

Energy

Wisdom & Tea Lounge



June
2022

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Book of the Month
Raise Your Vibration

Summer Solstice

In the Summer Time when the weather is beautiful, visit Energy Wisdom & Tea Lounge. Enjoy a refreshing Iced Tea and Gourmet Grill Cheese in the Tree Nook!



Symbolic Colour for the Month of June is Blue

Blue represents both the Sky and the Sea and is associated with *Open Spaces, Freedom, Intuition, Imagination, Inspiration, and Sensitivity*. Blue also represents meanings of *Depth, Trust, Loyalty, Sincerity, Wisdom, Confidence, Stability, Faith, and Intelligence*.

Crystal Wisdom



HEALING Rose Quartz strengthens the physical heart and circulatory system and releases impurities from body fluids. Placed on the thymus, Rose Quartz aids chest and lung problems. It heals the kidneys and adrenals and alleviates vertigo. Rose Quartz is said to increase fertility. The stone of elixir soothes burns and blistering and smooths the complexion. It is helpful in Alzheimer's, Parkinson's, and senile dementia.

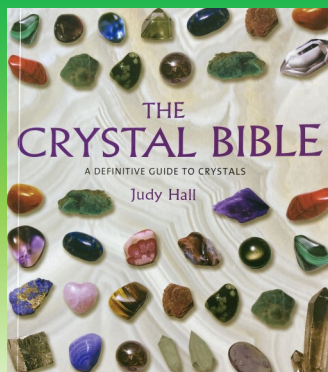
POSITION Wear, especially over the heart. Place on the heart, thymus, or in relationship corner of room.

Rose Quartz is the stone of unconditional love and infinite peace. It is the most important crystal for the heart and the heart chakra, teaching the true essence of love. It purifies and opens the heart at all levels, and brings deep inner healing and self-love. It is calming, reassuring, and excellent for use in trauma or crisis.

If you want to attract love, look no further than romantic Rose Quartz. Placed by your bed or in the relationship corner of your home, it is so effective in drawing love and relationships toward you that it often needs Amethyst to calm things down in existing relationships, it will restore trust and harmony, and encourage unconditional love.

Rose Quartz gently draws off negative energy and replaces it with loving vibes. It strengthens empathy and sensitivity and aids the acceptance of necessary change. It is an excellent stone for mid-life crisis. Holding Rose Quartz enhances positive affirmations. The stone can then remind you of your intention. This beautiful stone promotes receptivity to beauty of all kinds.

Emotionally, Rose Quartz is the finest healer. Releasing unexpressed emotions and heartache and transmuting emotional conditioning that no longer serves, it soothes internalized pain and heals deprivation. If you have never received love, Rose Quartz opens your heart so that you become receptive. If you have loved and lost, it comforts your grief. Rose Quartz teaches you how to love yourself, vital if you have thought yourself unlovable. You cannot accept love from others nor love them unless you love yourself. This stone encourages self-forgiveness and acceptance, and invokes self-trust and self-worth.



Excerpts from "The Crystal Bible" by
Judy Hall

For further details on *Crystals*,
please visit:

[Energy Wisdom & Tea Lounge](#)

July Crystal Wisdom

Green Calcite

READING NOOK



*Book a Reading
with
Cheri Morgan*

Sundays

Shannon Fischer

Wednesdays & Saturdays

*Book a reading
Email us today at:
info@energytealounge.ca*

Drop-Ins Welcome

10:00am-4:00pm

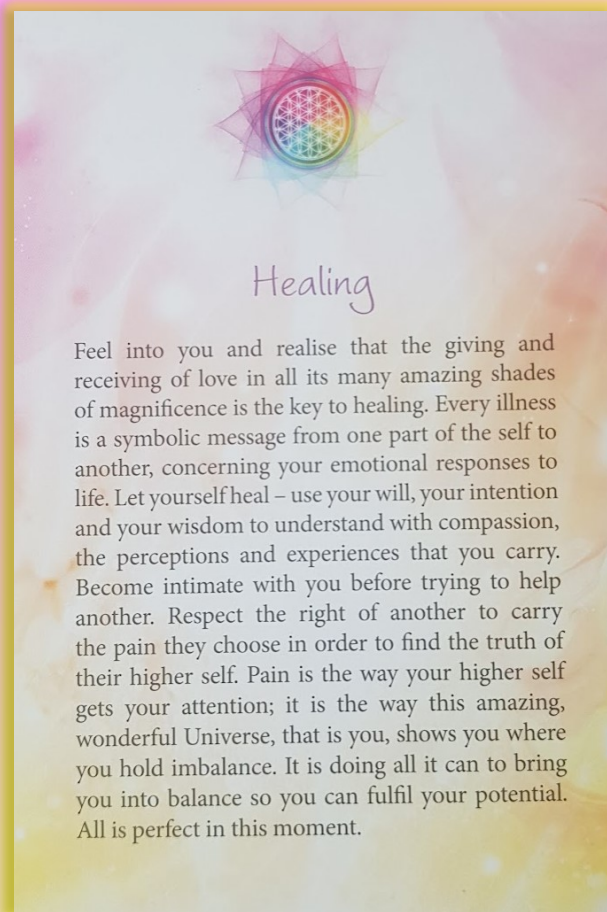
30 minute session—\$75

60 minute session—\$130

Behind the Veil



June Oracle Guidance



The message for all of us this month is of healing ourselves first by listening to our intuition and higher self. We sometimes forget that we are a spark of divine consciousness and life in the physical body is difficult. Physical and emotional pain is the way our higher self gets our attention so acknowledge it, the answers we seek are waiting. Meditation is the key to all the answers.

Suggestion: If you would like to increase your intuition and connect with your higher self join our on going intuitive development classes.

About the Reader

Carolyn Goodall is an intuitive, teacher and owner of Energy Wisdom & Tea Lounge
Carolyn has been practicing spirituality for over two decades and is a true teacher at heart.

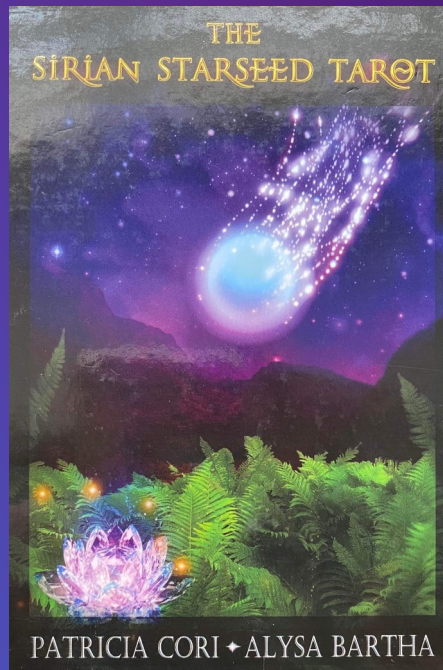


June Tarot Guidance

Messages of Divine Guidance

First we have the **Two of Chalices** card sitting in the Physical Reality Position. This message represents Love, Partnership, Romance and Union. This month we can expect to find that significant romantic partner (for those who are single and searching) or to reach new heights of expanding Love within a current relationship. There will be plenty of reasons to celebrate the connection and love you have for each other and spread that light of love out into the world.

Second we have the **Ace of Chalices** card sitting in the "Higher Self" / Energy Position. This message represents a new beginning in love and harmonious relationships all around. The cup runneth over with an abundance of Divine energy to sustain and maintain any



new prospect/project. Whether your starting a new job/business with a new business partner or found that spark of romance with a new person (or feeling an expansion of new love taking place within an existing relationship), you can be sure that the Divine has its hand in assisting with the harmonic balance for success to be met with whatever new adventure is upon you.

In a nut shell, the month of June offers a very strong and supportive energy for anything new with partnerships already established and for those that are about to come into contact with each other for the first time.

Love is certainly in the air and emotional harmony is what is contributing to the balance and magnetism of these
New Adventures!

Buckle up and Enjoy the Ride, it's going to be a very exciting month.

About the Reader

Shannon Fischer is a Tarot and Intuitive Reader who has been using the Tarot for herself and professionally for over 10 years. Over the course of the decade, she has become a reputable Tarot and Oracle card reader, Reiki Master, Teacher and Guide in her community as well as online.

To book a personal reading with Shannon contact us at info@energytealounge.ca



Here's to love! This glorious key needs little interpretation: it is the key of love, union, and that almost dreamy state of harmony between two people giving themselves to each other. Filled to the brim, the chalices are entwined, depicting the emotional state of the two lovers. In the bloom of this new love, all is light, love, and sensuality. It is an intensity of emotion, as if nothing else exists.

The dense stone archway encloses the two in their world, but beyond that blissful space is a definitive haze, reminding the seeker that there is a certain vulnerability in enclosing oneself so utterly within a relationship that she/he can no longer see the world.

Nonetheless, it is a time of celebration. Break through the chrysalis and fly on the wings of love.

How are you letting go to another soul?
 Are you open to falling in love?
 Are you so much in love that you are
 blind to the world around you?
 How does it feel to share your
 deepest emotion with another?
 Have you confused love and
 sexual attraction?

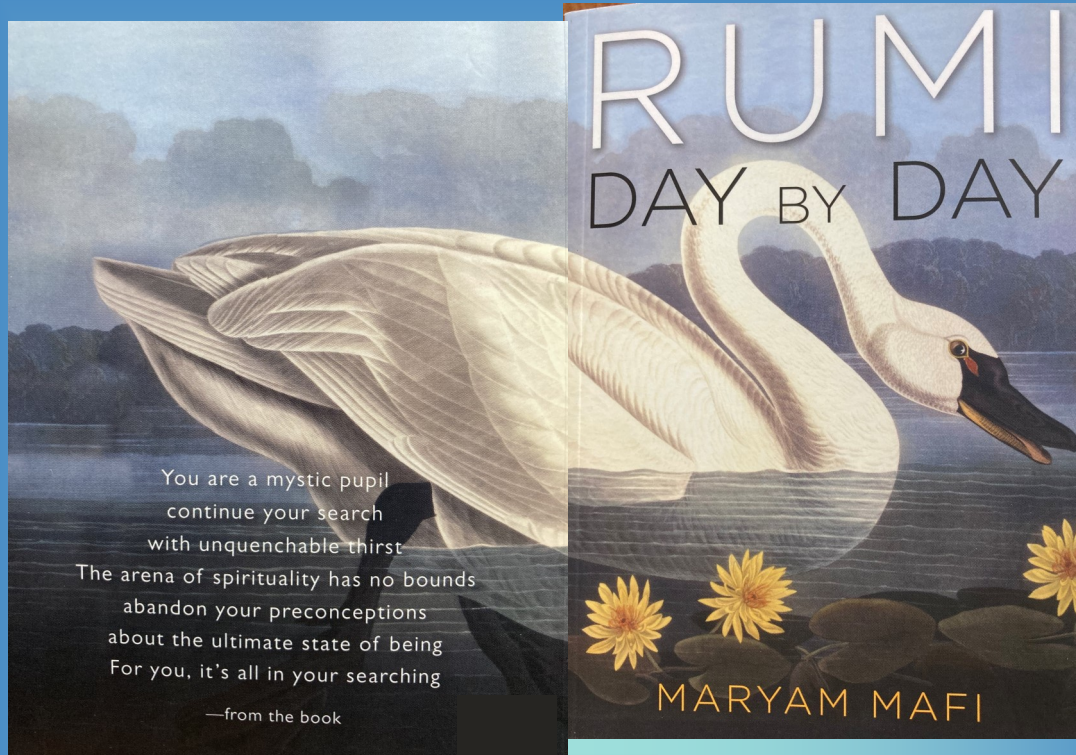


From the hands of the Lady of the Lake emerges not Excalibur, Arthur's sword, but a chalice. Is it the Holy Grail? Like a fountain, the waters of the chalice flow back into the lake, a scene of joy and abundance. Depicted in the waters are small water crystals, reminding us that all water holds memory of its perfected form, as taught through the wonderful work of Dr. Masaru Emoto—*Messages from Water*.

Ace of Chalices is about something quite extraordinary opening in the emotions. A new relationship is often forecast with the arrival of this key. Whatever that relationship may be, it holds a blessing from the sacred chalice: love with the highest and purest intention, and you will be in flow of its beauty.

What are you falling in love with?
 Are you ready for a new relationship
 in your life?
 What new blessings are you receiving
 as you yield to new possibilities
 of the heart?

Poetry Wisdom



When thirsty for spiritual life,
don't settle for just a sip;
stay with your thirst and you'll see
how the heavens will open their doors
to the water of life!

Don't imagine that your eyes only see
because of their mechanism;
how could optics possibly account for
the vivid images in your dreams?

Events & Workshops

Check out our Event Calendar

<https://energytealounge.ca/calendar>



Sign up and check out more Events coming soon on our calendar and follow us on Facebook...

<https://energytealounge.ca/calendar>

Facebook@energytealounge

Showcase



Blue Apatite is a stone

of manifestation attuned to the future, activating psychic abilities and allowing expansion of knowledge. Apatite will stimulate the intellect and brings ideas from the mind down into the earth realm through realizations. This stone allows for a deeper dive and reflection into one's self, seeking self-insight and inner clarity.

Blue Apatite is known to increase the strength and frequency of lucid dreaming. Placing a piece in your pillow case will allow increased visionary states that will strengthen as you become attuned to another realm. Blue Apatite will also aid in astral projection and allow for "vertical vision", being able to see all levels of consciousness working harmoniously.

Due to Apatite's strength, we encourage you to work with it during long meditation sessions. It's vibrations attract guides and other entities, and assists in communication with them. Anyone working on strengthening and unlocking their highest intuition and vision, Blue Apatite is the stone for you.

Blue Kyanite

What a wonderful stone Blue Kyanite is! It aids in opening the throat chakra, encouraging communication and self-expression. It cuts through fears and blockages, helping to speak one's truth. Kyanite initiates psychic ability, promoting communication with higher beings, and can be used to open the third eye during meditation or healing sessions. It can be used to enhance telepathy between two people and to transmit energy from healer to client.

Kyanite is a gemstone that does not accumulate negative energies, and it therefore never need to be cleansed or cleared. As the energy of kyanite is all but unlimited, it is said to be one of the best gemstones for use as an attunement stone. Kyanite is known to induce tranquility.





Dragon Blood Jasper's

deep green represents a dragon's tough skin with a loving heart. Dragons are promoters of justice and protectors of life. The deep red represents the dragon's blood, igniting the fire within to increase physical strength, courage, confidence, endurance, and focus. The frequency of the stone helps bring the mind and body into a state of calm aiding a person in setting and achieving goals, ignite creativity, and the pursuit to right all wrongs. Dragon's Blood will aid in the healing journey of self discovery, and self love. Powerful when paired with Labradorite, known as a talisman of the Dragon's heart.

Dragon's Blood opens the heart chakra to strength, and expression. To stand up for what is right and just. It harmonizes the body by balancing the masculine and feminine energies, which balance the intellectual, emotional, physical, and auric energies. This opens up the heart and releases fears. It also protects the heart chakra building an energetic shield around it. By opening your heart chakra, you will feel an uplifting energy that will make you more willing to embrace change and explore new experiences.



Vesuvianite

Vesuvianite is such a beautiful earth stone known for its grounding affects and connection to mother earth. Does not resemble moss and earth?

Vesuvianiye is also known as the 'charm of light'. It is a grounding stone that also connects you to your Solar Plexus, Heart, and Crown Chakras making it easier to align personal will with promptings of the heart. This alignment of the will and the heart is of most importance, for it describes the solution of the battle between the ego and the Self. When ego, which often has control of the will, surrenders its command of the heart (ones true self) then one can become whole again.



Golden Healer

connects us to the Golden Ray, the golden light of Universal Life Force, Divine Spirit, Source, or Creation, and is considered one of the Master Healers. It allows the Golden Ray to flow into the body through the Crown Chakra.

This highest vibrational energy spreads its golden light throughout the body as it clears blockages and imbalances that ready the body for multi-level healing, and even reaches into our very cells to activate our crystalline, 12-strand DNA. Its energy is powerful, yet gentle, and soothing.

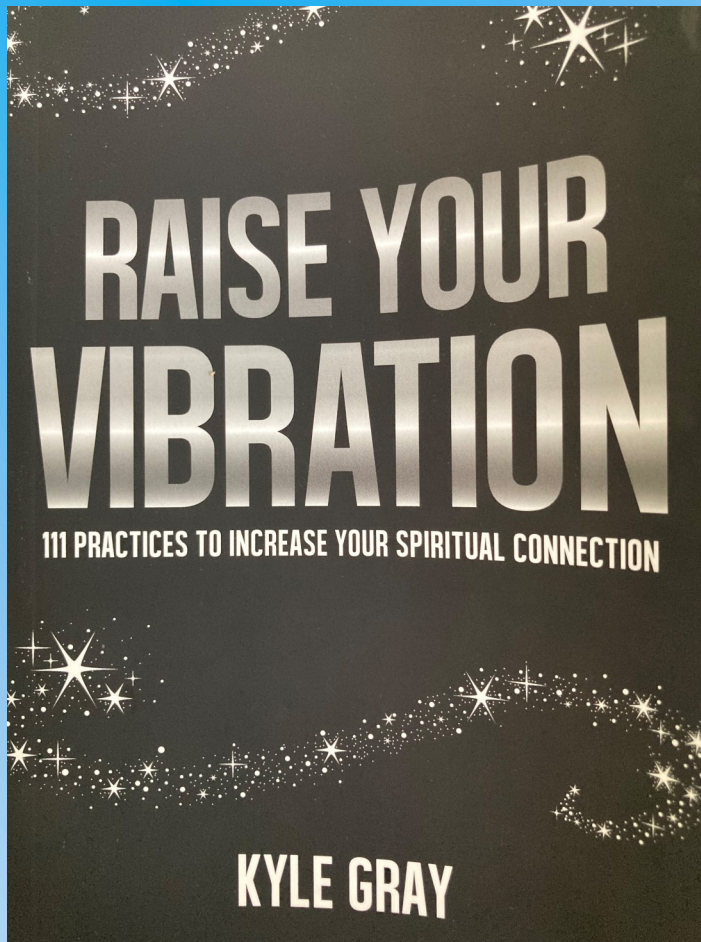
Golden Healer is used to raise our energy vibration or frequency, which can facilitate spiritual communications over a long distance, including between worlds and dimensions. Meditation with Golden Healer connects us with Source energy. This is a powerful piece that enhances joy, peace, and oneness.

Clear Quartz is known

as the "master healer" and will amplify energy and thought, as well as the effect of other crystals. It absorbs, stores, releases and regulates energy. Clear Quartz draws off negative energy of all kinds, neutralizing background radiation, including electromagnetic smog or petrochemical emanations. It balances and revitalizes the physical, mental, emotional and spiritual planes, cleanses and enhances the organs and subtle bodies and acts as a deep soul cleanser—connecting the physical dimension with the mind. The Clear Quartz crystal meaning is known for its high vibrations. By clearing your mind, body, and spirit of any clutter, a Clear Quartz crystal can help you align with your highest self and live at your highest potential.



Book of the Month



"HAVING A DAILY SPIRITUAL PRACTICE IS THE KEY TO DEVELOPING YOUR SPIRITUAL SKILLS, GIFTS, AND QUALITIES. WHEN YOU TAKE THE TIME TO ACKNOWLEDGE WHO YOU ARE, FOCUS YOUR MIND, AND MEDITATE, YOU CREATE ROOM IN YOUR LIFE TO GROW AND YOU ENCOURAGE YOUR HEART TO OPEN UP AND CONNECT DEEPLY WITH THE FLOW OF LIFE."

KYLE GRAY

Kyle Gray's remarkable intuitive gifts have made him one of the UK's most sought-after experts in the field. Now, following huge demand from his readers, Kyle unveils the 111 essential practices that he has been using for over 10 years to develop his spiritual skills.

In this book, Kyle explains how you too can deepen your connection with the Divine. The key is to raise your vibration, and Kyle teaches how you can do this by cultivating practices and habits such as:

- trusting and developing your inner guidance
- expressing yourself in a way that's filled with the purest integrity
- giving and receiving in a way that's balanced
- manifesting and creating a life you love and deserve

... and much more!

Get ready to shift your energy, access a higher frequency, and start receiving more joy, love, and miracles in your life!



KYLE GRAY is one of the UK's youngest, most sought-after angel experts. He discovered his spiritual connection at the tender age of four, when he communed with his deceased grandmother. Since then, he has been blessed with a strong connection to the angels, who have guided him as he developed his intuitive gifts. After years of hiding his abilities, Kyle was called to share the angels' incredible messages with the world. Now, Kyle dedicates his life to helping other people crack open to the angels through his workshops, talks, and coaching. He is the author of five books, including *Angel Prayers*, *Wings of Forgiveness*, and *Angels Whisper in My Ear*.

www.kylegray.co.uk

Mind, Body, Spirit



RAISE YOUR VIBES

You are the creator of your world. Everything you think, feel and express is literally moving out into the universe and creating the path before you. A thought is like a ripple when you drop a pebble into the water—it moves out and away from you, creating movements and changes in the field surrounding you.

Your thoughts are creating waves in your life. Just as a ripple moves out on the side and comes back in a wave, so your thoughts come back to you. For that reason, you want to choose thoughts that are working for you, not against you.

We know that our thoughts are expressions of our feelings and we know that when we think about something we love, we feel good on the inside. We also know what it's like to be plagued by something in our past. If we continue to think about it, we can be led into a state of despair.

Raising your vibes includes replacing the old thoughts you have about yourself and your life with better ones. And when you change your thoughts, you change the world.

Kiddie Nook

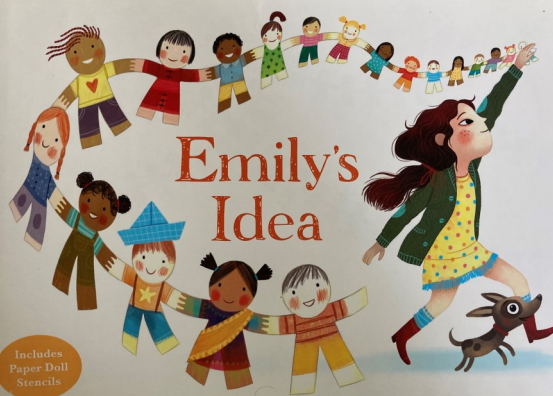


*Emily's idea started small.
Many beautiful ideas do.
She folded, doodled, and snipped.
But also, like many ideas,
Emily's small idea grew.*

When a little girl decides to create a paper chain of dolls, her idea catches on. Then it spreads far and wide as children around the world begin to create and share their own. This is the story of how that girl's simple creative act spreads the message of love and acceptance around the world.



Includes a make-your-own page to help you get started on your own paper doll chains.



Includes Paper Doll Stencils

Written by Christine Evans • Illustrated by Marta Álvarez Miguéns

How a simple creative act spreads a message of love and acceptance around the world



CHRISTINE EVANS's writing has appeared in *Highlights*, *High Five*, and *Hello* magazines. She is also the author of *Evelyn the Adventurous Entomologist: The True Story of a World-Traveling Bug Hunter*. She is a British expat who lives in Northern California. Learn more about her at pinwheelsandstories.com.

MARTA ÁLVAREZ MIGUÉNS has been illustrating children's picture books for more than 20 years. Her book *Shark Lady* was named a *Parents* magazine Best Children's Book of 2017 and won the Blue Spruce Award in 2018. She lives in A Coruña, Spain. Learn more about her at martalvarez.com.

ENCHANTED FAIRIES COLORING BOOK

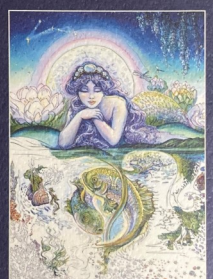
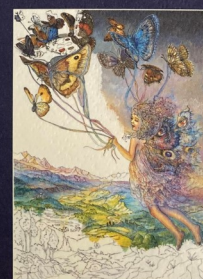
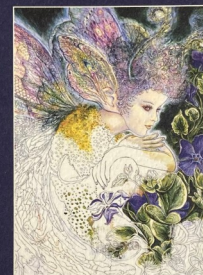
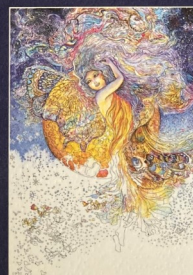


✧ JOSEPHINE WALL ✧

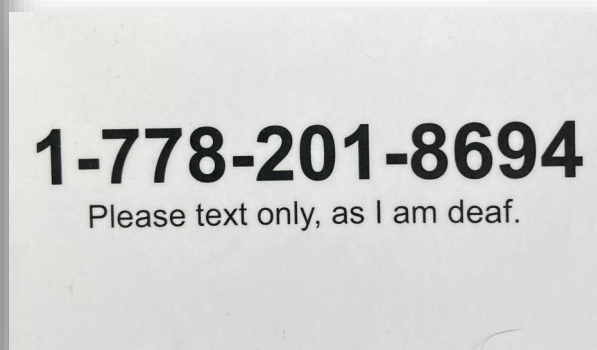
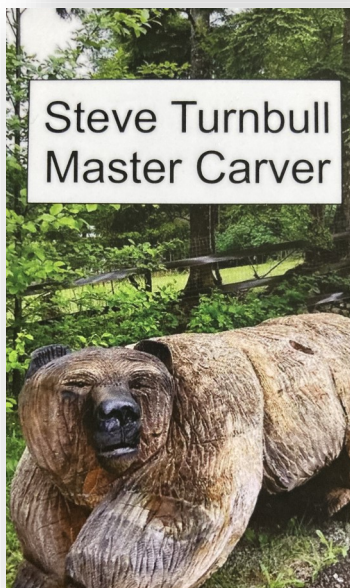
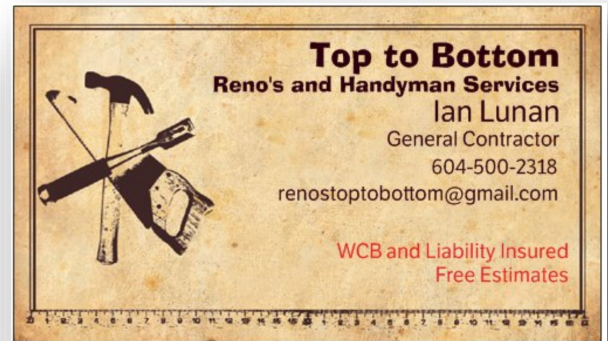
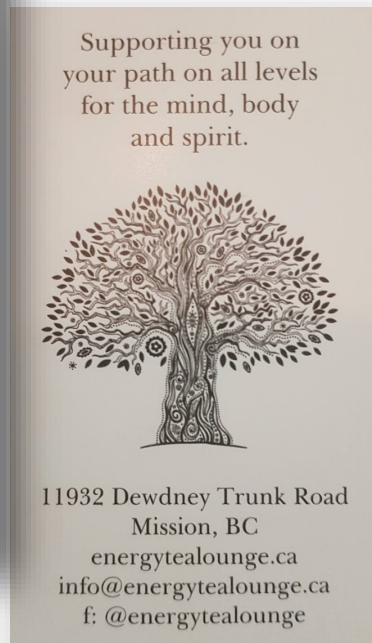
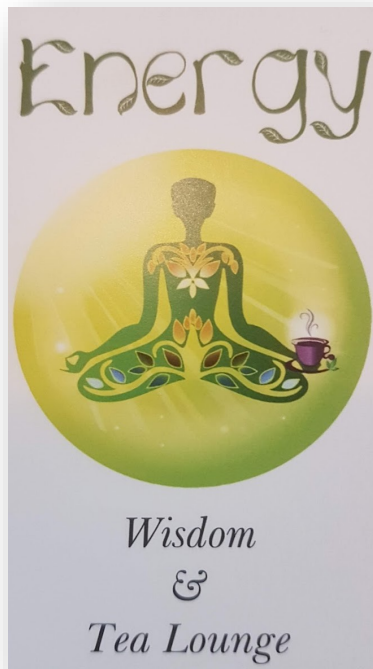
Josephine Wall is one of the most popular and well-known fantasy artists of our time. *Enchanted Fairies* is a collection of her most loved fairy artworks as a coloring book.

In these pages, both budding and experienced coloring artists will delve into the intricate detail of Josephine's exquisite paintings and connect with the magical worlds depicted in her art. Long-time fans of her work will relish this opportunity to re-interpret her best-known pieces, coloring them with a palette all their own, while coloring addicts will delight in the endless potential of this artwork, so perfectly suited to line-work coloring.

Each of the 45 coloring patterns features a short commentary by the artist offering insights into the stories behind the original paintings to satisfy the curiosity of her many fans.



Connections



Advertise Here

Reserve your spot today for Next Months Newsletter

(deadline every month is the 30th)

\$ 5.00/business card one side

\$7.50/business card both sides