

Nan's Rock Shop & Spiritual Center



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October, 2012

Carol Shares: A Love Story

Once upon a time there was a girl. Her eyes were soft brown, her heart pure and full of compassion for so many things. She grew up a simple life, a country girl. Still today she loves horses, puppies, flowers, oceans, trees and wildlife. It is almost like her middle name is Hope, as she continuously shares her heart with the world offering support, choices of love and freedom. She has now raised her three children, shared a marriage of 30 years with a husband that she loved with no regrets, and spent the last four years dating/sharing/discovering her new self. Life has come with its difficulties and successes. It has taught her well. She has become a successful and independent woman well respected by everyone who has the privilege to share time with her. Her story is one of survival, victories, and wisdom.

Her heart so full of wondrous memories of gratitude for all that she has been given, as she sees the gifts from all her experiences. But there is a back room in her heart that has not been opened, the door remains locked and often forgotten. However, there are no secrets from "all that is". As I feel Life has a way of knowing, seeing, taking away and also offering. And what seems like a chance encounter is actually a plan carefully organized by this universal power. A man of great beauty, open heart, and the ability to recognize all that she is ... is placed in her path. He recognizes her instantly ... unsure how to get her attention, almost panic ... as spirit continues to give him the courage to take the first step (and actually several more) to not walk away, not give up ... she is worth it.

So yes ... he contacts her, he travels a great distance to chance a meeting alone with her. He is very nervous, actually almost panic pulsing in his blood as he takes the risk of rejection ... but somehow, somewhere ... being guided forward, not being able to walk away.

At first she is surprised. She thinks she has her life all figured out. She is comfortable and pleased with her lifestyle. But there is something about him that catches her eye and she hesitates. She allows herself to peek into new possibilities. The butterflies of uncertainty growing with intensity with each step forward that they take together. Her mind thinking of all the reasons to walk away, yet her heart recognizes what her mind does not ... and pulls her towards him. She struggles with it, tries to shut it down, emotions of confusion swirl in her soul. One step at a time, several steps and then the moment comes, she looks up to the creator, she walks forward to the hand that is outstretched to her ... she opens the forgotten door in her heart ... how sweet it is. Love blossoms.

I hear so many stores of heart break, lost love, loneliness, grief, sadness etc. And my only advice I can give is to live life to the fullest. Love at every opportunity ... everywhere and everything. Take the setbacks as learning lessons preparing you for what is to come next. Be the best you can be at every moment. Be open to new experiences, new people, new opportunities. Surrender into your divine plan, whether you understand it or not. Love yourself and all that you are, and let love be magnetized to you.

Love has no age limit
Give love at every opportunity
Love always returns: sometime, somehow, somewhere
Be open to receiving love, it does come with risks
To risk is to know, to not risk is to never receive
Love comes with butterflies
Love is beautiful

Carol Layton
Administrator, Private Sessions
Teacher, and Friend



Nan's Rock Shop & Spiritual News

1. Our Labyrinth It is created! I welcome you to come walk our labyrinth, it is a legacy organized for us by Jo Leath for us to use at our leisure. We wish her much success and joy at her new home in Quebec. Check our website nan@nansrockshop.com to see the pictures of our "building it week-end". This is an ancient practice, a walking meditation for quiet reflection, healing time, peace, nature, and connecting to answers within. Enjoy!



2. Mindfulness Day – Fundraiser – Open House. Mindfulness Day was a huge success. We gathered donations plus additional groceries for the local food bank. It was a day of education, healing, celebration and of course ... awareness of being mindful and grateful for so much that is all around us. I share my gratitude to all who gave their time and also to all those who attended to the success of this event.



3. Community garden. We are coming close to the end of the growing season. There are a few more herbs to dry, carrots, squash, pumpkin to pick, plus some more kale and greens to can. I may get another batch of salsa made. Then it is into apple season. I have a few apple trees here on the property, and like to get spray-free produce whenever possible. This is my first year for saving and drying some of my own seeds. I enjoy the idea of growing a lot of my own food and being as self-sustainable as possible. Even though it was a dry growing season ... the earth shared her abundance, and I give much appreciation and gratitude.

4. Hobby Farm. The goat news is I have let Momma goat dry up, I no longer milk. She is soon to go visit the "boy goat" down the street. Then we will start all over again next spring. The goats are getting fatter with all this extra produce. Goats have a funny nature that they seem underfed and always very hungry. I have had two more hens set on eggs with no results ... and I am beginning to think that I may need a new "boy rooster". So looks like I will have to buy my laying hens for next year. Though rabbits ... we have rabbits! There are all colors and sizes. Bunny explosion here at Nan's! [We sell pet rabbits at \\$10.00 each.](#) I enjoy them, they are so very beautiful.



5. Nan's Rock Shop: We have had two large crystal orders come in this month. There is a lot more agate, calcite, aragonite, fluorite and other new special items. My freshly picked sweet grass is drying in the shop. Our speciality herb blend tea and smudge mix are grown right here in our own gardens, now available for you to purchase. We are proud to announce that Honour Tett, a well known local holistic practitioner is presently offering her services upstairs. Bruce Whittier will be visiting us from Halifax to offer a Reflexology course. Reiki Level 1 & 3 courses are being offered by Carol Layton this month. Business continues to grow and expand.

6. NEW SERVICE BEING OFFERED [Sound Healing Using A Drum with Paul Gregory](#) The Drum connects us to the rhythm and vibration of the Earth; the "heartbeat" of Mother Earth. For humans the first sound we ever hear is our own mother's heartbeat while in the womb, which is the same frequency as the rhythm of the Earth. A drumbeat of about 4 beats per second is the frequency of our own, as well as the Earth's, heartbeats, and is a primal healing sound energy for humans. This sound resonates deep within us all, and can give rise to feelings of love, peace, warmth, acceptance, being nurtured, and being nourished. These feelings when brought up can bring a great healing to us. Drumming, for me, is both gentle and soothing taking us into a calm meditative state where we can enter the Spirit World and ask for healing. Sound vibrations and frequencies are also great healing energies, and can invoke feelings of joy, playfulness, peace, and love. Combining the healing power of both sound and drumming can be a powerful healing method. The drumming sound connects to the healing matrix of our bodies. This is the power of our bodies to self-heal if they have not been abused too much. Things such as stress, fatigue, addictions, etc. are abuses of our bodies and can inhibit or even shut down this self-healing. However, a sound healing using a drum can reawaken and unblock our healing matrixes so we can begin to heal. This healing method can help you heal on all levels; physically, emotionally, and spiritually. I feel that healing is an ongoing process, and to enjoy the full benefits of a sound healing you will most likely need to have a sound healing fairly regularly. I wish to offer this service to anyone who is interested; an offering of \$25.00 is requested, thank you. Please contact Nan's Rock and Spiritual Center for an appointment. www.weatherspirits.yolasite.com



6. Community Pot Luck: Nan's Rock Shop will continue to participate in on the Wilmot Community Center Events. We will be helping to host a potluck the second Thursday of each month. I invite you all to join us as we come together to support our community. So bring your favorite casserole, dessert or food ... along with your smiles, comrade nature, appetite and enthusiasm to meet your neighbors and community folk. Cost is free will offering. Time: Thursday, October 11 at 6pm. Carol is also helping to organize Music Jams to start in November. Community Fun! Open to all!

Check our slide show: www.nslocal.ca/nansrockshop

Reflexology Month at Nan's



FREE : Understanding Reflexology Beginner Workshop with Carol Layton Oct 3, Wednesday 7-9pm

Reflexology Certified Program with Bruce Whittier Oct 13 & 14 Saturday & Sunday \$500.00
www.mindbodyspiritcanada.com

Reflexology Private Sessions with Carol Layton RAC certified 1 1/2 hours \$65.00

Reflexology is a therapeutic treatment focusing on stress release and organ health. It is defined as an ancient healing art based on the principles that there are reflexes in the feet that correspond to every part, gland, nerve, and organ of the body.

Advantages to Your Health

1. Releases tension and stress. Provides deep relaxation.
2. Stimulates healthy function of body organs.
3. Provides relief from aches and pains.
4. Improves circulation and elimination.
5. Strengthens the immune system.
6. Balances the body physically, emotionally, and spiritually.
7. Helps detoxify the body.
8. Provides a general feeling of being more whole, healthy, and happy; a more complete sense of self.
9. Good for arthritis, asthma, constipation, depression, insomnia, headaches, menstrual irregularities, back pain, sinusitis, etc

Testimonials

Reflexology Testimonial by Lisa F. I have known Carol for a number of years as a friend, sister, teacher, mentor and healer. The Universe led me to her exactly when I needed and it still does to this day. I have received various treatments at the Shop and have found them all wonderful and healing but above all the most luxurious is Reflexology. During the course of Reiki treatments with Carol she would always ask me if I would like a little dessert at the end. That dessert was reflexology. It was wonderful. I like to say that it is better than sex. As a person who feels that the seat of my soul (and the last place that issues resolve in my body) are my feet, I always said to myself that I needed to book a full reflexology session with Carol but I never did. Until this past spring. That session was one of the most life changing treatments that I have ever received (and I have had many). Not only does it relax and soothe a person and pamper your feet (Gals who doesn't need some happy feet?) but it was an emotional and spiritual release for me. Carol is truly talented in many ways but I feel that Reflexology is one of her true callings. By far more relaxing than a visit to a spa and more life changing than a trip to a sage this is what everyone needs to experience at least once in their lifetime. Trust me when I say that reflexology with Carol is better than sex J !!! *written August 28, 2012*

Reflexology Testimonial: by Janet Hogg, Alysford, NS What does reflexology mean to me? I was asked that question the other day and the only response I could think of was my saving grace. I was being scheduled for lower back surgery and was losing the feeling in my right arm. I was dealing with specialists and physiotherapists. I was being helped out of bed and my husband and I were talking of a chair lift and rails for the stairs. I was told I would never to be able to ride horses again and I was to be preparing for a life of pain and depression. Hence starts my first session. No feeling in my right leg and I was giving up. Within a few sessions there was a noticeable difference. The back specialist in Halifax watched as my lower back discs "heal themselves" he says. The neurologist working on my right side watched as the nerves started connecting again and the feeling was coming back right to the tips of my fingers and I can ride horses. Yes, reflexology was and is my saving grace. I continue with my sessions about every 4 to 6 weeks as preventative and maintenance. My body and my feet tell me if it has been too long. I would recommend this treatment to anyone. I am not saying it is a cure all for everyone but it will help and look what it did for me. *Written July 2011*

Workshops & Events

All beginners are welcome and appreciated

“Drop ins” are open to all, just show up on time, no registration required. Cost \$5.00

Oct 3 **FREE Workshop** Introduction to Reflexology with Carol Layton. Come learn how to give the best foot massage ever plus learn the basic principles of Reflexology. *Time: Wednesday 7-9pm (registration required).*

Oct 4 **Thursday Meditation** with Paul Gregory. Connect to the Cloud Spirits. *Time: Thursday 7-9pm. Cost \$5.00 (drop in).* www.weatherspirits.yolasite.com

Oct 7 **Reiki Level 3 Training** with Carol Layton. This is a one day training to be attuned to Reiki Level 3 energy. Teaching training will be available at another date to those who will want to continue. *Time: Sunday 10am – 5pm. Cost \$200.00.*

Oct 11 **Thursday Community Center Potluck** We will be at the Wilmot Community Center Potluck. Where: Community Hall across the street. Bring something yummy! *Time: Thursday 6:00pm. Cost: Free will offering.*

Oct 13 & 14 **Reflexology Training with Bruce Whittier** Bruce's interest in complementary medicine began in 1979, when his allergies and pneumonia were treated with homeopathy by Dr. Baker of Chester, Nova Scotia. Soon after, he was introduced to Reflexology by a local therapist trained in the U.S., in the Eunice Ingham method, with whom he subsequently trained. Over the last 23 years, he has trained as a Mind Body Spirit Intuitive, Reiki Master/Teacher, Master Reflexologist, Body Point Therapist, Chakra Balancer, with additional training in massage therapy, lymphatic massage, Shiatsu, Homeopathy, and Past life regression. This is a 2 day intense Course offering the student an in depth study of Foot Reflexology. Cost is \$500.00. Mind Body Spirit Canada School has researched to find the most comprehensive approach, combining information from 3 schools therefore offering the student and practitioner an in-depth and complete training in Reflexology. (registration required) www.mindbodyspiritcanada.com

Oct 17 **Introduction to Reiki** with Carol Layton. We will do a short introduction talk & question period on what is Reiki. Then we will do a Reiki Share. This will be one person on the massage table and the rest of the group will offer hands on Reiki support. A simple technique, yet very therapeutic, soothing, and relaxing. Learn how to relieve stress with Reiki. *Time: Wednesday 7-9pm. Cost: \$18.00. (registration required)*

Oct 18 **Thursday Meditation** with Paul Gregory. Connect to the Spirits of Nature. *Time: Thursday 7-9pm. Cost \$5.00 (drop in)* www.weatherspirits.yolasite.com

Oct 25 **Dowers (Pendulum Night)** with Paul Gregory. Bring your pendulum and learn how to move negative energy and stress. Plus learn how to recharge with positive energy. We all take a turn to bring up something that we want to offer support to, whether it be on our health, family issues, our home, someone in a hospital, government, the earth, etc. Support is stronger when offered as a group. Bring your pendulum, yourself, and your input as we dowse to improve ourselves, our community, and our earth. Beginners always welcome. *Time: Thursday 7-9pm. Cost: \$5.00. (drop in).* www.weatherspirits.yolasite.com

Oct 27 & 28 **Reiki Level 1 Training** with Carol Layton. Deepen your spirituality, get in touch with your intuition, learn how to recharge yourself, and more. Reiki is natural healing. It is a simple, enlightened, and peaceful approach to be all you can be. You will be trained to offer it to yourself, family, as a Reiki practitioner and more. *Time: Saturday & Sunday. Cost \$195.00.*

October 29 **Full Moon Drumming Healing Circle** with Paul Gregory. Come out and connect to the beat of Full Moon Drumming. Bring along your drum, rattle, flute or other. Extras are also available. Drumming is a very ancient tradition and can release stress, anger, confusion and bring in a sense of peace and relaxation. *Time: Monday 7-9pm. Cost \$5.00. (drop in)* 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 perform 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: Friday 7-9pm. Cost \$5.00. (drop in)* www.weatherspirits.yolasite.com

Nov 2 – 4 **Yoga Retreat** Carol and Margo will be attending a yoga retreat at Mersey River Chalets. For more information contact Julie Palmer 902 467 – 3151. I so enjoyed it last year, and I offer you this invitation! www.yoga4all.ca