

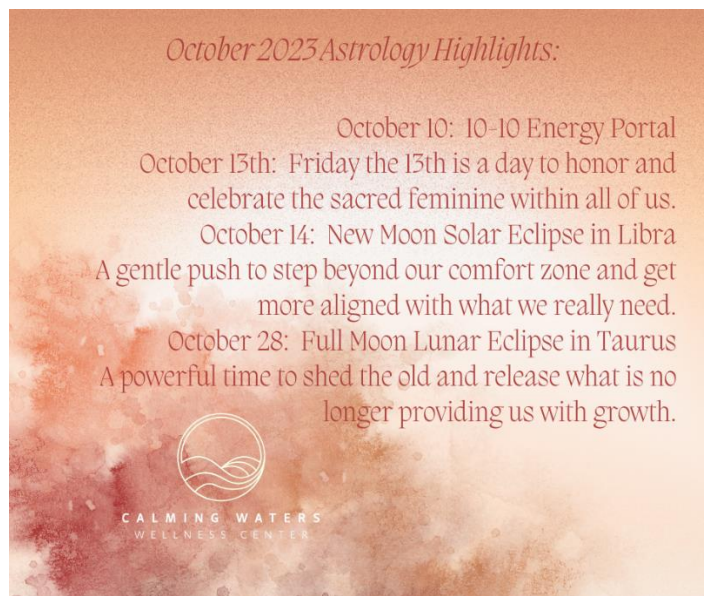


## In Gratitude: October 2023 Update

*"I give thanks for this new day, new month and a new season filled with gatherings, connections and abundance."  
Tracy Langheinrich*

Can you feel the shift in the air? One day it is 80 and the next it is clearly a brisk fall day. October is an interesting month with its shifts in weather. As they say- It is a month of showing us how everything around us is changing; as the trees gracefully drop their leaves, we too can feel our internal clocks changing. Center yourself in gratitude. When you start telling yourself what you are grateful for, abundance will amplify.

There are a few astrology/energy dates you should be aware of. Awareness is key. Choosing to flow with the energy of the universe is a great place to be.



As a reminder, my healing space in Victoria will have limited hours for services as we move through this 2023 calendar year. As the season changes, so does your immune system. It is a great time to incorporate a Raindrop into your self-care routine. Diffusing the appropriate essential oils and having the right supplements on hand will enable a smooth transition for you and your family. The following pages have LOTS of updates from my affiliate companies and sacred collaborations. You should have received a separate email regarding Pet Matrix news! (I LOVE NEW PRODUCTS!)

Please share with friends and check my facebook page (@calmingwaterswcmn) and website (www.calmingwaterswc.com) frequently. Email me ([tracyl@calmingwaterswc.com](mailto:tracyl@calmingwaterswc.com)) or call me (952-913-7086) directly for appointments or local product pick-ups.

# Sacred Collaborations: Semper Fi Flo

I would like to introduce you to Molly Ambrose, Executive Director for the Semper Fi Flo Foundation (SFF). Molly started the non-profit, SFF, after her son enlisted into the Marine Corps. SFF is a Minnesota-based 501(c)3 dedicated to *helping active-duty military members, veterans, and family members feel valued and supported*. They strive to contribute to the well-being and happiness of those who have served our country with honor. Throughout the year, SFF fundraises and collects products and monetary donations from corporate and private donors to deliver three signature missions:

## **Active-duty Care Package Missions:**

Members of all five branches (Army, Navy, Air Force, Marines, Coast Guard) and the National Guard (in time of national crisis) receive SFF care packages throughout the year, including Holidays, Girl Scout Cookie campaign time and in special times of national need.

**Family Adoption Holiday Missions:** SFF adopts Minnesota-based military families (active duty and veterans) during the holiday season. Depending on need, SFF has adopted 10 to 15 families during the holidays. This will eventually extend beyond Minnesota in the next phase of Semper Fi Flo's growth with the success of the "Let's Get Flo on the Go" Road Trip Sprinter Van Campaign.

**Veteran Home Adoption Holiday Missions:** Semper Fi Flo adopts a Minnesota-based Veteran's Home and provides needed gifts for residents and the home during the holidays.

I have personally participated over the years in each of the above activities. Supporting those that have chosen to fight for my everyday freedoms comes easy for me and my family. In my master facilitator role, I am helping SFF to create an easy process that will allow groups to have a service activity whereby SFF is the recipient. An example of this is: Calming Waters is working with the residents of Applewood Pointe in Eden Prairie to make cards that will be included in the care packages. We need 2500 cards! SFF is in the process of filling 500 care packages that are to be shipped in early November.

If you would like to help, you can find SFF on facebook @Semperfiflo or [www.semperfiflo.org](http://www.semperfiflo.org). If you are ready to donate, you can send via paypal to [semperfiflo111@gmail.com](mailto:semperfiflo111@gmail.com) OR if you want to shop for items needed, there are Wish Lists on Amazon for the specific activities. Here is the link: [https://www.amazon.com/hz/wishlist/ls/34TJDS9AFVDR7?ref=wl\\_fv\\_le](https://www.amazon.com/hz/wishlist/ls/34TJDS9AFVDR7?ref=wl_fv_le)

There are many ways you can participate and support this significant effort. Please reach out for more information!



## Featured Promotions:

**GOLI:** Now through Saturday, October 7<sup>th</sup> **SAVE 30%** on all Gummies and 45% on all FIRST-time subscriptions by using Code [calmingwaters](https://go.goli.com/calmingwaters) at <https://go.goli.com/calmingwaters>

**Young Living Essential Oils:** <https://www.youngliving.com/us/en/referral/1533512>

The Holiday catalog will be available starting Saturday, October 7<sup>th</sup>. Get your limited time only seasonal favorites while supplies last! Stay tuned for my inventory on hand customer appreciation sale.

**NIKKEN:** <https://www.nikken.com/na/calmingwaters> Offer good through the end of December:

With every purchase of a **PiMag Waterfall®** - receive a **complimentary box of Kenzen Jade GreenZymes® Citrus** — 30 packets of delicious nutrition! With every purchase of any size **Kenko Naturest® Fit** - receive a **complimentary Kenko PowerSleep Mask**, enhancing the power to obtain restful sleep!

**LOVVARE:** Fulvic Humic Essentials: “You can trace every sickness, every disease, and every ailment to a mineral deficiency.” Linus Pauling, 2x Nobel Laureate. If you have not incorporated fulvic humic essentials into your daily routine, the time is now. <https://my.lovvare.com/calmingwaters>

**Bioreigns:** Water Soluble Micronutrients. Limitless is your friend as the sun sets sooner and our internal clocks are changing. <https://bioreigns.com/shop/calmingwaters>

**Coseva:** Advanced TRS Best heavy metal detox product on the market. It is as easy as 3-5 sprays a day. <https://calmingwaters.mycoseva.com>

**GOVVI:** Innovative Lifestyle Products. Gas prices are crazy- increase your miles to the gallon and save! <https://govvi.com/go/calmingwaters>

**Pet Matrix:** Premium Canine Supplements. NEW PRODUCT LAUNCH COMING!  
[www.mypetmatrx.com](http://www.mypetmatrx.com) Code: [LuckyDog15](#) and save 🐾🐾



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(Reg. \$150)  
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At Calming Waters,  
we believe **YOU** matter.

Thank you again for your continued interest in Calming Waters. If you have questions on any of the content shared, please do not hesitate to call.

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

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At Calming Waters, we believe **YOU** and your **PETS** matter.