

NAN'S ROCK SHOP & SPIRITUAL CENTER



Email nan@nansrockshop.com

website: www.nansrockshop.com

#13995 HWY #1. Wilmot, Annapolis County, Nova Scotia

Slide show: www.nslocal.ca/nansrockshop

902 825-2700

June, 2013

Carol Shares: Walk Your Goat

Hot news here at Nan's!

The kids are born: we have triplets!

Named: Bambi, Marshmallow and Priscilla

It is fun to watch how baby goats can cause so much excitement

In myself, my family, and all who visit us here at Nan's

Such a simple pleasure

As somehow a childlike wonder opens up for us all.

Now that the "kids" are old enough to romp , play and follow...

I take them for walks in the back field

Five goats, three dogs, and my cat also follows.

Talk about being in the moment ... I have no time to think of anything else

I am continuously counting to make sure I have not lost anyone

And watching baby goats is like watching cartoons.

Except I think I laugh more with goats ... absolutely hilarious!

As they hop, buck, bunt, climb and frolic

Everything is interesting to a goat as they explore... WOW...what is this!

One can learn a lot from a goat.



Sometimes I feel we can get caught up in the "shoulds" of life
Working hard, maintaining our property, bank account, and responsibilities

Our tails on fire with the endless lists of things we want to accomplish

But sometimes it is just fun ... to walk your goat.

What is your goat?

Your simple pleasure that brings you joy and uncontrollable laughter

Your cartoons in life?

I encourage you to take time to walk your goat today!

Carol Layton



NAN'S ROCK SHOP NEWS

COMING To Nan's Rock Shop June 8: SOUL CENTERED SHAMANIC TRAINING AND HEALING with Beth

Lenco. Beth is a shamanic healer and practitioner with a healing practice on the South Shore. She has extensive training and knowledge in the field of contemporary western shamanism, body centering practices, and spiritual self-care. She was trained by the Foundation for Shamanic Studies, along with many other renowned shamanic teachers in North America. Beth is a dedicated healer and teacher, and her fresh, approachable, no nonsense style makes the practices easily accessible to students and clients. Beth teaches transformational methods of co-working with the spirit world as a shamanic practitioner, and grounding/centering/protecting practices for the body and soul. She will offer an introductory workshop and also offer private healing sessions. See below in Workshops and Events section. www.starflower.ca



NEW: Diana Forrestall: I am joining the Team at Nan's Rock Shop! I will be offering Readings using Tarot, intuition and channeling spirit messages. You will see me in around the Rock Shop for the month of May as I organize, share and get to know everyone. I will officially be accepting appointments June 5 (Wednesdays of each week) until then it will be by "drop ins". I am a third generation psychic and medium and have been providing readings and guidance to family and friends for many years. In the last year the universe has provided me with three amazing teachers training me on Psychic Development, Shamanism, Mediumship Development, and Usui Tibetan Reiki level 2. I will enjoy getting to know you!

People Helping People: Message from my son Stuart Layton (employed by Luke's parents) "Thank you for all your email votes. Luke's family came in second in North America. The next step is for the judges to interview the top 50 and pick out who is their best candidate to advertise their company. The winner wins a wheel chair assessable van!" <http://www.mobilityawarenessmonth.com/entrant/luke-sanford-wolfville-ns/>



Skip & Carol's Hobby farm News: The months highlight of course are the kids (baby goats: Marshmallow, Bambi and Priscilla). I am not milking yet this year ... I figure she has just enough milk to keep up to the three kids. Also there are four litters of baby bunnies of many colors, all with their eyes just opened and beginning to peek out of their nests. Baby bunnies so soft and adorable and as another week goes by they will be hopping and bouncing all over their pens, especially in the three tier cages. Baby chicks have been ordered ... so again ... a new pen must be made to house them. New life on the farm ... always exciting. Skip and I enjoy sharing hobby farming. We both grew up on a hobby farm, now we are doing it together. I enjoy the sharing with the animals as we look after each other.



World Labyrinth Day / Open House Fundraiser (May 4) The day was a huge success. We had a few people stop in to walk the labyrinth, visit the shop and receive a mini session of their choice. We raised \$57.00 and a box of canned goods to donate to the local food bank. In between visitors Team members enjoyed sharing time together as a retreat day. Margo offered auriculotherapy (ear reflexology), Dianna offered tarot readings, Elizabeth offered foot detox, Carol (me) offered chakra readings/clearing. A day enjoyed by all who participated! Any day we invite you to stop in and walk our labyrinth: a walking meditation, a healing vortex created to share. Creation facilitated by Jo Leath www.joleath.com



Gardening: It is amazing to watch the perennials come back to life after a long winter. Such beauty, little miracles blossoming out everywhere. All our trees we planted last year leafing out ... they made it! Our garden is plowed; we made it a bit larger this year. Skip wants to plant potatoes, so thought we would create some room. The raspberries have been transplanted over to the big garden and looks like they have not struggled too much with the move and have taken root in all this rain. We are going to purchase our seeds and plant this week, along with the seeds that got dried from last season. My wee garden will now be converted into a full herb garden. As I continue to dry my own herbs and make my own herb blends (that are sold in the shop). Herbs and kale of last year leafing out. It is rewarding to garden and grow our own food, we know where it comes from, we know what has not been sprayed on it, and the whole process of watching it grow is pure pleasure. Enjoy your season of gardening! If you do not garden ... maybe this is the year to start to dig in the bounty of the earth!

NEW: WEDNESDAY AFTERNOON MEDITATION GROUP with Paul Gregory. Paul will offer a cloud spirit meditation once a month using a Cloud Spirit divination card deck. The rest of the month will be a meditation on whatever topic his guides and intuition ask him to offer for the highest good of the group or time. Come out to relax, be in a quiet place, and forget the hurly burly activities of life. A time to connect with your inner self and guides for guidance on your life journey.
Time: Every Wednesday 2:30-3:30 PM. Cost \$5.00...Drop In.

June 5 Afternoon meditation ... see above. *Time 2:30 – 3:30. Cost: \$5.00.*

June 8 **Contemporary Shamanic Practices Workshop** with Beth Lenco. Topics will include: the shamanic cosmology, power animals and spirit helpers, sacred space and ceremony, the shamanic state of consciousness, divination, soul retrieval, spirit possession, and more. The morning will also include a beautiful guided journey and plenty of time for questions. This will be an introduction into the ancient practice of Shamanism. For more information see her attachment and also her bio in Nan's Rock Shop news above.

www.starflower.ca *Time: 9:30–12:00am. Cost: \$25.00.*



Private Healing Sessions: I will be booking shamanic healing sessions Saturday afternoon (after the talk) from 1-5 PM. *Each session will be one hour at \$65.* We will focus on Power Restoration, Soul Retrieval, Shamanic Extraction, and Energy Clearing. There are descriptions of these ceremonies on my website. Space limited, register early. Please contact me after you make the appointment with Carol, so that I may do some preliminary work for you before our session www.starflower.ca

June 12 Afternoon meditation ... see above. *Time 2:30 – 3:30. Cost: \$5.00.*

June 13 Community Potluck and Music Jam with Carol Layton at the Wilmot Community Centre across the street from the Center. Supper 6-7pm, Music Jam 7-10pm. Good community fun!



June 19 Afternoon meditation ... see above. *Time 2:30 – 3:30. Cost: \$5.00.*



June 20 **DRUMMING CIRCLE TO WELCOME SUMMER** with Paul Gregory Summer is the time when the sun is highest in the sky giving abundant heat and abundant growth. Summer is associated with the South direction and the Element of Fire. We all have a fire within which is our life force energy. This energy is that of joy, happiness, creativity, and finding what makes our heart sing. Without these energies we will not be in balance or harmony with life. Come on out to welcome summer and drum our fires into being. Time: Thursday 7-9 PM. Cost: \$5.00. Drop In (At the fire pit weather permitting) otherwise in the center meeting room.

June 26 Afternoon meditation ... see above. *Time 2:30 – 3:30. Cost: \$5.00.*

June 29 Nan's Rock Shop and also Center side will be CLOSED. We are using the Center and property to host my son's wedding. **CONGRATULATIONS STUART & CANDICE!** I am the proud mother of the groom. Many blessings to them both!

NEW: Drop in Tarot Readings with Dianna Forrestall. I have joined the Team at Nan's Rock Shop! I offer Readings using Tarot, intuition and channeling spirit messages. You will see me in around the Rock Shop. I am a third generation psychic and medium and have been providing readings and guidance to family and friends for many years. In the last year the universe has provided me with three amazing teachers training me on Psychic Development, Shamanism, Mediumship Development, and Usui Tibetan Reiki level 2. I will enjoy getting to know you! Call ahead to book an appointment, or just drop in! I will be in the shop three afternoons a week. 30 minute readings for \$30.00.



Drop In Mini Spa Sessions available for: **Ionic Foot Bath, Tarot readings, Tea Leaf readings, Reiki, Reflexology, and Auriculotherapy (Ear Reflexology).** Call ahead to see who and what is available in the shop for that day. **30 minutes for \$30.00. Full sessions 1-1/2 hour prices vary.**



Dance like no one is watching
Sing like you would when you are alone in the shower
Smile and greet everyone you pass in the street
Feel this inner joy within yourself and openly share it with everyone and everything
Creating an earth home with the energy of joy and happiness ... starting with yourself!

July 13 **Chris Lee: Past Life Regression Therapist from BC returns!** Learn how events from our past lives can and do affect our present. His wife Debbie will also be offering intuitive spiritual readings. All of us here at Nan's look forward to their visit with us again this year!

Journey into Past Lives Talk: Understand the theory of past life healing, cell memory, and how this therapy can help heal phobias, pain, health issues, and open you up to be a stronger and healthier you.

Time: July 13 Saturday 7-9pm. Cost \$25.00

One on one sessions: Testimonial: My session helped me to deal with fears and insecurities that were holding me back from running a successful business, plus fears of fire, and then re-connecting me to a time of great confidence and security. Margo's request was asking for help with migraine pain ... she no longer has migraines since her past life healing session with Chris! Check for more detailed testimonials on Chris's website!

Cost: 1.5 hours \$120.00 cl@pastliferap.com



Inspirational Readings with Debbie: Each 30 minute reading is \$50.00. As a bonus, she will be adding a 5 minute Vibrational Energy Healing at the end of the reading. Debbie has also created an amazing 52 card oracle deck called Vibrational Energy. She is having a *Meet & Greet on Saturday, July 13 1-4pm*, so you will get an opportunity to chat with Debbie & "play with the oracle cards. See firsthand how easy they are to use, to get insightful answers, on a day to day basis. www.Vibrational-Energy.com

**Space and time limited: I encourage you to register with Nan's Rock Shop early
Chris's Talk (\$25.00) or Debbie's Meet & Greet (free).**

Private sessions for both Chris and Debbie scheduled for July 14 & 15

STONE OF THE MONTH: BLACK TOURMALINE

Black is one of the many colors of tourmaline. It also comes in colors of red, pink, blue, green, and clear. Black Tourmaline crystals act like etheric [vacuum cleaners](#) for bad vibes, clearing oneself and one's surroundings of negativity and disharmony. The purification available through Black Tourmaline is powerful, and it is an energy needed by all of us in these challenging times. They protect one's energy field against negative entities and energetic debris, spells & ill wishing, psychic attack and also rid one of existing negative thoughts, anxieties, anger and ideas of unworthiness. In addition these stones will purify the area where they are located. We all live with a lot of electro-magnetic smog... including our televisions, cell phones, computers and the large number of other electrical devices. It is a very grounding stone, especially for many who are sensitive to the earth's ascension and planetary shifts. Black Tourmaline also defends against debilitation disease, strengthens the immune system, treats dyslexia and arthritis, provides pain relief, helps allergies and releases tension: making it helpful for spinal adjustments. Black Tourmaline crystals are ideal for psychic protection for anyone who must work or live in challenging places or circumstances, especially as one fully opens one's psychic and empathic abilities. One of the powerful things about Black tourmaline is that it will suck up any negativity or disharmony that it encounters from its surroundings. It does not absorb it... **but will transmute, or convert the negative energy into positive energy.** Tourmaline attracts inspiration, compassion, tolerance and prosperity. **Stone of psychic protection and purification.**



Our Team

Carol Layton: Reiki, Reflexology, Relaxation Massage, Tarot Readings www.nansrockshop.com
Paul Gregory: Space Clearing, Drum / Sound Private healing sessions, www.weatherspirits.yolasite.com
Elizabeth Cushing: Reiki, Raindrop Therapy, Ionic Foot Bath www.elizabethcushing.yolasite.com
Margo Andrews: Reflexology, Tea Leaf Readings, Ionic Foot Bath
Honour Tett: Registered Massage Therapist
Diana Forrestall: Tarot Card Reader
Dee Romo: Volunteer in the shop
Nan: retired

NAN'S ... A PLACE LIKE COMING HOME.

TO REGISTER FOR EVENTS OR TO BOOK PRIVATE APPOINTMENTS

CALL NAN'S ROCK SHOP 902 825 - 2700