

# Energy

## Wisdom & Tea Lounge



May  
2022

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[Energytealounge.ca](http://Energytealounge.ca)

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*Book of the Month*  
**Secrets of Space Clearing**

The Theme for May's Newsletter is all about *Healing*, beginning with the healing crystal Obsidian, as mentioned in the Crystal Wisdom section. One of it's greatest gifts is insight into the cause of dis-ease. It aids the digestion of anything that is hard to accept and promotes physical digestion. It detoxifies, dissolving blockages and tension in the physical and subtle bodies.

The Tarot cards chosen; "Archangel Raphael" sitting in the Physical Reality Position. This message represents *Healing* with the help of this Brilliant Archangel by our side. The second card chosen; "The Divine Physician" sitting in the Higher Self/Energy Position represents *Divine Healing*.

The Book of the Month is "*Secrets of Space Clearing*". Space clearing is the art of cleansing and harmonizing (healing) the energy within an environment.

Colours chosen for this month are Green representing new growth and Yellow exemplifying the vibrant rays of the sun to energize and heal.

*Symbolic Colours for the  
Month of May  
Green & Yellow!*

# Crystal Wisdom

## OBSIDIAN



Raw

|            |   |
|------------|---|
| COLOR      | Brown, black, blue, green, rainbow, red-black, silver, gold-sheen                                     |
| APPEARANCE | Shiny, opaque, glass-like, all sizes, sometimes tumbled   |
| RARITY     | Some colors are readily available, others are rare, and some blue-green colors are manufactured glass |
| SOURCE     | Mexico and worldwide  |

**ATTRIBUTES** Obsidian is molten lava that cooled so quickly it had no time to crystallize. Obsidian is a stone without boundaries or limitations. As a result, it works extremely fast and with great power. Its truth-enhancing, reflective qualities are merciless in exposing flaws, weaknesses, and blockages. Nothing can be hidden from Obsidian. Pointing out how to ameliorate all destructive and disempowering conditions, Obsidian impels us to grow and lends solid support while we do so. It needs careful handling and is best used under the guidance of a qualified therapist as it can bring negative emotions and unpleasant truths rushing to the surface. Under skilled guidance, its cathartic qualities are exceedingly valuable. It provides deep soul healing. Obsidian can facilitate in going back to past lives to heal festering emotions or trauma that has carried forward into the present.

Obsidian is a strongly protective stone, forming a shield against negativity. It provides a grounding cord from the base chakra to the center of the earth, absorbs negative energies from the environment, and strengthens in times of need. It is helpful for highly sensitive people. It blocks psychic attack and removes negative spiritual influences.

A large piece of Obsidian can be extremely efficient at blocking geopathic stress or soaking up environmental pollution, but its propensity for exploding the truth into the open has to be taken into account. Many people find its powerful effects overwhelming and prefer to choose a gentler stone for this task. But it is extremely helpful for therapists and counselors as it not only facilitates getting to the core of the problem, but also mops up energies released as a result. Black or Mahogany Obsidian are the most suitable types for this purpose. Mahogany being the gentler. In the same way, placing Obsidian by the bed or under the pillow can draw out mental stress and tension, and may have a calming effect, but it can also bring up the reasons for that stress. These reasons then have to be confronted before peace can return; this resolves the problem permanently rather than having a palliative effect. One of the gentler forms of Obsidian, such as an Apache Tear or Snowflake, would be best for this. As Obsidian is so effective in soaking up negative energies, it is essential to clean the stone under running water each time it has been used in this way.

Spiritually, Obsidian vitalizes soul purpose. It eliminates energy blockages and relieves tension, integrating the psychological shadow into the whole to bring spiritual integrity. It anchors the spirit into the body. This stone stimulates growth on all levels. It urges exploration of the unknown, opening new horizons.

Mentally, Obsidian brings clarity to the mind and clears confusion and constricting beliefs. However, it may well do this by making it absolutely clear what lies behind mental distress or dis-ease. Once this has been cleared, Obsidian expands consciousness, entering the realm of the unknown with confidence and ease.

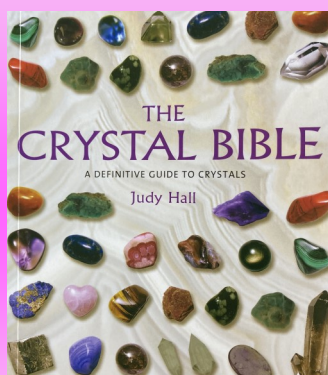


Red-Black Obsidian

Psychologically, Obsidian helps you to know who you truly are, it brings you face to face with your shadow side and teaches you how to integrate it. This

stone also helps you to identify behavioral patterning that is now outdated. Obsidian dissolves emotional blockages and ancient traumas, bringing a depth and clarity to emotions. It promotes qualities of compassion and strength.

**HEALING** Obsidian's greatest gift is insight into the cause of dis-ease. It aids the digestion of anything that is hard to accept and promotes physical digestion. It detoxifies, dissolving blockages and tension in the physical and subtle bodies, including hardened arteries. It reduces the pain of arthritis, joint problems, cramps, and injuries. An elixir is beneficial for shock. It alleviates pain and stanches bleeding, benefiting the circulation. This stone warms the extremities. It can be used to shrink an enlarged prostate.



Excerpts from "The Crystal Bible" by  
Judy Hall

For further details on *Crystals*,  
please visit:

[Energy Wisdom & Tea Lounge](#)

June Crystal Wisdom

Rose Quartz



# READING NOOK



*Book a Reading*

*with*

*Cheri Morgan*

*Fridays & Sundays*

*Shannon Fischer*

*Wednesdays & Saturdays*

Email us today at:  
[info@energytealounge.ca](mailto:info@energytealounge.ca)

**Drop-Ins Welcome**

10:00am-4:00pm

30 minute session—\$75

60 minute session—\$130

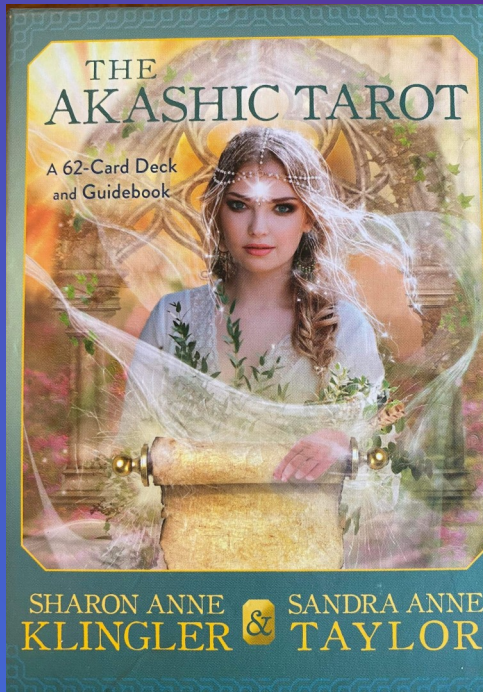
*Behind the Veil*





# May Tarot Guidance

## Messages of Divine Guidance



First we have card number 8 - “Archangel Raphael” sitting in the Physical Reality Position. This message represents *Healing* with the help of this Brilliant Archangel by our side. This month we can expect healing to take place in our lives, wherever we have been striving for it to be in better harmony. Ask for AA Raphael’s support and guidance and then be open to receive the beautiful energy and insights given to align you with better health and vitality.

Second we have the Card number 6 - “The Divine Physician” sitting in the “Higher Self” / Energy Position. This message represents *Divine Healing, Miracles, Renewed Hope and Faith*. Trust your connection to All That Is and allow yourself to align with the Light to cleanse, purify and protect your body, mind and soul. Spending time cultivating this connection, everyday, will help you bear witness and experience the miraculous harmony and beauty that is always circulating around us. Miraculous and spontaneous healings take place when we Believe in a Higher Power and align with those energies. Trust a process and surrender to the unfoldment and you will manifest what you are attuned to. We always have been.



What in your life would you like healing and harmony with? Sit in the energy of Miracles which is in alignment with the Higher Light of Source (All That Is) and allow yourself to envision (see in your mind’s eye) the outcome of that which you wish to experience. Allow yourself to cultivate the feelings of already attaining that goal, wish and/or desire, while you’re aligned with that Higher Energy. The longer you stay within those energies, the quicker it will manifest into your physical reality.

### *About the Reader*

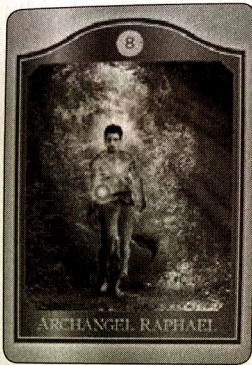
Shannon Fischer is a tarot and intuitive reader who has been using the tarot for herself and professionally for over 10 years. Over the course of the decade, she has become a reputable Tarot and Oracle card reader, Reiki Master, Teacher and Guide in her community as well as online.

To book a personal reading with Shannon contact us at [info@energytealounge.ca](mailto:info@energytealounge.ca)



# Tarot Messages of Divine Guidance (cont.)

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## ARCHANGEL RAPHAEL

### Upright

The Archangel Raphael walks down a path and approaches you, sharing his healing and uplifting light. He is a profoundly loving Spirit who has an important role in bringing the Akashic power to you. This beautiful being carries the energies of love, family, miracles, healing, and blessed journeys. He can share all these intentions and experiences with you—and more.

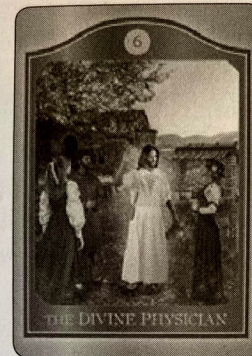
Of all the archangels, Raphael most often comes in the guise of a human. This card can indicate that helpful others may be attending you now. It also portends a time of great achievement in your personal life, and Raphael is opening the

door. Blessings abound with this card upright. There may be a renewal of a lost dream, a reuniting of family members, or a healing—perhaps of a physical condition or of a broken heart. Even if these conditions have been hanging on for a while, now is the time when you can really break through. Let Raphael be your partner in this process, and you'll soon see why they call him the miracle worker!

### Akashic Force

Open yourself to the presence and touch of the Archangel Raphael, who stands beside you now. Close your eyes, take a deep breath, and feel your whole self fill with the healing energy of boundless love. Every cell, every thought, every moment vibrates with the radiant power and love of Raphael.

6



## THE DIVINE PHYSICIAN

### Upright

The Divine Physician stands before a well, carrying a jug of healing water and sharing his light of healing with those nearby. Upon his robe is the caduceus, the emblem of medicine and healing. Called *Dian Cécht* by the Celts, he made the mortally wounded rise again through his incantations of sacred words. This powerful, eternal healing spirit walks with you at this time.

This card indicates that you are moving into a time of magnificent healing on many levels. There's a person who can be a great healer for you, as well as a teacher who shares healing

gifts that you can pass on to others. If you don't know this person yet, keep your eyes open. He or she is coming.

You may also find yourself being called to help others at this time. Remember that word and thought—belief and feeling—are key components in healing the self and in teaching others to heal. They are important tools in the Divine Physician's medical bag, so make sure they are a part of yours too. Know that the light of healing shines around you and through you. Such a radiant joy can bring well-being to all.

### Akashic Force

Sense the Divine Physician as he steps in front of you and pours the light and energy of perfect healing into you. Close your eyes and feel the radiant warmth of joyful health and well-being. Own the harmony and strength that fill you.

# Poetry Wisdom

## THIS IS A DIAMOND

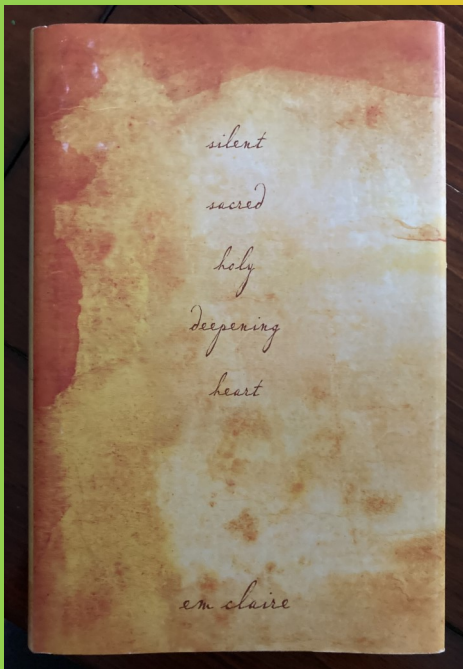
It is clear that This  
Is a Diamond.  
Multifaceted. Faces of God.

Each time I see you now  
I have only two choices:  
break open  
or  
openly break.

How can I explain *This*?  
It might be easier  
If we  
leave the castle  
climb the walls  
enter the city  
and let Our Love be made  
in  
*all* of God's streets.

silent  
sacred  
holy  
deepening  
heart

en claire





# *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

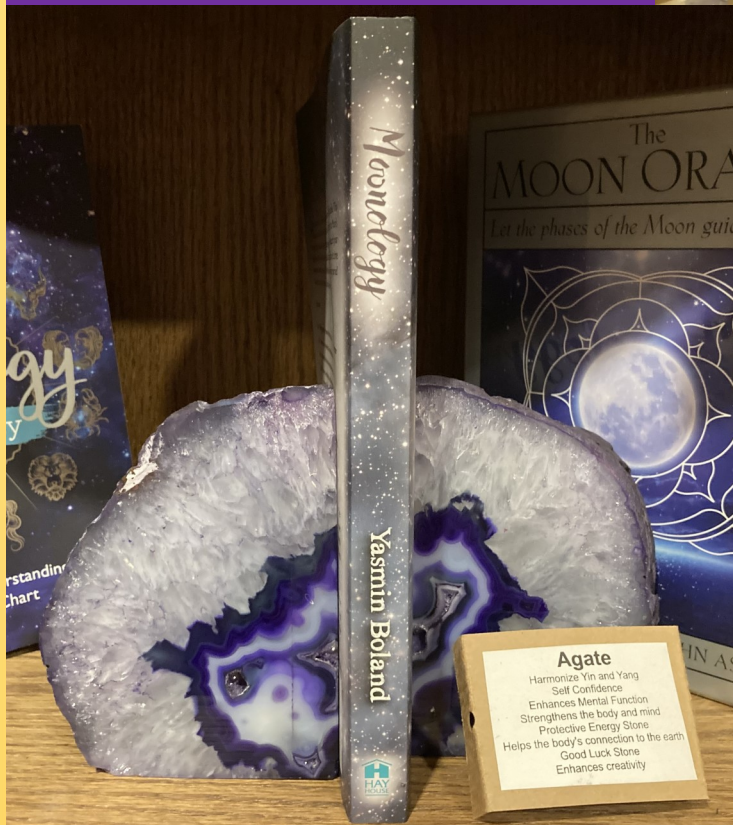


# Showcase

## IN THE FOOTSTEPS OF THE GODDESS







Agate Crystal Book Ends



Dream Catchers

Owl Book Ends





# 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).



*Introduction: The Sacred Act of Space Clearing* .....

### Part I: Space Clearing Fundamentals

Chapter 1: Space Clearing Practices .....

Chapter 2: The Four Stages of Space Clearing .....

Chapter 3: Setting the Groundwork for Space Clearing .....

Chapter 4: Clutter Clearing Is Modern-Day Alchemy .....

Chapter 5: The Energy of Your Home, Room by Room .....

### Part II: The Deeper Energy of Your Space Clearing Tools

Chapter 6: Sound—the Power of Vibrational Energy .....

Chapter 7: Alchemy of Air and Fire .....

Chapter 8: Holy Water .....

Chapter 9: Healing Earth .....

Chapter 10: Elemental Space Clearing and Mystic Mudras .....

Dispelling Mudras .....

Activating Mudras .....

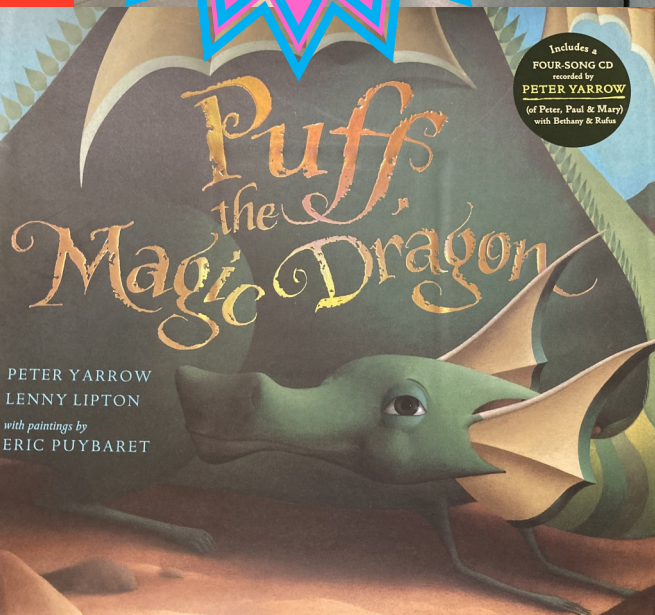
Steps of Elemental Space Clearing .....

Initiation Mudras .....

*Afterword: Harmony in the Home, Your Life, and Our World* .....



# Kiddie Nook



P

UFF, THE MAGIC DRAGON, lived by the sea,  
And frolicked in the autumn mist in a land called Honalee.



## Puff the Magic Dragon

*lived by the sea...*

Welcome to Honalee, an enchanted land of imagination, acceptance, and love. In this special place, you can share the playful adventures of Jackie Paper and his childhood friend, Puff, the magic dragon.

Peter Yarrow—from the beloved musical group Peter, Paul, and Mary—and co-writer Lenny Lipton present their timeless song in an unforgettable children's book. Become lost in artist Eric Puybaret's remarkable illustrations that capture all the charm of Honalee and its extraordinary inhabitants. Then hear the song in two vibrant new interpretations—along with two bonus songs—in an exclusive CD recorded by Peter, his daughter Bethany, and cellist Rufus Cappadocia.

Open the pages and step into this magical world...



PETER YARROW of the renowned folk group Peter, Paul and Mary believes that music from the folk tradition, such as the songs on the CD that comes with this book, can bring people together in special ways that reveal how much we truly have in common with one another—and that we can be friends, despite our differences.

LENNY LIPTON is the inventor of the modern three-dimensional projection system used in cinemas all over the world. He is the author of four books on motion picture technology and received an award from the Smithsonian for his invention. He lives in Los Angeles with his wife, three kids, two dogs, cat, and bird.

BETHANY YARROW & RUFUS CAPPADOCIA are a rare duo of cello and voice that fuses their musical backgrounds in folk, world, groove, and improvisational jazz. When joined by Bethany's dad, Peter, they span the generations and circle the globe with sounds that feel as current as they are comfortable, and as fresh as they are familiar.

ERIC PUYBARET was born in France, and graduated from the École Nationale Supérieure des Arts Décoratifs in Paris. *Puff, the Magic Dragon* is his first American book.

★ "This handsome volume offers a charming interpretation of the 1960s folk song... An impressive performance all around."  
—Publishers Weekly, starred review

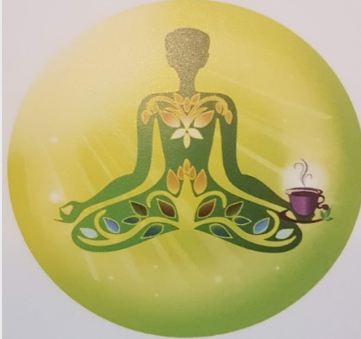
"Beautifully illustrated... brings the land of Honalee to new life."  
—The New York Times

STERLING CHILDREN'S BOOKS  
New York




# Connections

Energy




Wisdom  
&  
Tea Lounge

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



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Steve Turnbull  
Master Carver



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(deadline every month is the 30th)

\$ 5.00/business card one side

\$7.50/business card both sides