

NAN'S ROCK SHOP & SPIRITUAL CENTER



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Jan / Feb 2019

Carol Shares: This New Year!

It has been a nice 3 week break for me, now to return to business
It has also been a time for me to daydream and plan on my goals for the upcoming year
I am a dreamer and my mind will flood itself with possibilities and opportunities
So I have taken some time to decide ... what do I really want for THIS year?

As I watch myself I notice that I have chosen 3 coaches to kick start me

+++ **Feng Shui with Debra Pomeroy:** We talk about my past year's successes, neutralizing this year's negative stars, enhancing the positive stars, and activating opportunities for my dreams and desires. Then we re-arrange my house and business in a way that gives me maximum "flowing chi energy" that will best support me in the year of 2019. Plus Debra stirs in some laughter, friendship and mischief! I love working with you Debra!

+++ **Emotional Freedom Technique (Tapping) with Al Rodee:** Al helps me get into my head and thoughts. I have some reoccurring negative thought patterns ... and I want to transform and transcend them. Because to think negative is to attract negative; to think positive is to attract the good I want in my Life. Al helps me to own my confidence and be the "guru" of my own life. Thank you Al, you are amazing; I am amazing!!!

+++ **Full Body Massage** with Suzanne Lacroix: This tops it off with "Suzanne time". I go for regular massage to maintain a healthy back, to allow muscle/energy tension release, reflection and share life. I often say that: "For me a visit with Suzanne is to have a spiritual experience!" Suzanne is a true friend and comrade, we keep each other going. We always each choose a theme word for the year. My word(s) for 2019 are: "Choose Happy!" her word is: "Spectacular!" What theme word would you choose for 2019?

The universe has a sense of placement
I received these appointments all in the same week, one day after another
A definite kick start into this New Year: "Body, Mind & Spirit"
I now feel: refreshed, sassy, confident, energetic, healthy, and ready for 2019.

I encourage you to also connect to the people who empower you
Another year to give, love and receive
I am excited! Let's go!!!!!!

"PERFECT ORDER: The stars, the moon, and the sun are all operating in perfect Divine order. There is a purpose to their pathways. Sometimes my life may be in chaos, and yet, in back of chaos, I know that there is Divine order. I put my mind in order by choosing positive thoughts, the chaos disappears, and order comes back. I trust my life is really in perfect divine order. All is well in my world." Louise L Hay



STAY IN TOUCH WITH US!



NEWSLETTERS: Keep updated! Which includes: website, newsletter, or **Facebook:** [Nans Rock Shop and Spiritual Center](#). Follow my posts on upcoming workshops and events, plus random articles. Follow my page!

Private Sessions and Workshops continue to be offered.

Come visit see what is new in the shop! 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)

Feb 17: **Mini Workshops Afternoon!** This will be a once a month "Afternoon of Awareness". We will have three chosen topics during this afternoon: This month will be: 1. Intro to Pendulum/Dowsing 2. Intro to Essential Oils, and 3. Intro to Singing Bowls. The Rock Shop will also be open! Register with the Rock Shop. Space is limited to 9, so register early! **Time: Sunday 1 – 5pm. Cost: \$25.00.**

Feb tba **Laughing and Singing Our Way Through Shame.** Register with meganhyslop@yahoo.ca
<http://www.meganhyslop.wordpress.com>, **Time: 6:30 – 8:00pm. Cost: \$10.00**

Mar 9 & 10: **Reiki Level 1 Training** with Carol Layton. **Time: 10am – 5pm both days. Cost: \$195.00.**
Register with the Rock Shop.

Young Living Essential Oils with Carol Layton and Alice Lawlor. Come learn the essential oil basics! Sample some of the most popular oils and blends right here in the shop! Opportunity: learn how to receive 24% off product! Host your own party with us and receive a free oil to add to your collection. A fun little workshop. Or just catch us in the shop, we love to share! Let's get oiling! Alice and Carol LOVE their oils and the many other products that Young Living offers.

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

Carol's Essential Oil Facebook Page: [Rock and Oilers](#)

Stone of the Month: Spider Web Jasper. This is a black and white stone that looks as though a spider has cast black lines of web around the stone. It is a soothing stone for frayed nerves and brings in the energy of a "wise spider totem". It helps to connect you to the energetic webs of life, attracts the people of your tribe & community, and helps to "spin out" your destiny. It is a great gemstone for guiding you to know what you want and encourage you to be more active in your life. It also is a great filter for removing negativity, especially negative thoughts and nightmares which can sabotage manifesting your goals. Great for networking, bartering, and the mixing and coming together of people of a similar goal. Spider Web Jasper grounds our energy when we are feeling overwhelmed. It reminds us that despite the ups and downs, to remain in the present; it is a reminder that confusion is but a opportunity to heal and learn, and that life will always have your back. Physically supports: liver, gallbladder, and soothing to the stomach, a root chakra stone. The spider web reminds us of our connectedness with the world – that we are strung together in everything that we do. The geometric patterns within the spider's web symbolize the links between ourselves, the Creator, and all things. Known as the stone of Spider Magic. www.nansrockshop.com

