

NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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website: www.nansrockshop.com

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June 2018

Carol Shares: Priorities

There is soooo much I want to do
Life has an endless list of opportunities and possibilities
There are the lists of daily chores, commitments, along with new projects and adventures
And I notice that everyone has them, no matter what our ages
Teenagers, new parents, middle age, or seniors
Life has so much to offer, we want it all
Which is the most important and what are we willing to let go of
Like we are given a bag of "energy sparks", only so many
With the gift of free will to choose how and where to use them
And I think the challenge for all of us is learning the "art of prioritizing"!

I have a successful business, beautiful property, flower gardens, and hobby farm
I love to spend time with my: partner James, grandchildren, senior parents, friends
Along with volunteer time, new adventures, travel, learning, writing
Really, it is similar to the list we all have.

It is a beautiful list, a life of full experience
But sometimes I forget to enjoy it when I over fill or expect too much of myself
And it can become overwhelming, and I burnout
Like a computer on overload ... Zzzttt ... shut down.

So I encourage you (and me)
To pick and choose, add in; but, also subtract
Be selective and realistic with our yes's and our no's
Realizing that priorities come in cycles, and need regular re-evaluation
No one can do everything, but sharing together we can accomplish most anything
Taking time to regularly check in to our heart and inner self
Challenge, change, choose, but with an occasional reality check!



Priority is defined as that something or someone is more urgent or important than other things that jumps to the head of the line. Also making yourself a priority ... what gives you joy and happiness in this day? Finding balance to me is the priority!

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: Sodalite

Sodalite is molted dark & light blue with white calcite interspersed. It helps to instill a drive for truth and an urge towards making a difference. It helps make it possible to remain true to yourself and stand up for your beliefs. Sodalite is associated with the thyroid. It is perfect in a necklace. It helps in communicating and will give confidence to speak more. It encourages rational / grounded thought, truth, and honesty. It helps to clear confusion, fears, anxiety, guilt, phobias and over sensitive personalities. It calms the mind, settles thought, thus allowing space for answers and new ideas. Sodalite is said to bring joy to a heavy heart and to encourage self-esteem, self-trust and self-acceptance. Sodalite brings inner peace. Keep sodalite in your pockets and in every room of your house, so its peaceful properties will flow all around you. Physically helps balance: insomnia, throat ailments (sore throats, vocal chords etc), digestion (stabilizes metabolism), lowers blood pressure, balances the emotions, settles anxiety and possible panic attacks. “Known as the stone: “To prioritize!”



Young Living Essential Oil of the month: Lavender

Lavender has a scent that's a wonderful blend of fresh, floral, clean, and calm. It's this dynamic aroma that has made the flower a classic for perfumes, soaps, fresheners, and beauty products. It is highly versatile, it is used in many beauty products (shampoos, body lotion, baths), soothes the skin (burns, acne, sunburn, psoriasis, relieves itchy and inflammation), settles physical ailments (digestion disorders, earaches, respiratory, sore throats, muscle aches, bruises, insect bites, injuries, and migraines), and emotional (eases depression, burn-out, insomnia, hysteria, nervousness, minimizes anger, reduces worry and neutralizes sensory over load). Create a spa-like retreat by combining 1 cup Epsom salt and 4 drops oil and adding to a hot bath. Unwind with a Lavender-infused neck or back massage. Use Lavender as part of your evening routine. Rub oil on the bottom of your feet before bed or spritz your pillow with distilled water and Lavender mixed in a spray bottle to help relax and prepare for a good night's sleep. Create a DIY room freshener with Lavender or diffuse it to banish stale odors. **Lavender: Love, peace and balance! WHEN IN DOUBT ... USE LAVENDER!** Sold in Nan's Rock Shop \$39.00 15 ml



My Essential Oil Website Page: <http://www.nansrockshop.com/essential-oils/>

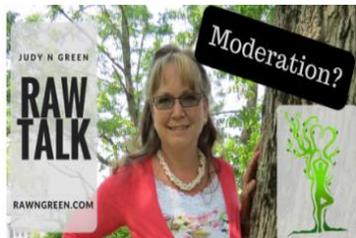
My Essential Oil Facebook Page: Rock and Oilers

Workshop, Events, and Private Sessions

June 10: Feng Shui for Busy Lifestyles Workshop With Debra Pomeroy of JaneRaebDesign. I believe that Feng Shui is very serious business but it's also meant to be fun and effective. It can be working for or against you no matter what your belief is and it can and does affect all areas of your life: health, wealth, relationships and personal well-being. It does not discriminate and it is ever present because its foundation is energy and the placement of things in your environment and its relationship with that energy. If you don't have lots of time but want to see changes in your life and have yet to witness the power of what I call "FENG SHUI on the FLY". I will REVEAL 9 of my best kept secrets that are based on traditional concepts with a twist for busy lifestyles. Think MAGICAL! For all those who attend I will also be giving away a FREE copy of my long awaited "FENG SHUI on the FLY" workbook in which you will find these 9 secrets along with many more that work for you on the fly!!! For questions or private consultations [email: janaeraebdesign@outlook.com](mailto:janaeraebdesign@outlook.com) **Time: Sunday 2 - 4:30pm. Cost: \$45.00**



READY TO CHANGE YOUR LIFE? With Judy Green. **Meet me here on June 30 at the Mindful Market, I will be in the kitchen!** Pop in and ask questions or get an iTOVi scan to determine the best essential oils and supplements for your body. I will have just returned from a Young Living Essential Oil convention in Utah, and will have all kinds of new info and hot tips. With my display, I will be serving herb tea and coffee. Let's chat! My next two workshops at Nan's are: July 29: "Wellness Retreat featuring essential oils, yoga, meditation and more!" September: EFT Level 2. I have offered many classes at Nan's over the past three years on a variety of subjects including: Nutrition Coaching, Wellness Coaching, Life Coaching, Whole Food Plant Based Chef, Ho' Oponopono, Meditation, Reiki Master and Emotional Freedom



Technique (EFT)/Tapping Practitioner. I look forward to meeting you. Let's do it! www.rawngreen.com

MONDAYS: INTUITIVE READINGS OR PRIVATE HEALING SESSIONS with Darlene Sawler. Plus I am very excited to be attending the Mindful Market here on June 30. Come sit a spell and have a reading with me! With the use of Tea Leaves, Tarot and Oracle Cards, I deliver channeled messages from loved ones that have passed, angels and guides. I offer insight, enlightenment and validation to assist you in your spiritual growth. Spiritual growth is the process of inner awakening, rising of the consciousness, connecting to a higher vibration. It means going beyond the mind and the ego and being mindful of who you really are. To establish a balanced life, we are required to take care not only of the necessities of the body, feelings and mind, but also of the spirit, and this is the role of spiritual growth. I also offer private healing sessions: Hypnotherapy (specializing in past life regression), Reiki, Reflexology and Aroma Touch Therapy. <http://angelspiritualcentre.webs.com> **Please call me directly to book your appointment: 902 682-2236**



READINGS by Rose-Marie Theriault. 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 June 2, Saturday. www.myspiritualreadings.com**



Thursdays: Bio-cosmic Energy Massage with Megan! This is energy work in the form of a full body massage and includes basic astrology to anchor the mind. Please see my website for testimonials or for more information. www.meganhyslop.wordpress.com Currently \$90.00 for a two-hour session. **At the next Mindful Market - twenty-minute head massages!**

Thursday evenings: Simple salsa dance. First class is free! 7-830 pm, \$10.00. No need of a partner or to get the steps perfectly. This class is about practicing and having fun together while getting our sweat on. In the warehouse or outside in agreeable weather.

NEW: "WALK THE LAND Workshops": Wed 7 – 8pm. Cost: \$10.00. We are surrounded by beauty <3. Each week will include some foraging (please bring a small bag or basket) and a "taste" of the following topics:

June 6 – Sprouting for health

June 13 – Meet the bees (**wear long sleeved shirts, pants, shoes, and socks.** Veils provided. Please be on time, as we will travel together to Heartseed Farm in Nictaux)

June 20 – Intro to vegetarianism

June 27 – Backyard herbology (eat your weeds!)

Any questions and to register contact Megan: 902 804-1734; meganhyslop@yahoo.ca



* Mindful * Market *

Art
Reiki
Access Bars
Handmade Crafts
Herbal Skin Care
Feng Shui
Jewellery
Aromatherapy
Astrology
Organic Produce

Singing Bowls
Airbrush Tattoos
Hand Poured Candles
Holistic Nutrition
Vegan Cosmetics
Crystals & Gems
Home Decor
Clothing & Accessories
Wellness Consultations
Hot & Cold Tonics

Tarot, Oracle & Psychic Readings
Live Music & Entertainment!

FREE ADMISSION
www.nansrockshop.com

Nan's Rockshop & Spiritual Centre

**June 30th
10 - 3pm**

The first Mindful Market was a huge success so we will be back on the grounds of Nan's Rock Shop for a long weekend celebration!

The newly renovated Studio will showcase the work of local artists, makers and small businesses. Guests can expect to find fine jewellery, artwork, plants, clothing, candles, home decor, gemstones, natural products and a variety of wellness consultants and practitioners.

The tranquil Healing Centre will be used for private consultations and readings from talented astrologers, psychic mediums, healers, tarot, tea leaf and oracle readers.

The main house and shop will be open and guests are welcome to explore the boutique, and visit more fabulous vendors.

Weather permitting we will also have outdoor vendors and entertainment. Live music, air brush tattoos, lots of food and some special surprises are in store for our guests and vendors alike.

Nan's Rock Shop is also home to a small hobby farm, nature trails and a labyrinth. Guests are invited to explore the grounds, and enjoy all the space has to offer. This family friendly event has something for everyone.

Admission is free and more information can be found on our event page:

<https://www.facebook.com/events/781795602031261/>