

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

October 2013

Carol Shares: Taking Time

Tonight I sit in the meditation room in my Center
The candles light up the crystal grid center piece
I breathe slow and deep, my heart and mind slow down
I take time to feel all that is around me
I feel quiet.

I look around to all that is in the room
Everything that has brought the room together
So many memories
The energy of moments throughout my whole life.

The piano that is my great grandmothers
The many gifts from family and friends over the years
My many course certificates hanging on the wall
The special items that I have collected.

It is one room
But it holds so many accomplishments, so much love, each a treasure to my heart
As I feel the so many moments of who I am and what I have brought together to this moment in time
Feeling the emotions connected to each piece
I feel the pulse of the room as a synchronicity of a blend of all these memories.
It touches me, gratitude over flowing, I start to cry
I allow myself to feel everything that I am
Focussing on this beauty in my life.

It is easy to be sooo busy and always be running towards or away from something
Sometimes it accomplishes more to sit still
To really feel all that you are, all that you have done, all that you have been given
So I encourage you to stop the chaos of your mind ... for just a few minutes
Retract ... Reflect ... Re-energize ... Re-organize
The times are now very fast paced: so many opportunities, obligations, and choices
It is a time of learning what to keep and what to let go of
Ask your questions, feel your body's Yes, and feel your body's No
The gentle whispers of your soul ... that knows what is right for you
Remember all that you are and all that you have been
Realize: you are the spiritual advisor that you have been looking for.



Carol Layton: Administrator of Nan's Rock Shop & Spiritual Center

STONE OF THE MONTH: SNOWFLAKE OBSIDIAN

Snowflake obsidian is a natural volcanic glass which contains the mineral Cristoballite in the form of snowflake crystal patterns. Its blackness opens up blockages and draws them to the surface, and the white guides us to "the light at the end of the tunnel". It helps us to notice signs/clues towards a positive direction. It carries courage to those on the edge of hope towards finding positive support. Snowflake vibration opens doors to change. It helps us to realize unhealthy patterns. Especially helpful with releasing "wrong thinking" and "stressful mental patterns". Also teaching us to value mistakes as well as success ... for all is learning. It carries courage and persistence to those on the edge of hope. Good for: calming anxiety, avoiding burn-out, clears past abuse or self abuse, assists with eating disorders, beneficial for those healing cancer or addictions, also helps one to overcome "poor me" attitudes or victimization. Clears chakras: base and third eye. **Known as the stone of: "Knowing what to keep and what to let go of" (balance).**



Our Team

Carol Layton: Administrator of Nan's Rock Shop & Spiritual Center www.nansrockshop.com

Elizabeth Cushing: Reiki, Raindrop Therapy, Ionic Foot Bath www.elizabethcushing.yolasite.com

Paul Gregory: Space Clearing, Drum / Sound Private sessions, www.weatherspirits.yolasite.com

Margo Andrews: Reflexology, Reiki, Tea Leaf Readings, Ionic Foot Bath

Honour Tett: Registered Massage Therapist

Nan: In the shop on Tuesdays



Elizabeth Cushing works in the Rock Shop on Thursdays. She is volunteering to offer Drop In Chakra readings for a donation to the maintenance of our labyrinth. She offers chakra clearings (through the art of dowsing) for \$15.00. Be all you can be, take a few minutes to clear stress and emotional residue from your aura. She is also available for Reiki with Crystal Therapy, Raindrop Therapy and Ionic Foot Bath. "Elizabeth has added Oracle Card Readings, based on Sacred Geometry, to her offerings. Quote - "Even simply questioning your life or trying to figure out where and how to move forward - moves your energy and aids in opening you to your higher awareness and Divine purpose. Continue with this." www.elizabethcushing.yolasite.com

Margo Andrews works in the Rock Shop on Fridays. She is offering a "Prepare for Fall Reflexology Special": Reflexology Therapy: 1 hour for \$30.00. (Regular priced at \$45.00.) Treating your feet is treating your whole body. Margo specializes in pain relief. This includes: headaches, back pain, old injuries etc. Relax, soothe, pamper and heal through the reflexes of your feet. Every Friday Margo is also available for Tea Leaf Readings and Ionic Foot Baths. **902 691-1599** mma@eastlink.ca



Jocelyn Nickerson has moved on to other adventures. We are so grateful here at Nan's for all that we shared and learned from each other. Best of success Jocelyn! Know that you have touched our hearts! You can continue to reach her at jocelynnickerson@gmail.com

Carol Layton Hey fellow Rockers! I am now full time in the Rock Shop, and stepping more fully into the manager position of this Spiritual Center. I am leaving the private sessions to the other qualified people in my team. So stop in to visit me, have a cup of tea and a chat. I am excited to have organized two large orders for the shop. First being a large "Book / CD / Oracle & Tarot card selection"; next: a large crystal order from BC. Lots to see: shop and share. Bring a friend so they can get a free crystal from the agate bowl ... as we spread the knowledge of crystal therapy and crystal healing. Crystals ... gifts from our mother earth.



WORKSHOPS AND EVENTS

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 (scheduled Oct 9). 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.** www.weatherspirits.yolasite.com

Oct 5 & 6 **Reiki Level 1** with Carol Layton. Reiki is a wonderful way to step into spiritual studies, natural healing, and developing intuition. Through this course with me you will learn the origins of Reiki plus introduction to: energy work, energy healing, pendulum work, understanding your body's energy centers (chakras), crystal therapy and more. Let me share with you my experiences, knowledge and research. Be all you can be with Reiki. I believe it to be: bringing healing and compassion to our earth. Reiki to me is gentle, love, knowledge, power, compassion ... my most cherished training! **Time: Saturday & Sunday 10am – 5pm. Cost \$195.00.** www.nansrockshop.com



Oct 12: **Dis-cover Your Light Workshop** with Rashana. If you are struggling through life or you are having trouble with relationships or would like to improve your finances, this workshop is for you. We all live with limiting subconscious beliefs that keep us from finding the life that we so desire. When we discover and release those beliefs our lives change immediately. This is a powerful workshop and you will not leave the same person you were when you arrived. Each person attending will receive a free PDF of her 250 page book of channelings from The Council of Nine entitled, *The Spiritual Seeker's Guide to Happiness*. Workshop date: **Time: Saturday 10am - 4:00pm (bring lunch). Cost \$50.**

The truth that you seek is within yourself.

Oct 13: **Private Healing Sessions** with Rashana. Freedom Release Technique (developed by Rashana) is a powerful method of clearing limiting beliefs. Being highly intuitive and a channel, she is able to go to the source of your beliefs and clear the core issue that the limiting belief stemmed from. With this work your life begins to change immediately because everything in your outside reality comes from your inner reality - your beliefs. Once you release limiting beliefs you allow new and rich experiences into your life. **Time: Sunday 10am – 4pm Cost: \$30 for 30 min, \$60 for 60 min.** www.rashana.ca.



Oct 16 **Beginner Tarot Workshop** with Carol Layton. This will be a crash course on understanding how to use tarot to offer "positive readings" for yourself and friends. Let Carol show you some simple techniques to help you understand the tarot suits and numbers and also how easy it can be to tap into your intuition as you look over the traditional tarot symbols and card images. This is a fun night. Receive: Carol's lesson, get a reading and give a reading. **Time: Wednesday 7 – 9:30 pm Cost: \$20.00 (Registration required)**

Oct 17 **Full Moon Healing Drum Circle** with Paul Gregory. Drumming connects us to our own individual heartbeat and to the heartbeat of Mother Earth. Mother Earth nurtures us with all we need for life, and is our Home during our lifetimes. She helps us to connect to our True Higher Selves through rhythm and sound, which in turn helps us to heal and balance ourselves and others. Come out and connect to the beat of Drumming, which is a very ancient tradition and can release stress, anger, confusion and bring in a sense of peace and relaxation. Drum, share and support for us all. **(Register preferred, or drop in) Time: Thursday 7 – 9pm. Cost \$5.00.** www.weatherspirits.yolasite.com



Nov 2 **Ribbon Ceremony For Departed Loved Ones** with Paul Gregory. Halloween/Samhain is a time when the veil between the physical and spiritual worlds thins, and departed souls can communicate easily with us. In the Christian tradition departed loved ones are honoured on All Souls Day, November 2. We will preform a ceremony to honour our ancestors by tying ribbons to a tree and saying a prayer to them. So please bring a ribbon for each ancestor you wish to honour. **Time: Saturday 7-9 pm. Cost \$5.00. (drop in)** www.weatherspirits.yolasite.com



We're more than just rocks...
Rooms to Rent
 Part time or full time
 Massage tables & furnished

For upcoming workshops & events, go to
www.nansrockshop.com

Nan's Rock Shop
 13995 Hwy #1 Wilmot, Annapolis County
 (902) 825-2700
 Rooms to rent for Holistic Practices are currently available.

Beautiful rooms to rent in this country retreat setting
 Starting at \$50.00 daily for private therapies or workshops
 Monthly rates of four days a month at \$160.00
 Add to your existing practice, or start one at a comfortable rate.
 Other options available, check our website or personally inquire.

OCTOBER

		1	2 Meditation Circle with Paul 2:30 – 3:30	3	4	5 Reiki Level 1 with Carol 10am – 5pm
6 Reiki Level 1 continued 11am – 5pm	7	8	9 Meditation Circle with Paul 2:30 – 3:30	10	11	12 Discover Your Light with Rashana 10am – 4pm
13 Private Healing Sessions with Rashana Booking times 10-4pm	14	15	16 Meditation Circle Beginner Tarot with Carol 7-9:30pm	17 Full Moon Healing Drum Circle with Paul 7-9pm	18	19
20	21	22	23 Meditation Circle with Paul 2:30 – 3:30	24	25	26
27	28	29	30 Meditation Circle with Paul 2:30 – 3:30	31		

NAN'S ... A COUNTRY RETREAT.
TO REGISTER FOR EVENTS OR TO BOOK PRIVATE APPOINTMENTS
CALL NAN'S ROCK SHOP 902 825 – 2700