

NAN'S ROCK SHOP & SPIRITUAL CENTER



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

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June 2015

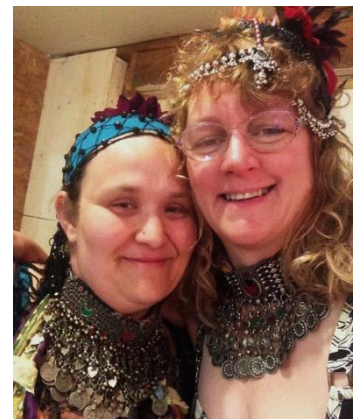
Carol Shares: The Goddess Within

A goddess energy emerging within me
A genuine, compassionate, confident, authority, well-spoken, direct
Powerful emotions, honouring, dynamic, assertive
Creating beauty, connecting to the wisdom of the Earth
As I watch myself, I like who I am becoming.

One of my significant steps has been working with Al Rodee
Emotional Freedom Technique (EFT-Tapping)
He has helped me to open up subconscious beliefs/programs
That have been holding me back (like viruses on a computer)
He has shown me to honour my worthiness and my potential
These viruses had overlapped in so many directions in my life.
Nice to open them up, recognize and heal them one by one.

Another important opportunity given to me is Belly Dancing with Terri Nichols
There is something very empowering about dressing up and dancing
A group of women coming together to laugh, share, and support each other
To learn to move in beautiful and sensuous ways
I notice my eyes have more sparkle; I stand taller and have more presence
As I am learning to connect to my authentic self
Conviction, feminine, glorious, ME.

So I encourage you to attract the people around you who embrace who you are
And the gifts, wisdom, and presence that you have to offer
You need you, the Earth needs you
Honoring your potential and contribution of your Life!
A pure divine honesty
Goddess.



"The symbol of Goddess gives us permission. She teaches us to embrace the holiness of every natural, ordinary, sensual dying moment. Patriarchy may try to negate body and flee earth with its constant heartbeat of death, but Goddess forces us back to embrace them, to take our human life in our arms and clasp it for the divine life it is - the nice, sanitary, harmonious moment as well as the painful, dark, splintered ones. If such a consciousness truly is set loose in the world, nothing will be the same. It will free us to be in a sacred body, on a sacred planet, in sacred communion with all of it."

Sue Monk Kidd - The Dance of the Dissident Daughter

Workshops and Events

Jun 3 **Goddess Meditation:** PELE~~~Creatrix Goddess or “She Who Shapes the Sacred Land” with Peggy Gregory. The Hawaiian volcano goddess who teaches us that in order to create something new the old must be destroyed. *Time: Wednesday 7-9pm. Cost: \$5.00. (drop in)*
www.honouringhestiashearth.yolasite.com.



Jun 4 **Reflexology - First Steps** with Carol Layton (RAC certified). Come learn the basic reflexology principles, simple hands on techniques, how to work on your own feet, friends and family. Are you curious if you want to invest in a certified program? Let me introduce you to the souls of your feet and how we can connect to the healing reflexes to improve your health, release stress, and even soothe your tired feet.
Time: Thursday 7-9pm. Cost: \$10.00. (drop in)

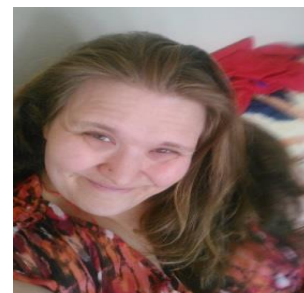
Jun 6 **NEW: Tarot Readings / Tea Leaf Readings / Palm Readings / Angel Readings** by Darlene Sawler. I (Carol Layton) have had several requests for readings or a connection to a reader. So I have invited a dear friend of mine from Caledonia who I trust, admire, and actually know quite well. Darlene: I welcome you! Darlene has a genuine way about her, a heartfelt and caring energy, and a reader that I trust to share with you. *Darlene offers enlightenment and inspiration. Let her help guide and validate you to the truth that you seek, helping you to be all that you are destined to be.* Booking readings on Saturday: approx. 1 hr \$70.00 <http://angelspiritualcentre.webs.com/>



Jun 10 **Wednesday Evening Meditation Circle, Connecting to the Cloud Spirits** with Paul Gregory. Have you ever laid on the ground and looked at the clouds? They are alive, always changing their colours, shapes, textures, shades, and amounts as the winds blow them across the sky. Clouds, being alive, have spirits within them which can you messages and insights into your life. I will use a deck of cloud divination cards for the meditation. Looking closely at the cards various colours, shapes, figures, beings, and animals will likely stand out for you. Come out and see what help the Cloud spirits can give as you journey through the ups and downs of life. **All are welcome, and no experience is necessary.** *Time: Wednesday 7:00 - 9:00 pm. Cost \$5.00 (drop in).* www.weatherspirits.yolasite.com.



Jun 11 **Herb Basics with Monica.** This month we will learn how to make basic cold process soap and glycerine soap using herbs we can forage from nature. I will share with you these simple yet effective recipes including take home samples.
Time: Thursday 7-9pm. Cost: \$22.00. (registration required)
Also be aware that I have natural homemade products for sale here at Nan's Rock Shop. Such as: herb teas, salves & balms, cold press soap, smudge supplies, herb starter kits and more. Stop in and have a peek! Bringing Herb Basics into your home.
<http://spiritualconnection.yolasite.com/>



Herb of the Month: Dandelion While many people think dandelion as a pesky weed, it is of great nutritional value, chock full of vitamins A, B, C, D, as well as minerals such as iron, potassium, and zinc. Dandelion is also considered an herb. People use the above ground parts and root to make medicine. Dandelion is used for many conditions: natural diuretic, liver stimulant, detoxification, immune builder, mild laxative, skin toner, blood tonic, and digestive tonic. Some people use dandelion to treat infection, especially viral infections, and cancer. In foods, dandelion is used as salad greens, soups, wine, teas, juice puree, and can also be taken in tinctures, capsules and tablets. The roasted root can be used as a coffee substitute. So far there have not been any good quality scientific studies on dandelion, but it has been mentioned in Chinese herbals since the 7th century. Dandelions ... just eat them!



Nan's Rock Shop welcomes Al Rodee to be our Special Presenter for June



Live a Life Full Of Joy, Happiness and Love by Eliminating Fears, Phobias, Limiting Beliefs, Anxiety and Stress From Your Life

Jun 13 **Introduction to Self-Healing Using EFT: Workshop with Al Rodee.**

Jun 14 **Deeper Understanding and Helping Others with EFT: Workshop**

Jun 15 **Private sessions, packaged pricing**

For more info on EFT, costs, and times click on: www.alrodee.com/nans

Jun 17 **Summer Solstice Drumming Circle with Paul Gregory.** At the summer solstice the sun is at its highest point in the sky and we have long days and warm temperatures...it is summer once again! This is a time of fruition in Nature and in the cycle of our lives. In our summer time plans, projects, and ideas begin to fully develop and to flower. It is a time of warmth, joy, happiness, and enjoying what you have created before the autumn harvest. Summer is also the time of the Fire Element; the flow of life, energies of the heart, energies of community and cooperation. Come out to drum and journey to the heartbeat of the drum, the Earth, and your own heart energies. **All are welcome and no experience is necessary. Time: Wednesday 7:00 - 9:00 pm. Cost \$5.00 (drop in). www.weatherspirits.yolasite.com.**



Jun 18 **Reiki Share with Carol Layton.** Level one Reiki course is a requirement for these shares. Just getting started or have you not practiced for years? Either way a Reiki share is a wonderful opportunity to connect with likeminded people, get in a mini healing session for yourself, and learn different styles or insights to deepen your existing practice. Relax, recharge; contentment, peaceful, re-balance and take some time out for you. Reiki is beautiful. **Time: Thurs 7- 9 pm. Cost: \$10.00 (Drop In)**

Jun 24 **Bridging Heaven and Earth with Linda Rozee.** We are at a unique and opportune time in the evolution of earth for YOU to step into the fullness of your amazing, beautiful self. It is time to step into your power and embody your unique gifts and radiate that to the world. The earth needs them, humanity needs them. It is no longer an option to play small..... we need your LIGHT! Come play in the Quantum and release beliefs, behaviours, and conditioning that has been holding you back from being your true authentic self. **outrageouslyblessed.com**
Time: Wednesday 7-9pm. Cost: \$8.00 (Drop in)



Jun 25 **Introduction to Tarot cards** with Carol Layton. (Requested to re-offer). Learn my secrets on how to interpret the cards of tarot. Let me share with you my experiences and short cuts. Tarot as a positive spiritual tool to connect to the wisdom that is all around us. Making it simple! Carol's manual included. **Time: Thursday 7-9pm. Cost: \$20.00. (registration required)**



Jun 26 **Readings and Reflexology** with Margo Andrews. Margo will be accepting appointments here at Nan's Rock Shop the last Friday of every month.

Tea Leaf Readings: come join her with a cup of tea, a time of sharing & friendship, and see what clarity is in the tea leaves for you. 1 hour \$50.00, mini readings \$30.00.

Reflexology Certified Therapy: relax, soothe, pamper and heal through the reflexes of your feet. Reflexology 1 hour session \$50.00.

Jun 26 **Intro to Chakradance** with Leslie Milne certified facilitator. Chakradance is a dynamic form of dance which aids in relieving and balancing the stresses of modern day living. Offering similar benefits to yoga, Chakradance increases your awareness of the connection between your body and soul and leaves you with a feeling of inner peace and serenity. **Time: Friday 7-9pm. (Drop in) Cost: \$10.00 (intro special at \$5.00)** Taking place here at Nan's Warehouse Dance Studio – behind the shop.



Reiki with Elizabeth Cushing. As I continue to move and grow with Reiki in 2015, I want to be the best that I can be. I feel an exciting anticipation that Spirit is asking me to grow so that I have a stronger Reiki practice and to continue to offer the best to my current clients and many new clients to come. With the monthly news and updates from my professional Reiki organization I will keep up to date in offering informative Reiki sessions for your particular situations. Help yourself get the balance in life that you are looking for with the healing Reiki energy. Many benefits are available with Reiki, and anti-aging is one of them. I love it! In all of the modalities I offer to you, including Raindrop Therapy, Ionic Foot Detox and Foot Spa, reading and clearing chakras and

crystal energy work, the Reiki is always flowing for extra relaxation and destressing. Looking forward to sharing and teaching with you. www.elizabethcushing.yolasite.com



“Quantum Massage” with Linda Rozee. After taking a year off from my **massage therapy** practice for some needed integration, I am now re-establishing my practice and taking new clients. I will be combining vibrational healing techniques with the massage for an experience that I call **“Quantum Massage”**. I specialize in giving profoundly deep, relaxing and calming sessions. Many people fall asleep. So if you are in need of some peace and calming, this massage would be great for **YOU!** I also offer Reiki sessions combined with the quantum vibrational energies for a powerfully relaxing healing experience. **Invest in YOU!!** . I am a **registered massage therapist** with **MTANS** and direct bill to Blue Cross. See www.outrageouslyblessed.com for more info.

Stone of the Month: Ametrine

Ametrine is a rare stone, a natural combination – twinning of amethyst and citrine. This crystal is usually transparent, and its color is an interesting mixture of the golden yellow color of Citrine blended with the purple color of Amethyst. The metaphysical healing qualities of amethyst and citrine are combined in this one stone, connecting the mind (third eye – purple) to confidence (solar plexus-yellow); plus uniting feminine and masculine qualities. Carrying this unique quartz combination brings in the realization of your power and potential. It attracts opportunities, ideas and people that will help and support you on your life path and life purpose. It helps reveal the ambitions of your higher heart. It also helps with inspiration, decision making and the courage to follow through. Wearing ametrine helps dissolve self-sabotage, fears, and procrastination. Aids in memory, problem solving, confidence, and positive assertiveness. It is a very powerful money stone as well as an excellent via to higher psychic awareness and spiritual enlightenment. Physically it aids weight loss and helps you to release your addictions. It is a stone of bridging thought to action with conviction. Known as the stone of the Inner Goddess.



“You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously.”
Steve Maraboli.

Upcoming Events

Aug 28 [Hypnotherapy Past Life Regression and Progression Information Session \(Talk\)](#) **\$25.00** with Darlene (Training from Chris Lee).

Aug 29 [Private Sessions: Past Life Regression Therapy](#)

Sept 12, 13, 19, & 20 [RAC Foot Reflexology Certification Course](#) with Donna Jones www.donnaionesreflexology.com

Sept 26 [Beginner Auricular Therapy \(Ear Reflexology\)](#) with Trudy Stoelting

Oct 17 [Aromatherapy 101](#) with Kim Smith. www.moodcrafts.com

Touched By An Angel Spiritual Centre

Darlene Marie Sawler CHT,PLR
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