

NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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MAY 2018

Carol Shares: Plant Your Garden

“Always remember the beauty of the garden, for there is peace.”

I love to create, design, add to, and dig my fingers into the earth
The excitement of watching flowers bloom into their full colors
The seed's simple growth of one day at a time to transform into healthy food
In the garden, it has all my attention, my whole focus, my quiet time
Whether it be my flower garden, my herb garden or my vegetable garden
It is my peace, my joy, my medicine.
I love to be in the garden.

To me the garden is also a reflection of Life
It starts with the preparing and planting of a seed, bulb or transplant
This is a conscious choice to “CHOOSE” what I want to grow
Gardens do not just happen, as a fruitful Life ... does not just happen
Life opportunities start with a thought, move into a dream (seed)
Out of all these “dream seeds” ... we get to choose which ones we want to plant
Sometimes fear comes in: what if it does not grow?
So we avoid disappointment and do not plant ... then the dream will automatically die
But maybe, if we take the risk of uncertainty, walk forward with a bit of faith
Plant, water, nurture, put in the time and effort
To the best of our ability, balance of work, rest, love and patience
A “dream seed” can grow into a magnificent reality.

I encourage you to plant your garden, choose your “dream seeds” carefully
Take some risks of exotic colors, along with some easy self-starters
Mix it up, lots of color, variety of blooming dates.
Nurture your body, mind and soul.

As you choose your seeds of opportunities
And with your tender and loving care, may you bloom to your highest magnificence!
Be the avid gardener of your Life.

Help us to be ever faithful gardeners of the spirit, who knows that without darkness nothing comes to birth, and without light nothing flowers. May Sarton



The crocuses are already blooming!

STAY IN TOUCH WITH US!

Newsletters: To automatically receive our newsletters by email, go to our website homepage and click on subscribe. If you want to discontinue for any reason, click on unsubscribe.

Facebook: [Nans Rock Shop and Spiritual Center](#) : Follow my posts on updates and sharing ideas.



Private Sessions are offered in the green Mini Centre behind the main house. Website or click <http://www.nansrockshop.com/private-sessions-therapies/> to see who is working.

Come visit see what is new in the shop, sit with us for a while in the kitchen lounge, see the flower–herb-vegetable gardens, give a wave to our pet goats Opal and Marshmallow, take some time to do a walking meditation – in our Labyrinth.

We share with you this beautiful place, the place I grew up, great memories, a close family, friends & colleagues. From James & me.

Stone of the Month: Moss Agate

Moss Agate is technically not a true agate. It is chalcedony with spider like blotches and threads of moss-colored green minerals. It helps one to connect to Earth energy, often referred to as the gardener's stone. Its essence is of peace, stability, balance, regeneration and harmony. Moss Agate is said to refresh the soul and help you to open your eyes to see beauty all around you and in all experiences. Moss agate enhances concentration, endurance and success in one's endeavors. Moss Agate promotes self-expression and communication. It balances the emotions, releases fear and stress; encourages trust and hope. Helps balance: mood swings, depression, and is particularly helpful in treating and preventing infections, colds and flu. **Carol calls it the fairy stone.** She uses it to connect one to the elementals and nature spirits, particularly fairy energy. It attracts the light heartedness of fairy energy into your garden, room, situation or personal being. Bring in the magic of fairies with moss agate. *"God made fairies as the angels of nature. They're beings of pure, Divine light and love with an important mission of healing and protecting the environment and animals. Like humans, fairies have egos. So they're not unconditionally loving like the celestial angels. However, fairies are kind and fair."* Nature angels who love to have fun. Doreen Virtue



Young Living Essential Oil of the month: Geranium

Geranium essential oil carries a delightful uplifting floral fragrance along with many therapeutic properties. Both the showy flowers, stalks and leaves of these perennial plants are harvested. **MOODS:** helps to overcome anxiety, stress or anger and fosters peace, well-being and hope. **EMOTIONS:** helps heal grief, loss or trauma; brings in confidence, positive self-expression, spontaneity, relationship balance and sensuality. **WOMAN'S HEALTH:** menstruation issues, stabilizes hormones including menopause, mood swings and hot flashes. **SKIN CARE:** helps almost and skin type or skin conditions, including the tender skin of your face. Aids in skin conditions such as eczema, acne, anti-aging, sun damaged, promotes healthy and shiny hair, reduces cellulite, and mosquito repellent – when applied to the skin directly or with carrier oil. **Health:** offers respiratory support, liver support, diabetes (lowers blood sugars), also aids in the treatments or prevention of urinary tract infections, diarrhea, sore throats and more. **Allow yourself to receive the natural healing gifts from geranium; it is my favourite essential oil. Add flower to your day!** Sold in Nan's Rock Shop \$68.00 15 ml.



My essential oil experience click: <http://www.nansrockshop.com/essential-oils/>

Mindful Market at Nan's

Cost: free of charge ... SO DROP IN!

* Mindful Market*

Art	Singing Bowls
Reiki	Iridology
Access Bars	Hand Poured Candles
Handmade Crafts	Holistic Nutrition
Herbal Skin Care	Vegan Cosmetics
Feng Shui	Crystals & Gems
Jewellery	Home Decor
Aromatherapy	Clothing & Accessories
Astrology	Wellness Consultations
Turmeric Drinks	Hot & Cold Tonics

Tarot, Oracle & Psychic Readings
Live Music & More!

FREE ADMISSION
www.nansrockshop.com

Nan's Rockshop & Spiritual Centre

May 5th
10 - 3pm

Thank you Meghan Macdonald for organizing this event! <http://www.cosmiccrossroads.ca>

Plus meet out some of Nan's Rock Shop Team Members

Debra Pomeroy!

What is Feng Shui? Come to our Mindful Market and I will show you! "Feng Shui Placements on Purpose- In feng shui, every aspiration, whether it's career, wealth, or love is tied to a direction, and each direction is tied to a color, a number and an element. Today we have infused our homes with items that take into account all of these aspirations through the colors, elements of choice and symbols; and often don't realize how much they're effected by them and more importantly the placements of them. Not just the image itself but also, any images with wording can have great influence over us. Placement is like the MAGIC ingredient because depending on the location, you can have a very positive experience or less fortunate experience. During my consults I can always identify what is happening in a home based on placement of things. It is a 4000 year old science after all and it's been here and growing in familiarity because when done correctly it works effortlessly (for you or against you). I have only ever twice asked a client to completely remove something from their environment and they felt an immediately shift in there relationships and wealth. On May 5th, I'm going to bring an arsenal of items that fit beautify in every home or office and give many examples of what works for you and against you. Images often make a silent sound in your mind so let's get them working with you.....Debra Jane " For private consultations email: janeraebydesign@outlook.com



Judy Green!

READY TO CHANGE YOUR LIFE? Are you sick'n tired of feeling sick 'n tired? Are you missing the pep in your step? Certified in many disciplines: RAW-Food & Whole-Food Nutrition, Whole Food Plant-based Chef, Emotional Detox, EFT Practitioner, and is a Master in Usui & Celtic Reiki and more ... Let me help you turn over a new leaf ... with optimal nutrition, healthy habits and a positive state of mind; Empowering you to make excellent choices and achieve a balance of body - mind - spirit. **Meet me here on May 5 at the Mindful Market**; bring your questions, I will be set up in the main kitchen.



My next workshop at Nan's Rock Shop is: Level 1 EFT (Emotional Freedom Techniques or "The Tapping Technique"). **Time: May 20, Sunday 9am – 4:30 pm. Cost: \$150.00.** Check my website for more information. www.rawngreen.com OR **Facebook: EFT/Tapping Level 1.**

Rose Marie Theriault!

READINGS by Rose-Marie Theriault. I will be here at the Mindful Market! Call me ahead to book a reading on this day. We all need help on this road called life. I am able to connect to messages from your guides, angels, spirit and those who have passed on. These messages are meant to give you direction, awaken and uplift you on your journey. The Universe, Angels, Spirit Guides and Spirit are here to aide you in your healing, grieving, gratitude and so much more. Rest in their stillness and walk away with peace of mind. **Please call me directly to book your appointment ... 902 308-9167 Time: At Nan's May 5, 11 and 31** www.myspiritualreadings.com May Special: for every 1 hour pre booked session you will receive a gift certificate for 15mins (a 25.00 dollar value). This is good for one year and can also be used for a phone session. Namaste.



MONDAYS: INTUITIVE READINGS OR PRIVATE HEALING SESSIONS with Darlene. My readings include a tea leaf reading. This art of Tasseology (Tea Leaf Reading) will show that the spirit of the tea beverage is one of peace, comfort, and refinement. This art has been passed down from one generation to another in my family. Beginning with my Great Aunt Verda who live in the United States and practiced Tea Leaf Reading there. My Aunt Pat also shared a few tricks of the trade. As well, I also have had the opportunity of completing a Tea Leaf Reading course with a Tasseologist named Pinky Marriot- Vaughan a very charming British lady. I have been gifted the insight of being able to deliver a channeled message from loved ones that have passed, angels and guides. Come sit for a spell as together we unweave the message you seek. Tea Leaf, Tarot and Angel Card Reading and Palm Reading. I also offer private therapy sessions: Reiki, Reflexology and Aroma Touch Therapy.



<http://angelspiritualcentre.webs.com> **Please call me directly to book your appointment: 902 682-2236**

Thursdays: Bio-cosmic Energy Massage with Megan! Bio-cosmic energy massage liberates physical and emotional blockages, encourages spiritual connection, and promotes feelings of joy and confidence in your true Self. A physically light but energetically deep full head and body massage along energy channels. Includes basic astrology to enrich the work and anchor the mind. Currently \$90.00 for a 2 hour session (open to trade or barter).



Basic salsa, merengue, cumbia, and bachata dance mixed with playful movement exercises. Connect with your body and heart, meet new people, laugh, sweat, relax... enjoy Beginners welcome, singles welcome! **Thursdays (Starting May 17), 7:00 – 8:30pm, \$10 a class (open to trade or barter).** In the warehouse or outside when the weather is agreeable. First class free! For the love of dance. **for more information, please contact Megan directly: 902 804-1734;** <http://www.meganhyslop.wordpress.com>