

NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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February 2018

Carol Shares: Yins and Yangs

As I watch myself I notice
That I am this "package" of cycles and choices, doings and don'ts
One day I am all out in this direction and then another day is like waking up to a new script
Sometimes I "pop myself off" with just trying to do too much at one time
I have an enthusiastic and curious nature
I want to do so many things: work, love, adventure.

I am now learning to recognize and make peace with my many cycles
So I now call it "yin and yang" cycles, not good or bad ... there is time for action as there is time for rest
Re-evaluate/reflective/vacation/ nurturing time vs dramatic, creative, business focus, energy
Health and joy is finding the balance.

Yin Yang definition: "In Chinese philosophy, yin and yang describe how seemingly opposite or contrary forces may actually be complementary, interconnected, and interdependent in the natural world, and how they may give rise to each other as they interrelate to one another."

I had a friend describe Life as a "braid of hair"
Every section of the braid as a direction and choice, all very different from one other
Yet when braided together they create a very strong rope
Our personal "Life Braid" is so very different and unique to each one of us
The combination of all our goals, hopes, interests etc that make us who we are.

So I encourage you in the new year of 2018
To choose your goals wisely
To go forward with integrity, conviction and honest effort
To know that we will never be able to fulfill ALL our dreams,
Learning to balance our work with healthy doses of love and rest
To notice and appreciate our many accomplishments along the way
Sometimes it may be that we need to say "No" and back away
Sometimes it may be that we need to push ourselves out of our comfort zone
Life is a heartbeat: it opens and it closes
Climbing our bank of snow
Honoring the "Yins and Yangs of our Life

Appreciation: to stop and enjoy each moment for all it is worth!



**Me and Teddy snowshoeing in Labrador!
Vacation time, rest, nurturing, and family.
I return with a restored heart, and ready
for the new in 2018! Wha Hoo!!!**

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](#) : Follow my posts on updates and sharing ideas.



Private Sessions are offered in the green Mini Centre behind the main house. Website or click <http://www.nansrockshop.com/private-sessions-therapies/> to see who is working.

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: Fushite

Fushite comes in various shades of green, a green mica and chromium with sparkles of green and gold flecks that resemble what we would call fairy dust. It gives off a sparkling radiance along with pure and blissful magic. This is a great crystal to place in a home to bring in happiness, laughter and joy along with the supportive skills for raising a family. It attracts natural, nature and fairy like energy and even is said to aid herbalists to gain information on natural remedies. Let it's vibrant energy illuminate your world and give you a fresh perspective on life, it helps us to appreciate all the good things happening rather than focussing on what is not working. It's a great stone to have when we are busy with a busy schedule: it helps us to stay organized, updated and aware of what is going on without feeling overwhelmed. It reminds us that every moment of our life is an opportunity to choose happiness. It is a great stone for natural healers and caregivers. A "Healers Stone" to guide to the most effective remedy, and to the healer within. It helps us to support but not to become too involved or do too much of the work which can take away from the learning experience of the other. It can help us balance interactions with others: "tough love", helping people to help themselves, avoid "over mothering", healthy boundaries, eliminating worry, bringing in confidence that others WILL succeed, being excited for their success as they find their way. This is a great stone for sensitive children, ADHD symptoms, allergies, balances sugars, mood swings, repetitive strain injuries and helps stabilizes spinal column alignment. Known as the Healer's Stone.



Young Living Essential Oil of the month: Pine

Majestic Scotch pine trees tower above the forest, reaching heights of 65 to 115 feet. Pine has a refreshing, invigorating aroma. It has a revitalizing effect on the entire body and helps fight fatigue, purify thoughts and promote positive attitudes. Medicinally it fights any kind of respiratory infection including: asthma, bronchitis, colds, the flu, laryngitis, sore throats, and promotes healthy breathing. It blends well with Eucalyptus and is also found in Young Living's RC blend for Respiratory Congestion. It can arm or chill a fever, depending on what the body needs. It soothes muscle pains and stiffness in joints, treats injuries, provides relief for arthritis, backaches, carpal tunnel syndrome, gout, rheumatism, and sciatica. It stimulates circulation, raises blood pressure, and activates the adrenals. It acts as a kidney and liver cleanser and can help with cystitis and prostate problems. It soothes itchy and inflammation disorders of the skin and helps heal cuts and sores. It is often added to baths and saunas. Pine can also increase metabolism, boost energy, and improves eye health. Pine tree energy is believed to be the bridge between mind and body, physical and spirit, earth and heaven. If you decide to not be in a hurry you can grow slowly with the wisdom of this elder in the tree realm that will help you understand a higher state of being. Revitalizing, empowering, strength and grounding. Add some pine to your winter days!



Workshops and Events

Feb 4. **Learning Feng Shui** with Debra Pomeroy Master Feng Shui Consultant of ***JaneRae By Design***.

It's shifting this February 4th, so be sure to be ready for it. 2018 is the "Year of the Dog" and you don't want to miss out on what this means for you, your home, your relationships and your career. Every year you want new experiences, new opportunities and advancement in your life. But if you do the same old things year in and year out, you get the same experience year in and year out. **Here's an idea -- try working on your annual feng shui!**



2018 we will have great energy aspects to tap into in our homes and work environments but with the fortunate energies also come a less fortunate energy, it's the Yin/Yang This workshop will uncover things to expect and what you can do right away! I am honored and excited to help anyone tap into the energies of their environment. Feng Shui is a science and together we can master the energies to bring you more of what you want and less of what you don't want. No better time than Feb 4th, the day in which all the energies change for the year 2018. **Time: Sunday 2:00 – 4:00pm. Cost" \$45.00.** For private consultations contact by **email: janeraebydesign@outlook.com**

Feb 5. **Tribal Belly Dance** with Teri Nichols. Sorry guys, it is just for us girls! Yes ... let's get back to the dance!!! Join me as I teach you the beginner moves to Tribal. I will help you to dress in the Tribal style of full skirts and jingles. Somehow dancing in dress brings out our goddess attitude! Every night together I will teach you some new moves, we will also take time to review previous lessons, and then we enjoy a time of free style to the beat of some rock'n roll! Closing with a cool down and grounding meditation. Dance like no one is watching! Classes are held in the Warehouse dance Studio behind the main house. **Time: Every Monday 7-9pm. Cost: First night is free; \$10.00 per class; pay for five for \$40.00.**



Feb 6 & 15 **Introduction to Young Living Essential Oil Workshop (FREE)** with Carol Layton. Call to get your name on the list! **Time: Tuesday OR Thursday 7-9pm. Cost: FREE**

Feb 12 **Readings by Darlene Sawler.** It feels so great to be back at Nan's Rock Shop as a member of the "Team". My readings are to enlighten and inspire, bring validation and in some situations closure. With the help of my guides, during a reading I receive messages using Oracle, Tarot Cards and Tea Leaves. My most frequently asked questions are "What does my future look like?", "How does my past effect my future?" and "How do I connect with a loved one?" **Thirty minute readings are \$50.00. One hour readings are \$90.00. Please book directly with me. 902 682-2236**



Feb 26 **Private Healing Sessions with Darlene Sawler.** I will be offering Hypnotherapy ~specializing in past life regression. *This is a two hour session and the fee is \$180.00. Reiki, Reflexology and Aroma Touch Therapy are one hour sessions for \$90.00. I can assist you in working on your concerns to ensure you live life to the fullest. Check my website, email or call. **www.touchedbyanangelhealingcentre.com sawlerdm@eastlink.ca 902-682-2236**

Feb 22 **Rock & Oilers Young Living Essential Oil Night** with Carol Layton. A night to get together to ask questions, learn more about essential oils, share recipes and experiences, learn more about this fabulous company and product!. (Must take my free intro workshop first) **Time: Thursday 7-9pm. Cost: FREE**

Feb 25 **Introduction to Tarot Cards** with Carol Layton. There have been many requests for me to offer this workshop again. Come let me show you some simple and basic beginner steps into the World of Tarot. Using cards as a tool to tap into your intuition with a few tricks of the trade. You will receive a reading and give a reading. This is a fun workshop, my favourite to share! Bring your own deck or borrow one from the shop **Time: Sunday 1-5pm. Cost \$55.00**



History: Young Living Essential Oils is the Leading Essential Oil Company in the world. Developed and Organized by D. Gary Young who grew up in poverty in the mountains of Idaho. His life story is of a life threatening accident, debilitating pain and also being diagnosed to be confined to a wheel chair. He refused to give in, always searching for things that would help him on the road to recovery. To summarize Gary's 40 year journey, he was introduced to essential oils, experienced relief and healing, inspiring him into extensive research, and the creating of his first distiller which has all led to this successful world-wide known and respected company of today.

What Are Essential Oils? Essential Oils are the "plant oil" extracted usually through the distillation process: the roots, leaves, flowers, resin, bark or even peel from the fruit. These concentrated liquids (the essence of the plant) are easily absorbed by human cells. Healthy cells – healthy body. Young Living prides themselves in the "Seed to Seal" process where they grow, harvest and produce, being involved in the whole manufacturing process; producing pure, therapeutic quality, unaltered and the highest possible grade. Gifts from Mother Earth in a bottle.

Choices of How to start!

1. Nan's Rock Shop sells Young Living Essential Oil Products!
2. FREE Carol's [Introduction to Young Living Essential Oil Workshop](#)
3. Save 24% off all products by purchasing a starter kit. Bonus: receive \$300.00 worth of product for the price of \$195.00. To maintain this discount, you need to purchase approx. \$125.00 per year. I encourage you to sign up with me in person, by phone OR if we are unable to get together – sign up on line by going on their website (please use my member ID **10112331** (so you can work with me and my team). **Bonus:** When you sign up under me and join my team, I will gift to you "The Essential Guide to Essential Oils" by Roberta Wilson. This comprehensive guide is my favourite resource book; it will give you a start into what essential oils can bring into your life (correct applications and recipes).
4. Like me, you can upgrade and join the Essential Rewards Program by committing to a monthly order, receive "lots" of free products, share the benefits, receive commissions; with the added opportunity to develop a working team under you, and create a home business.



I believe and trust in this product. I look forward to sharing with you my knowledge and my experiences. When you decide to join my team I have a Rock and Oilers Facebook page and a monthly Rock and Oilers Sharing Circle. Let me help you get started. I look forward to sharing my Young Living story and experiences with you.

Helping you to help yourself!

Research: www.youngliving.com **Carol Layton:** www.nansrockshop.com **902 825-2700**