



In Gratitude: June 2023

“Listen to your body. Sit with your spirit. Respect your intuition. Reconnect with your authentic self.”

Tracy Langheinrich; Grateful Healer and Owner of Calming Waters

I don't know about you, but June feels like two different months rolled into one. In the first part of the month, there was this sense of up and down energy. Did you find yourselves oscillating through periods of being on track and getting things done, then procrastinating, feeling stuck, or finding ourselves idle? For me it was a pull of getting the yard and gardens back in shape and still purging my indoor items from “spring cleaning”.

Now as we reach the second half of the month, there will be an incredible flow of feminine energy. This energy will guide us to work with our hearts and connect with the wisdom of feeling. We may feel more in touch with our bodies and extra sensitive to the world around us. The energy feels to be slower, and we may be in more of a passive state. While this passive state can feel a little sticky at times, there is also beauty here in going with the flow, surrendering, and just accepting where we are in our lives.

As we reach the end of the month, we will have three planets in retrograde, with Venus also set to follow in a few weeks. All of this retrograde energy can definitely create a slowdown and can naturally guide us to reflect and look to the past before we can move forward.

This is my personal birthday month. I tend to spend time reflecting on my past personal year and prep myself for the upcoming personal year. Did you know that I also teach a simple course in Numerology? It is based on the book *Hot Numbers* by Jean Simpson. Your **PERSONAL YEAR NUMBER** instantly reveals where you are, where you have been, and where you are going. It provides the answer to the question: What should I do now? A nine-year cycle regulates the **PERSONAL YEARS**. If you are in **PERSONAL YEAR #1** this year, you will be in **PERSONAL YEAR #2** after your next birthday. And so the cycle continues through #9, when it starts all over again in a **PERSONAL YEAR #1**.

“There is a rhythm of life based on the nine-year cycle. Knowing your PERSONAL YEAR NUMBER and its meaning gives you a sense of where you belong in the scheme of things. The PERSONAL YEAR NUMBER sheds light like a beacon on the tides of life. You'll know when to anchor, when to set sail, and most important, when your ship is coming in.”

I am leaving Personal Year 5 and moving into Personal Year 6. “A year centered around love, home, family, responsibilities, and adjustments. You may beautify yourself or your surroundings. Be a magnet and attract people.” Let me know if you are interested in better understanding your Numerology.

Sacred Collaborations:

We are now accepting sign-ups for the **Reconnect Women's Retreat**. When is the last time you allowed your authentic Self to come forward? Join us for a day of letting go of your everyday stressors and reconnecting with your inner authentic self. We will experience the healing benefits of nature, art, free form body movements and if weather allows floating in Elk River! Of course, there will also be 2 high vibe organic meals. For your convenience, the **Reconnect Woman's Retreat** will be offered on

two separate dates: **June 24th and July 22nd**. These are one day retreats from 10 am to 8pm and both will be held at Birch Island Retreat Center in Elk River, MN. The retreat cost is \$199. Grab your friends and join us for a special day.

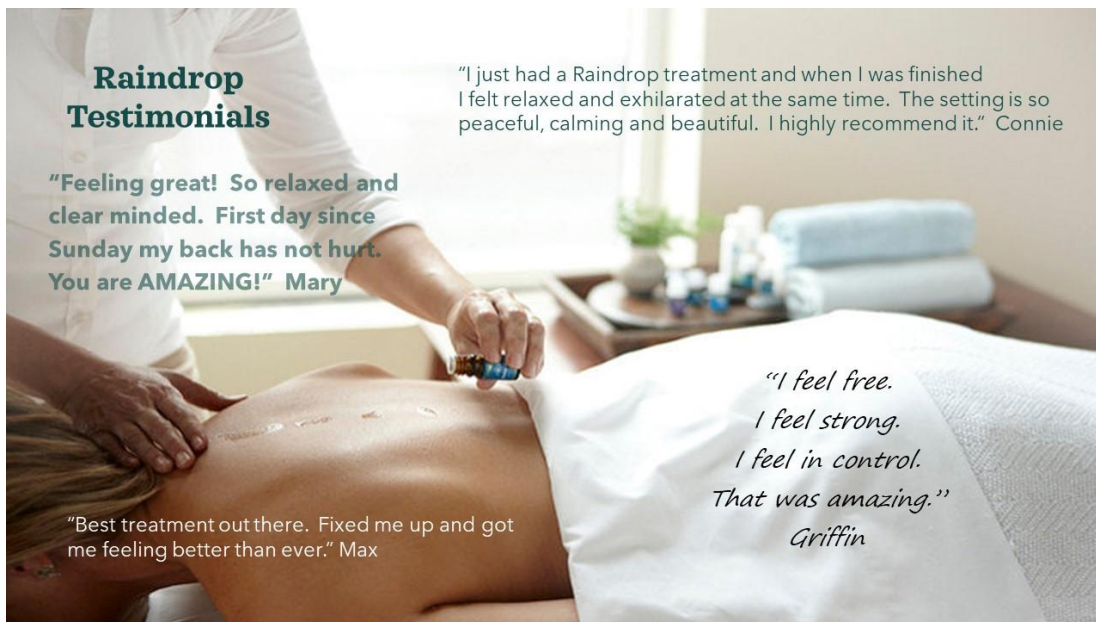
Reserve your spot here: <https://www.serenity-now-wellness.com/retreats>



The graphic features a central circular logo with the text "Reconnect Retreat" in a cursive font. To the left of the text is a botanical illustration of a daisy-like flower. Below the main text, the words "SERENITY NOW WELLNESS" are written in a smaller, sans-serif font. Underneath the logo, it says "AT Birch Island Retreat Center". To the right of the logo are two photographs: the top one shows a red building with a porch surrounded by trees, and the bottom one shows a serene landscape with a river flowing through a wooded area. Below the photographs, the text reads: "Join us for a journey of self healing for women! Saturday June 24th or July 22nd | Elk River, MN".

Featured Service: Raindrop Technique

I received my first Raindrop over 10 years ago. I knew then that I wanted to be able to offer this service. I took an intensive certification course through Center for Aromatherapy Research and Education, Inc. (CARE) in the fall of 2018. The purpose of Raindrop Technique is to stimulate every organ, muscle, and bone of the body at a cellular level through the layering of essential oils, boosting the immune system, bringing the body into structural and electrical balance, and enabling the release of toxins or diseases wherever they may be lodged. It is a transformational service.



The graphic shows a person receiving a Raindrop treatment on their back. The person is lying face down on a massage table, and a practitioner is applying essential oils to their skin. The background is a soft-focus image of a spa setting with a table holding various bottles and towels.

Raindrop Testimonials

"Feeling great! So relaxed and clear minded. First day since Sunday my back has not hurt. You are AMAZING!" Mary

"Best treatment out there. Fixed me up and got me feeling better than ever." Max

"I just had a Raindrop treatment and when I was finished I felt relaxed and exhilarated at the same time. The setting is so peaceful, calming and beautiful. I highly recommend it." Connie

**"I feel free.
I feel strong.
I feel in control.
That was amazing."**
Griffin

JUNE Special!
Purchase
Raindrop Session
& Receive **FREE**
Oxygen Treatment











CALMING WATERS
WELLNESS CENTER

Gift Certificates are available. Email me to schedule your Raindrop! This appointment typically lasts 90 minutes.

Product Promotions Reminders:

Through the end of June, **Nikken** is offering 20% off select filters. If you don't know the filter part numbers, just reach out to me. If you are a new customer, reach out to me for a special Wellness Home link for more savings on system bundles. Check out all that Nikken has to offer here: <https://www.nikken.com/na/calmingwaters>

Did you know that **Goli** now has 12 different gummy products. There is something for everyone. For best pricing, remember to use my special link and code: <https://go.goli.com/calmingwaters>

 EXPLORE > Apple Cider Vinegar Gummies	 EXPLORE > Ashwagandha Gummies	 EXPLORE > Superfruits Gummies
 EXPLORE > Supergreens Gummies	 EXPLORE > Triple Action Immune Gummies	 EXPLORE > Dreamy Sleep Gummies
 EXPLORE > Kids Gummies	 EXPLORE > Women's Gummies	 EXPLORE > Women's PMS Relief Gummies
 EXPLORE > Extra Strength Sleep Gummies	 EXPLORE > Probiotic+ Gummies	 EXPLORE > Beets Cardio

Young Living Bundle Special! Please welcome “Sweet Summertime” to our starter bundle lineup!



- Includes Macaron Diffuser, Vanilla 5 ml, Peppermint 5ml, Lemon Verbena 5 ml, Lavender 5 ml, Lime Vitality, Lavaderm After-Sun Spray, & Lavender Lip Balm.
- Item No. 44418 **Wholesale: \$150 (PV:100)**
- Retail value: \$296.70
- Limits & details: Sweet Summertime Starter bundle is open for one-time and loyalty orders for new and existing members. Limit of 1 per account.
- Available June 9 at 10 a.m. MT through June 30, 11:59 p.m. MT, while supplies last.

Are you ready to open your wholesale account? I can help you with that!

<https://www.youngliving.com/us/en/referral/1533512>

BioReigns Father’s Day Special: BOGO ON ALL ITEMS! It is time to stock up on your favorites. For a very short time only through June 12th, Buy one get one FREE. Go to : <https://bioreigns.com/shop/calmingwaters> or if you already have an account, make sure you log in and simply place two of the identical items in your cart and at checkout use **Code: FDB1G1**.

I have been getting a lot of requests to help with **manifesting**. This does not need to be a complicated process. It is a mindset really and a way of thinking. So that may mean it may take some getting used to, to formulate the correct “statements” in such a way that it brings you the results you are looking for. This coaching brings me great joy. Here are some things to think about:

“When you argue for your limitations, all you get are your limitations.”

“When you become certain that nothing is impossible for you, you’ll attain everything you desire.”

As you place more and more of your energy on what you intend to manifest, you’ll start seeing those intentions materializing. Start from a base of gratitude and love and then ‘allow’ the universe to work on your behalf. Letting go is actually the start of something beautiful. Are you ready to start your own Manifesting practice? I am here to help!

Reach out with questions! There is always a lot going on. We appreciate you and hope to see you at one of our events or retreats soon!

Tracy Langheinrich; Grateful Healer, RTS, ERS; Founder -Calming Waters Wellness Center

P: 952-913-7086 **E:** Tracyl@calmingwaterswc.com **F:** @calmingwaterswcmn **W:** www.calmingwaterswc.com

“The one who blesses others is abundantly blessed.” Proverbs 11:25