

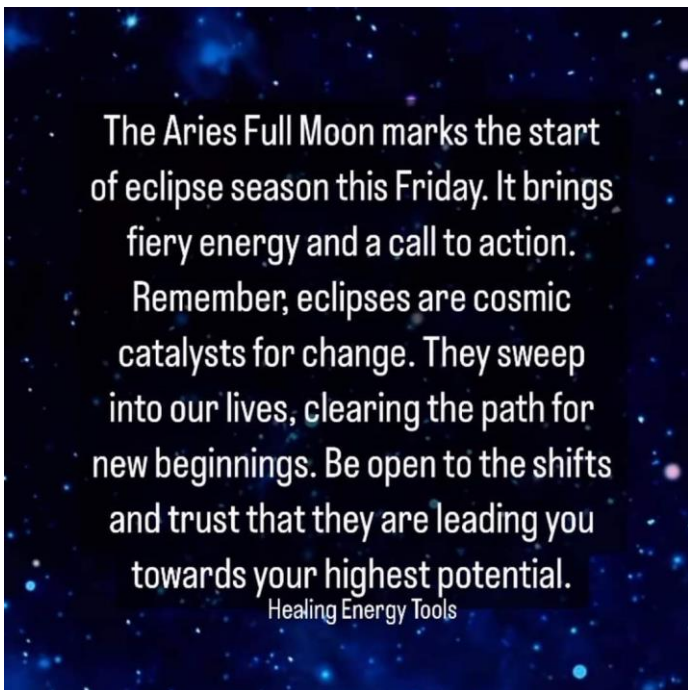


## In Gratitude: October 2023

***"I have learnt that Life is not about the walk that we have taken but the company, the experiences we have gathered."***  
***Debatrayee Banerjee***

With the turn of the seasons, we welcomed the New Moon in Libra and the opportunity it brings to re-address balance and restore equilibrium in our lives. September 23<sup>rd</sup> was the Autumn equinox. "Just as the moon pulls the tides and the stars shift our expression, the Earth pulls us into new futures too. The word equinox is derived from Latin meaning "equal night", referring to the roughly 12-hour day and 12-hour night that occurs only on the two equinox days each year. It is a day of balanced light and dark, and equal day and night. A day filled with divine paradox yet complete equilibrium. On this day we step into the timeless. Where the past and the future seem to come together, mixing and melding. *The energy of where we have been, our path taken bringing us to this moment... Comes together with the energy that is beckoning us forward- The self that is ready to emerge from within us, and the dreams desiring to be created through us.*" ~Girl and Her Moon

Oh my gosh, let me share that I have been on quite a journey and have been feeling all of this energy. September's full moon, known as the Harvest moon, will rise on Friday, September 29<sup>th</sup>. Not only will it be the fourth successive supermoon of 2023, but it is also the final supermoon of the year, thus marking the end of the supermoon summer.



August and September have been months of clearing and preparing for me personally. In the spirit of transparency, we have put our home up for sale and we are searching for a sacred space on water and in the woods. Calming Waters will pivot again. We will continue to offer the best of the best regarding products. My space in Victoria will have limited hours for services as

we move through this 2023 calendar year. (Get your Raindrop booked asap!) When we find our next landing pad, there will be a spot for sacred services inside and out. I am so excited for what this next chapter will hold. I have been manifesting...

## Sacred Collaborations: Dr. Jennifer Van Allen

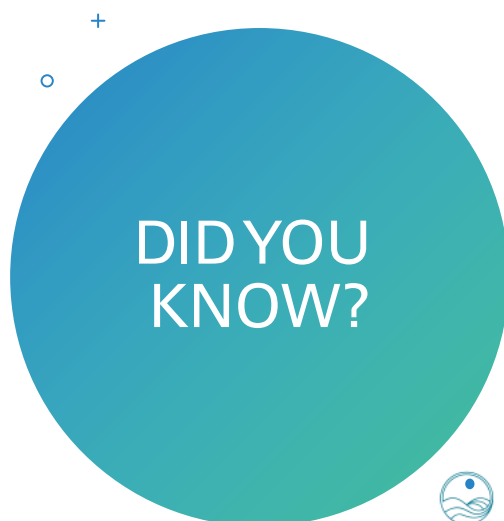
I introduced Dr. Jennifer Van Allen in my last newsletter. I hope you went ahead and ordered her new book: The 28 Day Fast Start Plan. Jennifer has 20 years of allopathic, modern, indigenous, and naturopathic medicine and research training. Her specialty is Nervous System and brain patterns. Jennifer has many offerings. The testimonials for those that have taken her courses, participated in the VIP community, or had personal appointments are life changing.

It is important to me that I share with as many people as possible the opportunity you have to participate, learn and heal. Jennifer is also going to be offering her Holistic Intuitive Practitioner coursework in 2024. This has not been offered for a several years. It is coursework that will give you an opportunity to heal others. The best part about that course is that you can regain your own power to not only help those that you love but others as well and get paid for it. *Jennifer is brilliant.* Once you interact with her- you will see and feel her brilliance. Below is an overview of her offerings. You can find more information at: <https://www.jennifervanallen.com/>

1. Free FB Group and me with a Live Q & A once a month
2. The 28 Day Fast Start Book and Workbook (\$14.99 each) [28-Fast Start Plan Book | Jennifer Van Allen](#)
3. VIP Community, 16+ hours of Jennifer guiding, supporting, and working with women, full access to the I Am Valuable Course valued at \$2,497 with e-book and video training on Mental Health, Nervous System Regulation, Relationships, Cellular Level Function, and more (\$97 per month membership)
4. Appointments (She is taking less and less of these but the rate can vary from \$300-\$400 per appointment)
5. I Am Valuable Course (\$2,497 lifetime access)
6. I Am Content Emporium (\$3,497 lifetime access)
7. Holistic Intuitive Practitioner Journey (5 month career level course for you to learn a career earning \$150-\$250 per appointment earning money getting healthy instead of spending money getting healthy- \$4,997 <https://www.jennifervanallen.com/holistic-intuitive-practitioner-package>)

## Featured Service: Oxygen Therapy

I honestly believe that every household should have their own Oxygen machine. We take for granted the importance and necessity of pure clean air. Many felt the results of the fires happening across our country through the reduced quality of our air. You can help your own Oxygen intake by receiving an Oxygen treatment.



### FACTS ABOUT OXYGEN

- Lack of oxygen in our universe is due to pollution, burning of fossil fuels and overall destruction of the ozone layer.
- Everyday we breathe 20,000 times.
- Research has demonstrated that our vital lung capacity decreases 5% with every decade of life.
- Blood is the liquid carrier of oxygen that fuels all systems, stimulates chemical reactions and cleans itself of wastes and toxins.
- By mass, oxygen makes up 90% of the water molecule; water makes us 56% - 75% of the human body.
- The brain, which makes up 2% of our total mass, and requires 20% of the body's oxygen needs.
- ALL cancerous beginnings are due to lack of cell oxygenation.
- Cancer attacks every organ in our body, except the heart because of its abnormal supply of oxygen.

At The Calming Waters, you will sit comfortably next to our O24U Oxygen Infusion machine where you can experience inhalation of 95% pure oxygen combined with popular aromatherapy. This therapy offers the absolute highest oxygen output on the market. It is a 20-minute treatment. When you couple this treatment with a Raindrop- WOWSA your body, all its cells along with your brain, will thank you! Here are the benefits of an Oxygen Treatment:

# Benefits of Oxygen



- Heightens concentration, alertness and memory
- 90% of our energy comes from Oxygen, and only 10% from food and water
- Oxygen is vital to your immune system, memory, thinking and sight
- Promotes healing and counters aging
- Strengthens your heart, reducing the risk of heart attacks
- Calms your mind and stabilizes your nervous system
- Speeds up the body's recovery after physical exertion
- Provides a natural remedy for headaches, migraines and hangovers
- Relieves temporary altitude discomfort
- Improves digestion and cell metabolism
- Relieves muscle stiffness, supports pre-athletic performance
- Lessens Chronic Fatigue Syndrome and gives you better sleep patterns

You can book your Oxygen Treatment and/or Raindrop by emailing me or calling me! [tracyl@calmingwaterswc.com](mailto:tracyl@calmingwaterswc.com)

I am listening and knowing that the universe will deliver. The right sacred property will present itself. The future of Calming Waters and what I will be able to offer is bright. I have been manifesting big things. I have been doing the work and I am thrilled to see what 2024 will bring. As I mentioned, I will have limited Victoria hours for services for the rest of 2023. I recommend you reach out and get your services booked and secured. Be on the look-out for a Customer Appreciation/Inventory Reduction sale yet this fall.

As the seasons change, so does your body. Now is the time to put a support plan in place. Whether that is through supplementation or services, your immune system will thank you.

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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