

Energy

Wisdom & Tea Lounge



ENERGY UPDATE

February 2025

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Supporting you on your path on all levels for the

Mind, Body and Spirit



Wisdom of Love

Love is the Highest Vibration and Highest state of Consciousness in the Universe

Love isn't just a feeling...it's the most powerful frequency

How to Raise Your Frequency and tune into this vibration...

- Practice gratitude & compassion
- Connect deeply with others
- Surround yourself with those that you feel good with
- Heart-focused breathing for emotional balance
- Mindfulness & self-love practices
- Meditation and Journey to the Sacred Space of the Heart

Love, Light & Imagination

TAROT WISDOM



10. In It but Not of It
WHEEL OF LIFE

10. In It but Not of It WHEEL OF LIFE

Theme for Integration

What goes around comes around. The cycle of life continues — choose to be in it, but not of it.

The Wheel of Life is constantly turning. There is flux and flow. Life has its up and downs, and neither last forever. This is all part of the cycle, so enjoy the moments of ease and joy, knowing that challenges will also pass as events run their course.

This card implies that factors outside your control are affecting your situation. With this comes the invitation to surrender to the flow.

Things we have not dealt with internally will have the opportunity to resurface or cycle back around. Go with the flow of least resistance and have the courage to move through them. This in turn will break the repeating cycle.

Drawing the card encourages treating others with the same respect and compassion you would want to receive — what goes around comes around.

Honing your sense of intuition is useful. It provides foresight to make choices ahead of time with more grace and ease. Know that at this time, you can put in requests by using visualizations and setting intentions.

This card can indicate a significant turning point or a pivotal life change. See it as an opportunity to create your greatest life.

Be encouraged and know the Universe has your best interests at heart.

HEALTHY AWARENESS

The paradoxical phrase 'BE IN THE WORLD, BUT NOT OF IT' means that you are naturally a part of the situation, but it does not mean you have to subscribe to what comes with it. Being awakened is one example of this. We are human in physical bodies living out a human life, but it does not mean we have to think with the limited capacity of the human mind. We are also infinite souls, and we know there is more to this reality than it seems. Even if we cannot entirely fathom this multidimensionality, we can still be liberated by it as we simultaneously live out our human incarnation and the associated physical law. It might be that nothing changes except how you perceive it, which in turn changes everything.

CRYSTAL WISDOM



Golden Lepidolite

This stone helps awaken that inner fighter within you, allowing you to channel your entire being into whatever task or idea you may have. One may find themselves feeling wholesome again, as well a change in your daily attitude. It is truly an uplifting stone that can escalate one into a stage of euphoria during deep meditation sessions. It's one of the more potent stones we've had the opportunity to work with, however it's energies are still subtle enough for sensitive and beginner practitioners.

Lepidolite is a stone of transition. Soft and soothing, it helps to stabilize emotions, invites you to let go of old patterns, and helps reduce anxiety and other stress factors. Lepidolite connects to the third eye chakra but also works on the heart chakra and the crown chakra too, ensuring that you stay connected to love, wisdom, and a higher sense of purpose.

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 despondency, and overcomes insomnia. Lepidolite contains lithium and 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.

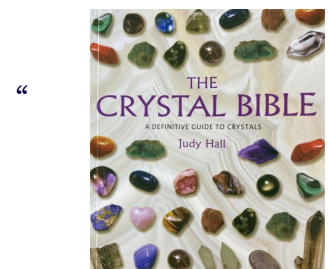
Emotionally, Lepidolite enhances standing in your own space, free from the influences of others. It is a calming stone that soothes sleep disturbances and emotional stress, bringing deep emotional healing.

Lepidolite locates the site of dis-ease. Placed on the body over an area of dis-ease, it vibrates gently. Lepidolite relieves allergies, strengthens the immune system, restructures DNA, and enhances the generation of negative ions. It relieves exhaustion, epilepsy, and Alzheimers. It numbs sciatica and neuralgia, and overcomes joint problems. It is a detoxifier for the skin and connective tissue. Lepidolite is excellent for the menopause, especially as a gem elixir. It treats illnesses caused by "sick-building syndrome" or computer stress.

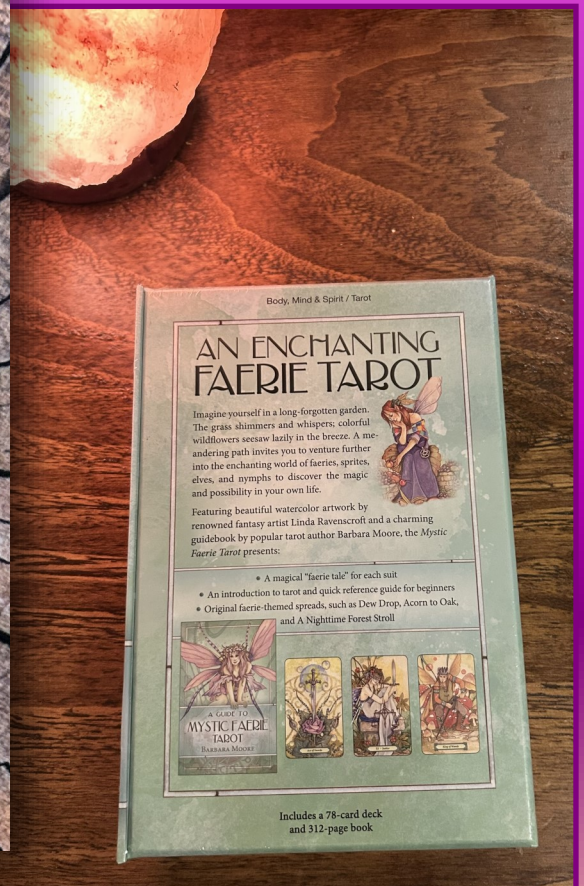
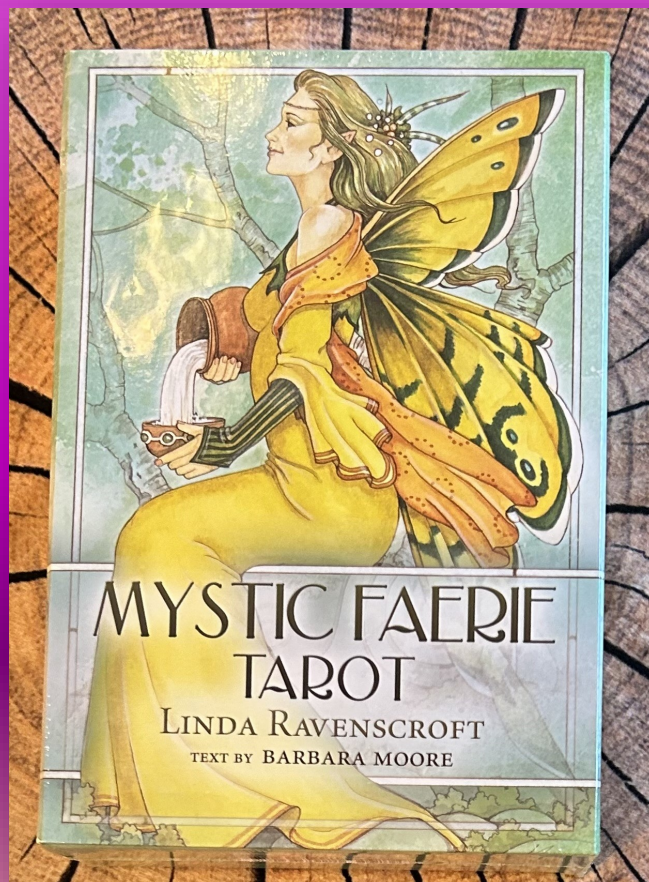
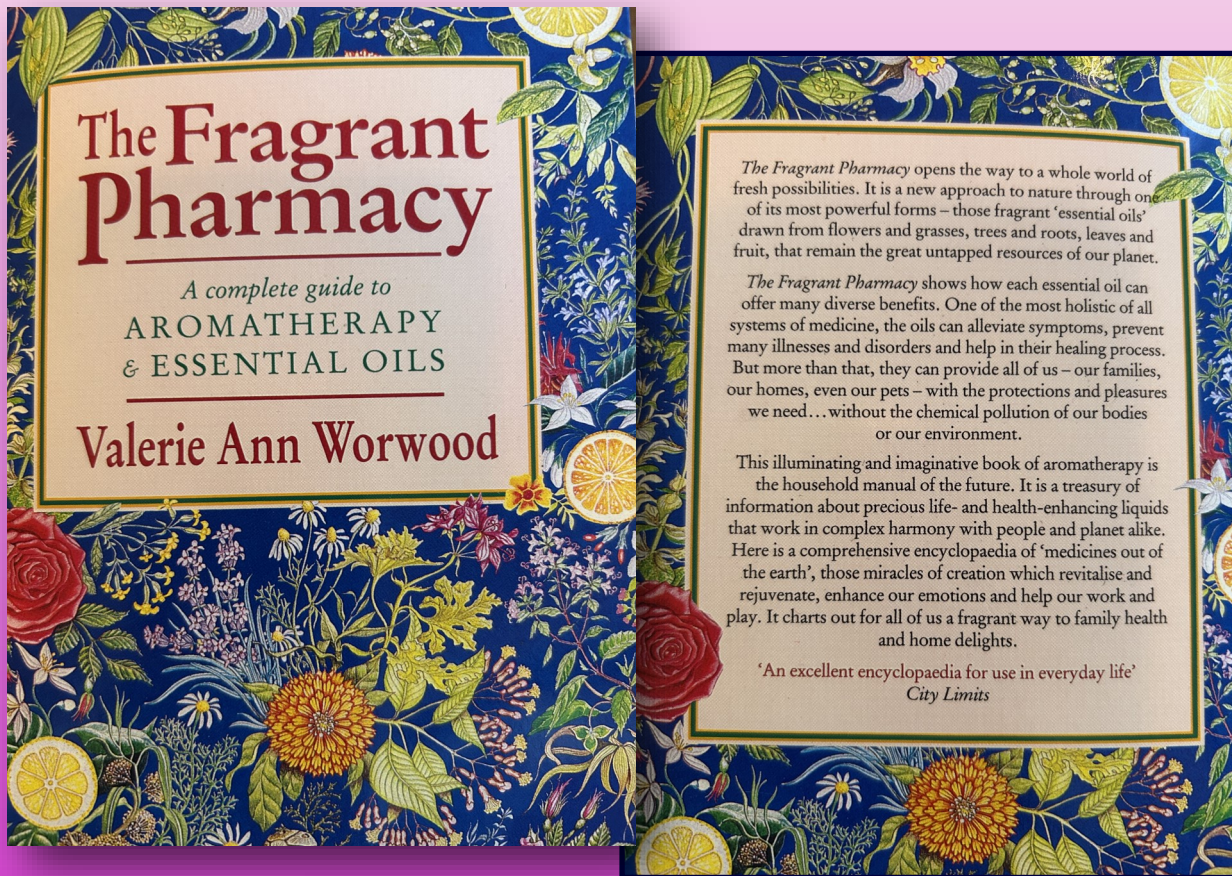
Place or wear as appropriate. Place under pillow for relief from sleep disturbances.

Excerpt from
"THE CRYSTAL BIBLE"

by Judy Hall



BOOK & DECK OF THE SEASON



Kay's Kreations

Natural Soaps
Sprays
Shower Balls
Lavender

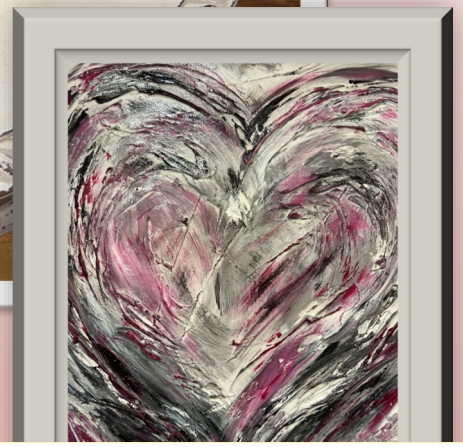


Instagram & Facebook

KaysKreations

Email: kayskreations@protonmail.com

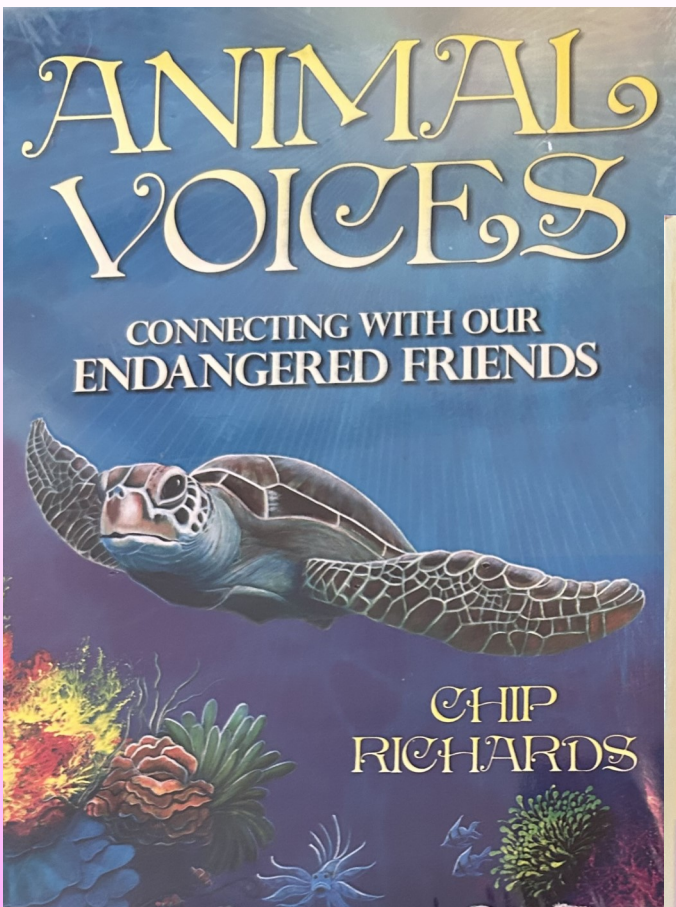
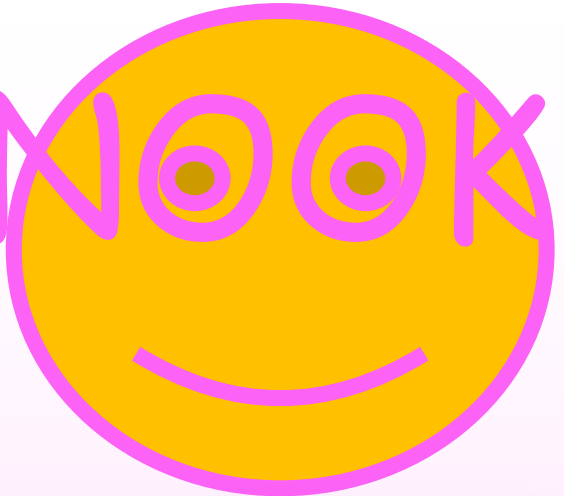
THEME BOX



Love Frequency

- ◇ **The Fragrant Pharmacy**
- ◇ **The Herbcrafters Tarot**
- ◇ **Mystic Faerie Tarot**
- ◇ **Tarot of a Moon Garden**
- ◇ **Amethyst Crystal** used to dispel negativity and create a peaceful environment
- ◇ **Wooden Box**, Triskelion, (a symbol of the Holy Trinity). Hold precious items of crystal jewelry, a favourite Tarot deck
- ◇ **Moon Goddess** grants our wishes and guides our dreams. She possesses the ultimate creative power and oversees the life, death and rebirth cycle. The Moon Goddess bestows fertility, independence, courage, strength, confidence, intuition and aids one to become fully developed. She is the symbol of female power and clarity
- ◇ **Coasters**, Tree of Life
- ◇ **Rose Quartz Crystal** is associated with a calming, cooling energy which works on all chakras to gently remove negativity and to reinstate the loving, gentle forces of self-love. The pink colour of rose quartz has been symbolic of love throughout the ages
- ◇ **Selenite Angels**, the name Selenite derives from the Greek goddess Selene, the goddess of the moon. Selenite is popular for purification, soothing nerves, balancing emotions and boosting empathy. It is also used for amplification and cleaning of crystals
- ◇ **Handcarved Wooden Incense Holder**
- ◇ **Tarot Bags**, assorted
- ◇ **Crystal Grid**, holding Amethyst, Citrine, and Prehnite with Tourmaline crystals

KIDDIE NOOK



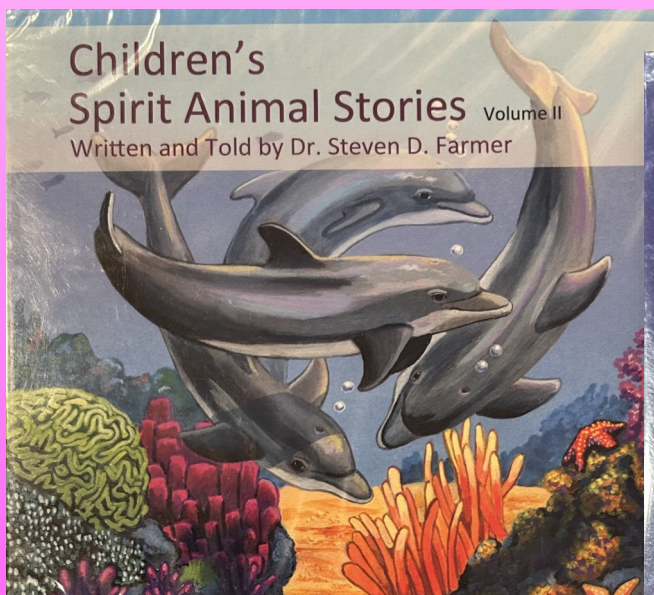
WISDOM CARDS FOR KIDS SET INCLUDES 31 CARDS & GUIDEBOOK

*Not so long ago, the people of our world knew that all of life was connected to the heartbeat of Mother Earth.
From the mighty whale to the tiny bee, every living being brings a unique and special gift.*

*When eagle takes flight she helps us see new possibilities.
When gecko calls out he reminds us to listen to our heart.
When the wind changes direction or the sun comes out from the clouds, it brings a special message just for you.*

Animal Voices shares the unique messages from our planet's most endangered species. They are calling to all of us now. If you listen closely they will share with you their wisdom and teach you to walk in peace with all of creation.

*Listen to the whispered call of Animal Voices...
what message or gift is calling to you?*



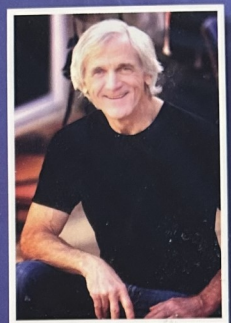
Based on the award-winning **Children's Spirit Animal Cards**, teacher and author Dr. Steven D. Farmer makes the magical realm of animals come alive with **Children's Spirit Animal Stories Volume II**. To purchase **Children's Spirit Animal Cards** or additional copies of **Children's Spirit Animal Stories** visit www.Satiama.com.

Children's Spirit Animal Stories, Volume II contains four original stories:

Emma the Elephant Solves Her Problems 15:52 min
Carmella's Dreams 17:24 min
Danny the Dolphin Joins The Parade 16:10 min
Jaden and the Unicorn 16:23 min

Total Running Time 65:49 min

Stories Read by Steven D. Farmer and Karen Stuth
Announcer: Mike Elliott
Story Music and Sound Design by Barry Goldstein
Introductory Music by Steven D. Farmer
Mixed and Recorded at Monument Sound



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Inspired Words • Tools for Transcendence

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Cover Design by Michelle Williams, TreasuredPages.com

READINGS

Carolyn Goodall—Tea Leaf

Katie White—Tarot

Stacey Kirchner—Akashic Record

Ross Van Der Hoek—Mediumship

Book your Reading today at:

<https://energytealounge.ca/bookings>

Events, Workshops & Ceremonies

Book your spot today!

<https://energytealounge.ca/bookings>

February 2025

Sun

Fri

Sat

2

7

8 ****Pop-Up****

Mediumship

Readings

With Ross Van der Hoek

9 Ascension Series

A series of events to open a portal to a state of higher vibration. Carolyn will be guiding you through practices that will bring you into a state of higher consciousness and vibration. Every first Sunday of the month we will dive deep into subjects that affect us all on our ascension pathway. Each subject will be looked at intensely followed by an activation that can be used safely by everyone on their own. February starts off the series with our first Ascension event of 2025 (a 9 year) and we will be guided into grounding and light integration techniques and learn how to integrate the higher light codes during this shift to a higher consciousness. This series will run on the first Sunday of each month.

10

11

23

28 *New Moon*

Ceremony

A evening of wisdom, healing, releasing and collective creativity as we set powerful intentions for the upcoming month.



<https://energytealounge.ca/>

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