyday social selves. We'll create a vision board to welcome the Spring with a few playful prompts and time to let ourselves dream. Magazines and materials provided, although extra magazines are welcome and expand our dreaming potential. "Express yourself!"

Time May 7 Sunday 1-4pm Cost: \$25.00.

Service re-offered at Nan's Rock Shop: Bio-Cosmic Energy Massage: is a holistic wellness modality that liberates the body of physical and emotional blockages and promotes feelings of joy and confidence in the true Self. The technique works with energy channels and chakra systems; it balances the polarities of the body to support clients to cultivate their essential energy and walk their path with courage and grace. I began personal investigation of energy medicine in 1997 and have studied shamanism, tantra, and energy work with Monika Muller, the pioneer of bio-cosmic-energy massage, since 2009. I am certified as an intermediate level practitioner. My sessions are two hours total; they include time to discuss energy work if this is something new to you. Cost: \$90.00, Saturdays. Check Megan's website for my (Carol Layton) testimonial. <https://meganhyslop.wordpress.com>



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