

Energy

Wisdom & Tea Lounge

Supporting you on your path on all levels for the Mind, Body and Spirit



April News

2024

Monthly Wisdom

Mark your Calendars!

IN THIS ISSUE

- ◆ Monthly Wisdom
- ◆ Tarot Reading
- ◆ Crystal Wisdom
- ◆ Chakra Wisdom
- ◆ Book & Deck of the Month
- ◆ Theme Box
- ◆ Kiddie Nook
- ◆ Readings
- ◆ Events & Workshop Calendar

An astronomical phenomenon is coming on April 8th, 2024, we will witness a total solar eclipse. The eclipse will be visible from Mexico, the United States, and Canada. The solar eclipse is expected to start at 2:04 p.m. and last for about two and a half hours. The sun will be fully eclipsed at approximately 3:20 to 3:23 p.m. EDT.

Eclipses are powerful cosmic events that are believed to help us process our emotions and embark on new phases of life. In 2024, we'll experience four eclipses, all of which could drive us closer to our destinies, if we're willing to look inward and confront what no longer serves us. We can find the light within ourselves in the darkness of the solar eclipse and move towards making our passions a reality. Tears will be shed, hearts may be broken, relationships may start and end, and people will start their journey on the path that ignites their souls.

Perhaps the most significant effect of a solar eclipse on humans is the awe it can inspire. Being Awestruck results in a feeling of being more immersed in an experience outside oneself.

So get your eclipse glasses ready!



April Tarot

For April's reading, 3 cards were chosen from a Celtic Cross spread of 11 cards, in consideration of the significant positions of The Atmosphere, The Root, and The Outcome. Quite surprisingly and serendipitously, the 8 of Cups with its image of a solar eclipse landed in the Atmosphere position.

The Atmosphere, the place from which the question emerges; what's going on right now; the context. The **VIII of Cups** depicts an eclipse, with the moon moving across the Sun.



A moon phase, a period of inner awareness, has taken over from outer-directed activity. By joining moon imagery to a scene of movement, this card teaches us that developing a deeper sense of self is also an action. Whether viewed as the figure moving away from the world, or into action, the card symbolizes leaving a stable situation. In its deepest level this card acts as a Gate, working through the image of a journey into the unknown. °°

8 is a number of change and inspiration. The 8's all represent a change of mood from what has gone before and an entering into some new phase that comes directly out of past experience. The Eight of Cups represents an unconscious kind of change taking place—one happening on a very deep feeling level. The feelings affecting the personality at this time are a call from the high Self. **

The Root, the unconscious mindset; whatever lies at the foundation; the body.



The High Priestess represents qualities of darkness, mystery, psychic forces, the power of the moon to stir the unconscious, passivity, and the wisdom gained from it. This wisdom cannot be expressed in rational terms: to try to do so would be to immediately limit, narrow, and falsify it. The High Priestess signifies inner wisdom at its deepest level. °°

When we get real with what we feel, we can authentically determine what feelings serve the Highest good and apply them accordingly to our thoughts as a means of support in the process of manifestation. This inherent wisdom is eager to support us in identifying any imbalances within ourselves so that we may heal them, and by universal law, heal all associated expressions across time and space. ~~~

The Outcome, resolution; integration.



The Knights translate the quality of each suit into movement. Because Fire itself symbolizes movement, the Knight of Wands shows this quality in the extreme. He represents eagerness, action, movement for its own sake, adventure and travel. Without some grounding influence all this excitement can dissipate itself as he tries to fly in every direction at once. Allied to a sense of purpose and aided by Air-like influence of planning, the Knight of Wands can provide the energy and self-confidence for great achievement. °°

The Knight of Wands suggests a buoyant, energetic way of being in the world. He is lively and delights in amusing, entertaining and attracting others. He enjoys being the center of attention, charming those around him with his wit. Refusing to take things too seriously, he enjoys the effect he has on others. This is a period of easy creativity, a distinctly playful experience of the life force energies. **

°° Excerpt from "Seventy-Eight Degrees of Wisdom", by Rachel Pollack.

** Excerpt from "Motherpeace, a Way to the Goddess through Myth, Art, and Tarot", by Vicki Noble.

~~~ Excerpt from "The Royal Path, Activating the Archetypal Alliance Within", by Rebecca Magick.

# CRYSTAL

# WISDOM

## Orange Calcite

*is a highly energizing and cleansing stone, especially for the lower chakras. Orange calcite balances the emotions, removes fear, and overcomes depression. It dissolves problems and maximizes potential. This stone heals the reproductive system, gallbladder, and intestinal disorders such as irritable bowel syndrome, and removes mucus from the system.*

## HEALING

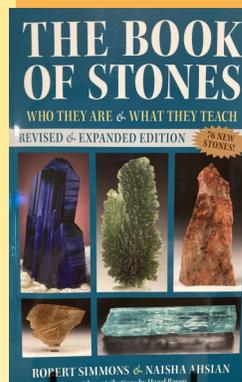
Calcite cleanses the organs of elimination. It encourages calcium uptake in bones but dissolves calcification, strengthening the skeleton and joints.

**ATTRIBUTES** Calcite is a powerful amplifier and cleanser of energy. Simply having Calcite in the room cleans negative energies from the environment and heightens your energy. Within the body, it removes stagnant energy. The spectrum of colours cleans the physical and subtle bodies. Calcite is an active crystal, speeding up development and growth. This is a spiritual stone linked to the higher consciousness that facilitates the opening of higher awareness and psychic abilities, channeling, and out-of-body experiences.

It accelerates spiritual development and allows the soul to remember experiences when it returns to the body.

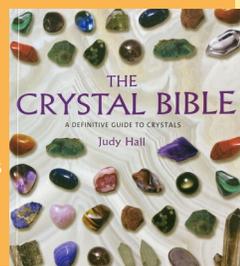
**Psychologically,** Calcite connects the emotions with the intellect, creating emotional intelligence. Calcite has a positive effect, especially where someone has lost hope or motivation.

**Mentally,** Calcite calms the mind, teaches discernment and analysis, stimulates insights, and boosts memory.



Excerpts from  
“**THE CRYSTAL BIBLE**”  
by Judy Hall

“**THE BOOK OF STONES**”  
by Robert Simmons & Naisha Ahsian



# CHAKRA

# WISDOM

**WHAT ARE CHAKRAS?** We are not just physical bodies, remarkable though that is, for around us is a pulsating electromagnetic energy field that is described either as a rainbow-like aura or as a luminous light body. This “subtle-energy” field interacts with our physical body by flowing through concentrated spirals of energy. In yoga practice these spiralling energy centers are known as chakras, a Sanskrit word meaning “wheels of light.”

There are seven main chakras (plus a number of smaller ones) that interact with the body’s ductless endocrine glands and lymphatic system by feeding in good energy and disposing of unwanted energy. It is vitally important for our general health and the prevention of illness or “disease” that we nourish our chakras in the correct way.

## THE AURA AND THE MAJOR CHAKRAS

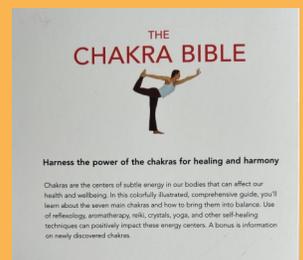
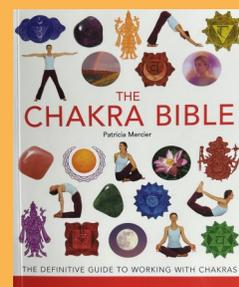
The body’s external subtle-energy field can best be described as an aura, a rainbow of light surrounding the body. Within the main Indian yogic teachings, seven major chakras are assigned specific qualities, all the minor chakras also have an important role to play, not least in regulating the flow of energy.

| THE MAJOR CHAKRAS         |                    |              |                             |                          |
|---------------------------|--------------------|--------------|-----------------------------|--------------------------|
| Chakra                    | Color of influence | Element      | Body sense                  | Endocrine gland          |
| Base/<br>Muladhara        | Red                | Earth        | Smell                       | Testes/ovaries           |
| Sacral/<br>Svadhithana    | Orange             | Water        | Taste                       | Adrenals                 |
| Solar Plexus/<br>Manipura | Yellow             | Fire         | Sight                       | Pancreas                 |
| Heart/<br>Anahata         | Green/Pink         | Air          | Touch                       | Thymus                   |
| Throat/<br>Vishuddha      | Turquoise          | Ether/Akasha | Hearing                     | Thyroid/<br>parathyroids |
| Brow/Ajna                 | Deep blue          | Spirit       | Extra-sensory<br>perception | Pituitary                |
| Crown/<br>Sahasrara       | Violet/gold        | Spirit       | All the senses              | Pineal                   |

Excerpts from

## “THE CHAKRA BIBLE”

by Patricia Mercier



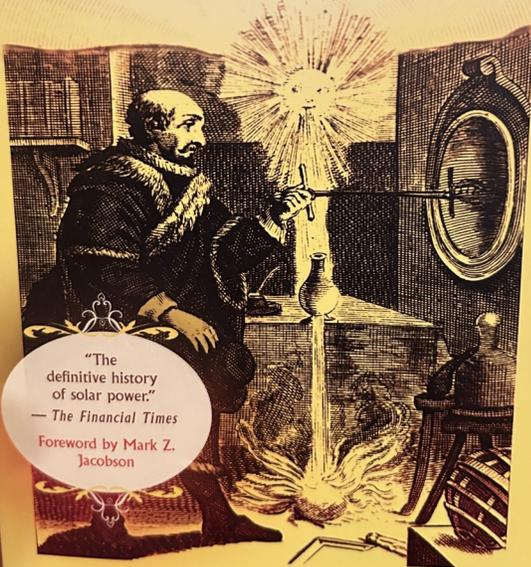
# BOOK/DECK

# OF THE MONTH

## JOHN PERLIN

# LET IT SHINE

The 6,000-Year Story of Solar Energy



"The definitive history of solar power."  
 — *The Financial Times*  
 Foreword by Mark Z. Jacobson



Solar/Environment

\$24.95 U.S.

### The definitive history of solar power and technology

Even as concern over climate change and energy security fuels a boom in solar technology, many still think of solar as a twentieth-century wonder. Few realize that the first photovoltaic array appeared on a New York City rooftop in 1884, or that brilliant engineers in France were using solar power in the 1860s to run steam engines, or that in 1901 an ostrich farmer in Southern California used a single solar engine to irrigate three hundred acres of citrus trees. Fewer still know that Leonardo da Vinci planned to make his fortune by building half-mile-long mirrors to heat water, or that the Bronze Age Chinese used hand-size solar-concentrating mirrors to light fires the way we use matches and lighters today.

With thirteen new chapters, *Let It Shine* is a fully revised and expanded edition of *A Golden Thread*, John Perlin's classic history of solar technology, detailing the past forty-plus years of technological developments driving today's solar renaissance. This unique and compelling compendium of humankind's solar ideas tells the fascinating story of how our predecessors throughout time, again and again, have applied the sun to better their lives — and how we can, too.

"John Perlin is the historian of solar energy."  
 — Daniel Yergin, Pulitzer Prize-winning author of *The Prize* and *The New Map*  
 "Let It Shine is the solar bible. Thank you, John Perlin!"  
 — Lester Brown, president of the Earth Policy Institute

"Let It Shine shows how today's renewable revolution builds on the tenacious efforts of countless generations of innovators whose vision we may finally be privileged enough to bring to full flower."  
 — Amory Lovins, cofounder of the Rocky Mountain Institute

"Remarkable depth, breadth, and precision.... There is more intelligence and common sense in this volume than in all the federal reports on energy of the last quarter-century combined." — Denis Hayes, former director of the federal Solar Energy Research Institute and founder of the Earth Day Network

An international expert on solar energy and forestry, John Perlin has lectured extensively on these topics in North America, Europe, Asia, and Australia. Perlin is the author of *A Forest Journey: The Story of Wood and Civilization*. He has mentored those involved in realizing photovoltaic, solar hot water, and energy-efficiency technologies at the University of California, Santa Barbara (UCSB), where he is a visiting scholar in the department of physics.

Cover illustration: Sixteenth-century Italian scholar Giambattista della Porta using the concave portion of a vase to focus the sun's rays to ignite material in his laboratory.

Cover design by Tracy Cunningham  
 Printed on 100% postconsumer-waste recycled paper

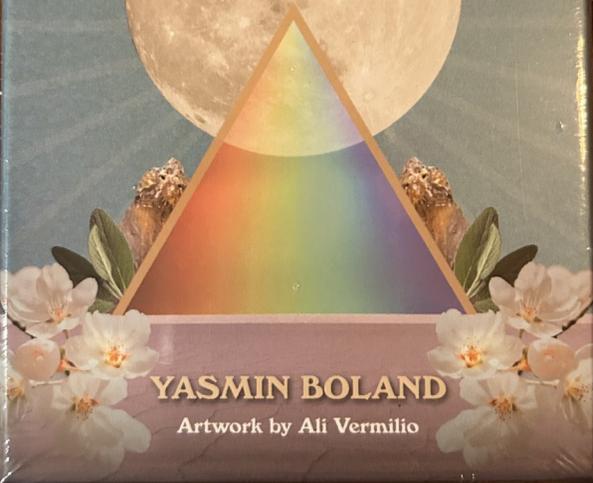


New World Library  
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A 48-CARD DECK AND GUIDEBOOK

# Moonology™

## MESSAGES ORACLE



YASMIN BOLAND  
 Artwork by Ali Vermilio

The ever-changing Moon speaks to those of us who are listening — leaving clues, hints, and messages, which come through as intuition. All we need to do is align with Her phases and listen to Her whispers. The *Moonology™ Messages Oracle* taps into this lunar wisdom via 48 Moon symbols, helping you navigate toward positivity and peace. Be inspired to take action based on your inner knowing. Ask a question and receive an answer. The mystical Moon is guiding you.



Yasmin Boland is an astrologer, a *Sunday Times* best-selling author, and the creator of Moonology™. [www.yasminboland.com](http://www.yasminboland.com)

Ali Vermilio is a collage artist and designer whose astral-surreal style playfully explores consciousness. [www.alivermilio.com](http://www.alivermilio.com)



Printed in China  
 Cover Design and Illustration: Ali Vermilio

## Theme and Intention Set for April

### Observing the Eclipse Season

# THEME

# BOX

John Perlin's "Let it Shine, the 6,000-Year Story of Solar Energy"

Moonology Oracle Deck

High Priestess Satin Bag for Tarot/Oracle Decks

Radiant Rider-Waite Tarot Deck

Spiral Triskelion Hand Carved Wooden Box

Kayleen's Kreation Handmade Soy Wax

Pillar Candle with all Natural Sandalwood & Citrus Essential Oils

Solar Candle Holder

Tarot Card Holder Stand with Moon Phases

Yellow Solar Plexus Chakra Candles

Lotus Candle Holder

Citrine Crystal, a healing quartz, good for the solar plexus, mental and emotional clarity

Selenite Crystal Grid with Chakra

Selenite Moon Phase Obelisk

Selenite Ruler with Moon Phase

Citrine Candle Holder

Orange Calcite, a powerful crystal that helps clarify vision, cleans toxins from the body and reduces stress

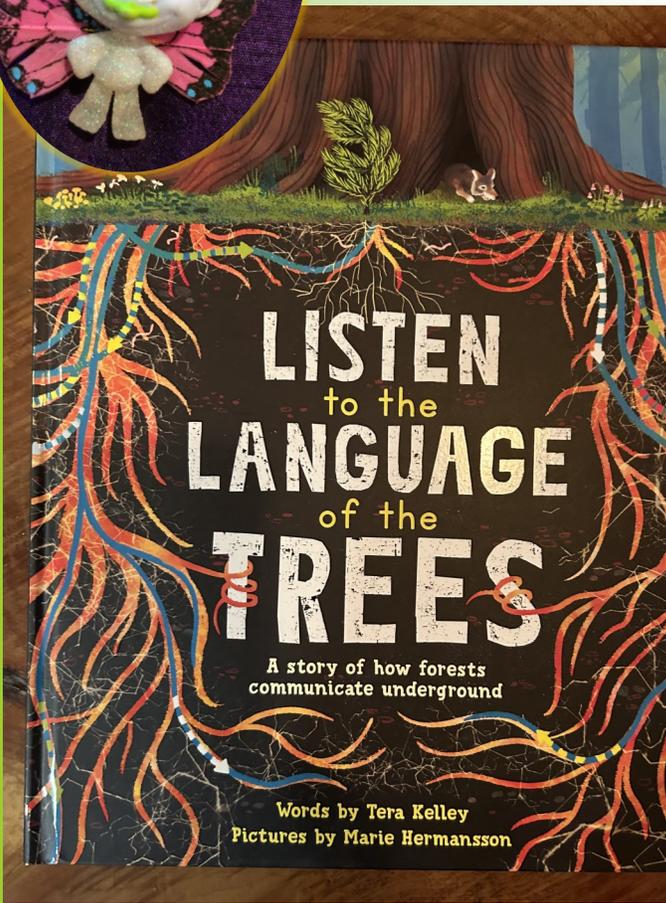
Blue Lunar Half-Moon Incense Holder

Golden Solar Incense Holder



# KIDDIE

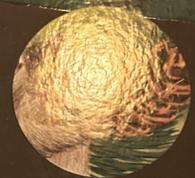
# NOOK



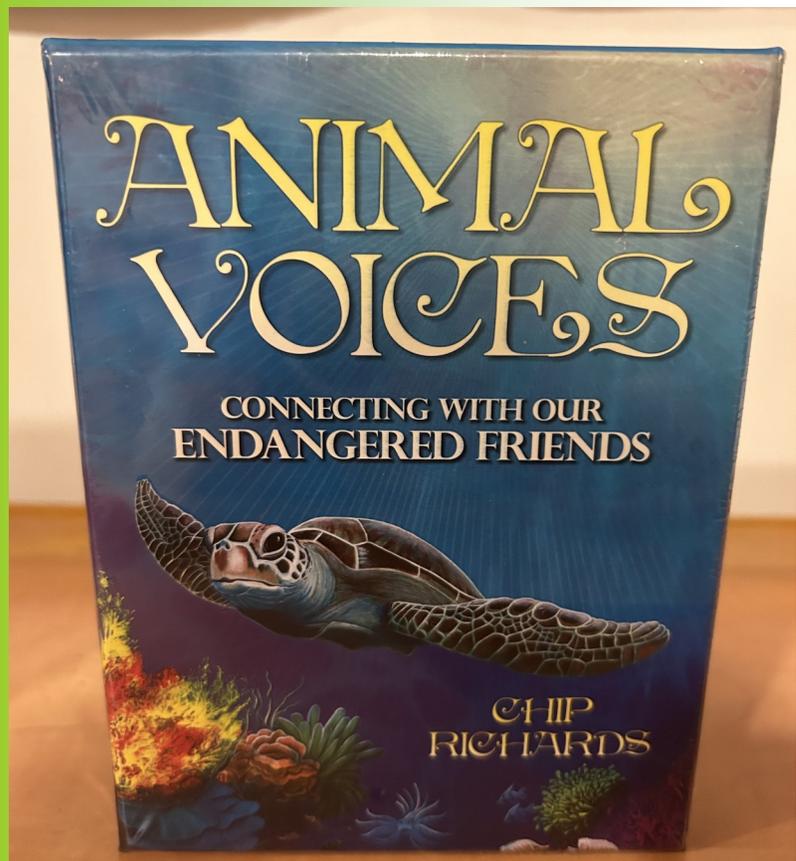
A NEW SEEDLING HAS SPROUTED. DISCOVER HOW THE OTHER TREES IN THE FOREST HELP IT SURVIVE!



The forest is abuzz. There is a tiny new seedling that sprouted at the base of the giant old tree. Storms, drought, and pests can be dangerous for a tiny tree just starting out. How will this fragile new life survive?



As the seedling stretches its roots, an underground web of communication begins to share messages and nutrients. The baby tree has help! The survival of the whole forest depends on each tree giving and receiving help from its neighbors. Discover how the little seedling becomes a big part of its new neighborhood.



# 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>

## April 2024

| Sun                                                                                            | Mon | Tue | Wed | Thu | Fri | Sat                                                                |
|------------------------------------------------------------------------------------------------|-----|-----|-----|-----|-----|--------------------------------------------------------------------|
| March 30 -<br>Intuitive and Psychic Development Foundation Class Part One                      |     |     |     |     |     |                                                                    |
|                                                                                                | 1   | 2   | 3   | 4   | 5   | 6                                                                  |
| 7<br>New Moon<br>Ceremony                                                                      | 8   | 9   | 10  | 11  | 12  | 13<br>Intuitive and Psychic Development - Monthly Practice Classes |
| 14<br>Connecting to the Spirit Realm - Messages from your loved ones and your own Spirit Teams | 15  | 16  | 17  | 18  | 19  | 20                                                                 |
| 21                                                                                             | 22  | 23  | 24  | 25  | 26  | 27<br>Intuitive and Psychic Development Foundation Class Part Two  |
| 28<br>Cacao Ceremony, Meditation and Mantra Night                                              | 29  | 30  |     |     |     |                                                                    |



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