



In Gratitude: February 2024

"I recognize the power of my intuition, guiding me to make decisions that align with my authentic self and lead me towards fulfillment." Tracy Langheinrich

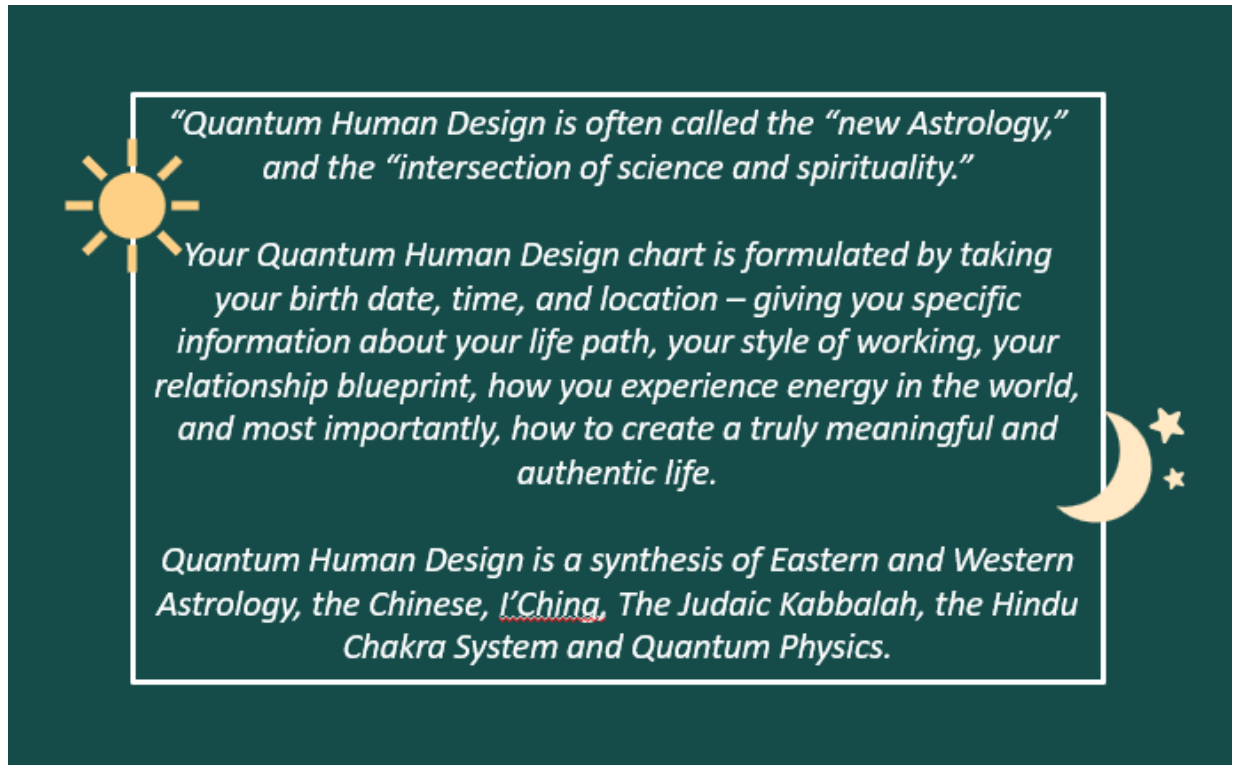
Hi there- It has been a bit since I wrote a newsletter. I was prompted to retreat and to listen to my inner voice. You see 2023 for me was the year of clearing and release. I think really, I have been on that journey for a while. The past three years have given me space to really clear the clutter if you will in all areas of my life. When you are intentional about clearing, you are also faced with the self-work that needs to happen. Letting go is not as easy as it sounds. I took the time, and I did the work. I have had really challenging moments and moments filled with so much love I thought I would burst. It has been a wonderful journey of discovering and remembering who I am.



I did a deep dive on me, and it started with the date of my birth. Someone asked me once, "Why do you make such a big deal about birthday celebrations?" You see, I really believe much of the world is clueless to how important your birthdate is. Your birthdate is your personal blueprint. ***There is only and will only ever be ONE of YOU.*** "The moment of your conception marked an important, once-in-a-lifetime event. At that moment the Universe joined your Soul with a powerful story, the story of your life. The story of You is so unique that it has never been on the planet before and will never be on the planet again." Karen Curry Parker. *So, YOUR birthday is a very big deal!*

If you have been following along, you have seen the incorporation of numerology and astrology in my daily work. I have found wonderful tools and as I say always- awareness is key. Have you heard of Quantum Human Design? I was first introduced to it in 2020. Since that time, several people have come into my world sharing this research/tool. When the universe sends you a

message multiple times, you better listen. I have taken the time to immerse myself in the work to better understand. It combines many of the areas/subject matter that I had already been drawn to.



Your birthdate is your own energetic blueprint. If you're going to create an authentic life – a life that is yours – you've got to start with knowing *Who You Are* and what you need to do to get started living the story you were born to live. I have been examining "my story". The story of my past and the envisioned story of my future. The story I share and the story I live. Am I living my best story- my best life? Awareness and understanding of my personal blueprint have made a significant difference for me. Intentionally and relentlessly being my authentic self has shifted me. Shifted me in so many ways.

Taking the time to do this work has allowed me to define where I am headed and how I want to get there. How was your January? Did you find your WORD?... Did you create a vision board?... Have you created and accepted a plan for 2024?... As we end January the typical response to those questions is – "yes, kind of, BUT now I am busy...." And we fall into the old story line of old habits.

Change is hard. *We always have a choice.* Where there is light, there is darkness. Where there is war there is love. What are you choosing? I choose to lean towards Love and Light. It is intentional. I want to live my best life. I may not be my best every day, but I am paying attention, and I am practicing new energetic habits, and my story is happening as the stars intended it to! **I am THRIVING.**

ARE YOU READY TO THRIVE? Are you interested in your Personal Year Number? We are entering the Universal Year 8. (2+0+2+4). 2024 is a year of leadership and playing in the physical realm. In 2023 you unveiled something important. Now it is time to step forward and crystallize in the physical world. Be relentlessly authentically YOU.

Would you like to see your Human Design Chart?

"When we live the life, we were born to live, we LOVE ourselves. We FEEL empowered. We ARE relentlessly authentic. We write our own narrative about our lives and what our life experiences mean to us."

Are you ready for a blueprint for your life's story?

At Calming Waters, we believe you matter. I believe YOU matter.

Let me Serve you!

Raindrop Treatment
Blessing Treatment
Oxygen Treatment
Emotional Release
Blueprint to THRIVE

Messaging me directly for
your appointment.



At Calming Waters,
we believe **YOU** matter.

Within Human Design, my energetic blueprint has me as a Manifesting Generator. As a Manifestor, I cannot really share or begin until I have something to respond to first. Many have told me I am so much “bigger” than I realize. That I have so much more to give and share. That may be, but you see I am created to respond. I do love to create as well and that is why sacred collaborations flow freely for me. I will always share the things that “move” me- in essence responding. As I have worked in universal energy, I have created a mantra- a mantra that will help me stay centered as I manifest and generate.

2024:

I will make choices that allow me to step into and be aligned with the bigger, bolder, authentic expression of who I am. With zero compromise, this is my year of THRIVING as I embrace new beginnings while staying centered in my soul's purpose.” Tracy Langheinrich

I can help you create yours. This is bigger than a vision board. It is created with your energetic blueprint in mind. Reach out and book your **Blueprint to Thrive** session. It will be so much fun!

Sacred Collaborations: Beyond a Vision

I would like to introduce you to Amber West. Amber uses her creativity and imagination in collaboration with your desire to execute the goals you have in mind for your brand or product. She specializes in planning and execution of events, designs, custom projects and marketing. You can see her work by visiting Big Rock Creek in Saint Croix Falls, WI. She has been instrumental in creating amazing offerings and events. Check her out on Facebook- like and follow!

<https://www.facebook.com/beyondavision.mn>

Amber and I are collaborating on a retreat to the North Shore, MN. The North Shore is a sacred place for both of us and we are excited to offer this retreat and organized time to experience the beauty this area offers. Please see the attached brochure.

NOTE: We only have 2 more spots to fill. If we receive enough interest, we will create another retreat at a future time.

Semper Fi Flo

In the fall of 2023, I partnered with Molly Ambrose, Executive Director for the Semper Fi Flo Foundation (SFF) and facilitated the making of over 2500 greeting cards that we then added to the Fall Care Packages for our active military. After a very successful giving season- we are at it again. **We are now taking donations for the *spring* Active-duty Care packages.**

If you would like to help, you can find SFF on facebook @Semperfiflo or www.semperfiflo.org. If you are ready to donate, you can send via paypal to semperfiflo111@gmail.com OR if you want to shop for items needed, there are Wish Lists on Amazon for the specific items. Here is the link: https://www.amazon.com/hz/wishlist/ls/34TJDS9AFVDR7/ref=cm_go_nav_hz There are many ways you can participate and support this significant effort. Please reach out for more information!

Featured Promotions:

GOLI: Best pricing by using CODE: calmingwaters at <https://go.goli.com/calmingwaters>

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

Customer Appreciation Sale on ALL Calming Waters Inventory. Email me your needs and I will prepare an invoice.

If you place an order online, NingXia Red is 15% off in the month of February.

Ask me how you can get preferred customer pricing.

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

20% discount off filter replacements for PiMag and KenkoAir systems.

LOVWARE: 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. 50% off Everything through February 4th.

<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. Have you tried their Smart Coffee yet? We love it.

<https://govvi.com/go/calmingwaters>

Pet Matrix: Premium Canine Supplements.

www.mypetmatrx.com Code: LuckyDog15 and save 🐾

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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“Leadership is required to be a Master Manifestor because nobody else is as privy to what you are here to be and what you are here to create. A huge piece in confidence is just knowing this is the way that the Universe designed me.”



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