



In Gratitude: May 2023

“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth.” Henry David Thoreau - Walden, 1854.

Early May brought us a Lunar Eclipse, a full moon and Mercury went direct. How is that for a change of seasons! Here is a little insight to those events: “The Lunar Eclipse in Scorpio took place on the 5th (1:34 pm EDT) with the Sun in Taurus conjunct Uranus. Those with planets in the middle degrees of the Fixed signs (Taurus, Leo, Scorpio, and Aquarius) will be most influenced by this Astro-event, which may be shaking up stagnant situations to bring better conditions. It’s a test of what gives you a sense of stability and how well that can carry you forward. This may include location, finances, and relationship issues. This eclipse happens to be perfectly aligned with the Uranus stationed in Taurus three months earlier, so the changes you were experiencing then are reaching a second phase. Let go of what’s not working and embrace the opportunities that become available.

Mercury turned direct on the 14th in early Taurus. Since Mercury is well aspected at this turning point, the few days before and after the 14th offer a renewed sense of direction, especially concerning the necessary details, documents, and social connections to proceed. Mercury is making harmonious sextiles to Venus in Cancer and Saturn in Pisces, which in turn, are trine each other. For those under the influence of this very favorable three-planet configuration, personal family affairs from the 10th through 18th go unusually smoothly and comfortably – even enjoyably. Similarly, business negotiations, financial arrangements, and real estate interests may prosper or otherwise progress in a favorable manner. The practical side of romantic affairs or love interests keeps things real.”

As I say, awareness is key. The more you are aware of what is going on around (and above) you, the more you can understand and deal with the emotional changes you may feel during these high energetic times.

Spring took a while to reach us this year. As the seasons change, our health may be impacted as well. If you are one of those that are affected by seasonal allergies, please reach out to me for bio-hacks in this area. I have gathered a lot of information in preparation for the Reconnect & Reboot Retreat regarding seasonal eating, fasting and simple bio-hacks that can support your mind and body during this time.

Sacred Collaborations:

Living Aligned Retreat Series: We are moving into our third phase of the retreat calendar. We have created a series of one day retreats that will support your journey through the seasons. Those that have attended the previous retreats have given us great feedback to continue to improve this one-day experience! We have just completed our *Guide to Being Aligned Retreat Journal*. It is magnificent! Each retreat participant will receive this thoughtful and intentional gift. You will then be able to use this Journal throughout your healing journey at home and at each retreat.

Collaborating and developing this content has brought me such joy. I set intentions daily that people will receive this work by attending these retreats and starting their own journey of change and healing. Self-care and renewal is such important work. As a reminder, here is the Living Aligned Retreat Series overview:

Living Aligned Retreat Series

RECLAIM March 4

REBOOT & RESTORE April 22 & May 20

RECONNECT June 24 & July 22

RENEW August & September TBA

REFLECT October & November TBA

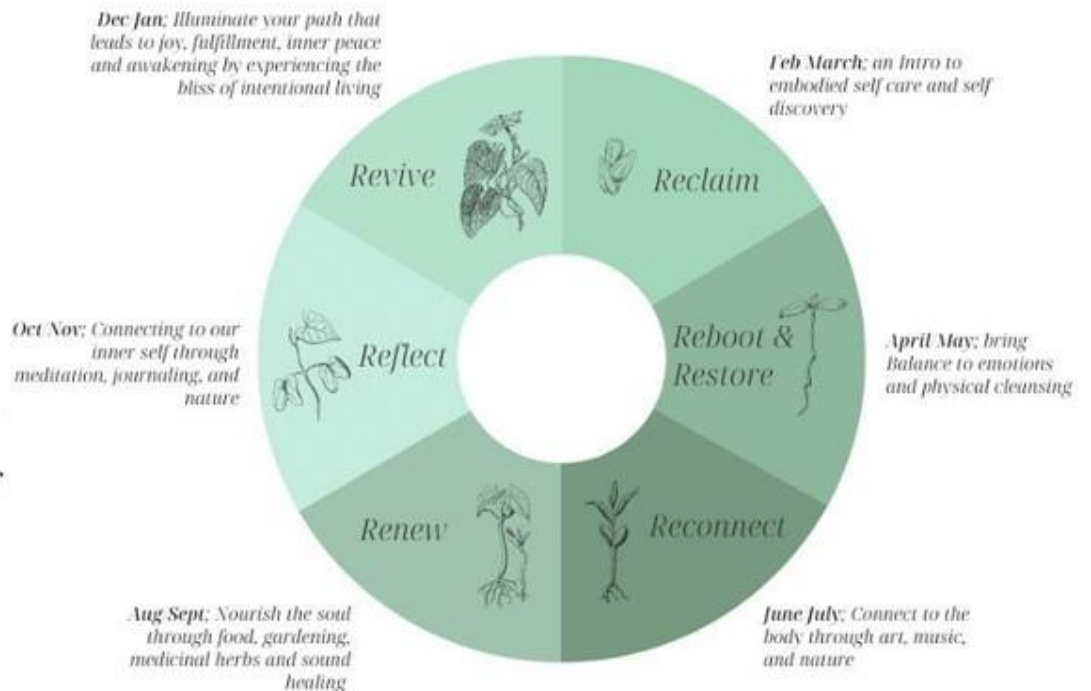
REVIVE December & January TBA

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.

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



"A self-care journey throughout the year leading you to an aligned soul."



Featured Product Line: NIKKEN

I am personally excited about Nikken's May offers. The main reason I share Nikken is because of their superb filtration products. Everyone in our family has a PiMag Waterfall system and Nikken shower head filtration. Our city water is not perfect. When you are an active family that takes hydration seriously and is taking several showers a day- filtration matters. We change our filters every 6 months. I always have a back up on hand and I am thrilled to take advantage of this promotion. May and through 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.

Nikken also has a wellness supplement line. Their supplements are very specific and very good. Now through May 31, 2023, you can double your value and receive "TWO FOR THE PRICE OF ONE" when you purchase Kenzen Bergisterol!

Kenzen Bergisterol® is made with an exclusive strain of the Bergamot fruit, Bergamonte® Organic *Citrus bergamia* Risso Extract, combined with natural Vitamin C in the form of Origen-C or Organic Amla, known as Indian gooseberry. **Bergamot** fruit promotes heart health. Nikken uses only the highest quality bergamot extract that comes straight from the Calabria region of southern Italy. It is rich in flavonoids and a good source of fiber. This supplement is known for cardiovascular support.

Check out all that Nikken has to offer here: <https://www.nikken.com/na/calmingwaters>



Item Code:
US #17004 / CAN
#14004

**20% off
select filters**
May 1- June 30, 2023

The image shows two white bottles of Nikken Wellness Bergisterol Cardiovascular Support Dietary Supplement (30 Capsules) on the left. On the right, there is a collection of water filtration products including a PiMag Waterfall system, a KenkoAir Purifier, and various filters. The background is a light blue gradient with a white banner at the bottom containing the promotional text.

Have you heard?

Young Living is offering a special discount for NEW customers through the month of May. You can receive a 10% discount on your first order of 100–199 PV or 20% off your first order of 200+ PV. This will be automatically applied on the checkout page once you have hit the required PV. As you know, I am a Loyalty Reward Member with Young Living. WHY? Because I use several YL products a DAY. So it makes sense and by being a Loyalty Rewards Member, I SAVE a lot! I would love to have a conversation about how you can incorporate Young Living products into your everyday routines and live a healthier life!

Loyalty Rewards is Young Living's perks program. Sign up today and unlock our exclusive **24 percent discount** and receive your monthly loyalty order while earning free gifts and loyalty points to spend on future product purchases! Plus, after you place just two consecutive loyalty orders, you'll earn your first free gift, a Desert Mist™ Diffuser. Keep reading to learn more. Questions, please CALL me! I have had placed a Loyalty Order for 104 consecutive months! WOWSA- I do love my Essential Oils and NingXia! When we travel we bring our diffuser... yep whatever you want to ask me, ask- this is our way of life!



Discount on purchases.

Earn a 24 percent discount on all purchases, including one-time and loyalty orders.



Earn loyalty points.

Earn loyalty points every month you place a loyalty order of 50+ PV and redeem them for product purchases.



Free gifts.

You can earn free products every three months for the first year when you place a loyalty order of 50+ PV every month.



Earn more with consecutive orders.

The longer you place 50+ PV loyalty orders, the more loyalty points you earn each month.

Are you ready to try some new products and save? **MAY** is the time. Check out my website to learn more: <https://www.youngliving.com/us/en/referral/1533512>

Upcoming Events:

If you haven't heard on the news, there has been a Canine flu going around. The Minnesota Arboretum has chosen to change the date of the All About Dogs Day event **to August 12th**. Pet MatrX will be participating, and not only will this be the first opportunity to see ALL our new products, but we will have special guests in our booth! Make sure to save the date (August 12th) and plan to get your tickets early! <https://arb.umn.edu/events/allaboutdogsday>

The Pet Expo features 40 pet vendors while events include a scavenger hunt, contests (cutest dog, best trick, best costume, dog-owner look-alikes), doga (dog yoga), agility demos and prizes. We will look forward to seeing you and your furballs!



Spring is here and I can feel the shift. As we move towards seasonal activities, remember to support your body. Calming Waters has many options that can help during times of change. We look forward to furthering our discussions of living a wellness path and incorporating new supportive habits for both you and your pets! At Calming Waters we believe you matter!

Need a last-minute gift? Let me help you put together a custom self-care package that is sure to make anyone's day. Essential oils; Micronutrients; Amazing CBD infused lotion or bath bombs; Fuzzy slippers; Abundance candles; Blessing sprays; Calming Bath Soaks; GC for a Raindrop treatment; Fun coffee mugs or Wine glasses; GC for an Oxygen treatment; or a Gift Certificate for a one-day Women's retreat of her choice during 2023. Have a different idea, let me know- I love to get creative and infuse love and joy into every gift. 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

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