

# NAN'S ROCK SHOP & SPIRITUAL CENTER



A PLACE LIKE COMING HOME

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Nov / Dec 2018

## Carol Shares: Retreat Time

Sammie Suz and I just went on Yoga Retreat  
with Julie Palmer [www.yoga4all.ca](http://www.yoga4all.ca) at Mersey River Chalets & Nature Retreat  
It is a week-end filled with super yummy vegetarian food, beautiful log cabins, a serene nature setting  
I have been to several, I so love them!!!  
Extra activities and yoga of course!

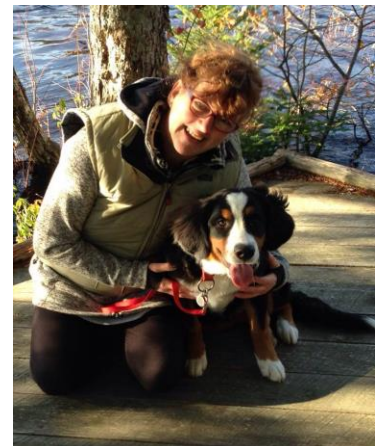
2018 has been a very busy year for me  
In January I decided to give my all to this business  
I have so many ideas, I get so excited and driven to complete  
But at the same time, I (we) have manifested so much  
Often the word "BALANCE" has come in to ease my gait and my thoughts.

During a Labyrinth Walk exercise at the retreat I asked about my Life  
All my dilemmas, chaos, drama, choices, asking help to be able to handle it ... peacefully, joyfully and in love  
Here are the words I received:

**" My dear little one... I suggest for you to move past BALANCE and into APPRECIATION for all that is you, your life, your contribution of you and others. Celebrate rather than doubt or worry. Go one step at a time, to be the best of your ability. One step at a time is good enough, is actually more than enough. CELEBRATE my dear one, CELEBRATE!"**

Somehow a HAPPPINESS settled into me  
I came home tired out, smiling, and turned off my speedometer  
Extra time with my family, sleeping in the mornings, no extra projects  
My goal for November and December is to "JUST BE"  
I deserve that, I give it to myself, pat myself on the back  
Now to enjoy the sparkle of Christmas and then to relax into the calm of a winter season.

I encourage you  
To also take moments of reflection on all your accomplishments  
To allow yourself an occasional time out, maybe a yoga retreat  
To BALANCE, APPRECIATE, CELEBRATE  
What is the BEAUTIFUL you.



## 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. Like 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.

**SHOPPING HOURS** 12:00 noon – 5:00 pm, other times by chance or appointment.

**Christmas Open House** is Dec 23, Sunday. We will have herb tea and gumdrop cake. Come join us for some last minute shopping, a chat and a hug! Teri and I will be here all day! We invite you!

**CLOSED** Dec 24 and re-open Jan 14.

**Workshops and Events** will re-start in the new year. We will be re-offering our popular events like Chakradance and Spiritpainting. And also some new surprises. Stay tuned!!!

### **Crystal of the Month: Opal.**

**OPAL** is a very old stone formed when a combination of silica and water flowed and hardened in cracks and spaces in the earth. The high water content gives a silky and milky translucent opalescent color. Colors can include: white, pink, blue, orange and some of iridescent reflections and combinations, also many synthetic as well. They are sensitive to heat and light, often brittle and can be cracked or chipped quite easily. In Roman times opal was, next to emerald, the most valuable gem. The opal is said to be many things including the most powerful of healing stones, the stone of hope, the stone of great achievement and even the “stone of the Gods”. Like water rolls over and past rocks and roots in its way, the energy of opal can help continue on your path regardless of obstacles. During times of transformation, this is an invaluable energy to work with and hold close to your heart. Opal is used in lightwork as a stone for strong and safe dream work, meditation, protection and astral travels. It is a soothing stone which can calm turbulent emotions and bring a deep sense of hope and inner peace. Physical help for: headaches, eyesight, Parkinson’s disease, blood, insulin regulation, PMS, and the immune system. **Opal Care:** is best cleansed under softly running water or under the light of the Moon. It is important to keep Opals out of sunlight where their water content can dry out. Once a month regular soaking in water is beneficial. **Known as the stone of being precious.** – White Opal is a stone of **angelic connections**. It is often used for clearing confusion, creates inspiration, spontaneity, happy dreams and changes. It is useful in balancing all chakras. – Blue Opal gives us the courage to voice what we desire, with the added gift of charisma and charm. – Pink Opal heals emotional trauma and is the stone of peace and tranquility for the heart (joy bringing). – Redwood Opal grounds as it increases one’s resilience to life’s ups and downs, and it allows one to bear grief and loss without being dragged into depression. It helps in healing emotional wounds from the past, and it helps to feel things deeply yet with detachment. – Opals, of any kind, activate matters of the heart by promoting love, loyalty, attraction and the fiery passion that comes when those three traits are combined. It can be quite an exciting and explosive stone!

**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

**MERRY CHRISTMAS and HAPPY NEW YEAR**

