

# Full Heart Soul-utions



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As all things are ultimately connected -  
each of us holds a piece of the soul-ution.



You can't help but feel happy walking into Full Heart Soul-utions on Main Street in Downtown Bel Air. Tucked neatly between the Sunny Day Cafe and new restaurant One Eleven Main, the modestly sized store is packed full of well-being and inspiration. The enchanting aroma of essential oils greet you as your eyes take in the beautiful hand-crafted, natural and responsibly made items for sale. Twinkling crystals reflect the light - as each new delight beckons you further in the store. Owners, Lisa Brenner and Kyanne Garrigan have created a welcoming environment that begins to lighten your spirit the moment you enter their shop.

Several years ago when she was pregnant with her daughter, Kyanne became concerned about the safety of the products being marketed to consumers. "Right around that time everything broke with Johnson & Johnson - the disclosure of the toxic chemicals that were in some of their products. I started reading labels and educating myself. Where are the clothes being made? What is the deal with child labor laws? It was shocking," said Kyanne. She was on a quest and began making better choices for her family. "I just felt like I could always do more," Kyanne added.

She wanted to do something positive and share her passion for holistic living with the community... but she wasn't sure exactly how to go about it. She reached out to step-mom Lisa who was living in Long Island at the time. The two women had always been close and the more they talked, the more they realized they shared a common vision. Each encouraged by the other's enthusiasm, the vague idea began to take on substance.

Kyanne and Lisa are the perfect compliment to each other and the energy between the two can be felt in the unique items and services they offer the community. Kyanne's passion is holistic and healthy living. She scours the globe looking for products that emphasize the use of natural materials, fair trade empowerment, eco-friendly, recycled and made in the USA. Lisa is a Reverend and considers herself a seeker. Having always felt the spiritual pull. "I did all the things I was told to do to be happy. I climbed the corporate ladder, I drove the right car, lived in the right neighborhood, sent my kid to the right school, I went to church... and still I felt this hole," smiled Lisa. "When I realized I wasn't going to be fulfilled that way I was terrified." That was the beginning of her spiritual journey and a long-held wish finally coming to fruition. "I always wanted to have a place where people could come and share, buy a spiritual book, or take a workshop. When Kyanne called... everything fell into place," beamed Lisa.

Lisa & Kyanne felt the community was looking for something different in the way of a gift shop. "Everything here has a story," Lisa smiled. Their Lizzy James line of Jewelry is a perfect example. Lizzy was a photographer who was diagnosed with breast cancer. After her surgery she realized she couldn't hold her camera equipment any longer. While undergoing



her cancer treatment she started taking jewelry design classes and began the process of reinventing herself. Her designs are very versatile and affordable - her necklaces convert to bracelets - how cool is that. Other examples are handbags crafted out of old army tents from India and upcycled with leather, bracelets with well-worn religious medals, Lokai bracelets - whose beads contain water from Mt. Everest and mud from the Dead Sea, the Giving Keys, pottery made by Maryland kids with disabilities, and Haitian wall art made from discarded oil drums. Many of their vendors are also socially conscious - and give percentages of their sales back to the community. "You can pick up any item in this store, and we will give you the interesting and socially responsible story behind it," grinned Kyanne. They offer books, essential oils, candles, inspirational & recovery items, as well as many other consciously manufactured, hand picked, or one-of-a-kind items. Make sure you stop by in October for your Breast Cancer Awareness gifts and accessories.

Not only do Lisa and Kyanne have a lovely retail store, but they also offer feel-good services like Massage Therapy and Reiki Healing in a beautifully renovated space upstairs. The second floor also houses their classroom space which provides the community an opportunity to explore their spiritual side and to learn practices and tools for leading a conscious spiritual life. They hold a wide range of workshops, sometimes led by Lisa or guest teachers and spiritual guides. Workshops cover subjects like Understanding Your Chakra, Meditation, Vision Boards, Grounding & Auras, Meditation for Kids, and more. They hold a monthly drum circle by the fountain on Main Street in Downtown Bel Air - for the price of a donation, which they use to fund workshops. Book signings and art receptions are also a regular occurrence at Full Heart Soul-utions. Make sure to like them on Facebook to keep up with all their events.

"We genuinely love being here, and love every customer who walks through the door," smiled Lisa. "I really think our customers can feel that and respond," she added. "The only thing that is really - real is our relationships. We are all spiritual beings having a human experience, and we don't have to wait until we pass away to touch the spiritual world. That's where the freedom comes," explained Lisa.

Healthy humanness is what Lisa and Kyanne are all about and everything in their store, from the products to the services to the women themselves is an extension of their mission to nurture and inspire. I interviewed two strangers for this article, and walked out of their shop with two new friends. If you are looking for something... but you have no idea what it is - Full Heart Soul-utions is a great place to start. At the very least... it's a shopping experience you can be proud of. For more information check out their website at [www.fullheartsolutions.com](http://www.fullheartsolutions.com).

