

# Energy

## Wisdom & Tea Lounge

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



March 2023

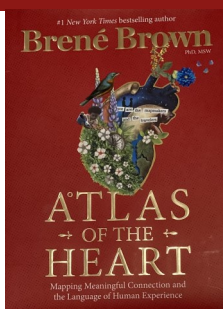


Sign up for our newsletter at [Energytealounge.ca](http://Energytealounge.ca)  
[info@energytealounge.ca](mailto:info@energytealounge.ca) / [f:@energytealounge](https://www.facebook.com/energytealounge)  
11932 Dewdney Trunk Road, Mission, BC

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#### BOOK OF THE MONTH



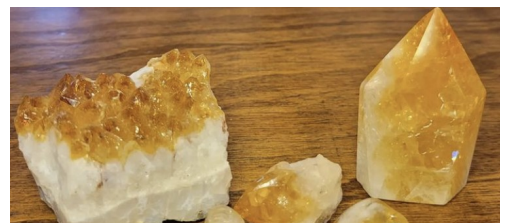
### RIDDLE

**What is the energy that exists between people?**

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)



# Psychic & Spiritual Spring Fair



Energy

Wisdom & Tea Lounge

11932 Dewdney Trunk Road

<https://energytealounge.ca/>

Psychic & Intuitive Readers, Tarot Readers,  
Reiki Energy Healers, Blacksmith, Artisans, Handmade Soaps,  
Spiritual Jewellery, Crystals, Books and much more!

**March 18 11:00—4:00**

Call Out for Intuitive Readers, Mediums,  
Artisans, Market Vendors!

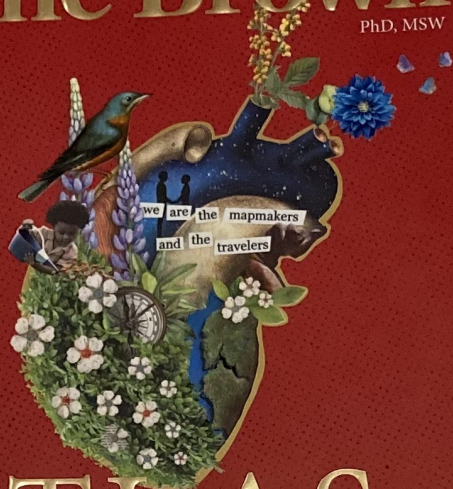
Come join our team at the Psychic Fair,  
email us today at

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

#1 *New York Times* bestselling author

# Brené Brown

PhD, MSW



# ATLAS OF THE HEART

Mapping Meaningful Connection and  
the Language of Human Experience

# BOOK

# OF THE MONTH

In *Atlas of the Heart*, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. **As she maps the necessary skills and an actionable framework for meaningful connection**, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection.

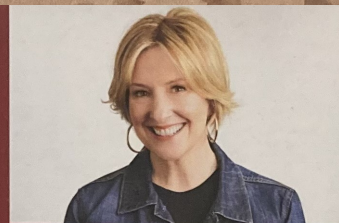


In her latest book, five-time #1 *New York Times* bestselling author Brené Brown writes, “If we want to find the way back to ourselves and one another, we need the language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection.”

Over the past two decades, Brown’s extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. *Atlas of the Heart* draws on this research, as well as on Brown’s singular skills as a storyteller, to show us how accurately naming an experience doesn’t give the experience more power—it gives *us* the power of understanding, meaning, and choice.

Brown shares, “I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves.”

“**Connection** is the energy that exists between people when they feel **seen, heard, and valued;** when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”



**Brené Brown** is a research professor at the University of Houston, where she holds the Huffington Foundation Endowed Chair at the Graduate College of Social Work. She is also a visiting professor in management at The University of Texas at Austin McCombs School of Business. Brown has spent the past two decades studying courage, vulnerability, shame, and empathy and is the author of five #1 *New York Times* bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness*, and *Dare to Lead*, which is the culmination of a seven-year study on courage and leadership. With Tarana Burke, she co-edited the bestselling anthology *You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience*. She hosts the *Unlocking Us* and *Dare to Lead* podcasts, and her TEDx talk, “The Power of Vulnerability,” is one of the top five most-viewed TED talks in the world with more than 50 million views. Her Netflix special, *The Call to Courage*, is the first filmed lecture by a researcher on the streaming service. Brown lives in Houston, Texas, with her husband, Steve. They have two children, Ellen and Charlie.



# CRYSTAL

# BLUE KYANITE

# WISDOM

**KEY WORDS** Inner bridges, psychic ability, past-life recall, telepathy, empathy  
**ELEMENT** Storm  
**CHAKRAS** 3rd Eye (6th), Heart (7th)

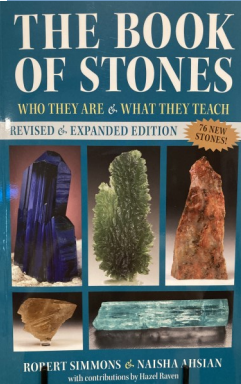
### AFFIRMATION

*I cross the inner bridges which lead to my growth, opening to the Etheric Realms, the World of Nature, and the Land of the Heart.*

**ATTRIBUTES** Kyanite is excellent for attunement and medication. It is tranquilizing and a powerful transmitter and amplifier of high frequency energies, stimulating psychic abilities and the intuition. With its ability to tune into the causal level, this stone can help spiritual energy to manifest in thought. This crystal connects to spirit guides and instills compassion. Grounding spiritual vibrations, it brings spiritual integrity and maturation. It facilitates dream recall and promotes healing dreams. Kyanite is helpful for those making the transition through death.

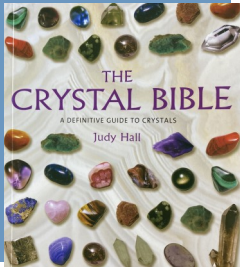
**Blue Kyanite** strengthens the voice and heals the throat and the larynx. Useful for performers and public speakers.

**Kyanite** is a stone of connection, of building bridges of Light between disparate aspects of experience. It can bridge energetic blocks in the aura and emotional blocks between people and can help restructure mental energies and habits that keep one from moving to higher levels of learning. Kyanite’s powerful energy creates pathways of energy where before there were none.



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

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



# READING NOOK

*Tea Leaf Readings*

*With*

*Carolyn*

*Tarot Readings*

*With*

*Katie*



*Book a reading at*  
<https://energytealounge.ca/bookings>

10:00am-4:00pm

30 minute session—\$50

60 minute session—\$95



Book a *Reiki Healing Session* with Shannon Lester at Eclectic Soul Energy. Shannon is a Reiki practitioner of the Usui Shiki Ryoho Reiki System of Natural Health. She has been in practice for 5 years. The Soul needs to be aligned occasionally to clear out the toxic energies your chakras & body hold from day to day stresses and illness and Reiki is the perfect healing modality to accomplish this clearing.

Available: Monday and Tuesday Evenings. To book a session, visit [energytealounge.ca](http://energytealounge.ca)

What to expect: Each session is based on what your soul needs. We will have a consult at the beginning of the appointment. I do full Reiki Healing, concentrating on where you need the most energy healing. Light language is also part of the healing session. When complete, we will briefly go over the session. Stay hydrated before and after your session to keep the energy flowing throughout your body.

Water is our main energy source.

March

Oracle Guidance

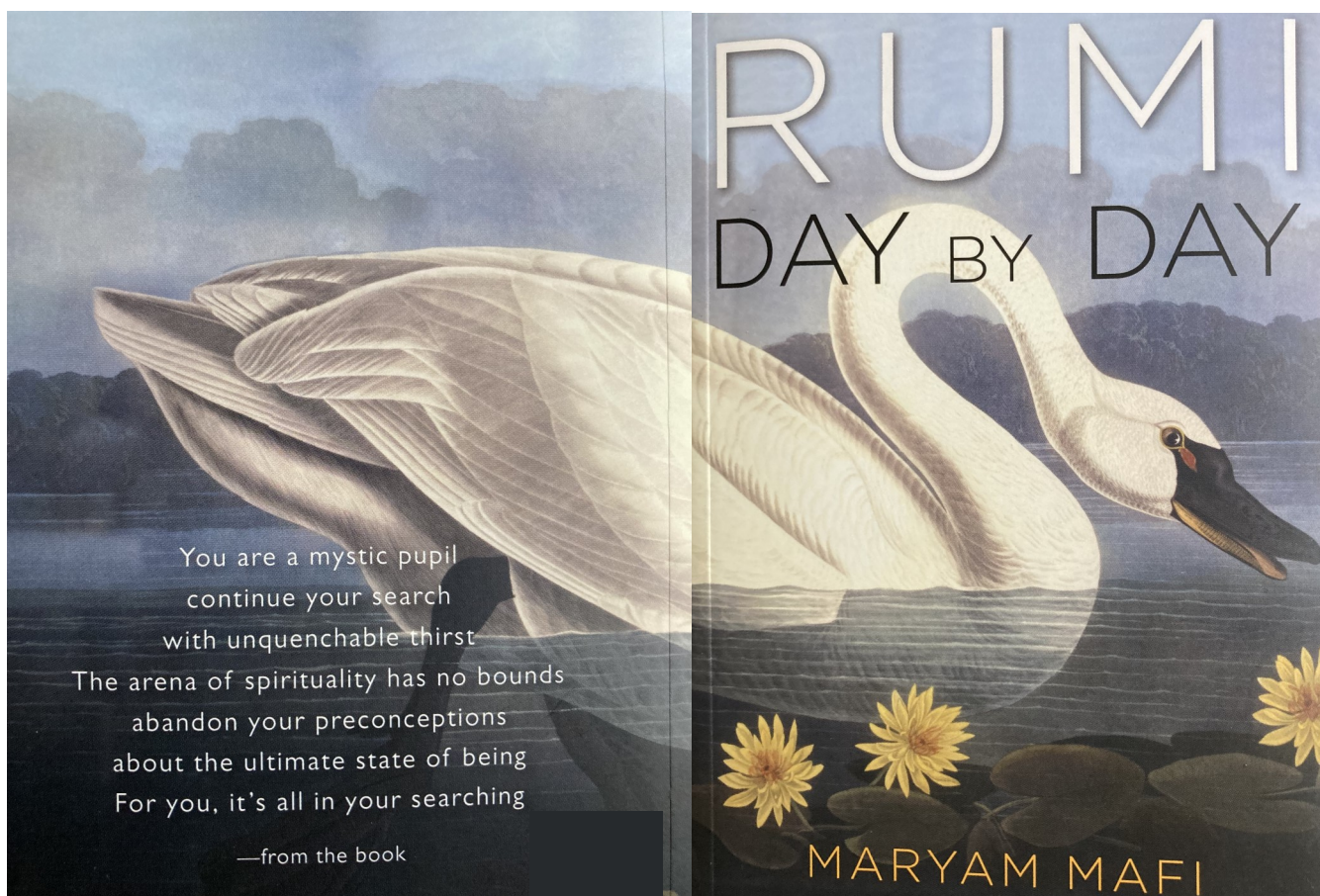


The message March brings to us is Truth, it is strong and wild and fierce. There is a ruthless quality to the truth that will now come to you but because of its clarity there may be upset within and with that a great healing. Hear now the voice within us for the truth and guidance.

## 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



**The sweet offerings of this life  
are but an illusion, as tenuous  
as a fine mist in the cool morning air.**

**Use foresight to select aims  
that have substance and surety.**



# EVENTS

# INFO

## Psychic and Spiritual Fair

March 18, 2023

Come celebrate the Spring Equinox "OSTARA" with us!

The earth awakens, new life emerges, sap rises, buds shoot and spring flowers are celebrated as gifts from nature.

Spring returns and rejuvenates our own life force.

It is a time for celebrating the greening of the earth.



Check out all our events at  
<https://energytealounge.ca/bookings>

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

<https://energytealounge.ca/bookings>

Facebook@energytealounge

SHOW

CASE

Amethyst and Clear Quartz



Jasper and Sodalite





Black Obsidian



Orange Calcite



# Custom T-Shirts




# KIDDIE

# NOOK




# CONNECTIONS

Energy




Wisdom  
&  
Tea Lounge

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



11932 Dewdney Trunk Road  
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WCB and Liability Insured  
Free Estimates



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

## 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

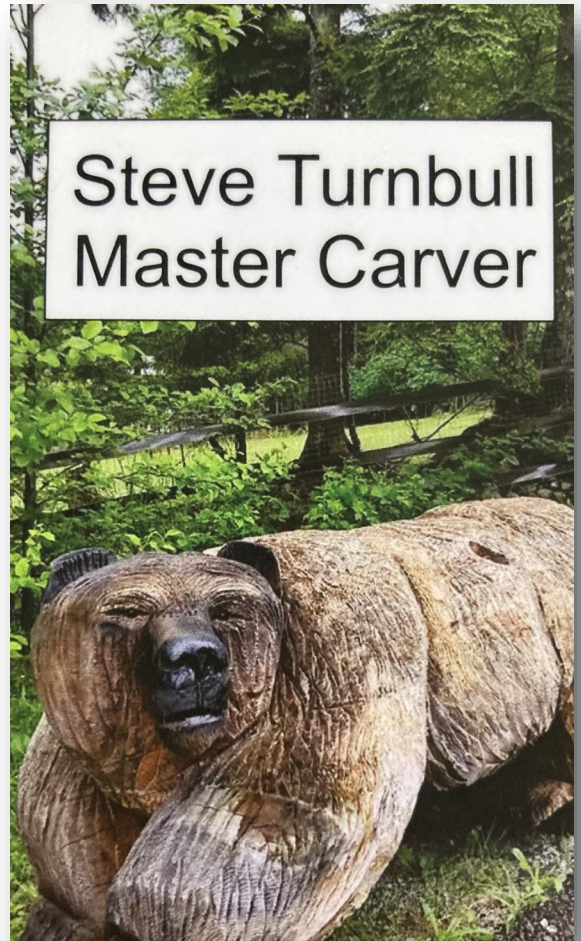


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Kreations

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Custom Orders Available



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Master Carver

**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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