

# Energy

*Wisdom & Tea Lounge*

## UPDATE

### Autumn 2025



## IN THIS ISSUE

- ENERGY UPDATE
- TAROT WISDOM
- CRYSTAL WISDOM
- BOOK & DECK
- KAY'S KREATIONS
- GIFT BOX
- INTUITIVE READERS



*Supporting you on your Path on all levels  
Mind, Body and Spirit*

# Energy Update



## RENT OUR SPACE



For further details on space rentals, please visit:

<https://energytealounge.ca>

## Healers, Practitioners & Teachers

Our Spiritual centre is a sacred space for healers, teachers and guides to share their gifts. The centre offers an open space for one-on-one sessions and is perfect for workshops, sound baths, meditation circles and group classes.

The energy of the space is calm and restorative, with soothing decor and natural elements that help participants feel safe and supported.

In addition, the centre features an outdoor surrounded in trees and a beautiful flower garden with picnic tables to simply enjoy nature.

Empowering practitioners with a space that is supportive and encouragement for your practice to grow fruitfully in all aspects that you bring.

We've created an environment where practitioners have full autonomy over their practice. Managing your own schedules, client interactions, and the atmosphere of the space.

The space is available to rent by blocks of time or full day use, with flexible scheduling to support regular sessions and special events.

Pricing includes: Wi-Fi, utilities, promoting your marketing on our website.

# Tarot Wisdom

*Spirit*



*Body*



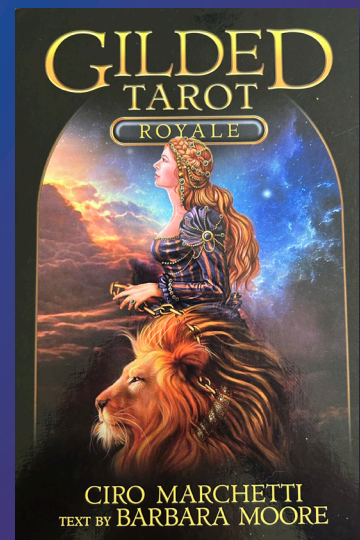
*Mind*



*XIX The Sun*, the planets, the stars of the zodiac - everything is clear and in good working order. You can see the order. You see the scientific charting of the heavenly courses. You see the astrological symbols and know that the cold, mathematically knowable sky is more than that - that myths and stories abound even there. You see the universe with its layers of meanings and contradictions and you are at ease with it. The message of the Sun is that of peaceful contentment with the world and its workings. You understand yourself and your role in the universe. Life doesn't get much better than this! Be aware that you may not be use to such ease and happiness. Be careful not to fight it. Enjoy it as much as you can!

*Page of Pentacles*, you have been practising something and are already quite good at it. Your studies are beginning to manifest into actual completed projects. You are ready to present your work to the outside world. Perhaps it's time to consider something more complicated and challenging. Be aware of becoming careless. Although you do have skill, you lack the experience that allows one to perform almost mindlessly. Also, be careful of stagnation. Once you master this level, continue to challenge yourself and don't become lazy. The Page of Pentacles can indicate a message, usually pertaining to a project you've completed, finances, or resources.

*Seven of Cups*, filled with intriguing images float high above mountains, representing the highest aspirations of our subconscious dreams and desires. Like sirens' voices distracting unwary sailors, these fantasies may distract travelers from their true courses. Like the focus and control of the Chariot, Major Arcana VII, a strong will is needed to overcome the distractions if they take you from the path you have chosen. Be aware of being overcome by the power of these distractions. They may be enticing and you enjoy entertaining them for a time, but you may regret that choice in the long run.



# Crystal Wisdom

G  
O  
L  
D  
E  
N

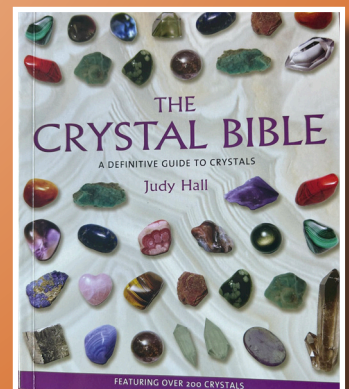


## Lepidolite

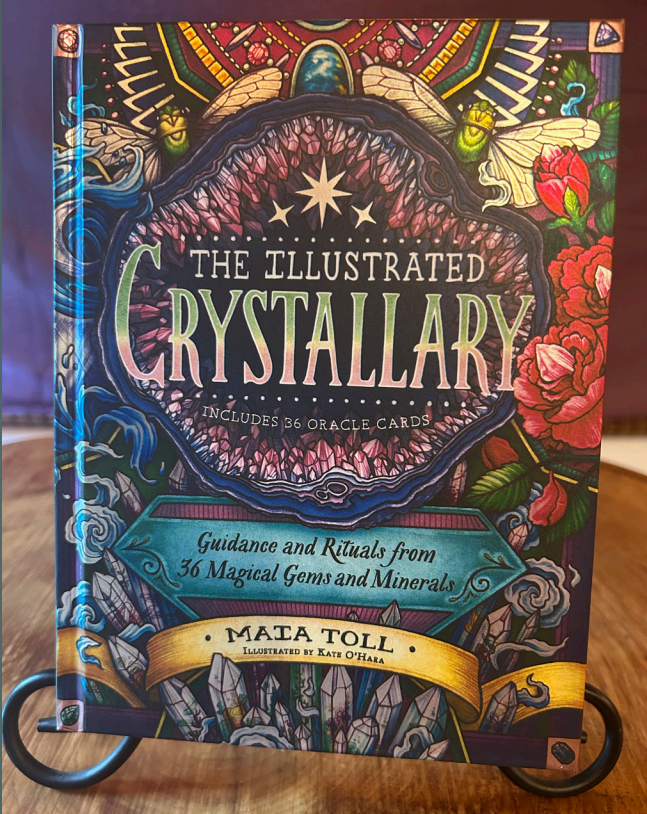
Lepidolite clears electromagnetic pollution and should be placed on computers to absorb their emanations. When Lepidolite takes mica-like form its properties are greatly amplified, and this is the most efficient “mopping up” tool. Lepidolite insists on being used for the highest good. It dissipates negativity. It activates and opens the throat, heart, third-eye, and crown chakras, clearing blockages and bringing cosmic awareness. This stone aids in shamanic or spiritual journeying and accesses the Akashic Record. It tunes you in to thoughts and feelings from other lives that are creating a blockage in your life now. It can take you forward into the future. Lepidolite is extremely useful in the reduction of stress and depression. It halts obsessive thoughts, relieves dependency, and overcomes insomnia. Lepidolite is helpful in stabilizing mood swings and bipolar disorders. It is excellent for overcoming any kind of emotional or mental dependency, supportive in releasing from addictions and complaints of all kinds, including anorexia. As a “stone of transition,” it releases and reorganizes old psychological and behavioral patterns, inducing change. Lepidolite encourages independence and achieving goals without outside help.

Mentally, Lepidolite stimulates the intellect and analytic qualities. With its power of objectivity and concentration, it speeds up decision-making. Lepidolite focuses on what is important, filtering out extraneous distractions.

Emotionally, Lepidolite enhances standing in your own space, free from the influences of others. It is a calming stone that soothes sleep disturbances and emotional stress, bringing deep emotional healing.



# Book & Deck



## Unearth Your Wild Wisdom

"Maia Toll introduces us to stones as teachers and invites us into relationship with them so we may deepen our relationship with ourselves."  
SARAH SELECKY, author of *Radiant Shimmering Light*

"A gentle invitation into the world of crystals for those who dabble and, for more serious readers, new ways of thinking."  
KELLEY KNIGHT, coauthor of *Spells for the Modern Mystic*

"An informative, empowering, and introspective must-read for every witch and non-witch alike!"  
AMANDA LOVELACE, best-selling author of *The Princess Saves Herself in This One*

"Modern oracle Maia Toll's writing will center you in a timeless truth: your relationship with Earth will deepen when you listen to Her stories told in stone."  
SARAH THOMAS, I.A.C. founder of the Upper Clarity School of Stone Medicine

Includes 36 STUNNING ORACLE CARDS to inspire your meditations

Storey  
www.storey.com



"Intuitive & fun to use, you'll love these cards!"  
ALEX TEW  
cofounder of **Calm**  
#1 app for sleep & meditation

## Breath CARDS

Daily Breathwork Practices for Calm, Clarity, and Renewal

ISABEL TEW

### Let Your Breath Be Your Guide

Breath can be used to fill you up with energy or to soothe and calm you down. This indispensable resource allows you to easily explore the many varieties of breathwork. With this 63-card deck by expert Isabel Tew, you can create and integrate your own personalized practice into your daily life for greater health, fulfillment, and joy.

<p><b>Flutter Breath</b></p> <p><b>Flutter Breath</b></p> <p>Place your hand on your chest. Breathe in through your nose for 4 counts, then out through your mouth for 6 counts. Repeat for 5 minutes.</p>	<p><b>Intention Breath</b></p> <p><b>Intention Breath</b></p> <p>Place your hand on your chest. Breathe in through your nose for 4 counts, then out through your mouth for 6 counts. Repeat for 5 minutes.</p>	<p><b>Bhramari</b></p> <p><b>Bhramari</b></p> <p>Place your hand on your chest. Breathe in through your nose for 4 counts, then out through your mouth for 6 counts. Repeat for 5 minutes.</p>
<p><b>Kapalabhati</b></p> <p><b>Kapalabhati</b></p> <p>Place your hand on your chest. Breathe in through your nose for 4 counts, then out through your mouth for 6 counts. Repeat for 5 minutes.</p>	<p><b>Balance</b></p> <p><b>Balance</b></p> <p>Place your hand on your chest. Breathe in through your nose for 4 counts, then out through your mouth for 6 counts. Repeat for 5 minutes.</p>	



# Kay's Kreation's

SPOOKY  
SEASON

SPOOKY  
SEASON  
IS UPON  
US!

HALLOWEEN  
ADVENT  
CALENDARS ARE  
AVAILABLE NOW!  
FILLED WITH  
HANDMADE  
BATH SALTS,  
SOAPS, CANDLES  
AND MUCH  
MORE! ORDER  
NOW 🍁



*Kay's Kreation's*

kayskreation@protonmail.com



kayskreation333



Handmade

All Natural  
with  
Essential Oils

- Soaps
- Soy Candles
- Sprays
- Rollers
- Bath Soak
- Bath Bomb Dust

\*\*Custom Orders Available\*\*

# Gift Box

S  
E  
L  
E  
N  
I  
T  
E



Amethyst



Goddess



# Intuitive Readers

## Intuitive Reading Guide

### TEA LEAF READING

A detailed and highly accurate intuitive reading that covers the aspects of your life where you feel you need the most guidance.

\$110 - 1 HOUR

### TAROT READING

Tarot is an ancient medium opening a door to your energy, and channel insights and guidance. Your inner you, is always giving you messages.

\$60 - 30 MIN  
OR  
\$110 - 1 HOUR

### MEDIUMSHIP

Bring messages through from loved ones who have passed on and being able to help you move forward in life with confidence in knowing more exists beyond the physical plain.

\$60 - 30 MIN  
OR  
\$110 - 1 HOUR



GET IN TOUCH TO BOOK YOUR READING





<https://energytealounge.ca/>

Phone: 604-814-8095

[info@energytealounge.ca](mailto:info@energytealounge.ca)

11932 Dewdney Trunk Road, Mission