

# NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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October 2017

## Carol Shares: Sparkle!

As I watch myself  
I notice that I am a blend of seriousness, creativity, expectations, and enthusiasm  
Also I am sensitive, generous, reactive and observant  
Multi personalities, emotions and energies  
I offer my best foot forward into whatever is my focus and direction  
I enjoy going to bed at night with a sense of accomplishment and a day well spent  
Re-evaluating my day with: what did I enjoy and what will I do differently tomorrow  
Growing, learning, expanding, evolving.

Life is a buffet of so many opportunities  
There are so many things I am doing, want to do ...  
What am I capable of achieving around me and within me?  
Like I am a twizzler of tiny sparks bursting into the atmosphere  
Excitement, possibilities, giggles, sharing  
Whether it is working in the shop, walking my goats or belly dancing with my friends.

The message I received in meditation last week from one of my guides  
"Lighten up! Do not take Life so seriously."  
And his gift to me was a large red apple and he said: "Life is juicy, enjoy it!"

So I encourage you to watch yourself  
What is working for you and what is not  
To do the same thing is to get the same results  
Try different things; add in "sparkle" to the flavour that is you  
For you are a gift to yourself and to the world!

Thank you Donna for bringing so much "sparkle" to James and me and this Center, it has been so fun  
Belly dance, chair yoga, fun foods, singing bowls, hot stone massage, pure friendship  
I will miss you, but I am also excited for whatever is next for you and also me  
You are a sparkle to everyone, everywhere  
I wish you the very best in your move to Cape Breton to be with your family.



*"I encourage you to remember that you are, indeed, as the stars. You glow with the same intensity. The answers that you seek outside of yourself may very well be found within the same cosmic intelligence inside you. Go ahead; show the world what you are made of! Sparkle, shine, light the way, and brightly blaze as you are meant to do." Mishi McCoy*

## 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.



**Private Sessions** will be offered in our new working space, the mini house behind the Rock Shop.

**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 James & me.*

## Stone of the Month: Citrine

**Citrine** is a silicon dioxide mineral from the quartz family. Its pale yellow, amber to almost orange color comes from iron. It is naturally or artificially heated amethyst (the darker shades are often the heat treated). It is a happy stone with bright energy which lights up many aspects of lives of those who work with it. It has energies of good fortune and good luck. Brings in: comfort, optimism, laughter, success, clarity, confidence, increases personal power, will power (supports breaking free from addictions), along with positive decision making. Citrine encourages fullness of life, fresh beginnings and new pursuits, including the manifesting of ones dreams ... just go for it attitude! In business it is used particularly to promote success, place a citrine in the cash box to attract bigger cash flow towards you. It helps us stay true to our life's purpose, to be all one can be. It removes negativity and self-doubt, relieves: depression, anger, and irrational mood swings. It is self-cleansing and does not hold/store negativity. Physically helps with issues involving: digestion (including constipation and diabetes), stomach, liver, urinary, pancreas and removing toxins. Add some citrine sparkle to your crystal collection! **Known as "the stone of success, abundance and personal power"**. *"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."* Helen Keller



## Young Living Essential Oil of the Month: Peppermint



Peppermint has a cooling, pungent aroma with a sharp, clean and even sweet uplifting after tone. It has revitalizing, energizing and refreshing qualities. It has been used as medicine as early as the 1800's. It is able to calm and sooth muscles, particularly those of the digestive tract including: nausea, heartburn, indigestion, constipation, stomach ulcers, motion sickness, jet lag etc. Also relaxes tense muscles and muscle spasms such as headaches & migraines, painful menstrual cramps, muscle aches/pains/sprains/strains. It is one of the few that stimulates, counteracts drowsiness, and promotes clear thinking; revives depleted energy. Other: stress relief, asthma, allergies, fever, hot flashes, poison ivy, itchy skin and even is an insect & rodent repellent! Emotionally peppermint is uplifting, energizes and relieves mental fatigue, diminishes depression, increases joy, inspires confidence and esteem. It clears the brain and thought process, improves memory, increases insight and inspires new thoughts and ideas. **Let peppermint REFRESH your mind and your soul so you can walk forward with an assertive confidence to be present and at your full potential!**

## Workshops and Events

Oct 7: **Group Guided Past Life Meditation** with Meghan MacDonald. We will begin by setting intentions and easing into the Alpha state. This is done by using essential oils, healing crystals, a soothing soundscape, and progressive relaxation techniques. You will then be gently guided back in time to reveal a past life experience that may offer insight into the life you are living today. At the end of your journey you will have time to rest, reflect, journal or discuss your experience. A yoga mat, blanket, cushion, journal, favorite crystal or water bottle would be items to consider. I am a doTerra Essential Oil distributor and will have time to answer any specific essential oil questions at the end of this class. Essential Oils are used for a wide range of emotional and physical wellness applications. I also offer private sessions in Aromatouch, Reiki, Body Talk and more. [www.cosmiccrossroads.ca](http://www.cosmiccrossroads.ca) **Time: Saturday 11am – 1:00pm. Cost \$15.00. Meghan MacDonald 902 765 6000. (registration required)**

**MONDAYS: Tribal Belly Dance** with Teri Nichols. Join us for a time of women supporting women, dance, costume, exercise and closing meditation. Bring your own dance attire or Teri has lots to share. We will be in the Warehouse Dance Studio behind the Rock Shop. Dance like no one is watching! **Time: 7-9pm. Cost: First night is FREE, then \$10.00 per night. (drop in). Call Teri 902 825-2264**

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**WEDNESDAYS: Evening Workshops with Carol Layton** **Time: 7-9pm, Cost \$10.00 or FREE when you purchase \$10.00 or more from the Rock Shop. (drop in)**

Oct 4: **Reiki Share** This is a time for us to share Reiki energy! A time of practice, sharing, and supporting each other. You must have completed Reiki training in order to participate. Come to offer and also receive the beautiful recharging energy of Reiki. Held in the Mini Centre.

Oct 11: **Introduction to Young Living Essential Oils** Come learn the basic and simple steps to add essential oils into your daily routine. You will learn the why, how, when, and where. There will be the option to receive my manual, we will apply and experience oils, and we will talk about discovering your “signature oil”. I am very honoured to be able to offer the opportunity to receive such high grade products from my shop. Let me share my experience, I invite you. **FREE WORKSHOP.** Held in the Kitchen Lounge.

Oct 18: **Introduction to Animal Communication** Learn the steps to feel, see and hear messages from your pets. Bring pictures and I will teach you the beginning steps to quiet your mind so that you can connect to them in a more personal and loving way. Learn to hear what they have to say! Held in the Warehouse Dance Studio

Oct 25: **Pendulum/Dowsing Nite** with Carol Layton. Bring a pendulum or borrow one from the shop and let's dowse towards better health and understanding! Whether you are just beginning or an experienced dowser ... let's join in a circle and clear negative energies and bring in healing. The evening will also include a closing meditation and talking circle. Held in the Kitchen Lounge.

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**FRIDAYS: Mindful Morning** with Carol Layton. YES, you have heard me talk and talk about how much I am enjoying doing chair yoga every day. It is a great way to exercise, stretch those muscles at a gentler pace yet still challenge my body. It is exercise for anyone who does not want to get down on the mat. My body is getting older, stiff back, knee injury, tight hamstrings ... you know ... the getting older kind of stuff. Well ... i have things to do; I am not ready to slow down! My body is responding well to this, and it seems to set the tone for my day. I invite you to join me! The morning will include many different stretches, breath awareness and meditation. Held in the Warehouse Dance Studio. Bring your yoga mat, chairs will be provided. **Time: 10:30 – 11:30am, Cost \$10.00 or FREE when you purchase \$10.00 or more from the Rock Shop. (drop in)**





Oct 5: **Full Moon Drumming** Our evening includes a group of us who each bring something to the circle including: Smudging, Drumming, Singing Bowls, and Moonology (learn the benefits of working with the energy of the moon) at our fire circle behind the Warehouse. In closing we will walk through the labyrinth under the moon and stars. The intent of this evening is a time to come together to share support and encourage, to be mindful, listen (intuition), and discover our potential for this "Life walk". **We invite you. Time: 7-9pm. Cost: \$10.00 (drop in )**

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## Readings by Darlene Sawler Oct 21

*My name is Darlene Marie Sawler and I am an Intuitive Medium.*

*I also have acquired other gifts to share with my clients, and have spent many years in this field.*

*During an intuitive reading, I use a bit of numerology, angel cards, tarot cards, tea leaf and palm reading.*

*My intention is to deliver messages to enlighten and inspire.*

*My most frequent questions are: "What does my future look like?"*

*"What's in store for my career path?"*

*"How do I connect with a loved one?"*

*Over the years, I have spent many memorable hours at Nan's Rock Shop.*

*From training to presenting to drinking herbal tea with Carol while we share stories.*

*It warms my heart to be able to share my gift of insight once again with an intuitive reading.*

*The reading lasts one hour and the fee is \$90.00.*

*I will be taking appointments one day a month beginning in October.*

**To schedule a reading please contact me at**

**[sawlerdm@eastlink.ca](mailto:sawlerdm@eastlink.ca)**

**or by phone 902-682-2236**



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Nov 18 & 19: **Reiki Level 1** with Carol Layton. This is a two day workshop. Let me share with you my most cherished training. Reiki will help to deepen your intuition, enhance your spiritual practice, give you a natural healing modality to apply to yourself and friends, and will add increased value to other healing modalities that you already practice. Research it, talk about it, experience it! **Time: Sat & Sun 10 – 5pm. Cost: \$195.00. (registration required)** For more info click: <http://www.nansrockshop.com/wp-content/uploads/2008/06/Reiki.pdf>

Jan 20 & 21: **Reiki Level 2** with Carol Layton. Enhance and deepen your Reiki practice. Cost \$250.00 Start your Reiki clientele, learn distance healing and understand the deeper levels of intuition. Be all you can be with Reiki! **Time: Sat – Sun 10 -5pm. Cost \$250.0 (registration required)**