

# Energy

## Wisdom & Tea Lounge

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



January 2024



### Welcome the New Year in with Clearing Your Space & Self!

*This month's Showcase has a fine variety of items to help. Learn the Art of Smudging, find a nice selection of Incense, Incense Holders, Burners, Back-Flows, Smudge Sticks, Kits & Feathers. Choose from a collection of Nesting Boxes to store your Supplies.*

*The Book of the Month is "Secrets of Space Clearing" to help guide your Intentions of Clearing.*

*The Crystal of the Month, Lepidolite helps to dissipate negativity and activate the Heart Chakra, releasing an Expansive, Loving Energy through the auric field.*



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### BOOK OF THE MONTH





BOOK

OF THE MONTH



SECRETS  
*of*  
SPACE  
CLEARING

Achieve Inner  
and Outer Harmony  
through Energy Work,  
Decluttering, and  
Feng Shui

**DENISE LINN**

Learn mystical methods for clearing and  
uplifting the energy in your home!

*Space clearing is the art* of cleansing and harmonizing the energy within an environment. This ancient practice has the power to not only make your home feel good but also help those within to feel more positive and energetic, to bring balance to relationships, and to remove blocks for increased abundance, creativity, and well-being. In this comprehensive guide to space clearing, internationally best-selling author Denise Linn distills more than 50 years of experience as a leading authority in energy healing to guide you through sacred ceremonies and modern techniques for regaining control of the energy in any environment, including your home and your body. You'll learn how to transform any space using feng shui, clutter clearing, prayer, crystals, essential oils, mystic mudras, holy water, pendulums, and more!



**DENISE LINN** is an internationally renowned teacher in the field of self-development. She's the author of the bestseller *Sacred Space* and the award-winning *Feng Shui for the Soul*, and has written 19 books, which are available in 29 languages. Denise has appeared in numerous documentaries and television shows worldwide and gives seminars throughout the world. For information about Denise's workshops and lectures, please visit her website: [www.DeniseLinn.com](http://www.DeniseLinn.com).



# CRYSTAL

# WISDOM



## GOLDEN LEPIDOLITE

KEY WORDS Emotional healing and balance, relaxation, stress relief

ELEMENT Water

CHAKRAS Heart and Third Eye

**Lepidolite** is a stone of serenity, and this trait extends in many directions. It encourages one to respond to hostility without putting up defenses, to find the path of harmonious action and to see problems as opportunities to learn. It enhances physical grace and can be of great help and teaches one to listen to others with compassionate, patient attention. It encourages the eyes to see beauty, even in tarnished surroundings. If one is depressed, it allows for the willing descent into the grief beneath the depression, and the understanding that most of the suffering was not in the grief, but in one's resistance to feeling it.

One can take a 'Lepidolite bath,' placing one or more stones in a warm tub, lighting a candle and allowing the soft energies of the stone to permeate one's energy field. This is one of the most effective ways to receive Lepidolite's calming influence.

Lepidolite is also a stone of spiritual purification, and meditation with it can clear blocked energies in any of the chakras and throughout the meridian system. It can dispel negative thoughts and remove negative emotional attachments such as resentment and envy.

Lepidolite is a high-lithium stone and is very useful in balancing one's emotional body and calming the mind. It activates the heart chakra, releasing an expansive, loving energy through the auric field. Lepidolite is deeply relaxing and is one of the most powerful stones for countering stress, worry, fear, grief and other traumatic emotional frequency.

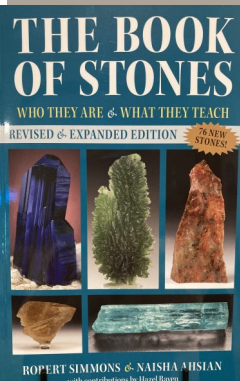
**SPIRITUAL** Lepidolite encourages release of identification with the ego and acceptance of the present moment as a dwelling place for the soul.

**EMOTIONAL** Lepidolite assists one in finding a strong emotional center, unaffected by the dramas and events of one's external experience. It helps balance the emotions and prevents extreme emotional shifts. It is an excellent stone for those with excessive worry or fear.

**PHYSICAL** Lepidolite is an excellent support stone for many types of mental and emotional imbalances. It can energetically curb hyperactivity and/or attention deficit disorder. It is an excellent stone for sleep disorders, including insomnia due to stress or worry, or nightmares.

### AFFIRMATION

*I move through all of life's joys and sorrows, triumphs and traumas, with serenity and grace.*

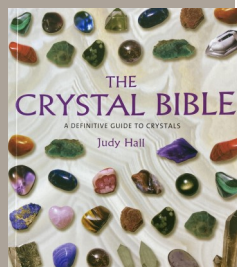


Excerpts from  
"THE CRYSTAL BIBLE"

by Judy Hall

"THE BOOK OF STONES"

by Robert Simmons & Naisha Ahsian



**ATTRIBUTES** 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. Lepidolite insists on being used for the highest good. It dissipates negativity. It activates and opens the throat, heart, third eye, and crown chakra, clearing blockages and bringing cosmic awareness.

**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.

**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 menopause, especially as a gem elixir. It treats illnesses caused by "sick-building syndrome" or computer stress.



# Readings

*Carolyn Goodall—Tea Leaf Readings*

*Katie White—Tarot Readings*

*Stacey Kirchner—Akashic Record  
Readings*

*Ross Van Der Hoek—Mediumship*

*Book your Reading  
today at:*

<https://energytealounge.ca/bookings>

10:00am-4:00pm

# EVENTS & WORKSHOPS

Book your spot today!

<https://energytealounge.ca/bookings>

## JANUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 <i>New Moon Ceremony</i>	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 <i>Intro to Reiki &amp; Sound Crystals</i>
28	29	30	31			

## FEBRUARY 2024

Sun	M	Tu	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 <i>New Moon Ceremony</i>	10
11 <i>Cacao Ceremony, Meditation &amp; Mantras</i>	12	13	14	15	16	17
18	19	20	21	22	23	24 <i>Intuitive Development Class</i>
25	26	27	28	29		



<https://energytealounge.ca/>

Phone: 604-814-8095

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

11932 Dewdney Trunk Road, Mission

