

# Energy

## Wisdom & Tea Lounge

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



January 2023



Sign up for our newsletter at [Energytealounge.ca](http://Energytealounge.ca)  
[info@energytealounge.ca](mailto:info@energytealounge.ca) / [f:@energytealounge](https://www.facebook.com/energytealounge)  
 11932 Dewdney Trunk Road, Mission, BC

### 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



## RIDDLE

What can one see, even in tarnished surroundings?

Find the answer in the newsletter and enter a draw to win a  
 TumbleStone of your choice at:  
[info@energytealounge.ca](mailto:info@energytealounge.ca)





# 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).



**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.

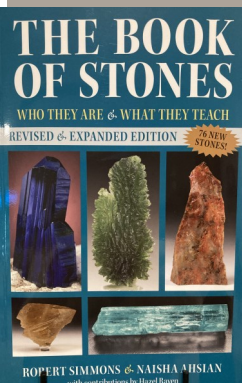
**SPIRITUAL** Lepidolite encourages release of identification with the ego and acceptance of the present moment as a dwelling place for the soul.

**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.*

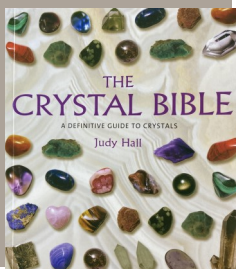


#### Excerpts from "THE CRYSTAL BIBLE"

by Judy Hall

#### "THE BOOK OF STONES"

by Robert Simmons  
& Naisha Ahsian



# CRYSTAL

# WISDOM



## GOLDEN LEPIDOLITE

KEY WORDS Emotional healing and balance, relaxation, stress relief

ELEMENT Water

CHAKRAS Heart and Third Eye

**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.



# READING NOOK

*Tea Leaf Readings*

*With*

*Carolyn*

*Tarot Readings*

*With*

*Katie*



*Book a reading  
Email us today at:  
[info@energytealounge.ca](mailto:info@energytealounge.ca)*

**Or book online**

<https://energytealounge.ca/bookings>

10:00am-4:00pm

30 minute session—\$50

60 minute session—\$95



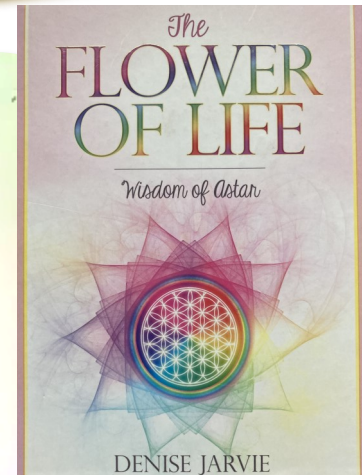
# January

## Oracle Guidance



Freedom

Liberate yourself from the manifestations of the past, from what is often called tradition. Throw open the cupboard doors to reveal the skeletons and release the crystallised views of your ancestors that have manifested as your genes. Your genes are threads of reality formed by the power of your ancestors' thoughts and feelings. Let us say, "Thank you, thank you," to all who have come before us, for their creations and all that they lived. For in doing so, they gave you options and brought you to where you are now. When you were born, you arrived at the vibration of all that the generation before you wanted. You are the manifestation of the expanded previous generation. Each generation's job is to expand even more for the sheer beauty and joy of it; this is the natural flow of life. Somehow we allowed ourselves to become living statues, re-enacting the experiences of the past, becoming a victim to this. Your genes are a blueprint, formed by the past to give you a place to start when you arrive. Your genes do not decide anything, you do. Liberate yourself and become who you know you are. You are powerful.



## ABOUT THE READER

Carolyn is an Intuitive & Teacher, Owner of *Energy Wisdom & Tea Lounge*.

Carolyn has been practicing spirituality for over two decades and is a true teacher at heart.



# Poetry Wisdom

## ten poems for difficult times



**ROGER HOUSDEN**  
*Author of Dropping the Struggle*

## praise for ten poems for difficult times



"For years, I have carried Roger Housden's poetry collections with me wherever I go. This book comes just in time. The heart of the world is breaking, and these ten poems are a life-giving elixir."

— MIRABAI STARR, author of  
*Caravan of No Despair and God of Love*

"I read *Ten Poems for Difficult Times* during a rough time in my own life, and the poems reminded me of essential truths that I forget and must remember many times a day.

Roger Housden's selection of poems is excellent and wide-ranging, and he shares in a personal and accessible way what is most striking to him about each one. If you're having a difficult time, or know someone who is, you'll want to read and share these poems."

— ELLEN BASS, award-winning poet  
and author of *The Courage to Heal*

## HOW THE LIGHT COMES

by Jan Richardson

I cannot tell you  
How the light comes.  
What I know  
is that it is more ancient  
than imagining.  
That it travels  
across an astounding expanse  
to reach us.  
That it loves  
searching out  
what is hidden,

what is lost,  
what is forgotten  
or in peril  
or in pain.  
That it has fondness  
for the body,  
for finding its way  
toward flesh,  
for tracing the edges  
of form,  
for shining forth

through the eye,  
the hand,  
the heart.  
I cannot tell you  
how the light comes,  
but that it does.  
That it will.  
That it works its way  
into the deepest dark  
that enfolds you,  
though it may seem  
long ages in coming  
or arrive in a shape  
you did not foresee.  
And so  
may we this day  
turn ourselves toward it.  
May we lift our faces  
to let it find us.  
May we bend our bodies  
to follow the arc it makes.  
May we open  
and open more  
and open still  
to the blessed light  
that comes.



# INFO

<https://energytealounge.ca/calendar>



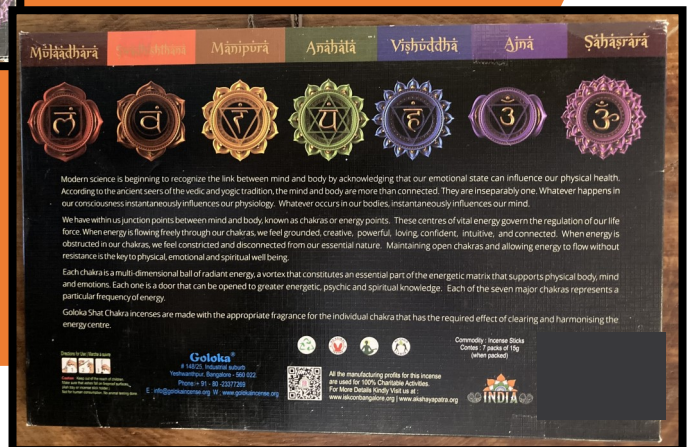
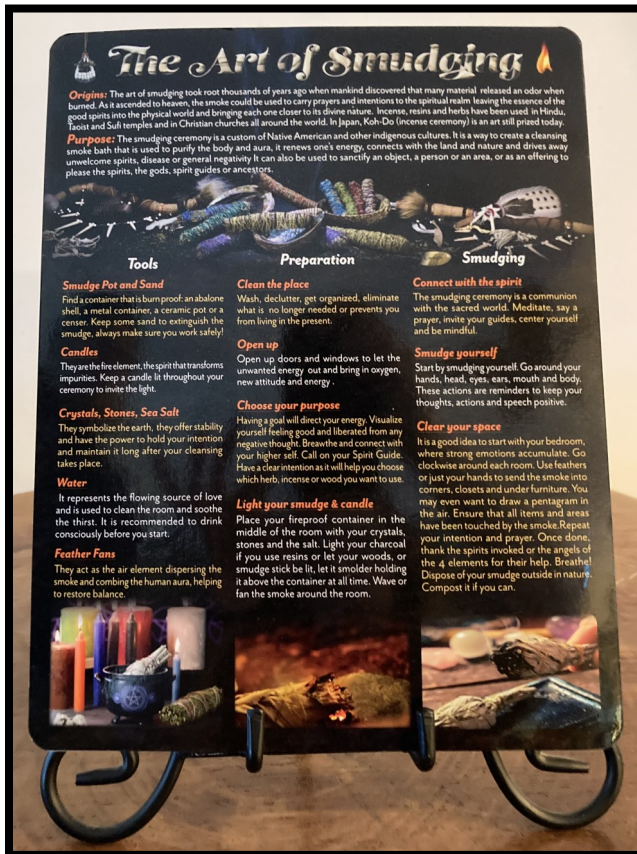
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# SHOW

# CASE















## Valentine Gift Basket



# T-Shirts Custom





# KIDDIE

# NOOK

## The Buddha's Apprentice at Bedtime

Tales of Compassion and Kindness for You to Read with Your Child – to Delight and Inspire



Dharmachari Nagiraja

### The Buddha's Apprentice at Bedtime

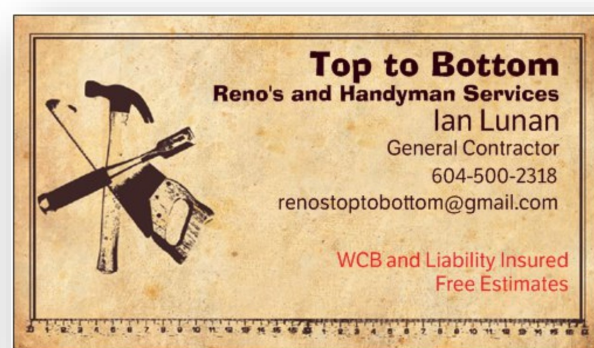
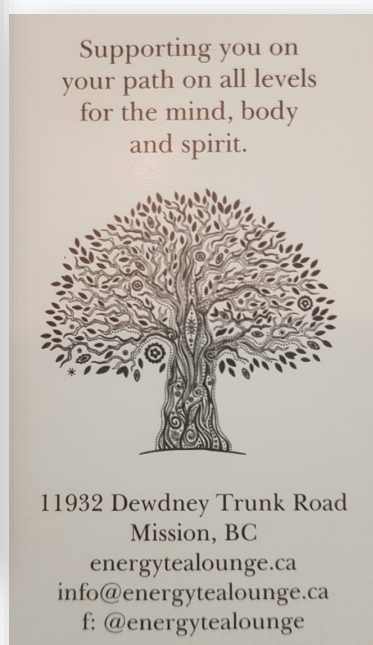
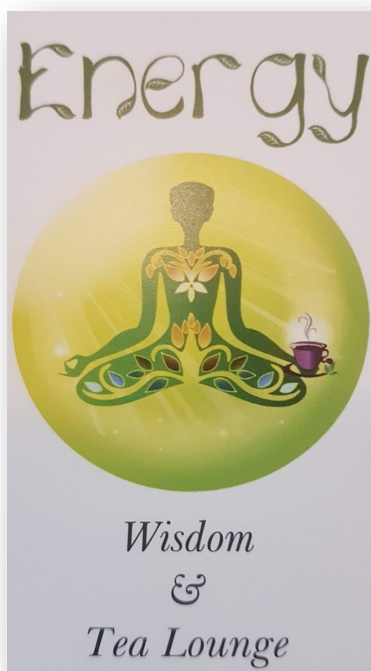
Your child is sure to be delighted by this new collection of magical tales inspired by the teachings of the Buddha. Each story is based on ancient Buddhist folktales beloved by children for generations and will help your child to develop their knowledge and understanding as they learn to become the "Buddha's apprentice". Characters and situations that are both funny and compelling will draw your child into stories that explore important Buddhist themes – such as behaving with compassion or managing negative thoughts. From a brave monkey queen who teaches a king how to be a better ruler to a rude boar who needs to learn some manners, these stories will enchant every child.

- \* Relax and calm your child to help them prepare for a refreshing sleep
- \* Help your child discover important Buddhist truths including encouraging wholesome thoughts and speaking in a kind and truthful manner
- \* Strengthen the bonds between you and your child
- \* Introduce your child to the techniques of meditation and visualization
- \* Guide your child along the path of confidence, compassion and kindness



Our books celebrate conscious, passionate, wise and happy living. Be part of the community by visiting [www.watkinspublishing.com](http://www.watkinspublishing.com)

# CONNECTIONS



## ADVERTISE HERE

Reserve your spot today for Next Month's Newsletter

(deadline every month is the 30th)

\$ 5.00/business card one side

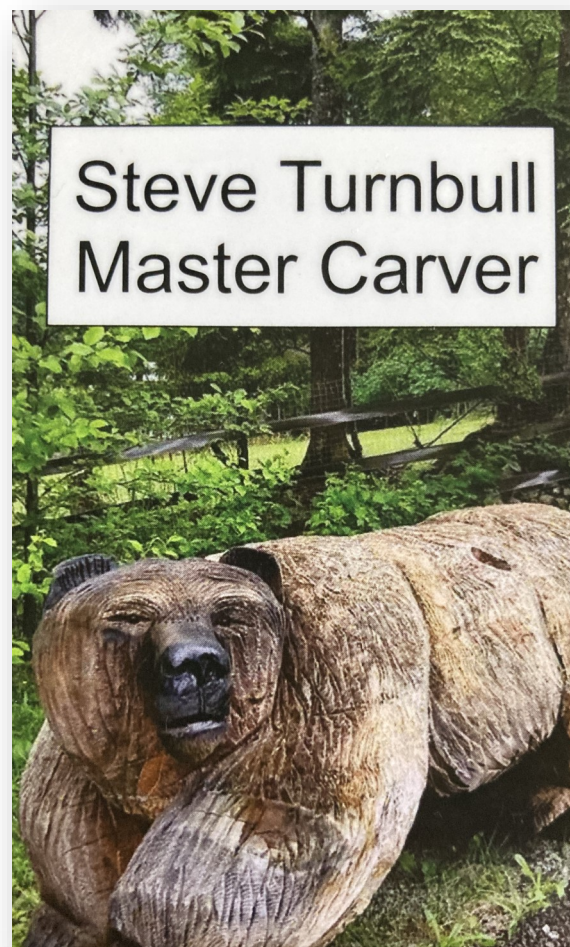
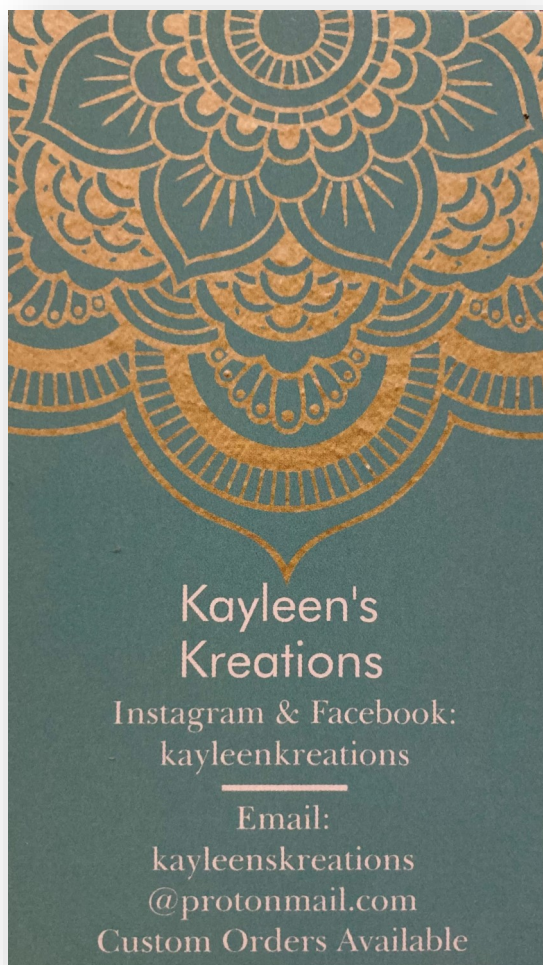
\$7.50/business card both sides

\$10.00/half page

info@energytealounge.ca



# CONNECTIONS



**1-778-201-8694**

Please text only, as I am deaf.



Eclectic Soul Energy

- Reiki
- Light Language
- Soul Healing
- Distant Healing
- Virtual Healing

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