



## In Gratitude: November 2022

***“Autumn, the season that teaches us that change can be beautiful.” Anonymous***

November sits at the meeting point of the old and the new, of release and renew, of death and rebirth. Beginning of the month we are submerged in the Eclipse season. If you are paying attention and participating, it is a time of destiny, release and re-alignment. As we come to a close- you have the opportunity of an entirely new beginning, new energy and a new chapter in your lives. Enjoy this Lunar Eclipse on November 8<sup>th</sup>.

Calming Waters is shifting, and the new energy is beautiful. My intuition gave me a huge shove and I will be completely moved out of the Burnsville location by the end of the month. I have been working on a special healing room that will be in Victoria, MN. All my experiences and training will be infused into this space. It will be smaller and filled with love and light. I am looking forward to sharing it with you.

**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!

**Nov. 12<sup>th</sup> 2pm – 6pm Enki Brewing;  
Victoria, MN**

**Nov. 17<sup>th</sup> 5pm – 8pm American  
Legion; Chanhassen, MN**

**Dec. 8<sup>th</sup> 4pm – 8pm Next Chapter  
Winery; New Prague, 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 and Blessing Sprays!

**Current Promotions:** It is not too early to shop for the holidays or to stock up on your favorite items!

**bioReigns:** Holiday Gummies are BACK! For a limited time November 4<sup>th</sup> through November 11<sup>th</sup>, you can purchase Holiday Gummy for \$40! Regular price is \$69.99 so this is a great savings. Perfect stocking stuffer to bring calm to the holiday season! Get yours here: <https://www.bioreigns.com/shop/calmingwaters> No code necessary.



**my pet matrix:** Did you know that Canines/Dogs have a very similar internal system as humans? If you have not converted to a fresh organic food diet for your favorite furball, then supplementation is necessary. I cannot stress enough the importance of the technology that is used for the micronutrients in Pet Matrix. This technology allows for the highest bioavailable nutrition for your pets. We work hard for our money, let the technology work hard for you and your pet. As we get closer to our formal launch, I will need to move all pre-launch packaged products. **Order direct from me for 20% to 35% off.** If you choose to order online, save 10% by using my code. [www.mypetmatrix.com](http://www.mypetmatrix.com) Use Code: Luckydog10



**goli:** If you place your orders on **THURSDAYS** during the month of November, GOLI will DOUBLE THEIR DONATIONS! You may not be aware that for every order, Goli will donate a 6-month supply of essential vitamins to a child in need through 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



## Together we can change lives.



With every order placed on Goli.com, Goli will donate a 6-month supply of essential vitamins to a child in need through Vitamin Angels

Malnutrition is the #1 cause of preventable child deaths. That's why Goli is proud to support the work of Vitamin Angels, who continually strive to reduce malnutrition in children by giving them access to lifesaving vitamins and minerals. Every order placed on Goli.com provides a 1-for-1 Vitamin grant through our partnership with Vitamin Angels to provide a child in need with a 6-month supply of vitamins.



Plant a tree, through our partner Eden Reforestation Projects.

## young living essential oils:

You might say I am an oil hoarder! I love this product line and I use multiple oils/products daily. By using these products in my everyday life, it is easy for me to have a monthly order. I am a Brand Partner on the Loyalty rewards monthly ordering plan, I receive products at a discounted price, I accrue rewards points for future orders, and I receive FREE products every month. We have a diffuser in almost every room. So, receiving free Oils is great! Young Living is very generous.

Young Living has been the inspiration behind the start of Calming Waters. It is the Raindrop kit that inspired me to become certified to deliver Raindrop treatment. I feel energized to continue to share how these products can impact and change your lives. Young Living just released several new starter bundles, and they are an extreme value. If you are ready to talk wellness and convert your home to a healthy home- I am available to help! Please use this link:

<https://www.youngliving.com/us/en/referral/1533512>



## diffuser blends

FOR A COZY AUTUMN HOME

**Bakery Treats**  
4 Stress Away  
3 Thieves  
2 Orange  
1 Cinnamon Bark

**Oatmeal Cream Pie**  
5 Nutmeg  
4 Stress Away  
3 Cinnamon Bark  
2 Ylang Ylang

**Autumn Hygge**  
4 Black Spruce  
3 Bergamot  
2 Tangerine

**Cozy Home**  
4 Pine  
3 Orange  
2 Cinnamon Bark  
2 Bergamot

**Orange Garland**  
4 Orange  
3 Patchouli  
2 Clove  
2 Lavender

**Jack O'Lantern**  
4 Stress Away  
3 Cinnamon Bark  
3 Black Spruce

**Pumpkin Patch**  
3 Cinnamon Bark  
2 Orange  
2 Clove  
1 Cardamom

**Autumn Forest**  
4 Cedarwood  
3 Patchouli  
3 Bergamot  
2 Orange

**Autumn Air**  
4 Lavender  
3 Eucalyptus  
2 Peppermint

**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. In 2023, I will incorporate specific topics and more formal mini trainings. Again, if there is something specific you would like to learn about- let me know! 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

**Nov. 16<sup>th</sup> 6pm-9pm**

**Dec. 7<sup>th</sup> 6pm - 9pm**

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



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

Last month we had a Solar Eclipse and this month we enjoy a Lunar Eclipse. “Lunar eclipses help us complete the shift that opened at the Solar Eclipse. This is a time where you can close the door to the lower vibrations of the South Node in Scorpio while you integrate the high vibrations of the North Node in Taurus.

**Trust that there's a bigger process in the background that is supporting you, regardless of what it may look like in this moment.”**

Again, I find this information fascinating. You can learn more by checking out Girl and Her Moon podcast, episode 15.

*In full appreciation of you- Happy Eclipse season!*

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.**

**CALMING WATERS**  
WELLNESS CENTER, LLC

“the one who blesses others is  
abundantly blessed” Proverbs 11:25