

# NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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website: [www.nansrockshop.com](http://www.nansrockshop.com)

#13995 HWY #1. Wilmot, Annapolis County, Nova Scotia  
902 825-2700

Summer 2018

## Carol Shares: My Trip to Utah

I am a nervous traveller  
But a Light, a Pull kept encouraging me forward  
Holding onto my heart, one step in front of the other, I trusted  
So ... Judy Green and I planned it, booked the ticket and flew out together  
Young Living Essential Oil Convention in Salt Lake City, Utah  
The essential oils I took: Valor for bravery, Tranquil to keep me calm, Cedarwood to help with the altitude  
Six days packed full of adventure, a tight schedule of events, education, and motivational speakers  
In a group of 30,000 Young Living reps coming together to learn, share and grow  
All were gifted a ribbon name tag necklace and a Young Living backpack  
Which made it easy to identify each other, and we were many!

I have been involved with Young Living now for 2 years, I so love this product  
It resonates with me, I appreciate, value, enjoy; as it compliments everything else I offer  
I got to better understand Gary Young's life story, his driving force to get well himself after a traumatic accident  
Which led him to his first lavender field, his first home made distiller, his first essential oil  
This world is forever changed from his research and production of essential oils  
And with courage and conviction, he built a business where his products are now sold all over the world  
Gary Young passed away this spring; he will continue to be a role model and inspiration for me  
I feel honoured and grateful for all his research and hard work.

So travelling to Utah was like a "vision quest" for me  
I will be forever inspired, motivated, humbled, appreciative, and grateful  
This trip has strengthened me to remember courage, conviction  
and to keep moving forward with my life goals  
To offer a choice for a better lifestyle that includes more health, love, integrity, wisdom  
AND Gary Young's theme word for this convention: "FREEDOM"  
In loving memory of you Gary Young and all you have given me  
Through the sharing of yourself, the love you have for people, and this convention  
Thank you.



*"We are about lifestyle and strengthening the body through nutrition and the power of essential oils.  
When we do this, the body will take care of itself. We are about self-improvement and living life to the fullest."  
D. Gary Young, Founder of Young Living Essential Oils.*

## 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: Amethyst



**Amethyst** is known as “the stone of protection and purification”. Its purple color comes from the combination of trace elements of iron and aluminum. Amethyst is known to balance energies of the third eye (mind) to bring clarity, balance, purify thoughts, enhance intuition, create strength in thought, dispel doubts/fear/anger/depression/anxiety. Thus is a beneficial stone for almost every situation, whether it be health, emotional, or spiritual: for all situations are created and/or affected by our mind. It is also beneficial for spiritual protection, physic attack, quitting addictions, protects against nightmares, aids decision making, enhances memory, aids sound/relaxed sleep, etc. A good stone to give your children, protect/enhance positive energies in a room, use as a healing tool in healing practices. The stone to take with you on a vision quest, to help open up opportunities along with the courage to follow through! This is a powerful crystal, when in doubt use amethyst!

### Young Living Essential Oil of the month: Tranquil Blend

**Tranquil Roll-on** is the oil I kept close to help keep me calm through my nervousness on my Utah travels. Breathe in, breathe out, relax, inhale ... I can do it!!!! My nervousness on the plane, in the crowds of people, on the tour bus when I got separated from my main group, a little nervous, sometimes even abit overwhelmed, one step in front of the other, a little tranquil as I took myself into new experiences. AND I did it!

“Young Living Tranquil Essential Oil Roll-On is the perfect way to invite a little Zen into your day. Tranquil essential oil combines the comforting aromas of Lavender, Cedarwood, and Roman Chamomile into a blend that is easy to apply and even easier to love. The Tranquil Roll-On applicator provides convenience and portability, and its proprietary essential oil combination offers a warm, slightly sweet fragrance. Just inhale deeply or roll onto your wrists to enjoy a moment of tranquility.”

**FREE Young Living Essential Oil Workshops with me.** I will be offering these workshops regularly over the summer. If my date does not work for you, you can book your own party of 3-10 people. I will share with you why Young Living essential oils can and do offer such health benefits and we will sample and apply oils from the starter kit and also some of my favourites. I love these products and the integrity of this company. PLUS hot tips from Utah! WHA HOO!!!!

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

**My Essential Oil Facebook Page:** Rock and Oilers

## Tranquil Roll-on

With a strong lavender scent & undertones of chamomile

**Cedarwood**  
high in sesquiterpenes that travel to the brain to induce relaxation

**Lavender**  
calming & relaxing

**Roman chamomile**  
for restlessness, tension & insomnia, calms children



Art. HoltCheng

## Workshop, Events, and Private Sessions



**NEW** July 21 **Spiritpaintings** with Kim and Kaitlynn Hutt from Souly Reconnected . Join us for an afternoon of Spiritpainting. They will guide us on a 30 minute Visualization Meditation journey to connect with and meet our spirit guides, helpers and ancestors who will offer signs, symbols, messages and colors to help us on our present path. We will then put paint to paper creating 2 intuitive Spiritpaintings using non traditional paint techniques and intuition. Each painting is unique and infused with your energy and vibration. There will be plenty of time for journaling, reflection and inquiry as the paintings dry and we interpret our messages. A group share and individual interpretation by Kim or Kate will be included. No previous experience in Meditation or Painting is required - All materials are included. **Time: Saturday 1:00 – 3:00pm. Cost: \$85.00** Register with Kim at: [soulyreconnected@gmail.com](mailto:soulyreconnected@gmail.com). (Pre-payment is required)

July 29 **Summer Day Retreat: Pamper Yourself** With Judy Green. [www.rawngreen.com](http://www.rawngreen.com) Join us for a day of Meditation, Essential Oils, Yoga, Crystals, EFT/Meridian Tapping, Mental & Physical Detox and much more.



Plan to pamper yourself and experience an uplifting day of exploration. Includes sampling of essential oils along with HOT Tips straight from the Young Living Ranch in Utah!!!. Bring your own lunch, yoga mat & props, pendulum and essential oil questions. We will explore many different modalities that can help you achieve your wellness goals. If the weather is good we will walk the Labyrinth ♡☐ **Time: 10am – 4:30pm. Cost \$135.00**

Call Judy to register: (cell) 902-249-1772 or e-mail: [judy@rawngreen.com](mailto:judy@rawngreen.com)

MONDAYS: **INTUITIVE READINGS OR PRIVATE HEALING SESSIONS** with Darlene Sawler. 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. 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**



**NEW** July 21 **Angel Workshop** with Rose –Marie We will talk about the four major angels and their purpose, their auras and how they can help you unfold your journey. **Time: 10 - 12:00 noon. Cost: \$30.00.** Afternoon will be: **READINGS** 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.. **Please call me directly to book your appointment ... 902 308-9167**  
[www.myspiritualreadings.com](http://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](http://www.meganhyslop.wordpress.com) Currently \$90.00 for a two-hour session.

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. Please include Please contact Megan directly for appointments or to book appointments or to register salsa classes: 902 840 1734,

[meganhyslop@yahoo.ca](mailto:meganhyslop@yahoo.ca)

Aug 26: **Young Living Make'n Take** with Judy Green. Learn how to use essential oils in your daily routines: we will make a cooling spray, household cleaner and dryer sheets. Plus essential oil question/answer time. All supplies included. **Time 1-3pm, Cost: \$25.00.** [www.rawngreen.com](http://www.rawngreen.com)



Sept 9: **Feng Shui for Busy Lifestyles Workshop** With Debra Pomeroy of JaneRaebyDesign. 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", this workshop is for you! For questions or private consultations email [janerabydesign@outlook.com](mailto:janerabydesign@outlook.com)

# \* 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](http://www.nansrockshop.com)

**Nan's Rockshop & Spiritual Centre**

**June 30th  
10 - 3pm**

## **The Mindful Markets are now a regular event at Nan's! Our next one is scheduled for Aug 18**

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/>