

Energy

Wisdom & Tea Lounge

Sign Up for our
Newsletter at
Energytealounge.ca



March
2022

In this Issue

- ♦ Crystal Wisdom
- ♦ Reading Nook
- ♦ Oracle Guidance
- ♦ Tarot Guidance
- ♦ Poetry Wisdom
- ♦ Events & Workshops
- ♦ Showcase
- ♦ Kiddie Nook
- ♦ Connections

Book of the Month

Rumi's Little Book of Love



Happy Spring Equinox

On March 20, 2022 the Northern Hemisphere, the **March equinox** (aka **spring equinox** or **vernal equinox**) occurs when **the Sun crosses the equator line, heading north**. This event marks the start of the spring season in the northern half of the globe. After this date, the Northern Hemisphere begins to be tilted more toward the Sun, resulting in increasing daylight hours and warming temperatures. (In the Southern Hemisphere, it's the opposite: the March equinox marks the start of autumn, as the Southern Hemisphere begins to be tilted away from the Sun.)

Celebration

Celebrate with a **family meal filled with seasonal spring foods** that honor the coming of spring — eggs, early spring greens, shoots, sprouts, seasonal local produce, honey and local bread.

Crystal Wisdom

Element - Fire

Citrine

Manifestation, Personal Will



Mental Clarity, Creativity



Mentally, Citrine enhances concentration and revitalizes the mind. It is excellent for overcoming depression, fears, and phobias. Citrine *promotes inner calm* so that wisdom can emerge. It helps in digesting information, analyzing situations and steering them in a positive direction. This stone awakens the higher mind. Wearing a Citrine pendant overcomes difficulty in *verbalizing thoughts and feelings*.

Emotionally, Citrine promotes joy in life. It releases negative traits, fears, and feelings at the deepest of levels. It overcomes fear of responsibility and stops anger. This stone helps you move into the *flow of feelings* and become emotionally balanced.

Physically, Citrine imparts *energy and invigoration* to the physical body. It is useful for people who are particularly sensitive to environmental and other outside influences.

Citrine is a powerful cleanser and regenerator. Carrying the *power of the sun*, this is an exceedingly beneficial stone. It is warming, energizing, and highly creative. This is one of the crystals that never needs cleansing. It absorbs, transmutes, dissipates, and grounds negative energy and is therefore extremely protective for the environment. Citrine energizes every level of life. As an aura protector, it acts as an early warning system so that action can be taken to protect oneself. It has the ability to cleanse the chakras, especially the solar plexus and navel chakras. It activates the crown chakra and *opens the intuition*. Citrine cleanses and balances the subtle bodies, aligning them with the physical.

Citrine is one of the *stones of abundance*. This dynamic stone teaches how to manifest and attracts wealth and prosperity, success, and all good things. Citrine is a happy, generous stone and encourages sharing what you have and yet helps you to hold on to your wealth. It has the power to impart *joy* to all who behold it. Gloom and negativity have no place around Citrine. It is a useful stone for smoothing group or family discord.

Psychologically, Citrine *raises self-esteem* and self-confidence, and removes destructive tendencies. It enhances individuality, improves motivation, activates creativity, and encourages self-expression. It makes you less sensitive, especially to criticism, and encourages acting on constructive criticism. It helps you develop a positive attitude and to look forward optimistically, going with the flow instead of hanging on to the past. This stone promotes enjoyment of new experiences and encourages exploring every possible avenue until you find the best solution.

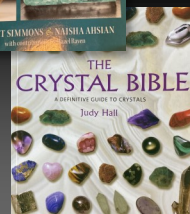
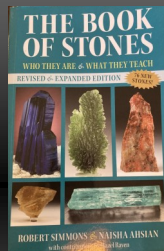
Excerpts from "*The Book of Stones*" by Robert Simmons & Naisha Ahsian and
"The Crystal Bible" by Judy Hall

For further details on *Crystals*, please visit:

[Energy Wisdom & Tea Lounge](#)

March Crystal Wisdom

OBSIDIAN



Reading Nook



Book a Reading

with

Cheri Morgan

Fridays & Sundays

Shannon Fischer

Wednesdays & Saturdays

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



March Oracle Guidance



March 2022 Message



Rebirth from chaos, evolution, stress relief, emotional boost, clearing of obstacles to growth.

From here to there can be a rocky road, one that may even seem to move under your feet as you engage in a process of healing with roiling emotions. The journey can be confusing and unsettling and cause you to want to beat a hasty retreat, but Smithsonite Spirit's message is clear as can be you are haltingly moving forward into creating something new. If you feel as if you're unsteady and even going a little backward at times, it is only because you are being asked to link to the past and the lessons learned so that your next steps can be sure and steady. The ground is firm beneath you, the wind is at your back and the Conscious Universe is beside you—so there is no need to look for what may seem to be safer ground. The landscape around you is changing, you are changing, and soon you will feel much more settled, if you heed the call of Smithsonite Spirit and trust that you'll be just fine. So breathe. It's all going to resolve soon, and the obstacles you find daunting will disappear.

About the Reader

Carolyn Goodall is an intuitive reader, teacher and owner of Energy Wisdom & Tea Lounge

March Tarot Guidance

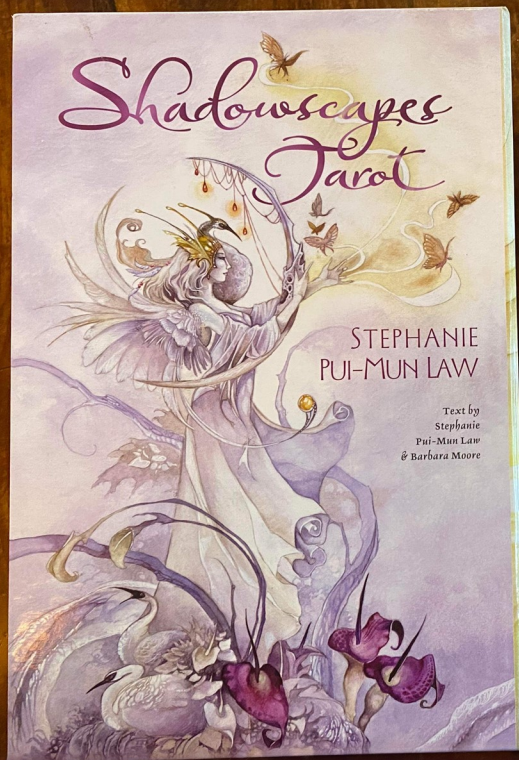
The Enchanted Tarot Messages of Divine Guidance For March 2022

Shadowsapes Tarot

First we have XVIII *The Moon* sitting in the *Physical Reality Position*. This message represents Emotions and what is surfacing from the Subconscious into the light of our Consciousness. Tuning into our natural rhythms and cycles will illuminate that which is ready to be seen and embraced to forge a New Clearer Path Forward.

Second we have the *Five of Pentacles* sitting in the "*Higher Self*" / *Energy Position*. This message represents Illusions and Feelings of loss and despair based on what and where our mind is focused. It's important to remember that not all what we see with our physical eyes is as it seems. Here we are reminded to re-connect within our Hearts and See from a different perspective. By shifting our focus and paying attention to our inner needs and desires, we can start moving towards self fulfillment from the inside out. This will then be reflected in our outer realities and experiences.

What can you do to shift into more Love and Compassion for Self? Do that, to the best of your abilities.

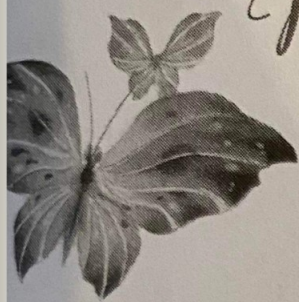


About the Reader

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 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

XVIII *The Moon*



Meaning: Fears and anxieties, believing illusions, experiencing distortion, chasing after fantasy, dreams and visions, disorientation. The fey are masterful at the arts of illusion, and the dangers of stepping into a mushroom faery ring are well known. The Moon is the realm beyond the known and comfortable and predictable. It is the otherworld, awesome and inspiring in its own right, and daunting and dangerous if ill-respected. It is easy to be the wayward traveler who is distracted by will-o'-the-wisps and led astray to be lost, wandering, in the woods; but if one keeps the wits about, a glimpse beyond the bounds of sunlit reality is the rarest honor and most inspiring of enchantments. It is a doorway to hidden unknowns, and the wellspring of mingled dark and light that seeps forth from there. That is the gift of the Moon.



XVIII *The Moon*

Five



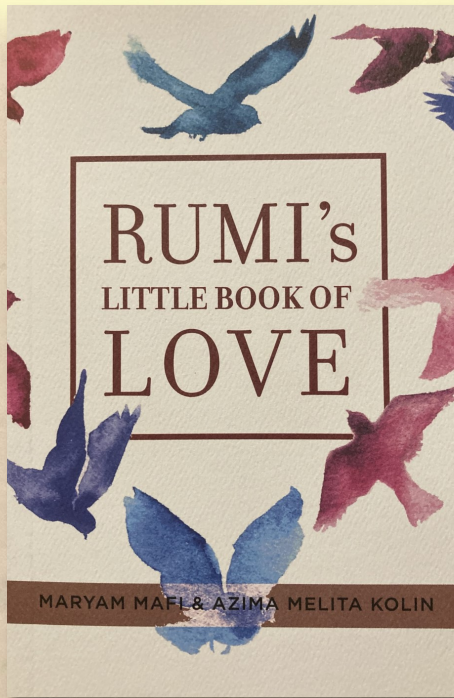
SHE HUDDLES BELOW, curled in upon herself. Her eyes are downturned from the glory that spills out from the window made of liquid-colored light above her. Its beauty and color are reminders of her lack; she feels drab and drained by comparison. The dragon seems to trumpet exultantly, mocking her and demanding humility. Only the thorny ground embraces her. It stretches spiny tendrils towards her, and she shrinks way from it. She feels her solitude with an acute pain, not seeing the soul that hovers just at her fingertips nor any of the other eyes watching from the shadows.

She is oblivious to her surroundings, willfully blind to her external world, and ignorantly blind to her inner one as well. Her spirit cries with needs that she does not heed. Or perhaps it is that she simply does not understand what she really yearns for, so separated is she from her body and spirit's signals. There is disconnect.

The Five of Pentacles is indicative of spiritual poverty, material troubles, insecurity, and hard times. There is a neglecting of the body's needs, a feeling of being ostracized and excluded, of loss. And yet, salvation is not far off, if you can make that connection and see past the mental and physical blockades. Even the thorny bush that she views as her only companion bears flowers.



Poetry Wisdom



Light of my eyes
the nightingale has returned.
We will lose ourselves in the garden
and come out in blossom
like the lilies and roses;
we will become water and flow
from garden to garden.

Events & Workshops

Check out our Event Calendar

<https://energytealounge.ca/calendar>

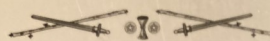
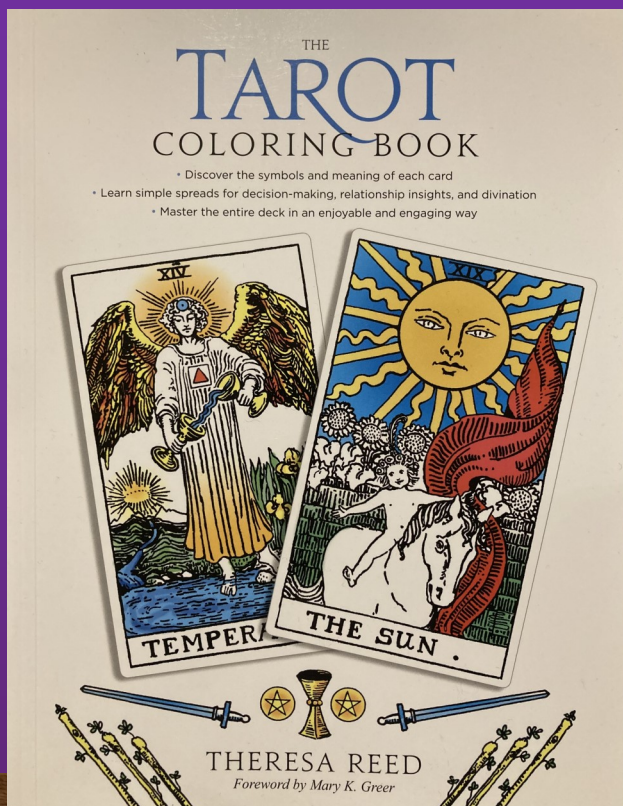


Sign up and check out more Events coming soon on our calendar and follow us on Facebook...

<https://energytealounge.ca/calendar>

Facebook @energytealounge

Showcase



Want to Learn How to Read Tarot Cards? Not Sure Where to Start?

With *The Tarot Coloring Book*, you can color your way through every card in the deck—and go from “Tarot rookie” to “Tarot rock star” in no time. Created especially for new practitioners and people who’ve felt intimidated by Tarot, this guide was created to help you get going immediately with a Tarot practice that will grow and deepen for many years to come. As you relax and enjoy coloring illustrations from the classic Rider Waite deck, you’ll experience Reed’s accessible guidance as she shares:

- Card-by-card insights on the symbolism, meaning, and hidden wisdom of all 78 Major and Minor Arcana
- Guidance for coloring—what the classic colors mean, and why it’s sometimes even better to choose your own
- Easy, jargon-free explanations about the history and practice of Tarot
- Beginner-friendly spreads to help you get to answers fast and aid in decision-making
- Tarot-to-Go—a handy quick-reference guide for the essential meaning of each card

THERESA REED has been a professional, full-time Tarot reader for more than 25 years. A recognized expert in the field, she has been a keynote presenter at the Readers Studio, the world’s biggest Tarot conference, and coaches Tarot entrepreneurs via numerous online courses and her popular podcast, *Talking Shop*. For more, visit thetarotlady.com.

“With *The Tarot Coloring Book*, I was immediately immersed in the hues, mystery, and enchantment of Tarot—able to joyfully learn about the meaning of these magical cards. Because of this book I’m now able to fully embrace Tarot to gain practical and intuitive insights in every area of my life.”

CYNDI DALE
Author of *The Subtle Body*

“Easy to read, packed with substance, and a practical, hands-on form of healing, meditation, and art therapy.”

BENEFELL WEN
Author of *Holistic Tarot*

“If you enjoy self-inquiry and are open to viewing your life through a different lens, then Theresa Reed’s book is your go-to guide.”

KARI CHAPIN
Author of *The Handmade Marketplace and Make It Happen*

“Theresa Reed, a seasoned traveler on the Tarot path, has created a simple, fun, and soulful beginner’s guide. I highly recommend anything Theresa creates and puts out into the world!”

BARI TESSLER
Author of *The Art of Money*



THE EMPRESS

Card Number: 3

The Empress represents savoring the fruits of your labor, relishing the rewards that you have rightfully earned.

In Tarot, the Empress is the queen bee and Mother Earth all rolled up into one. She’s passionate but also motherly. Sexy. Nurturing. Her theme song is “I Am Woman” with its opening line, “I am woman, hear me roar.” Unlike the mysterious, secretive High Priestess, the Empress is living life full-out and full-on. She lives for pleasure and sensuality, abundance, and fertility. Birth, marriage, and pregnancy (literal pregnancy or creative pregnancy, like “birthing” a new project or book) all fall under this luscious card.

REVERSED

The Empress loses her luster . . . and her lust for life. The energy is unproductive, and results are scant at best. Think barren soil, creative blocks, or the dissolution of a relationship. The urge to nurture becomes blocked or turned off entirely. (Remember the disturbing film *Mommie Dearest*? That’s an extreme representation of the Empress reversed!)

This reversal can also represent the “mother martyr” who takes care of everyone else’s needs except her own. How are you caring for yourself? Remember: always put your own oxygen mask on first before assisting others.

NOTICE THE SYMBOLS

THE WATERFALL The flowing water behind the Empress symbolizes the life force that is always flowing within us and around us.

THE CROWN OF STARS The twelve stars are the twelve signs of the zodiac. She’s tapping into universal energy. Big power.

THE WHEAT The chaffs of wheat are the fruits of her labor. Think harvest. You reap what you sow, and she’s got a whole field at her feet.

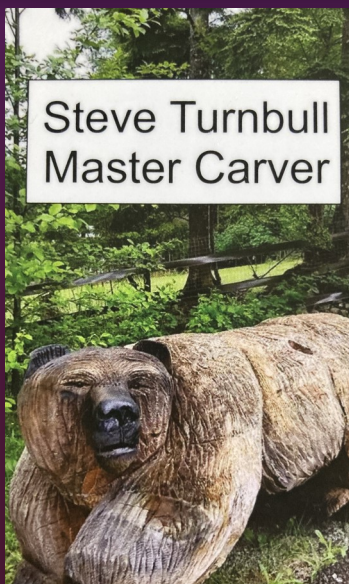
A HEART-SHAPED SHIELD WITH THE VENUS SYMBOL Protection and love. This is as motherly as it gets.

THE SCEPTER She’s large and in charge, and this scepter reminds you of her dominion.

COLORS In the Rider Waite deck, the Empress kicks back on a red throne. She’s wearing a white robe with red flowers. Her hair is yellow. The waterfall is clear blue, and the wheat is yellow, as is the sky. Green trees dot the background.

Which colors make you feel abundant?





Steve Turnbull
Master Carver

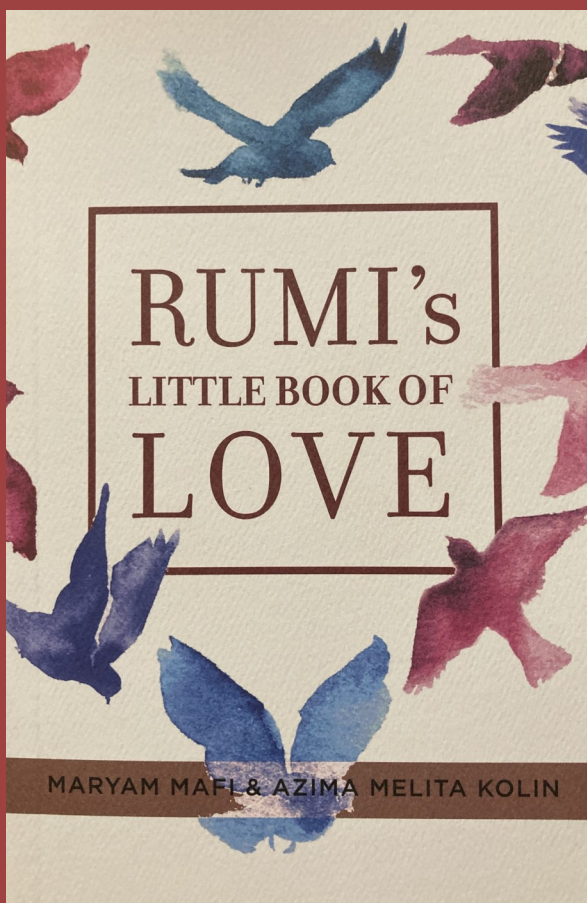


TIGER EYE MAPLE COFFEE TABLE

\$800.00



Book of the Month



RUMI, one of the most celebrated mystics of all time, chose poetry to communicate his deep spiritual experiences. His language, that of love in its purest form, speaks to us today as it did seven hundred years ago, surpassing time and bridging cultures.

The poems included in this volume, most of them translated into English for the first time from the original Persian, were carefully selected from two thousand of Rumi's quatrains by expert translators Maryam Mafi and Azima Melita Kolin.

By translating the poems from the original Persian, Mafi and Kolin preserve the expression of emotions that set Rumi apart as one of the finest poets throughout the ages. Arranged thematically, they take us on a journey of the soul that explores Rumi's deep love, intense passion and occasional anguish over his beloved.

Discover the depths of a mystic's soul. Fly with him on his beloved's wings. Fall with him into the despair and fear of losing his beloved forever. Explore the beauty and love contained in this wonderful little book of poetry.

MARYAM MAFI AND AZIMA MELITA KOLIN are the translators for many works of Rumi's collected poems including *Rumi's Little Book of Love*, *Rumi: Whispers of the Beloved*, and *Rumi: Hidden Music*.



FEATURING ARTWORK &
RUMI POETRY TRANSLATIONS
BY RASSOULI



44 CARDS & GUIDEBOOK SET

RUMI SPEAKS A SACRED LANGUAGE that we understand with our hearts rather than our minds. He knows the heart is the gateway to divine union and he doesn't want you to play small this lifetime. He encourages humanity to live and love with absolute surrender, abandon and willingness to accept the mysteries of life.

Whether you have studied his poetry for years or are drawn to him only now, this oracle deck will strengthen and illuminate your connection with this beautiful and powerful soul who loves you with a fierce passion.

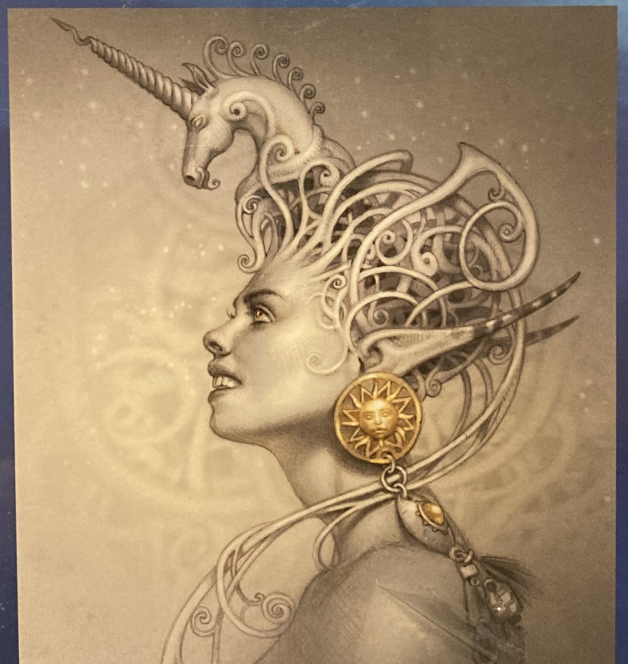
Rumi has a heart so open that the entire world that he loves so dearly can easily be held within it. His is a path of love. To dance in divine love with him, you need only be willing to enter your own heart.

Kiddie Nook



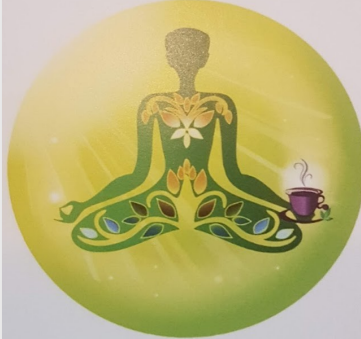
If you look carefully, the flower I drew in this book is not a flower, but rather an unicorn. The street lamp is not a street lamp, the mermaid is not a mermaid, and the butterfly is not a butterfly... Even the pencil I used is not truly a pencil. It is the key to open the way to my Fantasy Visions.

Paolo Barbieri




Connections

Energy




Wisdom
&
Tea Lounge

Supporting you on
your path on all levels
for the mind, body
and spirit.



11932 Dewdney Trunk Road
Mission, BC
energytealounge.ca
info@energytealounge.ca
f: @energytealounge



Top to Bottom
Reno's and Handyman Services
Ian Lunan
General Contractor
604-500-2318
renostoptobottom@gmail.com


WCB and Liability Insured
Free Estimates



- Drywall
- Painting (Indoor/Outdoor)
- Ceilings: Textured or made flat
- Tile/Grout
- Pressure Washing
- Shelving
- Odd Jobs and Repairs



Steve Turnbull
Master Carver



1-778-201-8694
Please text only, as I am deaf.

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