

# Unique Perceptions Newsletter

## June 2017



*Happy Father's Day!*

### Healing Services & Readings

Available by Appointment (Please call)

- Aromatherapy, Counseling, CranioSacral Therapy, Crystal Healing, Energy Healing, Hypnotherapy, Iridology
- Past Life Regression, Reiki, Touch Laughter Therapy, Transcendental Breathing
- Psychic/Intuitive, Akashic Records, Dream Interpretation, Mediumship, Angel Card, Tarot Card, Palm and Tea Leaf Readings,
- Rune Readings, Nomancy, Bind-runes and Sigil work
- Clearings (Person, Home, etc)

### New this Month

- New Gemstone bracelets, necklaces & pendants
- Amber Teething Necklaces and Bracelets
- Spinner Rings, Shungite Donuts
- Fire & Ice, Singer Quartz, Amethyst Druze Stones
- Bath bombs & Bath Chocolates
- Backflow Incense Burners and Incense

See [www.uniqueperceptions.ca](http://www.uniqueperceptions.ca), email [uniqueperceptionscentre@gmail.com](mailto:uniqueperceptionscentre@gmail.com), or drop by the store for more information on events.

Located at Suite 100, 319 McLeod Ave,  
Spruce Grove. Phone 780 960-2166



### Upcoming Events

#### Spiritual Development Classes

Third Tues of each month at 7pm.

With Sacred Spirit

Register at store for each class: \$40 per class.

#### Meditation for Children (Ages 5-11)

With Sacred Spirit: \$5, Drop ins welcome

First & third Wednesday of each month at 7pm

#### Available for Walkins:

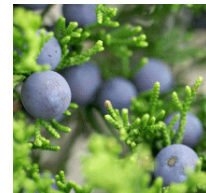
Intuitive Readings, Mediumship & Energy Healings (Sacred Spirit)

Wednesdays, Thursdays, Fridays, walk ins are welcome, or you can make an appointment for any day to suit.

**June Stone: Pyrite** – symbol for money, strengthens the mind and blocks negativity.

**June Herb: Ginkgo Biloba Leaf** – helpful for tinnitus, anti-depressant, and antioxidant.

**June Oil: Juniper Berry** – relieves stress and anxiety, cleanses and purifies the air.



**Meditation Thursday evenings @ 7:00pm**

**Children's Meditation 1<sup>st</sup> & 3<sup>rd</sup> Wed @ 7:00pm**

## Featured Herb, Oil and Gemstone for June, 2017

### Ginkgo Biloba Leaf

Ginkgo Biloba leaf is an antioxidant. It is helpful for depression, tinnitus and for the relief of coughs. It can increase blood flow, protect the eye from damage in diabetes and help reduce symptoms of vertigo. It can be used in the treatment of peripheral vascular disease and the management of glaucoma.

### Pyrite

Pyrite is a traditional symbol for money and good luck. It is beneficial for strengthening the mind and blocking out negativity. It helps to overcome inertia, lethargy, fatigue and feelings of inadequacy. Pyrite is a wonderful energy shield, helps one see behind a façade and energizes the area where you place it. It increases oxygen supply to the blood, strengthens the circulatory system and is beneficial for the lungs, alleviating bronchitis and asthma.

### Juniper Berry Oil

Juniper Berry Oil is extracted solely from the berries of the juniper. The oil is pale with a fresh, slightly wood and fruity fragrance. The fresh and calming aroma of juniper berry oil is widely renowned for relieving stress, anxiety and mental fatigue. When diffused, it can also cleanse and purify the air. If you want to use juniper berry oil to get its healing and calming effects, try these methods:

1. Vapour therapy. Use a burner or vaporizer to diffuse the oil, which helps relieve emotional issues, such as addiction, nervous tension and hangovers.
2. Massage oil or added to bath water. This works well for pain relief, such as for arthritis, pain in passing urine, swollen joints, gout and muscle fatigue.
3. Add to lotions and creams. Try this for skin-related problems, such as oily skin, acne, dermatitis, psoriasis and weeping eczema.
4. Use in a compress. Ideal for eczema, arthritis and general infections.

You can use juniper berry oil topically to help relieve a wide range of skin and hair problems, such as eczema, weeping eczema, acne, psoriasis, hair loss and dandruff. It also helps with fluid retention and can help prevent cellulite formation. Juniper berry oil is also an antiseptic that may help protect wounds from infection and tetanus.

Because it can stimulate the uterine muscle, juniper berry oil should not be used during pregnancy. It is not recommended for nursing moms and very young children as well. Those who suffer from any type of kidney or liver disease should refrain from using juniper berry oil.

<http://articles.mercola.com/herbal-oils/juniper-berry-oil.aspx>