

Energy

Wisdom & Tea Lounge

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



Newsletter

March 2024

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Psychic & Spiritual Fair

Energy

Wisdom & Tea Lounge
11932 Dewdney Trunk Road
<https://energytealounge.ca>

Psychic & Intuitive Readers, Tarot Readers, Reiki Energy Healers, Market Vendors, Artisans, Jewellery, Crystals, Books, Cards and much more!

March 23 11:00 am—7:00 pm

Spring is here and the Intentions set for March are about clearing and cleaning space, mind, body and spirit.

The Theme Box for the month includes Smudge Kits, Incense, Protective Crystal, Books on Smudging and Incense, Purification Candle, Healing Spirit Oracle Deck, and a Smudging Feather.

The Book of the Month is on Essential Oils.

Check out the calendar for upcoming Events & Workshops.



March Wisdom

Come celebrate Ostara, Spring Equinox, 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.

March 23, 2024
Psychic & Spiritual Fair
Artisans, Vendors, Live Music,
Live Blacksmith Demonstrations,
Intuitive Readers and Healers and so much more!

<https://energytealounge.ca/psychic-fair>

Ostara, Spring Equinox, is a time of celebration and here are a few ideas you can use to immerse yourself into the Spring time spirit...

Spring Cleaning and Clearing: Just as nature sheds its winter coat, it's a perfect time for us to declutter and refresh our homes. Smudging is also a beautiful clearing ceremony to remove stagnant energy. A clean and organized space can bring positive energy.

Flowers: Spring flowers like tulips and Cherry Blossoms represent the return of vibrant colors and life. Consider using them in your décor.

Feasting: Share a meal with friends and family to celebrate the abundance of the season. Include fresh, seasonal ingredients in your dishes.

Nature Walk: Take a walk in a nearby park or forest. Observe the signs of spring, like budding trees and blooming flowers. Feel the earth awakening beneath your feet.

Altar Setup: Create an Ostara altar with symbols of the season. Colourful candles, fresh flowers, painted eggs to represent fertility and re-birth.

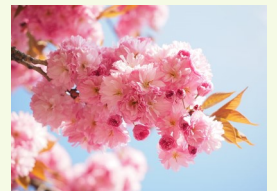
Divination: Since Ostara is a time of balance, it's an excellent time for an intuitive reading to gain insights into your life's equilibrium and an energy healing to clear and energize your energy Chakra centres.

Planting Seeds: Whether you have a garden or just a few pots, planting seeds during this time is a powerful act of manifestation. Visualize your goals and intentions as you sow the seeds.

Meditation: Meditate on the themes of renewal, growth, and balance. Imagine yourself shedding the old and embracing the new. Write down on a piece of paper what no longer serves you and burn it to permanently remove it from your life and



Happy Ostara!
Hope to celebrate with you at the Fair!



2024 - A Year All about Relationships

The term **Right Relationship** comes from First Nations Culture, and it refers to respect for the sacred nature of life. 2024 is all about relationships; you can say that 'being in Right Relationship' is involved. My guides have been talking to me about 2024 during my morning meditations, and I would like to share this with you.

One thing to know is my guides talk to me and use pictures, symbols, and the written word. Since the beginning of the year, I have been getting messages about relations/relationships. So, I have been asking them to elaborate, and they have done so in my dreams and waking life.

Since 2018, our universal consciousness has been arranging for this year to happen. This means that a certain inevitability applies. We are locked into the events that will unfold. As the spirit world doesn't have years, months, or a beginning or end, our time frame is approximately mid-December 2023 till the end of November 2024. That is what I am referring to as 2024.

This year, we will find it easy to focus on relationships of all sorts, from personal, interdimensional, global, community, etc. In 2023 (and prior), everything seemed to take the form of Social Injustice, with many people having their soup box moment. Then the powers behind the scenes shook the birdcage, waiting for the birds to land on different perches. However, the attempts to control were unsuccessful; no one was controlled as all was superficial. In fact, as a result of all that commotion, we now have a more substantial base to create 'being in Right Relationships'.

2024 will show us duality again, but it will be about Relationships in order to illustrate simple choices. In our families, we will align (sometimes coming back together) or part. This will apply to all personal relationships. Don't forget that closure is a higher vibrational act and can be what is needed. The need for public outcry will be gone, leaving us with non-conditionality. That is a mouthful; however, it will come from a place of peace and caring rather than vengeance or spite. Another way to put this is we will quickly let go and move on rather than needing to clarify or justify.

Expect the global relationship to have similar dualities, and it will be hard to witness at times. So my guide's advice is similar to a few years ago, that the act of observation changes the outcome. Heart chakra outcry is felt universally, and the angelic realm often responds with Grace. Be observant of your relationship with Earth; this is the year to work on it.



Rev. Lea Walters is an Author, Spirit Medium, and Rescue Medium who works with the Fraser Valley as a Paranormal Consultant, Mentor, Healer, and Shaman (Incan Tradition).

*****Lea is giving a talk called "Being Whole and Living Your Best Life" on March 24 at our Spring Equinox Psychic & Spiritual fair - From 1:15 to 1:45. *****

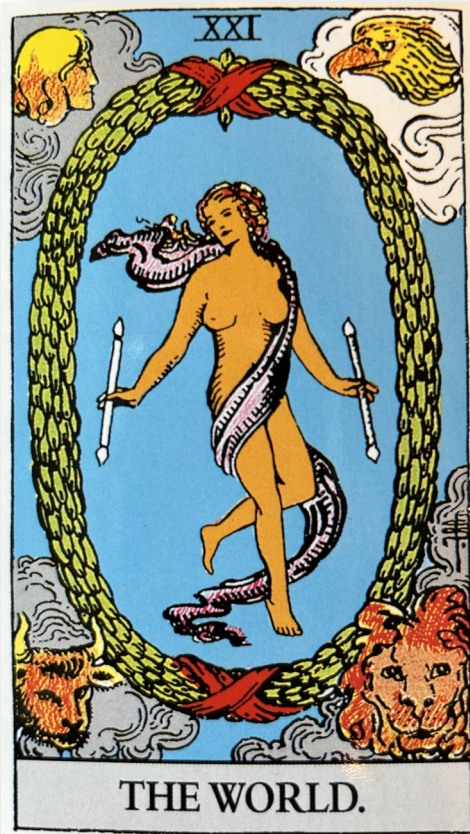
In Canada, our communities are shifting back to what our Grandparents had, but with a slight twist. Networking is growing as more and more people walk away from the internet and step outside again. 2023 had awkward versions of this and taught us many lessons about trusting others with our (individual) personal responsibility. What happened in the pandemic changed the face of workplaces forever, but if we let go of the negative parts, some real gems are revealed. Freedom to be, do, express ourselves creatively, and align with life's true purpose. In a relationship with the community, you will find the journey of employment, education, purpose, and stewardship. This applies to provincial politics, too. We are witnessing some magic happening worldwide.

In the last ten to fifteen years, an evolution has been underway in the religious and spiritual communities. All of us will experience the fruits of this, and our relationship with the 'God of your Understanding' will lock-in. I could write a book on this category alone, as it is spiritually, scientifically, interdimensional, and philosophically profound. So, to keep it brief, let's just say this: first contact will happen personally and won't be biblical or extraterrestrial.

Saving the best for last, our relationship with new technology is one of the biggest things happening. From the beginning of AI/ AGI to Quantum computing, which started last year before they disclosed it to the general public, and onto our place in the bigger picture. We are on the cusp of a new relationship with the inner world that this will bring. This includes genetics and CRISPR technology. We all need to be a part of creating this, and if you are confused by terms in this paragraph, please take time to look them up. Energy still follows thought, and knowledge breeds creativity. We need everyone to engage in creating what is to come; we want a peaceful, compartmentalized governance with technology and health.

Building stronger and more authentic relationships within your inner circle is as meaningful as always: talking face-to-face to each other again. Participate in discussions and be engaged in the community because influences come from card game night just as much as from the government. For those who are still experiencing fear, place your trust in that one person who is fearless. You have all the tools you need to rise and sail through this year with heart-mind consciousness.

March Tarot



The World

Is breaking free into a new cycle, a major cycle of life is fulfilled and a new doorway opens. The old is completed and many new things are now possible. Aspects of Self have come into harmony and expansion.

Do you feel like holding onto old familiar ways for awhile longer, or be done with the past and move onto new life? In time, become comfortable and begin again anew in a world where everything is possible.

Meditation

The only world we truly call our home is the one within.

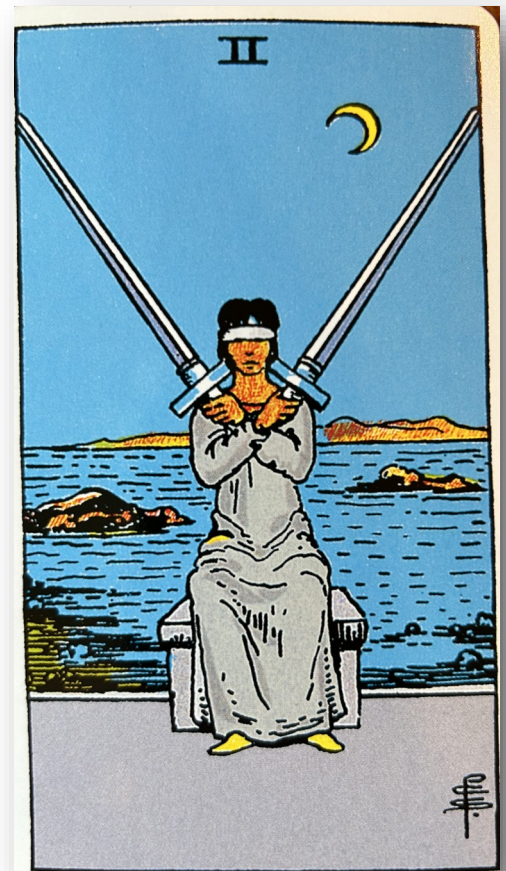
Two of Swords

Establish a sense of balance through stillness. Make decisions upon finding equilibrium. Reflect upon new insights that support rightful decisions and choices. Remove yourself from conflict.

Meditation

In times of indecision,

I AM able to call upon my inner knowledge.



CRYSTAL

BLUE KYANITE

WISDOM

KEY WORDS Inner bridges, psychic ability, past-life recall, telepathy, empathy

ELEMENT Storm

CHAKRAS 3rd Eye (6th), Heart (7th)

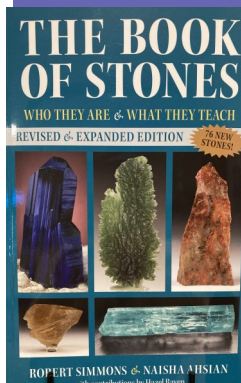
AFFIRMATION

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.

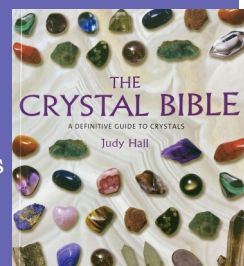
Blue Kyanite strengthens the voice and heals the throat and the larynx. Useful for performers and public speakers.

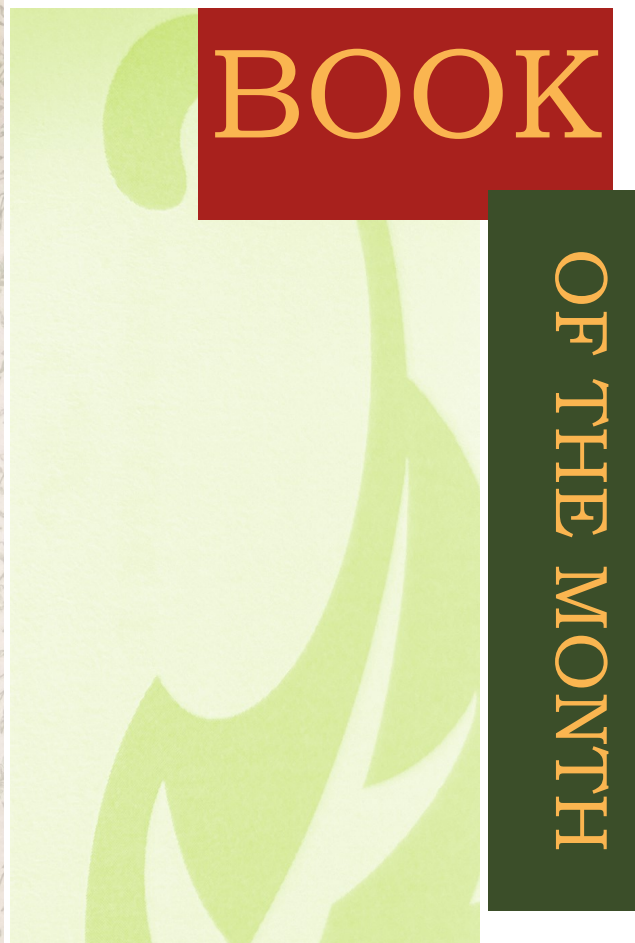
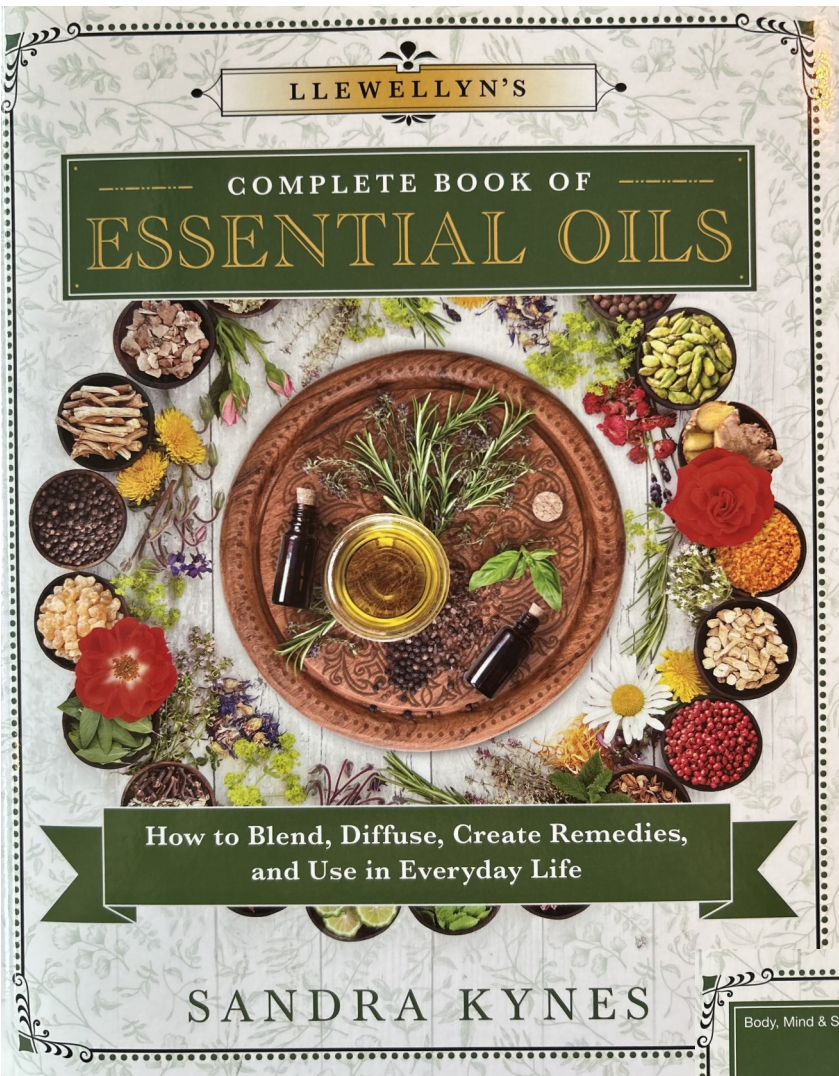
Kyanite is a stone of connection, of building bridges of Light between disparate aspects of experience. It can bridge energetic blocks in the aura and emotional blocks between people and can help restructure mental energies and habits that keep one from moving to higher levels of learning. Kyanite's 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





How to Blend, Diffuse, Create Remedies,
and Use in Everyday Life

SANDRA KYNES



Essential Oil Remedies

Like the plants from which they are produced, essential oils are part of the arsenal of home-care remedies. An essential oil diluted in a carrier oil is one of the simplest preparations. Even more so than when mixing scents for perfumes, it is important to keep a record of your remedies. Taking notes will help you determine what adjustments may be needed when repeating a recipe and will help you figure out what works best for you and your family. Whatever type of preparation you make, label it with the date and the ingredients.

As a starting point, table 8.1 provides general guidelines for a 2% dilution ratio of essential oil to carrier oil. While 2% is considered safe for topical applications, use a 1% ratio for children and older adults as well as preparations for use on the face. People with sensitive skin should always use a few less drops of essential oil in their mixtures.

Table 8.1 The 2% Solution

Carrier Oil	Essential Oil
1 teaspoon	2–3 drops
1 tablespoon	6–10 drops
1 fluid ounce	13–20 drops

Essential oils can be used in a range of remedies and methods for treating ailments. The recipes given in this chapter are basic guidelines that you may need to adjust for personal preferences or to accommodate any precautions related to the essential oils you use. Also check the information in part 7 for details about carrier oils and other ingredients, and any precautions for

Body, Mind & Spirit / Healing / Essential Oils

Discover Essential Oils for Healing, Emotional Support, Aromatherapy & Self-Care

Essential oils are must-have tools on the journey to wellness in mind, body, and spirit. Filled with hundreds of recipes, *Llewellyn's Complete Book of Essential Oils* shares extraction methods, blending tips, perfume notes, medicinal remedies, personal care products, aromatherapy, spiritual and magical uses, chakras, feng shui, and much, much more.

DETAILED PROFILES FOR 68 ESSENTIAL OILS, INCLUDING:

Amyris • Angelica • Basil • Bay Laurel • Cajeput • Caraway Seed • Cypress • Elemi • Eucalyptus • Fir Needle • Frankincense • Geranium • Ginger • Hyssop • Juniper Berry • Lavender • Lime • Mandarin • Marjoram • Myrrh • Niaouli • Orange • Palmarosa • Patchouli • Peppermint • Petitgrain • Rose • Rosemary • Sage • Sandalwood • Spearmint • Tea Tree • Thyme • Vetiver • Ylang-Ylang



DESCRIPTIONS OF 12 CARRIER OILS AND 2 INFUSED OILS:

Almond • Apricot • Avocado • Borage • Calendula • Coconut • Evening Primrose • Hazelnut • Jojoba • Olive • Rosehip Seed • Sesame • St. John's Wort • Sunflower

REMEDIES FOR 75 COMMON AILMENTS, INCLUDING:

Acne • Arthritis • Athlete's Foot • Blisters • Bronchitis • Bruises • Chapped Skin • Colds • Corns • Dermatitis • Eczema • Fever • Flu • Hay Fever • Headaches • Inflammation • Insomnia • Jet Lag • Migraines • Muscle Aches • Nausea • Psoriasis • Sinus Infection • Sprains • Stress • Tendonitis

RECIPES FOR 100 PERSONAL AND HOME CARE PRODUCTS, INCLUDING:

Birthday Perfume Blends • Bath Bombs • Bath Oils & Salts • Facial & Hand Scrubs • Hair Conditioner • Massage Oils • Moisturizers • Scented Candles • Shower Melts • Toners & Astringents • Aromatherapy Room Spray • Carpet Powder • Fridge Freshener • Furniture Polish • Glass Cleaner • Microwave Cleaner • Mold Inhibitor • Natural Pest Control • Surface Cleaners



SANDRA KYNES is a Reiki practitioner and a member of the Order of Bards, Ovates & Druids. She is the author of more than a dozen books, including *Herb Gardener's Essential Guide*, *Plant Magic*, and *Crystal Magic*. Sandra lives in Maine. Visit her website at www.Kynes.net.



THEME

BOX

Theme and Intention Set for March

Cleansing, Clearing, Purifying the Spirit, Body, Space

Large Smudge Kit Includes a 6-8" Midae Abalone shell, a 6-8" wild turkey feather, 7 various smudge sticks: 4" of white sage with rose petals, light Yerba, white sage, blue sage, Canadian pine, western red cedar, and juniper, all displayed in a beautiful 12" woven basket with shredded cedar filler, wrapped in cellophane.

Harmonia's **Purification Gem Candle** made with Soy wax, pink grapefruit and Shungite.

Abalone Shell with wooden stand.

White **Sage Bundle** & Sinuata flowers.

White **Sage Bundle**.

Smudging Feather from Bali.

Tourmaline, a powerful electromagnetic gem. Aids balance of the endocrine and immune systems. Attracts inspiration, goodwill, friendship and bestows self confidence.

A variety of **Nag Champa Quality Incense**; French Lavender, Seven Chakra, Sacred Ritual.

Hardcover Book "**Creating Smudge Sticks**" - 15 projects to remove negative energy and promote wellness.

Softcover Book "**The Big Book of Magical Incense**" - a masterwork of botanical lore.

Oracle deck "**The Healing Spirits**" - whether you're looking for solutions to the deeper mysteries of your life, protection from fears, help with healing or finding your true purpose, *The Healing Spirits Guide Oracle* is the perfect tool for finding guidance, spiritual awareness and healing on many levels. Call on high-frequency wisdom of the spirits and open yourself to the incredible and loving world beyond.



Readings

Carolyn Goodall—Tea Leaf

Katie White—Tarot

Stacey Kirchner—Akashic Record

Ross Van Der Hoek—Mediumship

Book your Reading today at:

<https://energytealounge.ca/bookings>

EVENTS & WORKSHOPS

Book your spot today!

<https://energytealounge.ca/bookings>

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Guided Messages from Spirit
3	4	5	6	7	8	9 Intuitive and Psychic Development *Monthly Practice Class*
10 New Moon Ceremony	11	12	13	14	15	16
17	18	19	20	21	22	23 ***Psychic & Spiritual Fair*** Book your Intuitive Reading today!
24 Full Moon Ceremony	25	26	27	28	29	30 Intuitive and Psychic Development *Monthly Foundations Class*
31 Cacao Ceremony, Meditation and Mantra Nights *Monthly*						



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