



# Issue no.16

JANUARY  
2023

## METAPHYSICALLY SPEAKING

### Being Intentional in 2023

We all want to live our best lives - but to do so requires intention. That's why many of us seize the opportunity every new year to reflect on where we've been and the paths we have chosen that got us to where we are - both the good and the bad! From there, we must contemplate and set in motion any changes needed to get us to our optimal space in the months ahead - however we define that space, which is different for each of us.

This is a more intentional approach than making a new year's resolution like 'losing five pounds.' Resolutions tend to be singular things you can check off your to-do list, while intentions are more broad and encompass multiple areas of life, such as 'I'm focusing on my health' or 'I'm prioritizing my family.'

You may set the intention to be more creative, for example, which can apply to your work, your spirituality, your family, and your relationships. By comparison, a resolution to take on a new creative project at work only applies to your job.

At Scent & Stone, our intention in 2023 is to give our clients more tools and support to help them achieve their wellness goals throughout the year. In other words, we want to become ever-better in promoting healthy minds, bodies and spirits!

As such, in the year ahead, we'll be sharing more information about our products and how to utilize them optimally. We'll be offering new services and new inventory, while strengthening our connections in new and different ways. Most importantly, we'll be looking for opportunities to hear more about YOUR intentions so we can help you make them a reality in 2023!



### Peace & Hope in the New Year

According to the Chinese Zodiac, 2023 ushers in the *Year of the Water Rabbit* on January 21, which is predicted to be a year of peace, hope and prosperity.

2023 is also a 7 *Universal* year in numerology, which represents sudden insights, higher perspectives and the healing of our Crown chakra - the place where body and soul connect.

Western astrologists are looking to 2023 as a year of redefining and improving relationships - including our relationship with ourselves!

So, as we kick off 2023, let's all set our intentions with a focus on peace, hope, spirituality and connectivity!



### Latest News

Thanks to everyone who came out for the Yuletide Marketplace at the Three Bricks Collective in December! We hope you found that special gift or just treated yourself to some holiday fun. A very special thank you goes out to **Strange Design Public House** for hosting our vendors and **Expressions Salon** for managing the charity raffle, which raised money for Covenant House. We were also fortunate to have **County Historian, Holly Watson**, on hand to share her presentation on '*The 12 Olden Days of Christmas!*'

Looking forward, we are excited to announce our next Three Bricks event: the **Beltane Spring Festival and Psychic Fair, April 29-30**. On both Saturday and Sunday, we will be hosting vendors, readers and tattoo artist, Divine Beauty. You'll also find delicious food and drinks, alongside children's activities and lots of great shopping! The Spring Festival charity raffle will go to benefit Willow Women's Center.

Mark your calendars and be sure to join us at the Three Bricks Collective as we gather to celebrate spring!

## Upcoming Winter Class Series

Are you new to the metaphysical and don't know where to start? Or are you an experienced practitioner who wants to learn a new skill or just brush up?

The Scent & Stone Winter Class series has something for everyone - no matter where you are on your journey!

This January we will be kicking off the Spell Work series with our first class, 'Every Day Spells.'

We will also be offering our popular 'Intro to Pendulums and Chakras' from our Energy Work series in February.



Check the Scent & Stone website and upcoming newsletters for details!

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## Upcoming Events

- **1/6: Wolf Super Moon:** The year's first Full Moon, Wolf Moon, is named after howling wolves, but it's also often called the Moon After Yule in the Anglo-Saxon tradition. This full moon was named the Wolf Moon by Native American tribes for the wolves that would howl during winter nights. As this full moon rises into the night sky, it offers an opportunity to go into a place of deep self-reflection. The spiritual meaning of the Wolf Moon is a reminder that there is an unseen connection to your own "pack" that is worth recognizing and honoring
- **1/8: National Winter Skin Relief Day:** Book any Spa Service and get a FREE Dry Skin Relief add-on!
- **1/14-15: Experience Psychic Fair Batavia:** Readers, Healers, Vendors, and more
- **1/17: Betty White's Birthday:** In honor of the iconic actor and philanthropist's birthday we are donating 20% of sales from Scent & Stone products to Betty's favorite charity, The Humane Society
- **1/18: Holistic Happy Hour, 6-8pm** Topic: Are You Staying Grounded? A monthly discussion group for like-minded people! Light refreshments served, \$10 per person, must RSVP.
- **1/21-22: Experience Psychic Fair Finger Lakes:** Readers, Healers, Vendors, and more!
- **1/25: Spellcraft Series Class:** Every Day Spells. 4-7pm. Each student will go home with a Spell Bag, Certificate of Completion, and Reading Materials. Light refreshments served, \$40 per person, must RSVP.
- **1/27-29: Destiny Reader Psychic Fair New Hartford\*:** Readers, Healers, Vendors, and more!  
\* shop will be closed 1/26-1/29 for this psychic fair

This Month's Focus:



### Astrological Sign: Capricorn

Capricorn is an earth sign ruled by Saturn. Capricorns are smart, hardworking, and fully in control of their destiny. Tap into Capricorn energy to reach your goals and manifest the life you want.

### Chakra: Root

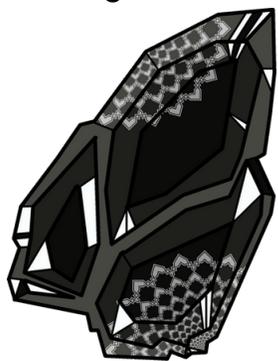
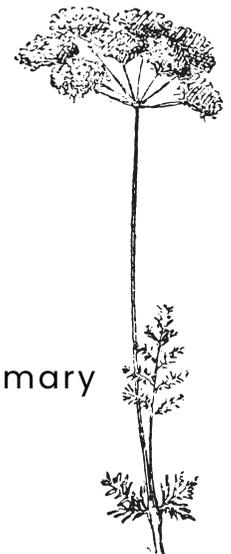
Root Chakra is the first Chakra, located at the base of the spine and represented by the color red. The Root Chakra is associated with the Adrenal Glands, which controls our flight or fight response. An imbalanced Root Chakra manifests, therefore, as fears, stress, Anxiety, and a lack of comfort. A balanced Root Chakra brings calm, grounding, and being comfortable in one's own skin.

### Crystals:

Red Jasper for protection and balancing aggressive energy; Bloostone for heightening intuition and increasing creativity; Hematite for grounding and stability; Obsidian for Truth and absorbing negative energy.

### Herbs:

Chamomile for calm, good dreams and communication; Rosemary for positivity and love-drawing; Caraway for protection against negative energy; Tarragon for aid in recovery from abuse.



### SPECIAL SPOTLIGHT NATIONAL CBD MONTH

THIS ALL NATURAL HEMP-DERIVED INGREDIENT HAS A HUGE VARIETY OF BENEFITS INCLUDING HEALING COMPROMISED SKIN, REDUCING INFLAMMATION, AND PAIN RELIEF AMONG OTHERS. TO HONOR THIS WE AT SCENT & STONE HOLISTIC ENERGIES ARE OFFERING BUY ONE GET ONE 50% OFF ON ALL CBD SELF-CARE BALMS AND LOTUS GLOW SKINCARE PRODUCTS! DISCOVER THE POWER OF CBD THIS MONTH!

