

# THE OM



The OM Shoppe  
Tune up your happy

THE MAGAZINE OF THE OM SHOPPE | 2023/2024



# OUR STORY

When you suffer with anxiety, depression and health issues, there are times you simply feel no hope and lost in this world. We understand this, because each of us at The OM Shoppe has personally experienced deep shifts through Vibrational Medicine modalities, products and practices in our lives. Allowing us to transform personal emotional and physical hurdles that plague so many other beautiful spirits in the world.

As the Director and owner of The OM Shoppe, **Beth A. Snyder**, Clinical Hypnotherapist, Therapeutic Sound Practitioner and Master NLP Practitioner, deeply understands the bodymind connection and is dedicated to helping empower & educate others. Beth also sits on the Board of Directors for the International Sound Therapy Association a 501c3 dedicated to raising the standard of sound therapy education and research.

**Nancy Parlor**, M.A., co-owner and consultant, is here to truly listen and help guide you through your purchase or service experience with The OM Shoppe. Her Master's Degree in mental health counseling and twenty plus years as a weight loss counselor afford her with a compassion that is unparalleled. Her highly-developed intuition and deep care to help others achieve their wellness goals helps make our clients' shopping experiences a holistic, results-oriented experience based on their particular mindbody needs. She has a beautiful way of meeting our clients where they are and making sure that they are led to the products that are right for them at that moment.

Our Musical Director, **Zen Seraphine**, M.A., is most excited about helping to elevate sound therapy standards by 1) paving a way for the most therapeutic instruments, sound combinations, and meditation music to be easily accessible to everyone, and 2) empowering future sound therapists to understand the science, meditative practice, and musical art of sound therapy.

**Donna Messina**, serves as our Director of Operations and Integrative Energy Therapy Instructor. Her decades of providing energy & sound therapy to others affords her a unique approach. Join us to become an IET practitioner with Donna. Donna also serves on the Board of Directors for ISTA. She is available to assist you in a number of ways.

Together, The OM Shoppe staff, therapists and partners are a collective of like-minded individuals with one common mission: to be of service by helping raise the vibration of mankind and our planet whenever and wherever possible. We invite you to get to know us, learn about our stories, and why we are so passionate about helping you.

Together, our team curates our educational programs, products, and services with love and intention. In everything we do, **respect** is of paramount importance to us: **respect for you, your wellness and spiritual journey; respect for the artisans and craftsmen who create our products; and, respect for the earth from which they come. We invite you to get to know our principles, as well as our loving staff of therapists and consultants.**

Our world-class spa services are divinely unique, and our staff is dedicated to a mission greater than all of us. That is why we source only fair-trade, organic, and genuine products from around the globe. Visit us on the web or in Sarasota, FL, and shop our 3200 sq. ft. showroom of Crystal Singing Bowls and metaphysical delights, take in a treatment, and spend some time at your OM away from home.

*-In Gratitude, Beth, Nancy, & The OM Collective*



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THE OM SHOPPE

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“HARMONY SINKS DEEP INTO THE RECESSES OF THE SOUL AND TAKES ITS STRONGEST HOLD THERE, BRINGING GRACE ALSO TO THE BODY & MIND AS WELL. MUSIC IS A MORAL LAW. IT GIVES A SOUL TO THE UNIVERSE, WINGS TO THE MIND, FLIGHT TO THE IMAGINATION, A CHARM TO SADNESS, AND LIFE TO EVERYTHING. IT IS THE ESSENCE OF ORDER.” — PLATO (429-347)



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“Hands down one of the best experiences I’ve ever had. I highly recommend the 75 minute massage with the sound healing add on. I left The Om Shoppe feeling like I was on a cloud of zen!!”

- C. Klare, 5 Star Google Review



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CRYSTAL

BY ZOOEY SERAPHINE

SINGING BOWL



THE SHARPS

**OM CHAKRA NOTE: C#**

Om is considered the primordial sound of the Universe. Monks chant OM at the beginning of meditation to connect with Source and All of Creation. It is a very powerful mantra and sound vibration. The Om chakra, considered the eighth Chakra that resides above the head as part of the astral body. Playing the Om Chakra crystal singing bowl is used to bring a feeling of universal communion and oneness with source. This is also an excellent note for clearing and charging all of the seven primary chakras. Its high vibration is also the perfect tool for clearing negative energies from homes.

**SOUL STAR CHAKRA NOTE: A#**

This chakra is also known as the Halo chakra ‘Seat of the Soul’, or ‘Soul Star’ chakra. It is the first of the soul chakras functioning secondary to the crown chakra. It is the link between our eternal soul and our incarnated self. When this chakra starts to open, we begin to understand that we are eternal souls within a temporary body.

The Soul Star chakra houses the memory of the soul contracts we have made in our many incarnations. Our soul’s purpose becomes the focal point when this chakra is activated. The things we have agreed to do on a soul level, whether we have any clear recollection of them or not, come up for attention and nag at us until we give them due care.

**ZEAL/ASCENSION POINT CHAKRA NOTE: G#**

This newly awakened chakra sits at the base of the skull, working at the soul level with the soul star chakra above the crown chakra. It is associated with the note “G sharp.” Termed as “the mouth of God”, or “well of dreams” this chakra is aligned with the color magenta and number 44, which in numerology is a launching pad and entry point to a new evolutionary spiral.

**HIGH HEART CHAKRA NOTE: F#**

Opening and balancing the High Heart/Thymus chakra, also known as the “Soul Seat”, helps with strengthening the immune system and is where intent originates.

The High Heart chakra is the source for meaning, direction and spiritual longing in life. With one’s High Heart/Thymus chakra intact and active, one can live in higher consciousness with more love and joy. There is a strong link to the divine as well as a devout love and aspiration for God [Love, Divine, Creator Energy, Life].

Selfless, unconditional love is also an attribute of a healthy & balanced Higher Heart chakra. When the 8th chakra is deficient, there can be a tendency to ignore the needs of others. As the chakra becomes completely blocked or closed, rejection of the Spirit and spiritual qualities are the effect. Pessimism and negativity are the viewpoints of life and it becomes extremely difficult to express emotions even though you can feel them.

**HIGH SACRAL CHAKRA NOTE: D#**

As a gateway to connecting our upper and lower chakras, when High Sacral is out of balance you may experience fertility issues, low sex drive & lack of creative expression. Common physical disturbances manifest in the reproductive organs, bowels, low back & bladder. Resonating D# in the region of the solar plexus & physical sacral in the energetic body allows for proper balance to be restored to the High Sacral Chakra.

If you are struggling with fertility issues or creativity, consider incorporating D# into your wellness routine.

How OM Shoppe Crystal Singing Bowls Stand Out



If you bought your bowl from The OM Shoppe, then, you can rest assured that your crystal quartz singing bowl is made of 99.9% pure crystal quartz, and has been

- tested for playability
- measured for its exact frequency
- charged with vibrations of love & is professional-grade

The makeup of crystal quartz singing bowls makes them fragile instruments, but with the right care & proper handling, your crystal singing bowl can stay beautiful & last a lifetime. Use the QR code above and follow these simple steps!

Carefully remove your new singing bowl from its package and allow it to come to room temperature before striking or playing. (This can be up to even an hour in very hot or cold climates, but make sure to hold your bowl and make sure it is back to room temperature before striking, as otherwise, the pressure of the temperature difference could make it more susceptible to cracking.)

Always wash your hands before touching or playing your bowl to minimize oil and stains on your bowl. The proper way to transport your crystal singing bowl is always carry your bowl from the bottom with two hands. When going outside the home or office with it, we recommend you use a carry case that is padded and appropriate for its size.

When necessary, clean your bowl with mild dishwashing or organic soap and distilled water. Use a soft bristle brush and dry with a soft white cloth (to make sure no color residue stains the bowl). Even better, leave your bowl outside in the sun to dry and absorb the solar energy! For a quick blemish removal in a time pinch, you can use rubbing alcohol and a soft white cloth and gently rub the areas you are trying to clean.

Handle with reverence & care. These bowls are high vibrational instruments & are alive with crystalline energy! We recommend connecting with your bowl as you would any precious crystal.

We provide a wonderful educational email series with the purchase of any of our large stock of meditation crystal singing bowls, so that you can easily begin to enjoy the healing vibrations of your singing bowls. And remember that all of our singing crystal bowls for sale are eligible for FREE shipping within the contiguous United States.

Share this article below on your favorite social network. We are available for consultation and to learn more about your needs. Reach out and shop all our Vibrational Medicine goodies at TheOMShoppe.com.

# HOW DO SINGING BOWLS BALANCE YOUR CHAKRAS?

The enchanting drones of crystal singing bowls can be very powerful meditation anchors that can be used to balance your chakras more effectively. This can be done in several ways, the most common being: visualization, mantra meditation, and vocal toning. However, it is a common misnomer that the particular frequency of a crystal singing bowl heals a particular chakra. Frequencies are important, especially in relation to each other and how they are used together. *If you are ready for more emotional, spiritual and energetic balance in your life, then working with Crystal Singing Bowls to open up and balance out your energy centers is an enjoyable and beautiful way to begin.*

## Why are certain crystal singing bowls labeled by chakras?

This is a matter of cultural relevance to Westernized ideas of the chakra system. In the West, we have developed a simple system of 7 tones that correspond to the 7 primary Chakras.

These are loose interpretations from writings based on the Western Vedic traditions. Keep in mind that there were no standardized tuners back when the Vedic texts were written, and the Indian scale has more notes than our Western ears are accustomed to (among other factors). Different cultures around the world hold different tones to correspond to their energy centers. There is no incorrect frequency categorization, only some that will be more effective to an individual than others.

## How can Western interpretations of chakras and crystal singing bowl frequencies still be effective?

For those acclimated to the idea that the 7 tones (C, D, E, F, G, A, & B) correspond to the 7 chakras (from root to crown, respectively), the intention of clearing these chakras with each note, coupled with the feeling of energy ascending as the notes ascend the scale, can be a very effective meditative practice.

Basically, the more we etch in the symbolism of a tone and its corresponding feeling/visualization through repetition and daily practice, the stronger the relationship we have with that symbol. Because we reinforce this chakra tonal system in the West, it is likely to anchor into our minds the fastest and the most deeply. However, if you are used to a different tonal system, that is ok too. Use what you are exposed to and what feels easiest for you.

## What is a meditation anchor and how does it work for balancing chakras?

A meditation anchor serves as a constant that can bring us back to the present moment and override distraction. Often, the breath serves as a meditation anchor. But breath alongside meditative and angelic singing bowl tones can have a most entrancing effect, allowing one to stay in a meditative state more easily and profoundly.

Whether you use the visualization method, mantra meditation approach, or vocal toning discipline to balance your chakras, using a crystal singing bowl allows the vibrations of the pure crystal quartz (a natural amplifier of energy) and the deeply hypnotic tone of the bowl to help you reach a deeper place with your energy clearing and charging practice. By eliminating distraction through the active meditation practice of playing your crystal singing bowl(s), and by enhancing the effects of your meditation through the hypnotic tones and energy-amplifying vibrations, your bowl(s) can be a gentle yet powerful tool for chakra balancing that you won't want to do without!



# CHAKRA BALANCING CHART

1	<b>Root Chakra</b> <b>Intention:</b> Grounding, stability, security, survival <b>Color:</b> Red <b>Musical Note:</b> "C" or "Do" <b>Location:</b> Base of Spine <b>Seed Syllable:</b> LAM <b>Sacred Vowel Sound:</b> "uh" as in "up"
2	<b>Sacral Chakra</b> <b>Intention:</b> Joy, pleasure, creativity, passion, sexuality <b>Color:</b> Orange <b>Musical Note:</b> "D" or "Re" <b>Location:</b> Low Abdomen <b>Seed Syllable:</b> VAM <b>Sacred Vowel Sound:</b> "ooo" as in "too"
3	<b>Solar Plexus Chakra</b> <b>Intention:</b> Empowerment, vitality, willpower, purpose, self-esteem <b>Color:</b> Yellow <b>Musical Note:</b> "E" or "Mi" <b>Location:</b> Upper abdomen (between navel & sternum) <b>Seed Syllable:</b> RAM <b>Sacred Vowel Sound:</b> "oh" as in "so"
4	<b>Heart Chakra</b> <b>Intention:</b> Unconditional love, self-love, compassion, healing, trust <b>Color:</b> Green <b>Musical Note:</b> "F" or "Fa" <b>Location:</b> Center of Chest <b>Seed Syllable:</b> YAM <b>Sacred Vowel Sound:</b> "ah" as in "saw"
5	<b>Throat Chakra</b> <b>Intention:</b> Communication, self-expression, authentic self <b>Color:</b> Light Blue <b>Musical Note:</b> "G" or "Sol" <b>Location:</b> Base of Throat <b>Seed Syllable:</b> HAM <b>Sacred Vowel Sound:</b> "i" as in "fly"
6	<b>3rd Eye Chakra</b> <b>Intention:</b> Insight, intellect, psychic perception, imagination <b>Color:</b> Indigo <b>Musical Note:</b> "A" or "La" <b>Location:</b> Forehead, between & slightly above eyebrows <b>Seed Syllable:</b> SHAM <b>Sacred Vowel Sound:</b> "aye" as in "play"
7	<b>Crown Chakra</b> <b>Intention:</b> Transcendence, pure consciousness, oneness, connection <b>Color:</b> White or violet <b>Musical Note:</b> "B" or "Ti" <b>Location:</b> Top of head <b>Seed Syllable:</b> OM <b>Sacred Vowel Sound:</b> "eee" as in "see"



Browse through our educational resources and stay tuned in for upcoming courses on using your crystal singing bowl(s) with each of these chakra balancing methods!

# CLEAR THE AIR FOR BETTER HEALTH



We work very hard to bring you the highest quality, consciously mined and most beautiful Himalayan Salt Lamps.

Our salt lamps come directly from the foothills of the Himalayan Mountains in Pakistan where they are hand mined from deep underground salt mines.

Prices start from \$19.95.

Review our entire line from our diminutive "Purity" to our XL "Rimo" at [theomshoppe.com](http://theomshoppe.com)



*The average American household today has 24 consumer electronic devices, including three televisions and two computers in every home, according to the Consumer Electronics Association. All expectations are that consumer purchase of electronic devices will continue to trend upward and your home will become the site of an ever-growing number of electronics.*

Why is this noteworthy? Because it illustrates the fact that there is an increasing amount of "electronic smog" invading your home tainting the air that you and your family breathe. This electronic smog, also known as an electromagnetic field or EMF, stems from the large number of harmful positive ions emitted by this growing amount of electronics. Add to this the dust, bacteria and other impurities already floating around in your home's air and you probably have an unhealthy home environment where a safe and secure haven should be.

Luckily, nature offers many opportunities to improve your health and well being, safeguarding you from the hazards of the modern environment in which you live. Himalayan salt crystal lamps are nature's air filters, acting as ionizers in your home to rid the air of impurities and toxins from a wide variety of sources. This provides benefits to your health, including improved immunity, relief from migraine and even a better night's sleep.

Every TV, computer or other consumer electronic is exposing your body to as much as 20 times higher frequency patterns than you are used to. Before long, the quality of the indoor air begins to diminish, negatively affecting your emotional and physical health. Nervousness, insomnia and difficulty concentrating are a few of the troublesome signs that harmful positive ions have taken over your living environment.

But it's not just televisions and computers causing harm from EMFs. Additional sources of these harmful positive ions include vacuum cleaners, clothes dryers, electric space heaters and microwave ovens. Even tobacco smoke contributes to the harmful positive ion overload. While scientists have determined the indoor home environment should have 1,000 -- 1,500/cm<sup>3</sup> negative ions, a few family members working at the computer while passively watching television could cause the negative ions to plummet to dangerous levels of 200/cm<sup>3</sup> or worse.

Exposure to such an environment will also cause accumulation of additional free radicals in your body. Free radicals are known to increase the risk of developing cancer.

## ANCIENT SEA SALT SOURCES

You probably aren't surprised to learn that Himalayan rock salt is mined from natural deposits in the foothills of the Himalayan Mountains. What you may not have known is that it is believed to be derived from ancient sea salt deposits, and is thought to be the purest salt in the world. Salt deposits were first discovered during the time of Alexander the Great. These beautiful, natural deposits can range from deep pink to a light sunny orange in color.

The lamps themselves are simply these ancient rocks, hollowed out to provide room for a candle or light bulb. The design and size of the lamp impact the amount of negative ions it emits.

## NATURAL ROOM IONIZERS

Himalayan salt crystal lamps work much like more expensive conventional room ionizers. These salt lamps emit negative ions into the surrounding environment that effectively bind with all the excess positive ions like bacteria, dust and other impurities, reducing the amount of positive ions in the air.

As the lamp warms, it is able to absorb moisture and you will notice the crystal becoming damp at its surface. This is normal and helps build up the helpful negative ion field. Used consistently, Himalayan salt lamps have the ability to neutralize an entire room's positively charged atmosphere.

If you have wondered what an environment dominated by negative ions feels like, think back to a time when you first went outside immediately following a thunderstorm. That one-of-a-kind fresh feeling is due to the greater number of negative ions in the environment.

Himalayan salt lamps are thought by many to have the ability to heal everything from mental health disorders to skin problems to the common cold. The lamps are used by some to reduce stress, fatigue, insomnia, headaches, symptoms of asthma, sinusitis, allergies and respiratory disease. If you or a family member suffer from allergies or other respiratory conditions, a Himalayan salt lamp could bring some benefit.

In reality, comparing a salt crystal lamp to an ionizer is selling salt lamps short. The benefits of Himalayan salt rock lamps extend beyond clearing the air. Many also believe that the colors of the salt rock have a healing effect as well. Himalayan salt lamps have even been used in color therapy, known as chromo-therapy. The lamp's soothing light is said to bring relief to people suffering from various neuroses.

As the lamp warms, negative ions are released into the air where they kill bacteria, purify the air, reduce radiation, and contribute toward increased general health and improved overall well being.

## VARIETY OF LAMP FEATURES

The OM Shoppe specializes in natural and organic products for daily living, in addition to Himalayan Salt Lamps. When you choose your Himalayan salt lamp at The Om Shoppe, we can ensure you receive a quality lamp made with genuine Himalayan rock salt.

There are a variety of styles and sizes available. Consider larger lamps for larger living spaces. In addition to traditional colors, you may want to consider the more rare white salt crystal lamp.

Because they help to ward off harmful effects from electronics like computers, you will also find lamps with a USB power cord, to be conveniently plugged in near your computer.

A Himalayan salt rock lamp is a healthy addition to your home office, living room and bedroom, or anywhere you would like to create a tranquil, healthful environment.

### Himalayan Salt Lamp Protection Zone & Size Guide

Besides our tremendous array of styles and shapes, The Om Shoppe's wide range of sizes make it easy to find a salt lamp right for any size room. Please consult the chart below for determining the protection zone offered by each size lamp. We offer an extensive line of authentic, deep deposit Himalayan Salt Lamps, both natural and carved.

Lamp Size	Height	Weight	Area of Protection
Purity Small	5-7"	4-5 Lbs	6x6 (36 sq ft)
Himalaya Medium	6-8"	5-6 Lbs	8x8 (64 sq ft)
Noor Large	7-9"	6-8 Lbs	10x10 (100 sq ft)
K2 XLarge	9-11"	8-11 Lbs	11x11 (121 sq ft)
Kashmir XXL	11-14"	11-15 Lbs	12x12 (144 sq ft)
Nepal 3XL	14-16"	15-20 Lbs	13x13 (169 sq ft)
Tibet 4XL	12-17"	20-25 Lbs	14x14 (196 sq ft)
Trivor	13-16"	25-30 Lbs	15x15 (225 sq ft)
Haramosh	12-17"	30-40 Lbs	16x16 (256 sq ft)
Kamet	14-20"	40-60 Lbs	17x17 (289 sq ft)
Rimo	16-20"	60-80 Lbs	18x18 (324 sq ft)
Everest	20-24"	80-100 Lb	20x20 (400 sq ft)

# ORGONE GENERATORS



In the 1930s & 1940s, Dr. Wilhelm Reich, using a modified Geiger counter, was able to detect and measure the existence of etheric energy (life energy, chi, etc.), which he called orgone. Dr. Reich determined that stacking alternating layers of an organic substance and an inorganic substance would actually attract and collect the orgone/etheric energy. Using his simple theory he built large boxes called orgone accumulators or "oracs" and was able to successfully heal his patients of various ailments by having them sit inside the box for varying amounts of time.

In 2000 it was discovered, through research and empirical observation, that mixing catalyzed organic fiberglass resin with inorganic metal shavings, poured into small molds would produce a substance that attracts etheric energy similarly to Dr. Reich's accumulators.

Small quartz crystals are often added to the mixture for their ability to efficiently collect, transmute and emit etheric energy. This addition to the resin/metal matrix creates a substance which functions as a self-driven, continuously-operating, highly efficient DOR-POR (negative to positive) energy transmutation factory.

When orgonite is within range of a source of DOR/negative energy, it will efficiently and continuously transform it into POR/positive energy as it is being transmitted, which essentially creates positive energy transmitters out of any and all emitters of harmful negative energy, which are totally defenseless against the effect. The resin in orgonite shrinks during the curing process, permanently squeezing the quartz crystal inside which creates a well-known piezoelectric effect inside the crystal, (its end points become polarized electronically). It is believed this causes the orgonite to function so effectively as a positive energy generator.

Reports have been issued regarding the tactical deployment of small pieces of orgonite near sources of DOR, or life-negative energy, such as cellphone towers, nuclear power plants, underground bases and natural Earth energy gridlines and vortexes.

These reports have been used to justify the life-positive, cleansing, and healing effects offered by orgone generators.

## BENEFITS OF ORGONE GENERATORS

1. Immune system of organisms improved (blood leukocyte increased)
2. Improved regeneration of tissue
3. Enhances plant growth
4. Influences atmospheric ozone
5. Seismic activity near orgone research areas are reduced in severity and size
6. Violent weather also appears to decrease in the vicinity of orgone generators
7. Generators constructed in Southern Russia (Bashkiria) appeared to have a positive effect on oil production with oil becoming less viscous by 30% and the yield of the oil wells increased according to tests carried out by the Moscow Academy of Oil and Gas
8. A study was done on 5,000 prisoners who ingested salt and pepper that had been exposed to the orgone generator energy field. The test subjects exhibited a greatly reduced violence rate and overall behavior was much improved
9. Standard tissue culture tests showed an increase in survival of cellular tissue after infection by viruses and bacteria
10. Radioactive substances show a decreased level of radiation inside the generator
11. There are reports of spontaneous charging of capacitors
12. Physicists observed significant changes in superconductivity temperature thresholds and in the properties of semi-conducting and carbon nano materials
13. Water inside the pyramid will remain liquid to minus 40° Celsius but freeze instantly if jostled or bumped in any way
14. Synthesized diamonds turn out harder and purer.

**Call (941) 706-3257 for Current Selections**

WE HAVE CREATED A CRYSTAL GRID FOR YOU TO  
DOWNLOAD, PRINT AND USE.

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[THEOMSHOPPE.COM/CRYSTALGRID](http://THEOMSHOPPE.COM/CRYSTALGRID)

# MAKE A CRYSTAL GRID IN 5 STEPS

**Crystal grids are sometimes more powerful than using a single crystal. These grids are designed usually in a geometric pattern for the intention of directing the energy towards one goal. When you prepare and properly use your crystals, you will be able to apply the universal life force and most importantly, be confident that your crystal grid works for your purpose.**

**1.** Cleanse your space with sage, palo santo or crystal bowl playing – to clear the energy where you want to place your grid.

**2.** Write your intention down on a piece of paper and place it under your grid if you're using a cloth or premade crystal grid layout. If not place your intention into your memory.

Deciding on your goal or intention needs to be specific for example, do you want to sleep more through the night, do you want to be financially abundant or do you need to have more healthy relationships?

**3.** After being specific with your intention, choose crystals that will not only align with your goal but enhance it. Do some research on crystals and then trust your intuition. There are a vast amount of crystals that can help you manifest your intention, choose the ones you're most drawn to.

a. Select a large center stone to align with your goal, sometimes called your intention stone.

b. Select crystals that will amplify the energy around the center stone. These stones can be chosen with the thoughts of color, shape and what the actual geometric pattern that you want to create (if you do not have a premade grid)

c. Select an activation crystal to activate the grid upon completion, usually a quartz point or a wand.

**4.** Start with your intention stone and place that in the center with your written intention under it.

Next surround your intention stone with your selected stone on your crystal grid, at least 6 stones, continue to create layers of stones and think in a geometric pattern. There is no right or wrong way to do this.

Take your activation crystal and starting from the outside, draw an invisible line between each crystal. This will energetically connect the stones and activate your crystal grid.

**5.** Be receptive to what energy the crystal grid will bring. Remember, YOU are the most vital piece of the grid!



***"The Om Shoppe is truly a magical place. The staff there is incredibly sweet and down to earth. I always feel calm and serene at every visit. They are very helpful and knowledgeable. I love to find gifts there for friends and family, as well as for myself. Highly recommend it!"***

**- C. White 5 Star Google Review**

# CRYSTAL PROPERTIES

## CHAKRA WORK

### Ascension Point

Labradorite, Kyanite, Aquamarine, Green Tourmaline

### Cosmic

Kyanite, Labradorite

### Crown

Seletine, Angelite, Purple Jasper, Larimar, Lepidolite

### Heart

Jade, Rose Quartz, Aventurine, Kunzite, Green tourmaline, Apophyllite, Ruby, Lepidolite, Chrysocolla

### High Heart

Larimar, Ajoite Sucktite, Diopase, Kunzite, Pink Tourmaline

### Om Earth Star- Metal

Fire Agate, Smoky Quartz, Brown Jasper, Tourmaline

### Root Repair & Strengthen Body

Amazonite, Apatite, Agate

### Sacral Balance

Sugilite, Green Tourmaline, Black Onyx, Celestite, Fire Opal

### Second Sacral

Carnelian, Jade, Ruby in Zoisite, Moonstone, Rose Quartz

### Solar Plexus–Digestion

Peridot, Tigers Eye, Jasper

### Soul Star

Herkimer Diamond, Moldavite, Selenite, Kunzite, Apophyllite, Celestite, Muscovite, Stellar Beam, Phenacite, Azeztulite

### Third Eye

Lapis Lazuli, Selenite, Pedelite, Azurite, Sugilite, Yellow Labradorite

### Throat

Turquoise, Aquamarine, Amber, Lepidolite, Blue Lace Agate, Kunzite

## CONDITION SPECIFIC

### Aches & Pains

Quartz, Herkimer Diamond, Magnetite (carpal tunnel), Rose Quartz, Hematite, Yellow Jasper

### Allergies

Apophyllite, Lepidolite, Aquamarine, Carnelian, Red Jasper, Chrysophase

### Anger

Blue Lace Agate, Peridot, Carnelian, Amethyst

### Anxiety

Kunzite, Aventurine, Green Calcite, Moonstone, Emerald, Pyrite, Tigers Eye, Tourmaline, Rutilated Quartz, Labradorite

### Asthma/Respiratory

Apophyllite, Amethyst, Malachite, Pyrite, Morganite, Ametrine, Rhodochrosite, Lapis Lazuli

### Aura/Entities Clearing

Smokey Quartz, Herkimer Diamond, Selenite, Lapis Lazuli, Smokey Amethyst, Fairy Quartz, Amber, Pedelite

**Auto Immune- (Place at high heart)** Aquamarine, Rhodonite, Garnet, Red Jasper, Sugilite, Emerald, Smoky Quartz

### Boundaries

Red Jasper

### Calming

Aquamarine, Selenite, Smokey Quartz, Moss Agate, Petalite, Hematite

### Confidence-(Put at base)

Agates, Citrine, Rhodonite, Ruby, Rose Quartz, Tourmaline, Lapis, Variscite

### Fatigue/Exhaustion

Labradorite, Ametrine, Citrine, Green Tourmaline, Fire Opal, Carnelian, Lepidolite

### Inflammation-(No Hemetite)

Moss Agate, Magnetite, Blue Chalcedony, Turquoise, Larimar, Blue Chalcedony

### Intestine

Yellow Jasper

### Negative Disposition

Black Jade, Apache Tears, Smokey Quartz, Black Calcite

### Protection-(Place at high heart)

Apache Tears, Labradorite, Shattuckite Ajote, Amethyst

### Skin

Agate, Amethyst, aventurine, Azurite, Brown Jasper, Green Jasper, Selenite

### Sleep/Insomnia

Ajoite, Amethyst, Charoite, Hematite, Howlite, Lapis Lazuli, Lepidolite, Moonstone, Zoisite, Magnetite, Rose Quartz, Smoky Quartz, Black Tourmaline

### Spleen

Peridot, Ruby, Rhondonite, Aventurine

# ENERGY DECOR SELENITE LAMPS



Selenite, also called Satin Spur, is named after the Greek Moon goddess, Selene. Its soft white light contains many healing and metaphysical benefits. It invokes clarity of mind and expanding awareness while being a powerful cleansing stone for any space. Selenite works to bring high vibrational energy down into denser matter and helps us attune with our true nature.

Naturally formed into iceberg or mountain shapes, these lamps from Morocco are the perfect decor accent. When lit from inside they show off all the intricate formations of this breathtaking mineral. Their beautiful white glow compliments almost any setting.

Selenite lamps range from 8 to 16 inches in height. Use them to metaphysically clear negative energy, in addition to adding beauty to your living space.

**Shop our various Selenite products today and discover this highly vibratory crystal's magic. Check out our selection at [theomshoppe.com](https://theomshoppe.com)**

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## BECOME A CERTIFIED PROFESSIONAL THERAPEUTIC SOUND PRACTITIONER

At The OM Shoppe we are proud to be an ISTA certified education institution. If offering sound therapy to others or even those you love has been calling to you, then we invite you to explore the premier educational opportunities available.

We offer intensive three day and five day, Level One and Level Two Sound Healing Academy classes. We have graduated over 15 beautiful groups helping to launch hundreds of sound therapists into the world. Sound therapy is a fast growing field and we are dedicated to raising the standards of education. It is a sacred art form and a quick weekend class is not going to give you the knowledge and skill necessary to be an effective therapist or performer.

If being a sound performance practitioner such as offering sound baths or group work appeals to you, we invite you to learn more about The Sound Alchemy Method on our website today. You will be learning from a master musician and can go on to perform with confidence and grace.

Along with our Sound Therapy courses we also offer many other classes throughout the year. Including Integrative Energy Therapy Practitioner courses. This beautiful modality is a perfect compliment to any healing arts practice and also stands alone as a powerful way to help others create change.

We do hope you will consider joining us for one or all of these amazing courses. You can learn more today at [theomshoppeandspa.com](http://theomshoppeandspa.com)



# ACCENTUATE THE NEGATIVE

## WHY THE OM SHOPPE SPA USES AMETHYST BIOMATS

### 1. Improves Circulation & Cardiovascular Function

Far Infrared Rays raise body temperature, warming the blood and expanding the blood vessels. There is an increase in peripheral blood flow and volume, resulting in improved circulation and heart function.

### 2. Improves Immune Functions

Far Infrared Rays' (FIR) deep heat raises your body temperature, inducing an artificial and healthy fever. As the body works to combat the fever, your immune system is activated and strengthened, which in turn produces a detoxification of harmful toxins and waste products. With the continual use of the Amethyst Bio mat, your overall health and resistance to disease can be improved greatly.

### 3. Relieves Pain

The deep heat of Far Infrared helps peripheral blood vessels dilate, bringing relief and healing to muscles and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to oxygen depleted muscles, so they may recover faster.

### 4. Burns Calories and Controls Weight

As you relax in the gentle heat of the far infrared, your body is actually hard at work producing sweat, pumping blood, and burning calories. According to the 8/7/81 issue of the Journal of the American Medical Association report, a single 30 minute far infrared session burns as many calories as rowing or jogging for 30 minutes. This can be helpful for disabled persons who are unable to move, as well as those looking to increase metabolism and burn calories via alternative means.

### 5. Eases Joint Pain and Stiffness

Far Infrared heat therapy is widely used to treat patients suffering from many kinds of arthritis and musculo-skeletal disorders. In addition, it has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness, and many other musculo-skeletal ailments.

Stiffness, aches, and soreness that come with aging can be reduced or eliminated by using Far Infrared heat therapy (FIR).

### 6. Reduces Stress and Fatigue

The gentle warmth of the Far Infrared Rays help to soothe nerves and relax tight or knotted muscles. The end result is reduced stress and improved energy. Receiving massages while on the Biomat can be especially beneficial, as the far infrared heat warms and relaxes the muscles to better receive the healing touch of your practitioner.

### 7. Improves Skin

Far Infrared and Negative Ions penetrate the skin deeply, helping to detoxify impurities from the skin and lymph. In addition, exfoliation is greatly enhanced by the far infrared, rapidly removing dead skin cells. Increased circulation draws your skin's own natural nutrients to the surface, rejuvenating its health and appearance.

### 8. Removes Bodily Toxins and Assists in Detoxification

Far Infrared helps to detoxify the body in several important ways. Increased blood circulation stimulates the sweat glands and lymph system, releasing built up toxins and waste. Daily sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals, alcohol, nicotine, sodium, sulfuric acid, cholesterol, and uric acid. In addition to sweating, far infrared is capable of mobilizing toxins and acidic waste, allowing for their removal via several other bodily systems.

### HEALTH BENEFITS OF NEGATIVE IONS FOUND IN THE AMETHYST BIOMAT

#### 1. The Truth about "Negative Ions"

Negative ions have a positive effect on people. Positive ions have a negative effect on people. An atom that has one of its normal, orbiting electrons removed is called a positive ion. An atom with an extra electron added is called a negative ion. A bit confusing, no? It's a misnomer that we can thank Benjamin Franklin for. Back in his time, electrons (with a "negative" charge) and atoms were not understood correctly. So we're stuck with the 18th century terminology, and that is why the good ions are called "Negative Ions."

#### 2. Blood Alkalization and Blood Purification

When negative ions are applied to the body, the calcium and sodium circulating in the blood are ionized. This changes the blood pH into an alkaline state and has an overall alkalizing effect on the body. The normal pH of human arterial blood is approximately 7.40 (normal range is 7.35 – 7.45), a weak alkaline solution. Blood that has a pH below 7.35 is considered acidic, while blood pH above 7.45 is alkaline. Proper blood pH is essential for optimal health. It has been noted that the negative ions applied to the body are helpful in regulating pH.

#### 3. Reviving the Cell

When the amount of negative ions in the blood increases, there is an increase in inter-cellular communication. This occurs as the cell membranes are opened, and cellular metabolism is facilitated. As a result, there is an increase in cellular nutrient uptake and cellular hydration. In addition, cellular waste materials are more efficiently excreted. With the increase in cellular metabolism, optimal cell function is rapidly revived. For more information, research the Nobel Prize in Physiology (1991) for the discovery of the ionic channel.

#### 4. Diseases Associated with Ion Deficiencies

Indoor environment, city living, auto exhaust, exposure to electronic devices, EMF's (electro-magnetic fields), and environmental pollution all result in your body's increased exposure to unhealthy "positive" ions. This results in a physiological imbalance that can have detrimental health consequences. Too few negative ions in our body can cause a number of diseases including: anemia, allergies, shoulder pain, lumbago, rheumatism, neuralgia, headaches, kidney problems, imbalanced autonomic nervous system function, insomnia, and fatigue. By using the Amethyst Bio mat, your exposure to streams of "negative" ions can aid in creating balance for your body to counteract the unhealthy "positive" ions in your environment.

\*Disclaimer: These statements have not been evaluated by the Food and Drug Administration. The products and information contained herein are not intended to diagnose, treat, cure, or prevent any diseases or, medical problems. It is not intended to replace your doctor's recommendations. The information is provided for educational purposes only.



# FUSION CRYSTAL SINGING BOWLS FOR SONIC HEALING

BY BETH A. SNYDER, CCHT

One of the most exciting additions to the crystal sonic therapy world has been the innovation of the fusion or alchemy crystal singing bowls. Fusion Crystal Singing Bowls are created by blending pure minerals, gemstones, precious metals with pure quartz crystal to create some of the most special crystal musical instruments available today. Quartz crystal in itself is very special and has the ability to amplify frequencies. Combining this with minerals, gemstones and precious metals creates a profoundly more powerful sonic transformation medium that can be easily experienced by anyone.

## What to expect when using Fusion Crystal Instruments?

The most common immediate responses noted are improved mood and a calm relaxation. Research supports that deep relaxation improves health and aids in healing. Fusion or Alchemy crystal singing bowls and sound healing instruments offer a fast and easy way to bring about deep relaxation. Fusion and Alchemy crystal singing bowls also harness the qualities of crystals, minerals and precious metals to further enhance this.

As with the ancient brass Tibetan singing bowls, precious metals can sing on their own without the preferred help of the fusion with quartz. Some transformative stones such as Amethyst, would never be able to be heard, without these very special instruments.

## How are Alchemy Bowls Made?

Fusion and Alchemy Singing bowls are created by first crushing these elements into a very fine powder. Through various high heat or electromagnetic vacuum processes, they become fused into the quartz crystal bowls. Fusion bowls create a much more powerful medium for working with the transformative properties of healing stones.

## Why do they feel so good?

Crystal singing bowls are so quickly transforming and enjoyed because our bodies are made up of about 80% water and water is a major conductor of sound. Because of this, crystal sonic therapy is heard and felt by the whole body, not just the ears. Every cell in the body is being affected by the sound waves as they penetrate through one's entire being.

Crystal sonic therapy is not just for use directly on human beings. These modern innovations inspired by ancient sound healing tools can be used on pets or plants and even to clear homes, work spaces and cars of any negative or dissonant energy that may have built up and stagnated into the space. Even when not singing, these bowls contribute beautifully to any décor and they house a frequency that can neutralize any other harmful ones bouncing around a room as they pass by.

Everything in our Universe is filled with vibration and through sympathetic resonance, our personal vibrations can be lifted by the stronger sound vibrations of stones. When our body's parts, systems and structures are vibrating at a normal frequency, a person is more balanced and healthy. Using music, sound tools, technique and intention, sound healing can help restore healthy resonance.

## Are they safe for everyone?

When used properly sound therapy is safe for everyone. We recommend taking some courses in Sound Therapy and definitely become a Certified Sound Therapist if you plan to do Sound Baths or work with others.

Fusion sonic therapy is recommended by Dr. Andrew Weil for improved health and well being. Now, you can bring the transformative power of Fusion Crystal Singing Bowls with healing gemstones and precious metals directly into your sound therapy practices too. Shop our current collection online or call to see what we have in stock.



# 3 ESSENTIAL OILS & CRYSTALS FOR HAPPINESS

BY EMILY LEINFUSS

Our clients and guests tell us all the time that just walking into The Om Shoppe lifts their mood. Well, we have some secrets that create that energetic experience upon entering our space. Some of that happy is generated from all the crystals and diffusing essential oils we have on display. It also helps that under our flooring at The OM Shoppe is a crystal grid. So, when you enter you are literally standing in an intentionally blessed crystal gridded space.

Are you ready to create a mood lift in your space? Here are our top 3 choices for both of these natural, mood-enhancing tools so you can start a happy collection at home or work, or wherever you need a boost.

## ESSENTIAL OILS

Experience the aroma of oils in a diffuser for a whole room or simply inhale from an open bottle. Have some caution about using them topically, though. Not all scents or brands are meant for skin application. If you have questions about essential oils, give us a call. We carry organic and wildcrafted oils and our partnership with a master aromatherapist lets us provide you with precise information.

**Citrus:** From wild orange, to lemon, to bergamot, you can't go wrong with a citrus aroma. They are invigorating and refreshing and will stimulate positivity and renewed energy.

**Peppermint:** Another multi-use aroma, peppermint is known to have strong calming powers, boost energy, and even improve cognitive performance.

**Lavender:** This is probably the best known and most used essential oil because of its amazing versatility. Some of those qualities are cultivating calm and assisting sleep and the easing of depression and anxiety. It is also a natural antibiotic.



“They have thought of everything here! You are pampered from the time you enter the shoppe til you leave. Not only is the Shoppe merchandise amazing, authentic, high quality and blessed with love but the services are truly life changing. It is not a yearly trip to FL to do this for myself, more as time/money allows. A MUST Experience!!! You will be blown away!”  
- C. Shelly 5 Star Google Review

## CRYSTALS

The geological world is generous in its creation of crystals and many boost moods. Here are three, chosen because they can easily be found in jewelry. After all, who doesn't like a new adornment?



**Citrine** is a vibrant and joyous crystal that is also known as the abundance stone.



**Amethyst** enhances intuition, calm and creativity. Plus, amethyst geodes are known to clear negative energy.



**Rose Quartz**...ahh the crystal of love – for self and from others and the universe.



# HOW TUNING FORKS WORK IN SOUND HEALING

BY BETH A SNYDER, CCHT

**Sound healing is on the rise and tuning forks are becoming more mainstream. One of the best examples is Maria Kondo, the tidying expert who has brought much attention to tiny tuning forks as a way to clear spaces.**

However, the history of tuning forks, the types of tuning forks and their applications in personal wellness, sound healing, music and the medical profession are vast. But besides helping you to clear the energy of a newly tidy space, how can tuning forks help you feel better & improve your personal wellbeing?

Read on to learn a little history of tuning forks, the different types of tuning forks and how to get started right away in a simple and effective way to help yourself and those you love with the pure tones and therapeutic benefits of using tuning forks.

## How do I learn?

One of the best ways to learn about tuning forks and become a master practitioner is to take a course such as those from Eileen McKusick, a leader in the field of biofield tuning.

We also recommend the Academy of Sound Healing for a more in-depth dive into all things tuning forks. But when and where did tuning forks come into play and how do we know they are effective in helping us?

## Your Electric Body with Eileen McKusick

Tuning forks have been around since 1711, yes that is a long time ago. They were originally invented by John Shore and it served as a way to help him tune his trumpet and lute.

If you are a history buff or a Virgo, you can explore the origins of tuning forks and John Shore more deeply. The sound healing, medical, scientific & musical communities are forever grateful to Mr. Shore for this evolutionary step in employing pure tones.

## What makes a tuning fork a tuning fork?

With so many new types and claims being made about their effectiveness and abilities, we are aiming to keep it simple and accessible to everyone to start benefiting from them right away.

Today tuning forks come in metal, typically aluminum or steel or quartz crystal. You will also see metal forks as weighted or unweighted. Simply stated weighted metal forks have balanced weights that allow for longer and stronger vibrations.

Typically, these forks are used on the body to send the tone and vibration directly into the body. Unweighted forks are used in a more auditory way and it is advised you have a basic understanding of musical intervals to properly work with them as a sound therapy instrument.



Ready to start tuning right now?

If you are ready to start tuning right away you can follow the step by step protocols that come with the relaxation set, delta set and earth toning set. The tuning fork sets offered at The OM Shoppe are made in the USA of the highest-grade metals and scientifically tested.

As a word of caution, be aware when buying from vendors who do not disclose the origins of the forks, as toxic metals can be hazardous. If it's too cheap or too hyped up with promises of metaphysical delights, it's probably a gimmick so be mindful when shopping.

Curated sets allow you to begin benefiting right away. If you plan to incorporate tuning forks or sound healing into a holistic practice, please complete a course such as those mentioned above.

Crystal tuning forks are another type of tuning fork that are very special. They range in size and pitch and when using the larger forks 15" or larger can be used both on and off the body. A good understanding of intervals is recommended if using more than one of these in an auditory manner.

Recently, Meinl has developed a lovely new tuning fork line corresponding to the frequencies of the planets. They are able to be used on the body and also provide auditory application. You may also see giant tuning forks being called tuning swords. They make for amazing Instagram photos.

What exactly do tuning forks help with?

If you have searched for tuning forks for sale, you will get a bevy of information to sort through. Yet most of us are searching to help ourselves feel better in some way be it spiritual enlightenment, emotional relief, or physical discomfort.

Research studies on tuning forks and the production of nitric oxide and brainwave entrainment point to the correlation of tuning fork therapy and the physiological reaction in the body. Sir Peter Guy Manners was perhaps the original pioneer of using Sound Therapy as a modality of healing. His research lead to the discovery of the specific vibration of each human organ.

You are not a piano, yet much like a piano you too can go out of tune. Tuning forks help to bring us back into harmonic resonance and allow our bodies to do what they often know how to do when we are in a more relaxed state of homeostasis and that is to heal themselves. Specifically, intervals and tuning fork treatments and protocols developed by research pioneers in the field can target directly such issues as...

- Grief
- Deep Relaxation
- Digestive Imbalances
- Calming Anxiety
- Improving Sleep

This is not an extensive list yet an example of all that is possible when incorporating tuning forks into your personal wellness routine. Each of us can benefit greatly from deep and profound relaxation and at a minimum tuning forks provide that rather immediately especially with a little guidance such as the protocols that come with curated sets or with a few courses.

HAPPY TUNING!



“Walking in to The OM Shoppe was the best thing I’ve done for myself in years!! They are all so welcoming, kind and encouraging. I’ve gone for three different treatments and I feel spiritually uplifted and physically renewed! I’ve tried a lot of spiritual spas in Sarasota and this is the best one by far”.

- S. Kahn 5 Star Google Review



### Tune In Today and Journey With RESONANCE!

Live shows held the fourth Sunday of each month. Get your tickets today at The Om Shoppe

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## Musical Medicine Ensemble RESONANCE

### Why Do Sound Journeys Work So Well To Help You Create More Peace Of Mind?

In a region known for its spiritual significance and natural energetic vortexes, our Vibrational Medicine Shoppe & Spa brings to you the OM Shamanic Sound Journey™, a powerful new energy therapy bridging vibrational medicine, sound, & hypnosis.

Sarasota is the “Sedona of the South” and the crystal quartz sands of world-famous Siesta Key Beach are unparalleled in their energetic properties.

Combining ancient & modern sound therapy techniques (science of mindbody), with professional hypnosis, neuroscientific approaches, and professional musicians/certified sound practitioners, the OM Shoppe provides an immersive transcendental sound experience like no other, and has raised the bar for professional sound therapy in the East Coast and beyond!

## VIBROACOUSTIC THERAPY IS IT WORTH THE HYPE?

BY ZOOEY SERAPHINE

### What is Vibroacoustic Therapy?

Let’s start by explaining what vibroacoustic therapy actually is and how it works. Vibroacoustic therapy (VAT) involves the use of low-frequency sound vibrations transferred through a transducer onto a bed, chair, or mat, where a client can listen to and physically feel the sounds from the device. Unlike other methods of sound therapy, the sound you receive through a vibroacoustic chair affects the body in several different ways. A well-constructed VAT chair or bed allows the music and frequencies to be felt and experienced at low, comfortable volumes while still deeply impacting the body with a cellular massage.



### What Can It Do For You?

So, how can this inner massage and reharmonization bring your body benefits? Well, it turns out, that as more and more research is being done on VAT frequencies and technology, more specific benefits are being uncovered and verified.

Studies conducted by the National Institute of Health (NIH), among others, have shown that vibroacoustic therapy has significant potential for:

- Reducing pain
- Slowing down heart rate
- Decreasing blood pressure
- Slowing respiration rate
- Lowering stress
- Calming of anxious feelings
- Reducing overall fatigue and exhaustion
- Relaxing of muscle tension/ reduction of muscle inflammation
- Lowering of brain wave frequencies (generally slowing them down gradually to a theta or delta state)

Healthcare professionals are realizing the opportunity for vibroacoustic therapy to help patients in recovery time, stress management, and improving quality of life, in general, in a non-invasive way. Even massage therapists love the vibroacoustic chair for its ability to facilitate their job in relaxing muscles and mind and giving them more time to address specific areas of concern.

The VAT chair at The OM Shoppe was specially crafted for our Spa. It is also

extremely comfortable and can be inclined to release pressure from the hips. Beyond the VAT frequency vibrations felt throughout the body and specifically chosen for different physical experiences, therapeutic music also triggers relaxation through noise-cancelling headphones (providing you with a deeper inner experience and amplifying the reception of the low frequencies through bone conduction). In a dimly lit sound oasis room, this Vibroacoustic Therapy experience is one worth your time.

### Bringing Vibroacoustic Therapy to Sarasota

So, what’s all the fuss about vibroacoustic therapy? Quite a lot, it seems. As vibroacoustic therapy helps to alleviate discomfort and improve mental and physical function, it’s safe to conclude that it can, at minimum, help ease one into relaxation, transform one’s mental state, and with frequency and duration, improve one’s quality of life in a drug-free, non-invasive way! In the Sarasota, FL area? Schedule your Vibroacoustic treatment today in our state-of-the-art Spa!



When you come to Sarasota - the Sedona of the South - make sure you stop by our shop and visit. We would love to see you!

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