

# The Root and Branch

Wholesome living services

Sept/Oct 2023

## JULES GEMS

Crystal Healing For Inner  
Connection

## CALM SPACE

Wellbeing Classes and  
Yurt Hire

## SHAPE WELLBEING

Interactive online Self-Help  
Workshops and Training

## HOPE CEREMONIES

The Healing Art  
of Ceremonies

*live your best life!*

Let's make your health and wellbeing a priority.

Thank you to all of our Advertisers and Guest Writers for joining us.

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# *Editor's Note*



## Welcome to our Autumn issue

Is it just me or is this year going by really quickly? I can't believe we are now in Autumn. Maybe it's because the Summer season has felt short with limited sunny days. However, whatever the weather, we all know that working through the seasons can affect the way we feel. Some of us are Summer people and some may feel at their best in the Winter season, we are all different. The one thing that is consistent for all of us is the beautiful connection we have to nature and the ever changing seasons that connects us to how we are feeling.

Autumn is often a good time of year to gather our thoughts and reflect upon what the year has brought for us so far. One of my favourite things to do is to walk in woodlands and connect to the energy of the trees and the gorgeous autumnal vibrant colours. It brings a sense of grounding that allows me to look within and ask myself "how am I actually feeling"? I love nature and the lessons it teaches us.

How we manage our time is different for all of us but let's be honest we can all get caught up doing one thing or another, and often struggle to take time out for ourselves. The beauty of the Root and Branch magazine is that we have many lovely services that are here to support your health and wellbeing. So, this Autumn, let's make this edition the one that kickstarts prioritising 'how you are feeling' and how our services can help you 'live your best life'.


*With love*  
*Anita x*


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Disclaimer: Most of our articles are written by our advertisers, each an expert in their own wellbeing field. While we edit and assess the content and may ask questions, authors are responsible for the veracity of their statements and for clearing permission for their images. We do not accept liability for any misadventure arising from advice given. If you have questions or doubts about any content, or need to know more, please contact the practitioners, whose details are given, requesting references for their assertions or sources of more information. Please also let us know if there is anything you have concerns about so that we can make the next issue even better than this one

 TheRootandBranchMagazine

 rootandbranchmag

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**Anita Bell**  
Managing Editor

**Root and Branch**  
**Magazine**

SEPT/OCT 2023

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## THE HEALING ART OF CEREMONY

Hello, my name is Rachel Cheer and I am a sacred celebrant. At my business, Hope Ceremonies, I create bespoke rites of passage and healing ceremonies. I also run Women's Circles, Women's Retreats and other events. I live in Perthshire with my young family and I love my job!

Although we are poor in our society at thinking beyond weddings and funerals, I strongly believe that we need to reintroduce more ceremony and ritual back into our lives. It is a calling from our souls and when we answer this call, we really reap the benefits.

It is my intuitive feel that all ceremony is healing, from the cheeriest wedding to the saddest farewell to a loved one. This is because it takes us to a liminal place. An opportunity to pause. To assess where we have been and where we wish to go next. It is a balm in our busy modern lives. A chance to exhale and be still.

A ceremony I have been developing lately, with great success, is the Forgiveness Ceremony. Here we may choose to forgive another person, or most powerfully, ourselves. It is my observation that sadly we all carry burdens or traumas from our past. They often make moving forwards tricky, either consciously or sub-consciously. If these can be identified, explored and neutralised, the effects can be immense. I have personally received this ceremony too, for some childhood abuse I received, and I can report a huge lightness, as if the memory has become so tiny and insignificant, I can barely remember it. Quite incredible!

My work is framed by the wonderful energy of nature and spiritual connection. I work outside whenever possible, whatever the weather. I also infuse everything with my own brand of bright, detailed, creativity.



rachel.cheer.5

[www.hopeceremonies.com](http://www.hopeceremonies.com)



hopeceremoniesscotland

*you're invited*  
ONE IS *ok* TWO IS *fun* THREE IS *party!*



dōTERRA  
Wellness Advocate



## There Ain't No Party like an 'Oily' Party!

Have you ever thought about using essential oils but don't know where to start? Are you interested in learning more about natural remedies for you or your family's health and wellness, but are scared to get it wrong? Then why not hold an essential oils party in your home or workplace?

Having used essential oils for over 20 years, I quickly realised the benefits of using the doTERRA oils around 8 years ago, and wanted to help others understand how to use them safely and effectively.

In my two-hour, fun and interactive workshops, I show you how to start replacing your medicine cabinet. 100% essential oils are powerful, unique remedies sourced from plants and trees which offer physical, mental, emotional and spiritual healing.

I provide you with information so that you have more confidence using essential oils for a number of ailments naturally and safely, by learning:

- What exactly is an essential oil? And why dōTERRA is exceptional.
- How to use the oils and integrate them into your daily life for health and wellness.
- An overview of the most frequently used oils and practical tips and advice on how to use them.
- How essential oils can affect our emotions.

So why not grab some friends for a bit of 'oily' love? As well as sharing tips and tricks, you also have an option to make your own 'purefume' roller blend to keep!

The workshops are perfect for anyone curious about essential oils or passionate about natural remedies and reducing their toxic load. The party can be bespoke to your needs and topics include:

- Sleep
- Stress Management
- Menopause
- Digestion
- Aches and Pains, etc.

Empowering you to better your health and well-being and showcasing how these essential oils can also be great for cooking, cleaning and managing your emotions, you might even try essential oil infused chocolate and drinks! During the workshop there will be an opportunity to purchase the oils on special discount, should you wish to do so.

To find out more, get in touch via my website or through social media, and quote "**root and branch**" to qualify for a free EO gift if you host a party.

Kim is a Bach Foundation Registered Practitioner (BFRP) and Certified DoTERRA Wellness Advocate, based in Aberdeenshire.



holdingyourspace

[www.holdingyourspace.co.uk](http://www.holdingyourspace.co.uk)



holdingyourspace

# HEALING YOUR THROAT CHAKRA

[thelittleroomofcalm.co.uk](http://thelittleroomofcalm.co.uk)



## REVISITING THE CHAKRA SERIES



The word Chakra originates from Sanskrit and translates to mean “wheel” which is how these energy centres appear, as vortexes of energy that interact with one another and the various systems within our bodies. The practice of balancing these chakras has been reported to bring about an increase in energy, vitality and overall sense of wellbeing and encourages the free flow of energy (ch'i) throughout our bodies. There are seven chakras located from the base of the spine (Root Chakra) to the crown of the head (Crown Chakra) which each have their own specific role in our physical and emotional wellbeing. The fifth in my series of articles focuses on the Throat Chakra, associated with speaking our truth.

The Throat Chakra is located in the indent between the meeting of our collarbones and the associated colour is blue. The Throat Chakra can become imbalanced in times we may feel unable to express our inner thoughts and feelings openly. Closing our eyes and meditating on this area filling with bright blue light whilst repeating the mantra “I am safe to communicate my truth lovingly and openly” is one way in which we can restore balance. Singing is also another lovely way to shift blocked energy within this chakra (it can be in the shower/solo car journeys if you're nervous to sing in front of anyone else!). Wearing blue clothes or jewellery, eating blue foods such as blueberries and blue spirulina, carrying Turquoise or Lapis Lazuli crystals and using soothing Lavender essential oil in a burner or a bath are all wonderful additional ways to give our Throat chakra a boost. Whichever you choose, ensuring that it is a beautiful act of loving self-care is most important.

With much love and light, Chantal x



*The Little Room of Calm*



[the-little-room-of-calm](https://www.instagram.com/the-little-room-of-calm)



[thelittleroomofcalm](http://thelittleroomofcalm.co.uk)





## Transform Your Tea Experience

We believe life is too short for bad tea.

Look no further – our mission is to serve you with a thoughtfully curated selection of the best teas. Sourced directly from our tea families around the globe.

Discover the natural magic of our herbal infusions, where taste meets purity and no added nasties. These caffeine-free wonders are meticulously handcrafted by hand in the serene Scottish Highlands.

Dive into our captivating selection of award winning teas now available on our online shop: [www.unraveltea.com](http://www.unraveltea.com).



I am a spiritual medium, teacher and energy healer. In the past 4 years I have been inspired to create a range of high frequency pure essential oil AuraMists to help to support and enhance your energetic well-being and intentions.

You can find the full range of over fifty in my web shop, you can also experience and purchase from a selection of my AuraMists from my official stockists The House of Gaia in Peebles, Meadows Crystal Shop, Edinburgh and Jules Healing Gems, Ellon, Aberdeenshire

## Aura Mists - [davidtyrrell.com](http://davidtyrrell.com)





# Want to Feel Calmer and More in Control?

Could you be on this list? Unfortunately, almost all of us can feel a bit like this occasionally.

- Not listened to
- Confused
- Overwhelmed
- Stuck
- Bullied
- Fearful
- Stressed
- Out of Control
- Disconnected
- Apathetic
- Unnoticed
- Powerless

In reality, that's part of life and we muddle through. However, sometimes that approach stops working and we start to feel out of sorts – or 'Out of Shape'. A wellbeing journey to feel calmer and more in control begins with the Shape Self-Care Workshop run by Robert, Neil and Vicki.



Robert Marshall  
CEO & Co Founder



Neil Brooks  
Developer & Co Founder



Vicki Bell  
Supervisor & Senior Trainer

## Interactive online Self-Help Workshops and Training

**What do you learn?** We are all different. Therefore, you learn about your important interconnections by discovering how to listen to yourself and to significant others – family, friends, colleagues. You also learn to identify and reshape your thoughts and feelings to regain a sense of calm with control and direction in your life.

**How do you learn it?** Our theory is grounded in the Person Centred approach with elements of Psychodynamics and CBT. Although theory underpins our workshops, it is mostly left at the door so that we can focus on the practical application. The class size is small, we learn through guided exercises and small group work. There's no role play!

**What do you get?** From the first workshop, you walk away with things you can actually do differently. You will have easy to use tools, strategies and techniques that work for you in almost any situation that you find yourself in.

**When do you learn it?** There are three interactive online sessions each of three hours, all on Sunday morning from 9am – 12pm. Our next dates are: September 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>.

**How much does it cost?** Normally £149.99, but as first time advertisers in Root and Branch, we are offering a 25% discount by using the coupon code SEPT25 as a 'thank you' for this opportunity.

**Still not sure?** Head to our website to see it in action. You can also call or send a message to have a chat and see if it's right for you. We want you to be sure.



shapewellbeing



shapewellbeing



07938828589





## PILATES CLASSES WITH AURORA FITNESS

HOT PILATES CLASSES  
EVERY MONTH

If you are interested in Pilates but unsure what type of exercise is included in a session then continue reading. Aurora Fitness hopes to encourage you to join in with the movement of Pilates.

The Pilates method takes a balanced approach towards improving strength, mobility, balance and body awareness. The exercises practiced lengthen and stretch all major muscle groups within the body. Joseph Pilates developed the exercise method in the 1920s from a combination and foundation of ballet, yoga and gymnastics. The focus of each Aurora Fitness Pilates session is postural alignment, core strength and muscle balance. Exercises will be based on low-impact flexibility, muscular strength and muscular endurance movements.

Pilates sessions with Aurora Fitness welcome all abilities. One week may simply focus on body movement and another week equipment may be offered to give a different dynamic to a session.

The most exciting part about taking part in Pilates is the variety that is offered each week and the improvements and benefits that can be seen from regular practice. Each session also has an element of relaxation incorporated into the exercise.

Different venues bring their own unique feel to a session so make sure to look out for a class that suits you as new blocks are released. All equipment including mats, head and sitting blocks are provided when attending.

CHECK OUT AURORA FITNESS FACEBOOK PAGE FOR MORE INFORMATION INCLUDING MONTHLY HOT PILATES SESSIONS

 [aurorafitness.chloe](#)

 [Aurora Fitness](#)

  
AURORA FITNESS

# The Things They Didnae Tell Us

It goes without saying, living life within a typical Scottish culture can be wholesome, comical, raw & in some cases brutal. Many of us who have had to hustle our way through life (with a dose of Imposter Syndrome), mould into difficult (or prestigious) neighbourhoods & work environments. We have had our own internal work cut-out for us. It's a mish-mash kind of balance between brash & beatifically authentic.

Many of us have had to meet with hard realisations about our approach to our minds, bodies, biology & soul purpose. We realise our families didn't have much clue about wellbeing (or they overly fixated on certain areas). In more recent years, many have started flirting with the thought of self-care further away from the cliché 'pamper' fest that adorns the marketing world. However, we are mostly only led to do so either when we no longer find ourselves aesthetically acceptable (weight gain/body shape altered) or when we have had a wake up call on a health journey – diagnosed with chronic or inconvenient conditions like I.B.S or close calls such as heart attacks & tragic phases in life such as recovery from cancer.

We have to reignite the power we have within us to reset our foundations, which may lead to a cure or improvement to our entire being.

Weegie Wellbeing's main objectives from coaching & workshops is to bring to light the commonly overlooked factors in our life's journey. The things that would have been useful to know from a much earlier stage in life. Common misconceptions, how we can underestimate the power of this knowledge & action. Highlighting the things that would have been useful to know, could be massively beneficial in our life skills development, education & within our family

**The good that ye do,  
will carry ye through**



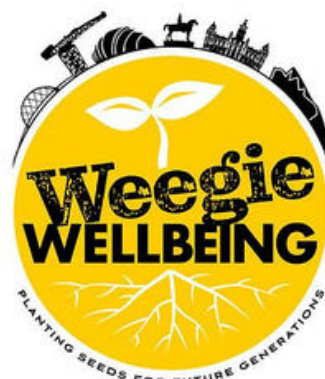
[www.weegiewellbeing.co.uk](http://www.weegiewellbeing.co.uk)



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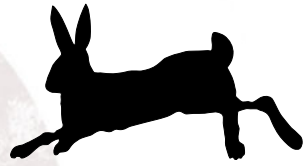
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# Spiritual Healing with The Moon, The Hare & Me



Hi, I'm Liz and I've worked professionally as a Spiritual Medium/Clairvoyant for the past 5 years providing one to one readings including small group settings too. Lately, also at weddings, through a combination of mediumship, clairvoyance and divination.

I work with each client in a non-judgemental and confidential manner. The purpose of my work is to help people on their journey, regardless of the circumstances they find themselves in, to shine light on the truth with guidance from spirit and tarot. I work with what is termed as "remote viewing" a mainly visual based medium where spirit show me images of circumstances, situations and people.

I teach mediumship and divination along with hosting various workshops, I also undertake spiritual healing, similar to Reiki to help with stress, anxiety, sleep issues, emotional, mental and physical healing. Shortly I will be embarking on developing skills in Past Life Regression too.

I follow a Pagan life style as much as I can and also provide workshops on this which covers the topics of living by the natural flow of nature. My particular niche is manifesting and spell weaving, helping people empower themselves to understand the law of attraction and to blend with and use the gifts from nature to create abundance in life.

For further information about my services please contact me on either of my social media pages below.





Thank you for having me back Anita, in the wonderful Root and Branch Magazine!

Since opening our beautiful yurt door in 2021, CalmSpace has continued to welcome its guests to a variety of classes and workshops. I have loved to see the benefits these classes bring to those who visit us. Everyone's eco experience is unique.

**'Just wanted to say I thoroughly enjoyed your space tonight, stunning location and so relaxing'.  
Guest @CalmSpace**

For those of you who have not found us yet, CalmSpace is a simple but special place, set amongst peaceful, woodland surroundings in the Buchan countryside. We warmly welcome individuals and small groups to enjoy our off-grid facilities. An 18ft yurt, fire pit and woodland circle. Take a break, reset and unwind with us!

Below are our regular weekly bookings but we have many other beautiful monthly and seasonal offerings. I would like to thank everyone who has supported us and who make sharing our space a great pleasure.

### Align Wellness

**HATHA YOGA** – Yoga postures, breathwork and meditation are combined to offer a full body hatha yoga practice.

**CONNECT** – An elements inspired hatha yoga practice before a homemade ayurvedic inspired breakfast.

**RADIANT REST** – Slowly relax deeply into the process of yoga nidra, known as yogic sleep.

### Aurora Fitness

**PILATES** – A session of strengthening, flowing and stretching.

**HOT PILATES** – A session to make you sweat, stretch and detox.



### Uke At The Yurt

**UKULELE** – Helen provides an enjoyable learning experience for complete and advanced beginners. If you always wanted to learn an instrument, come and join in one of Helen's taster sessions.

As we organically evolve, visitors will notice the addition of natural wood carvings on site. Challenges were faced following storm Arwen, the yurt stood strong, but many trees were windblown and damaged.

We have been in collaboration with LJ Art to diversify sections of woodland. The carvings have cleared damaged areas allowing the regeneration of the woodland floor and new ecosystems to exist. Even the sawdust is used in our compost toilet! Have a look at their work on **LJ Art** Facebook page.

If you have an enquiry or are interested in booking with us, drop me a message via our website or social media pages below.

Stay posted as we have a few surprises coming in 2024!



CalmSpaceYurt

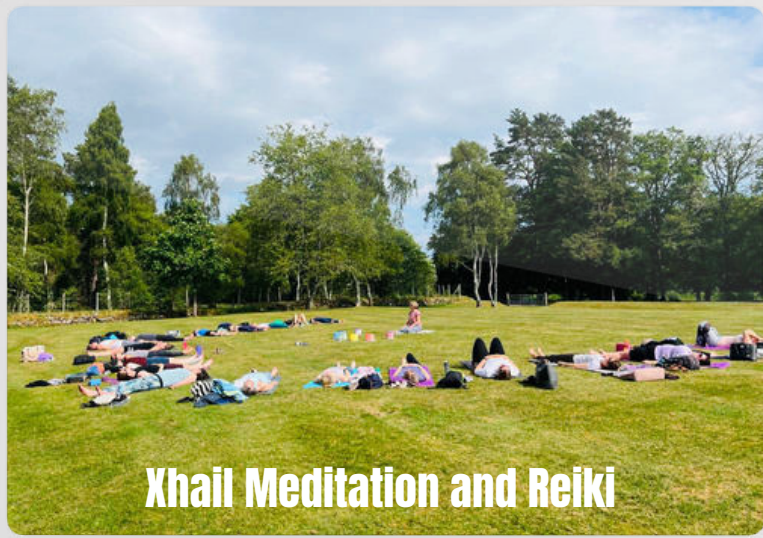


www.calmspaceyurt.co.uk



calmspaceyurt





Xhail mind and body classes helping elevate emotional wellbeing as well as balancing physical and mental state. Through combining easy mindful chi -gong/somatic inspired movement, teaching self led and guided meditation, all alongside some chill out music helping you get the very best out of your practice.

The aim of these classes is to make meditation more inclusive and accessible for everyone whether your looking to find a little moment of zen in your busy lifestyle by dropping into a class, or making a more permanent change by enrolling in a more committed block of sessions. Xhail is here to create that space for you.

With learning Meditation you get all the tools you need to help you to relax, to recognise when you need to take a break, prevent burnout, create mental space leaving you feeling more at peace and happy! You can do all this through bringing awareness to our body and mind, by settling and normalising your nervous system and bringing in some self compassion and kindness.

Classes have been known to help with:


- Stress/anxiety
- Grief & loss
- Fertility issues
- Improves sleep
- Motivation
- Focus & patience
- Creativity
- Confidence
- Managing symptoms of illness such as pain, lowering heart rate, blood pressure, hormone imbalances and much more!


I love to teach and guide these techniques that have also helped me through some challenging times and now due to regular self practice helps me manage and cope with the business of daily life!

I'd love to get everyone meditating! Children, teens and beyond so if you would like to find out more or book a class or Reiki session please get in touch via email, social media or book your space via gym catch searching 'xhail with lyns'


Also available for private group bookings and events.

Love & Light,  
Lyns

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LAURA MORRICE

MASTER ENERGY HEALER, LIFE COACH & AUTHOR

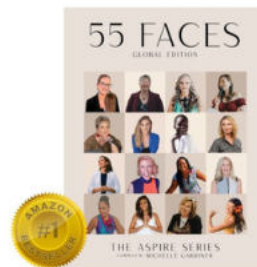
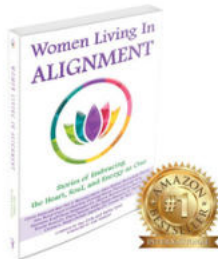
[www.lauramorrice.com](http://www.lauramorrice.com)

"I specialise in unblocking trauma and drama, to unlock your true, unlimited potential"

It's your time



To align & shine



[lauramorriceenergyhealer](https://www.facebook.com/lauramorriceenergyhealer)



[laurajmorrice](https://www.instagram.com/laurajmorrice)

As we enter the last stages of summer, there is a beautiful buzz of energy and a flurry of activity. It is the time of harvest when we reap the bountiful abundance of nature's larder.

I love this time of year for many reasons, especially harvest time. And the harvest we receive very much depends on the efforts we've put into the seeds we've sown.

Learning to grow food is a passion of mine that came from my dad. And the lessons of gardening can be applied in the same way as we grow and develop our spiritual awareness.

Too often, people give up when trying to remove blockages and limiting thought patterns. The desire for change is so great that impatience and frustration take over. The effort required to keep up the consistency of new habits becomes too much when the physical results take longer to show up in our reality.

The old programs retake control, and the familiar comfort zone of little to no growth becomes the norm once again.

Laura Morrice  
Master Energy Healer, Life Coach &  
No 1 Best Selling Author

Let's pretend we are all seeds for a moment. When we plant seeds, it's known that they will take time and effort to grow. No one expects to see fully ripened tomatoes a day after planting the seeds, do they?

So, why do so many expect to see that level of growth and change in personal development?

Just like a garden needs a gardener to tend to it. To do the groundwork, nurture the soil perfectly and then take care of the seeds once sown, we must offer ourselves the same time, love and investment.

Stripping away the layers of false beliefs and life's conditions is how we reveal our energetic garden's true beauty and wonder. It's time to make room for new growth and abundance in your garden.



[lauramorriceenergyhealer](https://www.facebook.com/lauramorriceenergyhealer)



[laurajmorrice](https://www.instagram.com/laurajmorrice)



# Discover Clarity, Calm, And Purpose At A Brand New Healing Space

A peaceful oasis of healing and purpose has newly opened in Banchory, lovingly created by Suz McDonald and Gillian Cockburn – two experienced coaches who returned to Aberdeenshire during the pandemic.

Together, they have founded a sanctuary at Brathens Eco-Business Park, Banchory for rejuvenation, growth, and self-discovery.



**Suz McDonald**, a CMA accredited mindfulness coach and holistic therapist, returned to Aberdeenshire in 2020 after 22 years in Dubai. Suz specialises in liberating individuals from stress and trauma, rewiring their nervous system, and guiding them towards soul-aligned purpose.

Throughout September, Suz is offering a **2-for-1** package on all holistic therapy or coaching sessions. Start your path to transformation with her today.

Visit Suz's website for more info and to book a free 20-minute call to discuss your needs at: [www.souceful.me](http://www.souceful.me)



**Gillian Cockburn**, an IPHM Registered Sober Coach, spent 23 years in Canada before returning to The Shire. Sober since 2020, her passion and purpose lie in helping others break free from the misery of alcohol.

If you are ready to kick the drink and transform your life, go Sober for September with a special 3-session coaching package from Gillian. **3 sessions for the price of 2!**

Visit Gillian's website to find out more at: [www.findingyoucoaching.co.uk](http://www.findingyoucoaching.co.uk)

Unveil the extraordinary within you at their healing sanctuary. Your voyage towards purpose and serenity awaits.





## Crystal Healing at Jules Healing Gems

Crystal healing is an alternative therapy that draws upon the energetic properties of crystals and gemstones to promote physical, emotional and spiritual well-being. This practice has been embraced by various cultures throughout history and its popularity continues to grow and grow here in the North East of Scotland.

Here at Jules Healing Gems in Ellon you can find a vast array of crystals for every walk of life, from a crystal beginner to advanced crystal healers.

I believe that each crystal possesses unique vibrations and energies that can interact with the human body's energy field, also known as the aura. According to this concept, when a person's energy is imbalanced or blocked, certain crystals can help restore harmony and balance by transmitting their specific energy frequencies.

Different crystals have distinct healing properties. For instance, Amethyst is associated with calming and promoting inner peace while Rose Quartz is thought to encourage love and emotional healing. Citrine is believed to attract abundance and prosperity and Clear Quartz is considered an excellent all-purpose healing stone.

During a crystal healing session, I would place specific crystals on or around the person's body, targeting areas of concern or imbalance. This process is typically accompanied by relaxation techniques, meditation, or other forms of energy work to enhance the therapeutic effects.


Regardless of the scientific debate, many individuals find solace, comfort and a sense of empowerment through crystal healing practices. Engaging with crystals can be a deeply personal and spiritual experience, providing a unique way for individuals to connect with themselves and their inner world.

Consulting with a qualified healthcare professional before incorporating crystal healing into one's wellness routine is advisable, especially if dealing with serious medical conditions.

If you have any questions about crystal healing and the benefits you are welcome to visit me at my shop in Ellon. We are open Monday to Saturday 10am - 5pm.

 **JulesHealingGems**

 **juleshealinggems**

 **www. juleshealinggems.co.uk**



# Thistle & Clay

Thistle & Clay, extraordinary handmade hair care, skincare and cosmetics, from Royal Deeside. Organic oils, butters and essential oils are the star ingredients in our products, leaving skin and hair soft, supple and nourished.

Visit our shop in Aboyne, or shop online to hear more about the natural ingredients we use in our products and to experience the extraordinary skin benefits.

## Rose

Organic cold pressed rosehip oil is rich in linoleic and alpha linolenic acids, which contribute to the oil's anti inflammatory, cellular regeneration activity and it's ability to protect skin from water loss. It can help strengthen collagen fibers, to reduce the chances of premature aging.

## Cocoa

Organic unrefined cocoa butter is high in saturated and monounsaturated fatty acids, is wonderful on dry, sore skin conditions, rough skin and wrinkles.

## Shea

Organic unrefined shea butter improves elasticity and protects skin from the elements, reducing premature skin aging and treating dry skin conditions.

## Olive

Organic extra virgin cold pressed olive oil is effective at maintaining skin suppleness, helps heal abrasions and soothes the effects of sun burn. It shows excellent antioxidant activity, which is great news for our skin.

We are also delighted to supply other Scottish businesses with our products, please contact us for more information.

Thistle & Clay Ballater Road, Aboyne AB34 5HN  
fb: thistle & clay // ig: thistle\_and\_clay // TikTok: thistle\_and\_clay  
[www.thistleandclay.co.uk](http://www.thistleandclay.co.uk)



# Your Health Is Your Wealth



MILAGRO  
ABERDEEN CBD OIL

[www.aberdeencbdoil.co.uk](http://www.aberdeencbdoil.co.uk)

## Benefits of CBD Products



WhatsApp - 07736330010

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