



## In Gratitude: December 2022

***“A healer is not someone who takes away your pain and dis-ease. A true healer awakens your ability to heal yourself.” Anonymous***

It has been my intention when working with you, to do just that. The age of authority is completely over. We can no longer depend on someone else’s piece of paper or life’s lessons to “fix” our ailments. I have been consistent in urging you to step forward. Step forward into your own power and gain confidence in your own abilities. At Calming Waters, we believe you can, we believe you matter.

I have mentioned before that my tribe is very very smart and amazing people. When you trust me, you are getting a whole network. While we all recommend supplements and various products- we do not believe you should be on any one thing forever. Learning to listen to your body, your inner voice will heal you faster than any supplement.

I wanted to personally thank you for another year of growth for Calming Waters. We have released some product lines and added new. We have discontinued some services and will be adding new services. We have closed one location and will open in Victoria in January 2023. So many lessons learned and so much growth. **Thank you.**

**This week’s Pop Up Shops!** I personally love the sip & shop events and craft fairs to purchase gifts. Remember if you want something specific, let me know ahead of time to ensure I have it for you. I hope to see you and I would appreciate any sharing you can do to support Calming Waters.



### It’s Time To Shop!

**Dec. 7<sup>th</sup> 6pm- 8pm Wellness Wednesday  
at Calming Waters in Victoria, MN**

**Dec. 8<sup>th</sup> 4pm – 8pm Next Chapter Winery  
New Prague, MN**

**Dec. 10<sup>th</sup> 1pm – 5pm  
Southwest Metro Holiday Market  
316 Broadway Carver, MN**

Calming Waters will be featuring  
Premium products & Micronutrients from BioReigns;  
Pet Matrix and Young Living  
We will also have our famous Joyful Dryer Balls;  
Calming Soaks; Blessing Sprays & Abundance Candles!

**Current Promotions:** We are coming off Black Friday and Cyber Monday. You have been very generous in your orders. *Thank you.* I do have inventory on hand as you move through December, and you need something quick. With that said, there are a few promotions that you should be aware of...

### young living essential oils:

If you are looking for gift ideas, I have a couple for you! Give the gift of aromatherapy.

**I happen to have several diffusers on hand available for sale.** Of course, we can pick the perfect oils for diffusing as well.

You may be thinking, Aromatherapy: How does it work?

Diffusing essential oils is one way to Inhale essential oils. When inhaling essential oils, this is the fastest route to the brain. When you breathe in essential oil, the molecules are absorbed by the hairs inside your nostrils that have receptors, these send a signal to the olfactory bulb located in the limbic region of the brain. The amount that gets absorbed depends on the bioavailability and quality of the essential oil. Anywhere from 30% - 70% can be absorbed into the body.

Essential oils largely affect the hypothalamus and pituitary gland, which, once stimulated, release hormones into the body. So if we inhale essential oils with stimulating properties it will produce a response in the appropriate part of the limbic region. *This means that emotions can be released, and a healing response can be triggered in the body.* It is pretty amazing really and very easy to incorporate in your everyday life. The gift of high-quality essential oils and a diffuser is the gift that keeps on giving.

**How about Aromatherapy plus an unforgettable service? You may want to think about giving a Gift Certificate for a Raindrop Therapy Session.** If you have not tried it, now is the time!

Raindrop Technique® uses therapeutic-grade essential oils to restore balance to your body and release toxins. The technique uses gentle slow strokes by applying essential oils first on your feet and then on your back. Raindrop Technique has been known to increase the immune system, relieve back issues, and to create balance and harmony in the body - physically, mentally, and emotionally. Raindrop Technique is also an effective detoxification and can assist you in eliminating symptoms associated with cold and flu and other common conditions.

This appointment is typically 75 minutes long and normally the cost is \$150.00. **In celebration of my new space in December & January, I am offering this service for \$122. Purchase a Gift Certificate or book your appointment now! You can also purchase a package of 3 for \$333.**

**my pet matrix:** Pet Matrix recently participated in an online Pet Expo with many well-known manufacturers and veterinarians across the country.



Building upon the 3 Pillars of health is vital to your dog's health and longevity. Our team of health professionals and biochemists have not only conjugated the most advanced supplement delivery system, they have also created an amazing eBook based entirely upon preventative measures you can take daily, to support your companion in being healthy, thriving and well, for as long as humanly possible. We are giving away 3 SUPERHERO DOG PACKS simply for downloading our complimentary Ebook: **The Science of Pet Wellness Magazine**. Click on this link to get yours- [www.myhealthydoglife.com](http://www.myhealthydoglife.com).

**Now through, December 15<sup>th</sup>, order direct from me for 50% off.** If you choose to order online, save 10% by using my code. [www.mypetmatrix.com](http://www.mypetmatrix.com) Use Code: Luckydog10

**goli:** This month, if you use my code *calmingwaters*, you will receive **15% off** regular orders and **30% off** first-time subscriptions until December 31st! AND with **ANY Bundle purchase**, you will receive **2 FREE Bottles** (*limited per order*)! Goli will be **DOUBLING** their donations (a 6-month supply of essential vitamins to a child in need) through their partnership with Vitamin Angels. PLEASE do not buy this at your big box stores! My affiliate pricing should be less than you can get it anywhere else! <https://go.goli.com/calmingwaters> Use Promocode: *calmingwaters*



This month, Goli is **doubling donations** through our partnership with **Vitamin Angels** starting today until December 31<sup>st</sup> at 11:59 pm ET.\*



**inspiration:** Come check out **Calming Waters Wellness Wednesday's** in Victoria, MN! I will be opening my home on select Wednesdays to showcase products and be available to answer any questions you may have. This week will be all about shopping as I am pulling out all my inventory and retired items. Calming Bath Soaks, Blessing Sprays, Abundance Candles are all fresh! Take a moment to make a cute snowman to add to your gift bag or tree. Please see below for dates and times through the rest of the year. Address is: 8640 Kelzer Pond Drive, Victoria, MN. BRING FRIENDS!!!!

Calming Waters  
Wellness Wednesday  
Open House

**Jan 18<sup>th</sup> 6pm-8pm**  
**Feb 1<sup>st</sup> 6pm - 8pm**

Cash & Carry Product sales  
and **YOUR** opportunity to  
ask me **ANYTHING!**

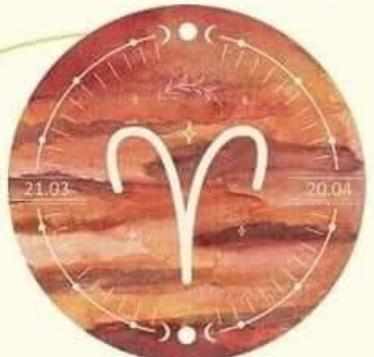
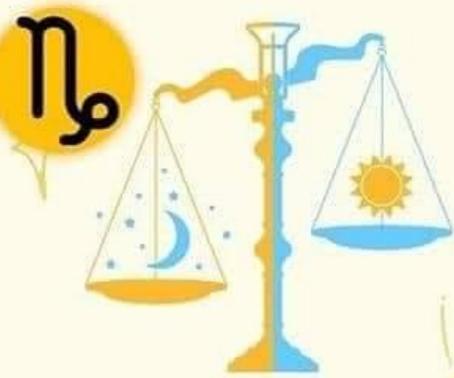


At Calming Waters,  
we believe **YOU** matter.

December is another month of many Celestial events. As I say, awareness is key. When we are aware, we can capitalize on the energies the universe is sharing. If you have questions, please reach out to me!



# CELESTIAL EVENTS IN DECEMBER

		
<p><b>December 3</b> <b>Neptune direct</b> Lifting the Fog/Illumination</p>	<p><b>December 7</b> <b>Full Moon in Gemini</b> Party but Keep Your Cool</p>	<p><b>December 20</b> <b>Jupiter Enters Aries</b> Abundance &amp; Growth</p>
		
<p><b>December 20</b> <b>Sun in Cap/ Winter Solstice</b> Long Term Planning</p>	<p><b>December 23</b> <b>New Moon in Cap</b> New Beginnings</p>	<p><b>December 29</b> <b>Mercury Retrograde</b> Take it Slow</p>

Have a beautiful holiday season connecting and being present. See the best in others and the best will come forward. That includes you- you are light and love and when we step into that light, we will be the giver and receiver of the best the universe has. *In full appreciation of you!*

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

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**At Calming Waters your wellness matters. We believe you and your pets matter.**