

With Tranquility

CORE OF CREATION

January 2025



Hello beautiful soul. Looking into 2025, it is nearly tangible that this year has something precious and unique in store for each of us - a deepening journey of foundations laid with personal wisdom and embodiment awakening within.

Naturally, we are in the thick of our winter. Gaia offers support in simply allowing ourselves to deepen, to nourish, to rest, to invision, to breathe, to connect with our bodies, and take life slowly.

It is a wonderful time to care for the body, mind, and emotional landscape. **We invite you to join us in this self-honoring journey:** invoking a gentle rebellion against the previously normal "go-hard-at-it" January energy. As our bodies are nature itself, we can draw the wisdom needed by caring for, and connecting with our innate physicality - the wisdom that knows how to move within this world for our greatest good.

Keep rolling with your good vibes & much love!

Tranquility

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Welcoming Adrian Tomei



We are pleased to welcome Adrian to the Tranquility team! Adrian brings a wonderful down-to-earth energy whilst relatable and highly professional.

After graduating from the University of Lethbridge in Addictions Counseling (B.HSc) in 2014, Adrian pursued his passion for healing, becoming a Massage Therapist and graduating from WCCMT Victoria in 2019.

With years of experience, Adrian specializes in sport's massage, chronic pain management, autoimmune support, nervous system down-regulation, and Zenthai Shiatsu Therapy.

About Zenthai Shiatsu Therapy

Zenthai Shiatsu is a ground-based movement therapy that combines the wisdom of Thai Massage, Zen Shiatsu, and Osteopathy. The therapist applies pressure and traction, mobilizing joints, unwinding fascia, and tending to contractions of the body-mind. Using a custom-tailored sequence of positions and movements, every session is created specially for the client.

Zenthai Therapists use Five-Element Theory (Traditional Chinese Medicine) to assess and treat individual particularities. The therapist will directly address discomfort in the body, and may also address specific meridians or acu-points that correspond to the complaint.



"Zenthai is GREAT for active folk, especially training/sore athletes or those with competitive sport history. It's also AMAZING for nervous system dysregulation issues (complex autoimmune, trauma/PTSD, pain disorders, neurological issues, etc.) PERFECT for chronic pain, anxiety, and sleep issues." - Adrian Tomei



Space Clearing & Cleansing

Ah, your home. Your home is your very own space for relaxation, replenishment from the world, and making some of the most cherished memories in life. At Tranquility, we believe that the atmosphere of a space is an important aspect of experience. Since we are emotional, sensory, and mental beings, **cleaning our spaces physically and energetically welcomes well-being.**

Let us explore some-space cleansing inspiration, breathing fresh life and opportunity into your space!

Physical Clutter

We'll begin with the most well-known concept that a cluttered space causes tendency for a cluttered mind. You can take it one room or one nook at a time. Hold each piece that resides within your home, and ask "Does this bring me joy?" or "Is this an essential part of my home?" If the answer is no, let it go.

Disinfecting & Refreshing

Cleaning all surfaces (floors, cabinets, drawers, baseboards, light fixtures, walls, under the couch, etc.) with your

favorite cleaner is a lengthy task, yet so rewarding. You will truly feel like a better human after. Don't give up! Tip: Add essential oils to your cleaning bottle for an extra touch of love.

Cleansing Airborne Bacteria

Some essential oils are known for their potent antibacterial properties. By adding 10-20 drops of essential oil to an air diffuser, you can clean the air you breathe. A few of these oils are: lemon, tea tree, clove, oregano, and cinnamon. Please note; research the oils prior to diffusing to make sure they are safe for your pet friends.

Energy Cleanse

Smoke cleansing has been used to purify and promote intention throughout history, and into ancient times. To cleanse, you can light a fire to the herb of choice and blow it out so that the smoke is released. Waft and walk throughout a space, breathing in your beautiful intention. Allow smoke to fill the space for some time, then open all windows to release. Sage, pine, palo-santo, and agarwood are known for powerful dissolution of heavy or chaotic energy.

A Favorite Healthful Recipe

Marinated Lentil Salad Inspired by Angela Liddon



Ingredients:

- 1 can Lentils
- 2 tbsp Olive Oil
- 2 tbsp Red Wine Vinegar
- Juice from 1/4 Lemon
- 2 tsp Dijon Mustard
- 2 tsp Maple Syrup
- 1 tsp Salt
- 1/2 tsp Black Pepper
- 1 cup Green Onion (thinly sliced)
- 1/2 cup Fresh Parsley (minced)
- 3 Kale Leaves (optional/finely chopped)
- 1/2 cup Oil-Packed Sun-Dried Tomatoes (finely chopped)

Thoroughly rinse and drain lentils. Set aside.

In a large bowl, whisk together olive oil, red wine vinegar, lemon juice, dijon mustard, maple syrup, salt, and pepper. Fold in lentils.

Prepare green onion, parsley, and kale. Mix into the bowl as well.

Lastly, chop sun-dried tomatoes and stir into the mixture. Add some of the oil if you love this stuff.

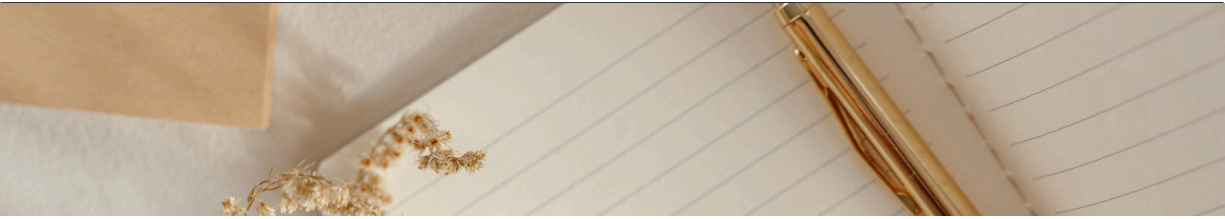
Enjoy a complete, feel-good meal! This dish tastes even better the next day.



A Word From CEO, Dr. Zach



Happy New Year from all of us at Tranquility! As we step into 2025, we're reminded of the wisdom of Traditional Chinese Medicine: winter is a time to rest, reflect, and restore. By nurturing balance and taking time to replenish our Qi, we set the foundation for a vibrant and healthy year ahead. Thank you for trusting us with your wellness—we're excited to continue supporting you on your journey!



Journal Prompts by Sun Sign: Oracle Message

Take a moment to contemplate glimmers of the future and the year ahead.

Capricorn

How am I going to serve the creation of a new future this year?

Aquarius

What are my natural masculine and feminine qualities I can cultivate into a harmonic balance this year?

Pisces

What are the beautiful ways in which I connect with, and make real the mystical, the unseen, the unspeakable?

Aries

How I will allow myself to open time for experiences and adventures that invoke absolute bliss?

Taurus

In what ways will I allow myself to be a bridge to higher realms?

Gemini

What am I noticing about my environments that were previously normal? As if waking from a dream, how am I seeing differently and what treasures lie here?

Cancer

What kind of practise would I like to implement into daily life, so that I am open and clear to receive all that is happily on its way?

Leo

What is the frequency I am being called to sense, align with, and enjoy? What music do I enjoy that also aligns?

Virgo

What are the new ways I am choosing to believe, thereby creating a rippling change of thought perception in space-time?

Libra

What darkness of the past is there that I still carry the weight of, in which I can give love and forgiveness to, and release? Who am I, in all that I dream to be?

Scorpio

What am I manifesting this year?

Sagittarius

How am I nourishing and bringing ease, love, and enlightenment to the pains that come and go in my heart?