

NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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October 2016

Carol Shares: Harvesting

Autumn, the season of so much harvesting
The bounty of the earth blessing us with its many gifts of abundance
Fresh fruits and vegetables, beautiful scenery, gentle breezes and soft sunshine
Nourishment for my body, mind and soul.

All this reminds me of how I choose to also experience my Life
What I choose to actually "harvest" on this Life walk
A blend of so many people, much drama, opportunities, choices, and chaos
A good day, a bad day; a good experience, a bad experience
But I am coming to realize ... that each moment presents an opportunity for reaction
Is it good, is it bad, or is it just a moment that leads into the next moment?
For we never really know the bigger picture, what is actually behind the scenes of the play
I believe that all is a build up to teach and guide us to the potential that is in us to BE
Our **Life Purpose** that we chose to gift humankind.

The times that seem so horrible: Grief, tragedy, despair, anguish, depression
But have you also noticed that these are times of: family coming together, support, change, and growth
May I add: deeper understanding, appreciation of love and joy?
The yin and yang of every experience.

So I encourage you to be mindful in all your experiences
Where do you want to put your thoughts and energy?
As we continue to do this "roller coaster ride" of Life
All it has to offer good or bad, or maybe it is all good
All guiding us to share and give "LOVE" to each other
Even in the moments we do not understand
Enjoy your harvesting, what you came here to earth to learn and accomplish
Each of us individual, with what appears to be gifts and glitches
Absolutely perfect!

*"The law of harvest is to reap more than you sow. Sow an act,
and you reap a habit. Sow a habit and you reap a character.
Sow a character and you reap a destiny." James Allen*



Talk to Trees Workshop
by Jackie Queally from Ireland
www.earthwise.me

Everything around us has an emotion, a voice, a gift to share.
Come to this workshop to deepen your relationship with the tree world!

“Basing the day on the holistic vision of the Druids held in relation to trees, we renew our connection with nature and in particular the trees through a variety of mindful exercises, and can enjoy sharing our experiences and learning from our tree friends.”

Time: October 8 @ 10:00 am - 5:00 pm. Cost: \$100.00

Rock Shop News!

Hey Fellow Rockers! Lots continues to be new, change and growth!

- 1. There are always new crystals coming in.*
- 2. A large order from BC will be arriving this month: jewellery, pocket crystals, earth stones, gifts etc.*
- 3. A new book order is due to arrive including tarot and oracle.*
- 4. Expanded stock of Starflower products (flower and crystal remedies created with Mother Nature) by Beth Lenco www.starflower.ca,*
- 5. A new selection of singing bowls.*
- 6. Young Living Essential Oil Supplies.*

So I invite you to stop in and have a peek, share in conversation, draw an inspirational card from the deck of the day, maybe add a new crystal to your collection and make sure to allow time to mindfully walk our labyrinth to clear your chakras before returning to your busy day.

Nan's Rock Shop: a place like coming home.

Stone of the Month: Tree Agate

Tree agate is a form of chalcedony sometimes called dendrite agate or a cousin to moss agate. Its color is opaque white with green dendritic inclusions that resemble the markings of moss or leaves. Tree Agate is deeply connected to nature and can help bring one into contact with devas and other nature spirits, including tree wisdom. It creates a peaceful environment, deepens one's connection to the earth & nature, and enhances the health of house plants and crops. It helps to calm and soothe in times of stress and challenges, along with the courage to be persistent to see it through to the highest of one's ability. Overcomes negativity and bitterness, heals inner anger and fosters love and courage to continue on one's Life journey. Useful in any form of trauma. It resonates with anything in the body that resembles branches such as: blood vessels & nerves, conditions of the nervous system, neuralgia, skeletal disorders, capillary degeneration, stimulates the circulatory system, boosts the immune system, relieves tension and helps provide pain relief. It also attracts abundance and plenitude in business, health and also of love as it opens and clears the heart chakra. Although they work very slowly and deliberately, this gentle nature of Agate has a lasting impact. **Known as the stone of nurturing tree.** *“Trees are so majestic, beautiful, and peaceful. I love to take a walk out in nature, pick out a tree that somehow I feel attracted to, and to sit there at the base of its trunk to think, relax, or even to lie in the grass and take a nap.” Carol Layton*



Wednesday Afternoon Sharing Circle for Practitioners

Starting in October

Time: 1-5pm



Fellow colleagues: I invite you to “hang out” for part or all of the afternoon. Stop in for a visit, herb tea, draw an inspiration card to set in our community card circle. A time designated to share, support, and offer mini sessions to each other.

Teri Nichols will be offering Singing Bowl sessions
Donna Berthiaume will be offering mini Reiki sessions
Carol (me) will be offering mini massage with Young Living Essential Oils
Mini Tarot Readings
Other services that will be offered will depend on who drops in!
Cost: No Charge

The Rock Shop will be open
Three therapy rooms will be available
Then end your visit with a quiet walk around the labyrinth
Sharing, friendship, learning & healing
I invite you to join us!

Tribal Belly Dance with Teri Nichols



Starting in October

Time: Tuesday evenings 7-9pm

Evening includes: lesson, shared dance, costumes and accessories will be available,
Cool down and closing meditation

Cost: \$10.00

Contact: Teri at tsnichols@ns.sympatico.ca or 902 825-2264

To be held in our Warehouse Dance Studio

Singing Bowls



Come let Teri introduce you to the joy of Singing Bowls

My first experience with Tibetan Singing Bowls was at Nan's Rock Shop, and like most people they hurt my ears and I did not know how to make one really sing. Then Nan's Rock Shop hosted a workshop on them with Suneeta Karam Singh from Malaysia.

Suneeta first said you do not pick your bowl the bowl picks you, of course I thought yeah right. We all played with all the different sized bowls she had brought with her. But she picked up a bowl and tipped it slightly I felt my whole being going into that bowl and I knew it was meant for me.

I play my bowls daily and enjoy the vibrations as well, they help me manage my pain in a way I never thought possible. I started sharing this experience with family and friends as well as a few customers at the shop, with many cool experiences.

Now that I have a bit more understand and knowledge of the vibrations, I would like to share this with you. Come see my collection that is for sale in Nan's Rock Shop!

Starting in November I will be offering evening sharing circles on Singing Bowls. Let me share with you this wonderful sound therapy that brings so much joy to my heart.

