

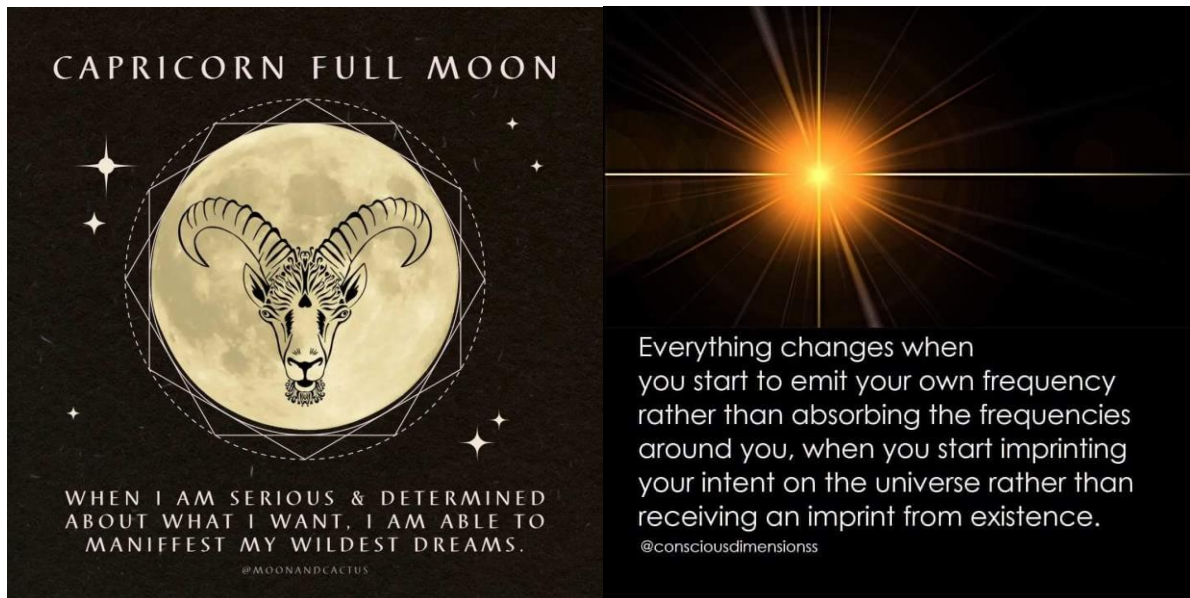


In Gratitude: July 2023

“And then the day came, when the risk to remain tight in a bud was more painful than the risk it took to Blossom ...”
Anais Nin

If I am being authentically honest, I have been holding back. This past month, a few significant things happened, and the energy was perfect for stepping into my power. Early June I was contacted for a magazine article. Then a friend of a friend recommended me for an event planning role. I had an informational interview with a big-name leadership company. June also brought the summer solstice and my birthday. So far in July, we have experienced the first super moon of 2023-Capricorn Full Moon. This is the beginning of full-growth mode, clearing and restoring imbalances and 33 years of karma. Phew. 7/7 brought us energies of transition and transformation. I have felt all of it. I have moved with it. I have changed. Amazing things happen when you get honest with yourself and start doing what you love.

I took my own advice and I cleared space. I cleared space on facebook, at home and most importantly- internally. You see, when we clear space, then we have room to grow. This is me stepping forward. Taking the risk to do something bigger.



Sacred Collaborations: PetMatrix

We are in full launch of our company Pet Matrix. The work our founders have done over the past 18 months to bring these products to market is nothing short of amazing. I seriously have chills. On July 12th, our leaders hosted a Pet Wellness Wednesday. The replay can be viewed here: <https://talkshop.live/watch/EUNwe19-LjIP>. This recording is 41 minutes long and the content is extremely educational. If you have a dog, please take the time to watch. The next PWW will be on July 26th at 3pm Pacific or 6pm Eastern. SHARE, SHARE, SHARE!

Also, be on the look out for the upcoming *Waconia Lifestyle magazine*. The August edition will be focused on pets. You just might see Lucky or Jaxon sitting. We also wanted to remind you to get your tickets for the **All About Dogs Day at the Minnesota Landscape Arboretum on August 12th**. This special event will be from 9 am to 1pm. Pet MatrX will have a booth on site.

Our mission: *Pet MatrX is committed to expanding the life and longevity of pets through highly bioavailable and deliverable nutrition, for greater and prolonged companionship. We promise to deliver nutrition to your pets like they're our own. We will pair quality natural ingredients with advanced science to effectively and safely help fill your companion's nutritional gaps and support their overall health.*

Find out more about our story at www.petmatrx.com. We hope to see you and your furry ones August 12th at the Minnesota Landscape Arboretum. Remember to get your tickets here: <https://arb.umn.edu/events/allaboutdogsday>
Please share! The more dogs the better!!!

Featured Service: Master Facilitator/Sacred Collaborator

I was asked recently: "What do you do?" I answered: "I love to collaborate!". In my corporate roles, I launched products internationally. I coordinated efforts among many disciplines and across many countries. Project management is a core competency. In my volunteer work, I created and managed many fundraisers. The difference when I am collaborating and facilitating is that I understand productivity. So innately, I create processes and templates to allow the next person to be successful. I have organized Golf Outings, Wine Tastings, Galas, and one-off event/fundraisers for many years. At Calming Waters, I have collaborated and created successful half day, one day and multi-day workshops and retreats. I have not gone out to the marketplace and marketed these skills. Many think I should. I am starting here- with you. If you are ready to take that risk and step forward, I am here to collaborate with you.

Product Promotions Reminders:

BioReigns July Specials: Sometimes I even surprise myself. Four years later... BioReigns is still my go to for supplements. Once you understand bioavailability, you simply stay away from the big box store supplement aisle or Amazon searches. *It is not "cheaper" if your body can't process it.* Become an affiliate or customer and get the best prices by going to: <https://bioreigns.com/shop/calmingwaters>



Summer Deals!

Never miss a beat,
enjoy deals in this summer heat!

Spend a minimum of \$100 upon checkout and get a free hydrate!

Spend a minimum of \$175 and get an additional free water bottle!

But spend \$250 or more and get an additional free set of bands!

Just check out products between 07/11 to 07/31. No code needed.

**Free items will be added upon checkout*

It is **Young Living** Convention time. That means many new products will be released and available. *Do you have a wellness home?* Did you know that 26 seconds after exposure, chemicals are found in measurable amounts in the human body. The National Institute of Occupational Safety and Health studied 2,983 ingredients in our products at home. They found: 884 toxic ingredients. 314 caused biological mutations. 218 caused reproductive problems. 778 were toxic to the human body. 146 caused cancer tumors. It matters, at Calming Waters we believe you matter. The simplest way to swap is by taking it one room at a time. We started with our laundry room.

LAUNDRY

CALMING WATERS
WELLNESS CENTER

SIMPLE SWAPS

- laundry detergent = Thieves Laundry Soap
- fabric softener = Wool dryer balls + essential oils
- stain spray/stick = Thieves Household Cleaner
- bleach = Thieves Household Cleaner
- dryer sheets = Wool dryer balls + essential oils

At Calming Waters,
we believe YOU matter.

Interested in learning more? Let's schedule a time to go over simple swaps for your home. You can also see detailed ingredients at: <https://youngliving.com/us/en/referral/1533512> .

I am blossoming and Calming Waters is blooming. I am so excited about my current collaborations. I have so much to share. In time my friends. I created space and what is coming is bigger and going to be so much fun. I encourage you to do the same. Step forward out of your comfort zone. Create space, the universe answers if you let her. I appreciate you. I cannot wait to personally collaborate with YOU.

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

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

