

NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

Email nan@nansrockshop.com

website: www.nansrockshop.com

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

October 2018

Carol Shares: Attitude Adjustment

I have a great Life

People who I love and love me, a beautiful home, a loving partner, and good health

Flower gardens, hobby farm, a growing business that I so enjoy

A very busy lifestyle, filled with many things that I have chosen, fun!

But every once in a while, I go through a "burn-out period" where I tend to get overwhelmed and so tired

I should know better I tell myself, as this self-judgement tends to sink me lower

Though when I step back ... I realize it is really a self-evaluation brought on by my soul

A time to: re-evaluate, prioritize, heal, purge, re-invent, and upgrade my present "thought programs".

My soul challenges me, into directions where I have never been

And oh how I struggle with them, just wanting to be happy and content with what I already know and have

But as I go through the frustration and confusion of this transition and healing process

With the help of friends and family, and some professional advice

(Special thanks to Al Rodee www.alrodee.com my EFT coach; I love working with you Al!)

I see a new me coming through, a more balanced and wiser version.

So I encourage you to go forward with your dreams, wants and desires

Honouring your emotions, the compass of your soul

Into the potential of the bigger picture that is YOUR LIFE

CHALLENGE yourself in the uncomfortable places

That make you think, work and change

Seek out support and wisdom when needed from places you trust

Never quite settling to always "Just Be"

But also what "Could Be"

Which I think makes "The Balance".

You are worth it, I am worth it, and together we can achieve most anything

Attitude with Gratitude!



"No person, no place and no thing has any power over us, for 'we' are the only thinkers in our mind. When we create peace and harmony and balance in our minds, we will find it in our lives." Louise L. Hay

STAY IN TOUCH WITH US!

Newsletters: Keep updated on workshops and events! Go to our website and check Workshops and Events or stop into the shop to get your paper copy!

Facebook: [Nans Rock Shop and Spiritual Center](#). Follow my posts on upcoming workshops and events, plus random articles. Like my page!



Private Sessions are offered in the green Mini Centre behind the main house. Website or click <http://www.nansrockshop.com/private-sessions-therapies/> to check on the services available.

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.

Workshop & Events

(For more information and to register please contact the facilitator of the event)

RESTARTING Oct 1: **Tribal Belly Dance**. Girls just want to have fun! No cost at this time.

Time: Mondays 7-9pm For more information contact Teri Nichols: 902 825-2264

STARTING Oct 9: **FREEDOM Chakradance Series** with Leslie Milne. Dance guided by music to resonate to each of the seven chakras (a nine week series). **Time Tuesdays 6:30 – 8:00pm. Cost: \$15.00 per night**

For more information contact Leslie Milne 902 824 -1794 <https://coyotemoonhealingarts.wordpress.com/>

Oct 13 **Learn how to Connect to the Four Major Angels Workshop** with Rose Marie Theriault.

Time: 9 – 12:00 noon. Cost: \$40.00. www.myspiritualreadings.com

Plus Readings with Rose in the afternoon. Mini – full readings are available. To register call: 902 308-9167

Oct 14: **Feng Shui for Busy Lifestyles Workshop** Feng Shui is an ancient Chinese science proven to improve health, wealth, love and prosperity. For more information contact: Debra Pomeroy of

JaneRaebDesign 902 844-0618. janeraebdesign@outlook.com **Time: Sunday 2 - 4:30pm. Cost: \$45.00**

Oct 21: **Spiritpainting with the Chakras Workshop**. Be guided on a Meditation journey to connect with and meet your spirit guides, helpers and ancestors who will offer signs, symbols, messages and colors to help you on our present path. All supplies will be provided. **Time: 1:00 – 4:30pm. Cost: \$85.00**

For more information contact: Kim Hutt 902 789-0887 soulyreconnected@gmail.com.

Oct 27: **MINDFUL MARKET**. A day of vendors and mini sessions right here at Nan's Rock Shop. Bring your lunch and join us for the day! Open 10am – 3pm. Local vendors will be set up in the Warehouse Dance Studio, Main House and our Mini Centre. Guests can expect to find fine jewellery, artwork, plants, clothing, gemstones, natural products and a variety of wellness consultant practitioners and psychic readers.

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

<https://www.facebook.com/events/2188613681372011/>

FREE Young Living Essential Oil Workshops with Carol Layton. Come learn the essential oil basics! We will sample some of the most popular oils and blends including my favourites! Opportunity: learn how to receive 24% off product! A fun little workshop. Call the shop to talk to me. Let's get oiling!

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

My Essential Oil Facebook Page: Rock and Oilers