

Energy

Wisdom & Tea Lounge



ENERGY UPDATE

February 2025

IN THIS ISSUE

WISDOM of LOVE

TAROT WISDOM READING

CRYSTAL WISDOM

BOOK & DECK OF THE SEASON

KAY'S KREATIONS

THEME BOX

KIDDIE NOOK

INTUITIVE READINGS

EVENTS & WORKSHOP CALENDAR

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

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.



10. In It but Not of It
WHEEL OF LIFE

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.

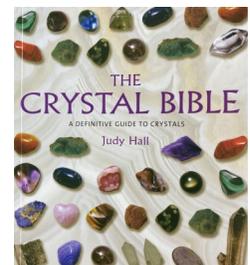
Emotionally, Lepidolite enhances standing in your own space, free from the influences of others. It is a calming stone that soothes sleep disturbances and emotional stress, bringing deep emotional healing.

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.

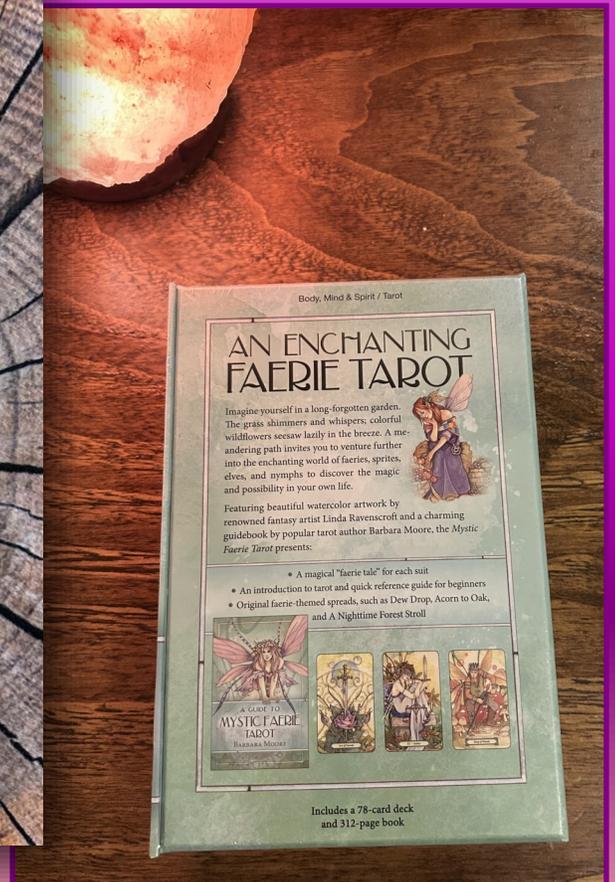
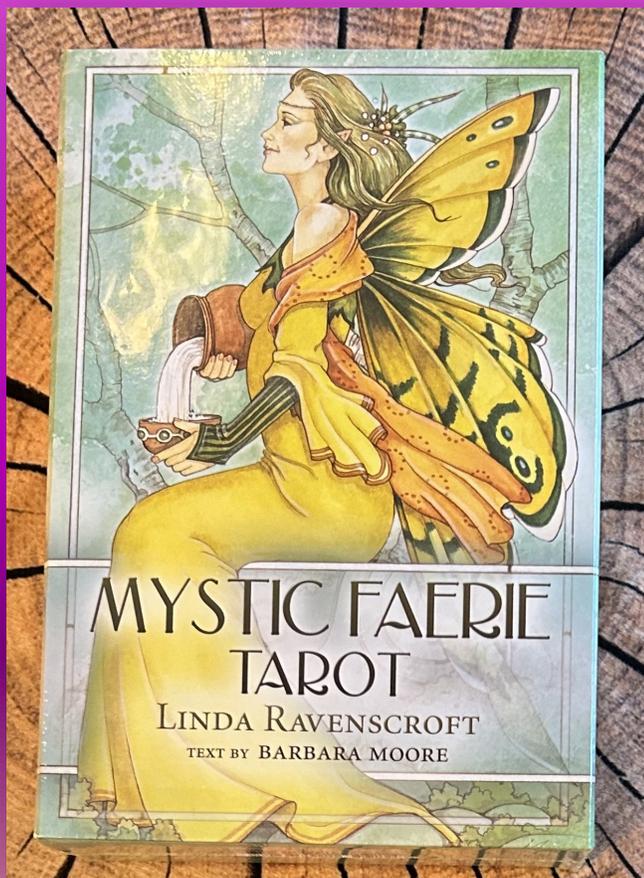
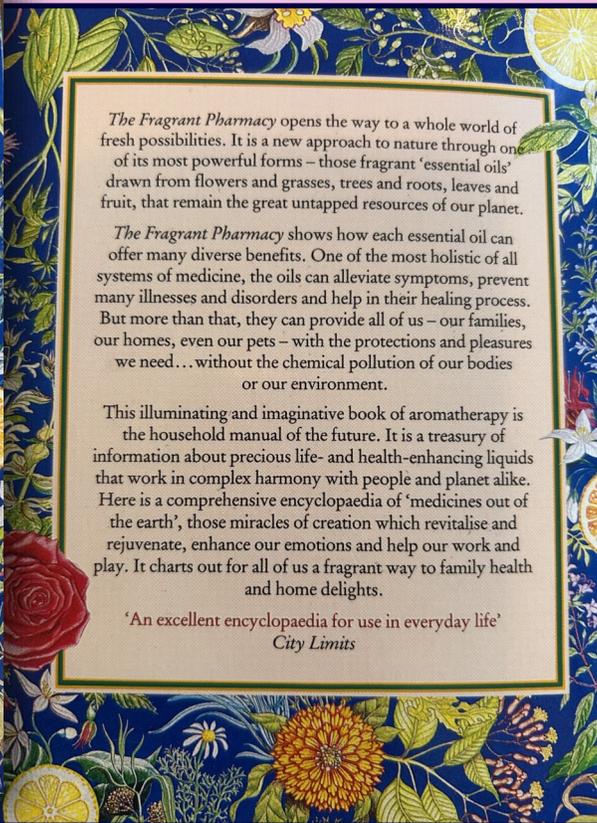
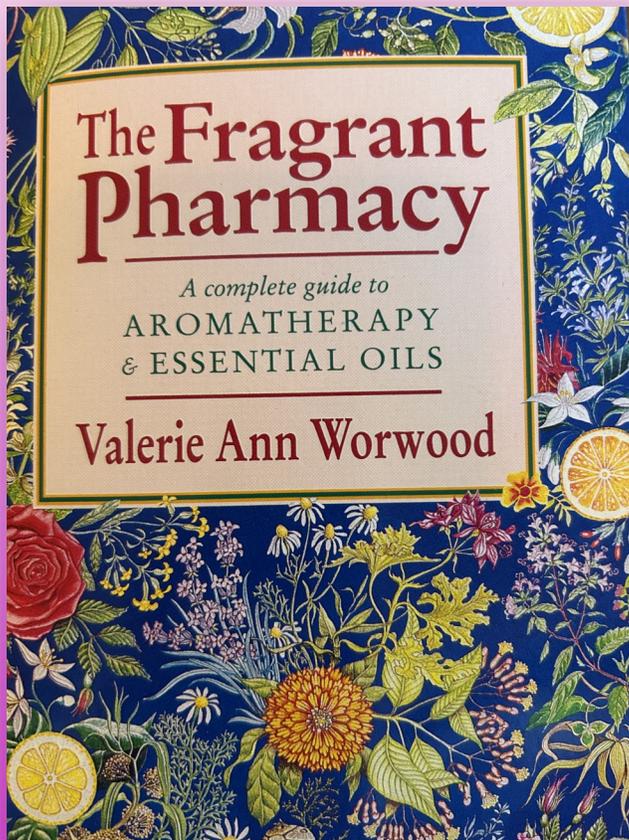
Excerpt from
"THE CRYSTAL BIBLE"

by Judy Hall



"

BOOK & DECK OF THE SEASON



Kay's Kreations

Natural Soaps
Sprays
Shower Balls
Lavender

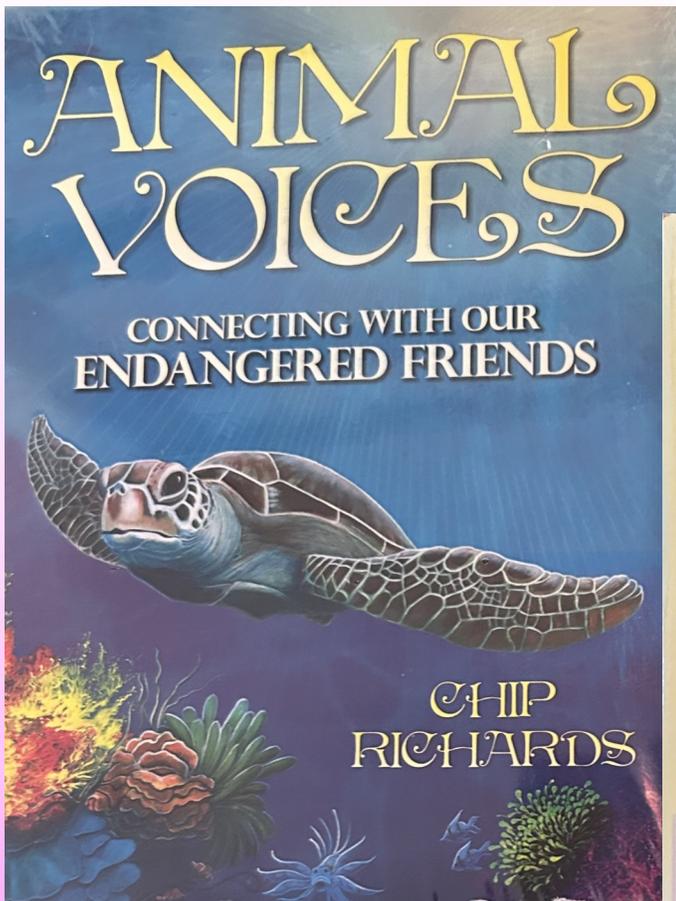
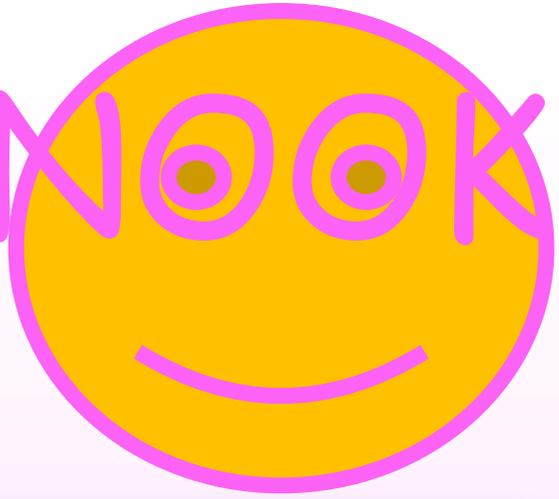


Instagram & Facebook

KaysKreations

Email: kayskreations@protonmail.com

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?



1. TIMBER WOLF
Ambition, Confidence, Steadiness



2. ORANGUTAN
Laughter, Creativity, Play



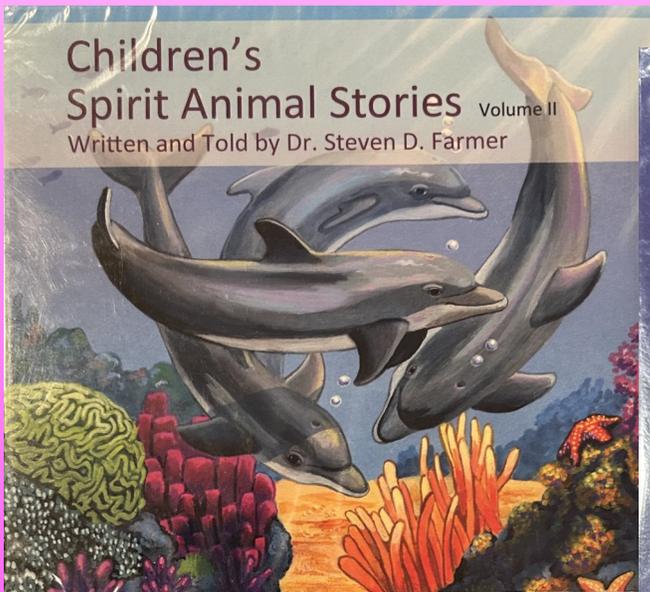
3. DOLPHIN
Joy, Light, Flow



4. ELEPHANT
Responsibility, Cooperation, Equality



5. GECKO
Communication, Truth, Integrity



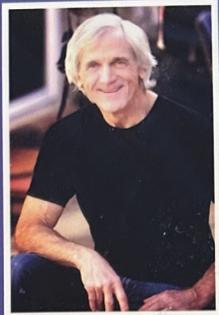
Based on the award-winning Children's Spirit Animal Cards, teacher and author Dr. Steven D. Farmer makes the magical realm of animals come alive with Children's Spirit Animal Stories Volume II. To purchase Children's Spirit Animal Cards or additional copies of Children's Spirit Animal Stories visit www.Satiama.com.

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





Inspired Words • Tools for Transcendence

Copyright 2012 Dr. Steven D. Farmer and Satiama, LLC
 All Rights Reserved. All International Rights Reserved
 No unauthorized reproduction or sampling
 Original Art Work by Pamela Anzalotti
 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

10

11

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.

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/>

Phone: [604-814-8095](tel:604-814-8095)

info@energytealounge.ca

11932 Dewdney Trunk Road, Mission

