

Energy

Wisdom & Tea Lounge

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



May News

2024

Monthly Wisdom

The glorious month of May embodies Love, Mother's Love, Self-Love, Romantic Love, Love's Diversity!

*The 6 Ways of Love**

Agape—a love that is filled with the joy of each other and for the Earth, a purest form of spiritual expression; the love that is a nourishment of the soul at the deepest level.

Philia—a love that is first a friendship and full of respect, the love of siblings and true companions: here is the sacred embrace that contains trust.

Charis—a love that is defined by grace, devotion, and praise for God/Goddess presence. This is where the love of our Mother & Father is found, on earth and in heaven—it is the love of sustenance and rooted nurturance.

Eunoia—a love that inspires a deep compassion and a commitment to the service of the world and all people: this is where our love for charity and community lies. This is altruistic love that feeds all through the heart of giving.

Storge—a pure love that is full of tenderness, caring, and empathy: this is where the love of children is found.

Eros—a love that is a profound physical celebration in which the souls come together in the union of the bodies: this is the ultimate expression of beloveds which finds its most sanctified form in the hieros-gamos.

* (Excerpt from "Embark on a Sacred Pilgrimage to Experience the Healing Energies of Mary Magdalene", with Elayne Kalila Doughty)

IN THIS ISSUE

- ◆ Monthly Wisdom
- ◆ Mother's Day Sale
- ◆ Tarot & Oracle Reading
- ◆ Crystal Wisdom
- ◆ Chakra Wisdom
- ◆ Book & Decks of the Month
- ◆ Theme Box
- ◆ Kiddie Nook
- ◆ Master Carvings for Sale
- ◆ Wood Stoves for Sale
- ◆ Readings
- ◆ Events & Workshop Calendar



Mother's Day Sale

25% OFF

MAY 8 to May 12



May Tarot & Oracle Reading



JUSTICE "Do the Right Thing"

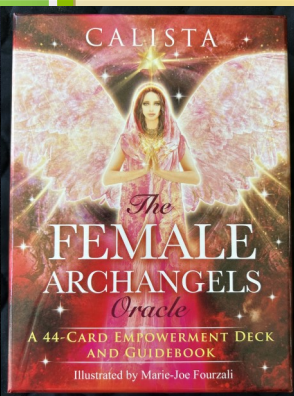
Justice indicates a decision needs to be made. Just remember to do the right thing. That may mean taking sides in a fight between two friends or deciding to speak up when you see wrongdoing. You know the difference between right and wrong. **TRUST THAT KNOWLEDGE!**

Whenever the Justice card turns up reversed, it means unfairness. Maybe you got blamed for something you didn't do. Or you didn't get credit for something after putting in a lot of hard work. If you feel that you were mistreated, **SPEAK UP!**

QUESTION: Have you ever been in a situation that felt unfair? How did you react?°°



24. ARCHANGEL ARIEL
Connect with Nature



Spring is a wonderful time to "Connect with Nature!"

Angel Message

"Your being is undergoing great change, making you extra sensitive. Come into nature to centre!"

Expanded Meaning

Archangel Ariel, whose name reflects "divine lion", serves on the Orange & Green Ray of Acceptance, Fortitude, and Nature. Ariel reminds us that when we connect with Nature, we reconnect to ourselves. While heavenly support is always present, Ariel guides that you don't need to depend on angels for bringing you Magic. For Magic is here on Earth; within nature, and within you! Take regular breathers outside, chat with nature spirits, create a fairy garden or nature altar, get a pet, or enjoy time with the animals you have, nurture your house plants and crystals. Look to the interconnectedness of the wildlife in your area and surrounding countryside. Witness the Magic and Miracles in your everyday, knowing you are a part of this Oneness. Invite in Archangel Ariel for animal and elemental communication, bravery, environmentalism, expansion of the base chakra, manifestation, and reflecting Oneness.

Be wise to deception and dishonesty. Witness what's being revealed with neutrality. What is the lesson here?

Blessing: With arms wide open, say aloud 3 times with CONVICTION:

"I come alive in the wildness of nature." **

°° Excerpt from "Tarot for Kids", by Theresa Reed.

** Excerpt from "The Female Archangels", by Calista.

CRYSTAL

WISDOM

Chakra correspondence: Heart, higher heart (thymus), heart seed

Physiological correspondences: Heart, blood, circulation, thymus gland, lungs, adrenals, skin, brain stem, and reproductive and lymphatic systems

Vibration: Earthly and high

LEGENDARY POWER

Rose Quartz has long been known as the stone of "Unconditional Love". Rose Quartz heals emotions and transforms relationships with yourself and others, drawing in "Love" and "Harmony". Hold this crystal of auric and heart protection to bring loving vibes into your heart and subtle etheric bodies. At a metaphysical level, Rose Quartz stimulates the third eye, strengthening scrying power and opening clairvoyance to the finest levels of guidance.

HEALING POWER

Prized by crystal workers for its effect on the heart, Rose Quartz releases unexpressed emotions and underlying heartache that create psychosomatic disease and which may affect fertility. Under the principle of sympathetic magic, its deep pink colour strengthens the blood and circulation system, improving energy flow and removing impurities. The gentle crystal energetically harmonizes the brain and it may calm breathing difficulties.

TRANSFORMATIONAL POWER

Rose Quartz stabilizes emotions. It lets you look objectively at situations and keeps you from becoming emotionally overwhelmed. By dissolving guilt and bitterness, this crystal teaches you to love and accept yourself, forgive the past, and *live from your heart*.

Excerpts from

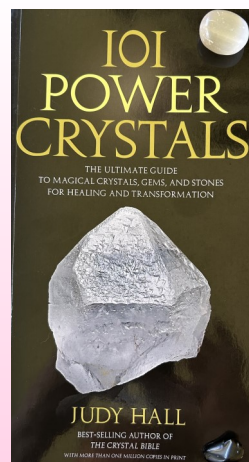
101

POWER CRYSTALS

The Ultimate Guide to Magical Crystals, Gems, and Stones for Healing and Transformation

by

by Judy Hall



Rose Quartz

Harnessing the Power

If you feel disempowered or unloved, hold Rose Quartz and remind yourself of a time when you felt positive and potent, loved and accepted.



muladhara yantra

Root Chakra

*The Base Chakra, or Muladhara, is also known as the Root. It is the 1st of the 7 major chakras and associated with the **Earth element**, symbolizing the densest grade of manifestation and the basis of life.*

The Muladhara center is described as having four lotus petals, blood-red in colour, each corresponding to the psychological states of greatest joy, natural pleasure, delight in controlling passions, and blissfulness in concentration, leading to meditation.

In terms of energetics, this Chakra channels Earth energy upward through the feet and legs to process and stabilize it. It then moves the energy on, up the spine, now transmuted into a form that the body recognizes as signals, to balance the endocrine system (the gonads: ovaries and testes) through the release of hormones.

*Grounding us is the main function of the Root Chakra. When we are grounded, we are at one with life and Muladhara functions as intended. We enter into a sympathetic vibration with the electromagnetic frequency of the Earth, coming into tune with the **best of 'her' heart!***

CHAKRA

WISDOM

The Elephant

Each chakra has a magical teaching story woven around it. In representations of Muladhara, the **elephant** is often to be seen. This animal is revered in India, and is a symbol of **earthly abundance** and **good fortune**. Its seven trunks indicate that the strength of the elephant is supporting all seven major chakras, they also represent the seven elements that comprise the human body: Earth, Water-Blood, Flesh, Nerves and Tissue, Fat, Bones and Bone Marrow.

Carnelian to Balance Muladhara



Sit quietly with a straight back and bare feet on the ground. Have your Carnelian cleansed and close by.

Let your breath flow deeply into your body and ground yourself.

Close your eyes and visualize the condition of each chakra in turn working upward. Notice what colours and energies you see. Are the energies still or moving? Now return to the Base Chakra: this is the one you are going to balance with the Carnelian.

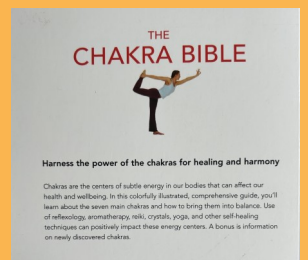
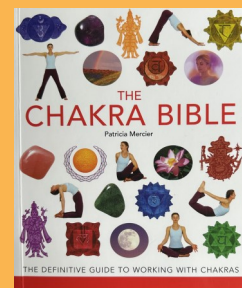
Holding the Carnelian in your non-dominant hand, visualize the Base Chakra again. Ask for it to come into balance. You can even talk to it—and thank it when it seems balanced.

Come back slowly to everyday awareness.

Excerpts from

“THE CHAKRA BIBLE”

by Patricia Mercier



THE YOGA SUTRAS DESK REFERENCE



A Comprehensive Guide to the Core Concepts of Yoga
NICOLAI BACHMAN

AN IN-DEPTH RESOURCE for ACCESSING,
UNDERSTANDING, AND PRACTICING *the*
CORE SPIRITUAL TEACHINGS of
PATAÑJALI'S YOGA SUTRAS

"This is an extremely helpful guide to decoding the intricacies of the *Yoga Sutras*. Nicolai has a remarkable way of elucidating this elaborate, hard-to-crack text in a way that makes the Sanskrit, the verses, the philosophy, and the practices accessible. I use it all the time for my research, writing, and teaching."

TIAS LITTLE author of
Yoga of the Subtle Body

"Nicolai Bachman's *Yoga Sutras Desk Reference* is a wonderful opportunity for all yoga practitioners to really learn this profound art. It will keep drawing us into the interwoven fabric of different traditional schools, interpretations, languages, cultures, and even agendas in such a way that, as the sun releases its radiance, we can joyously release them all."

RICHARD FREEMAN
yoga teacher and coauthor of
When Love Comes to Light

Those who love the physical practice of yoga—its postures, movements, and breathwork—often find themselves seeking its deeper spiritual wisdom.

More than 2,000 years ago, the legendary master Patañjali illuminated the way with 195 pearls of insight known as the *Yoga Sutras*. With this indispensable and beautifully illustrated resource, Sanskrit and yoga philosophy teacher Nicolai Bachman brings us a modern, practical guide to Patañjali's foundational masterpiece.

Why do we react the way we do in certain situations? How can suffering be an opportunity for growth? Why are nonviolence and truth so important to students and society? Patañjali's sutras shine a timeless light on these questions and more.

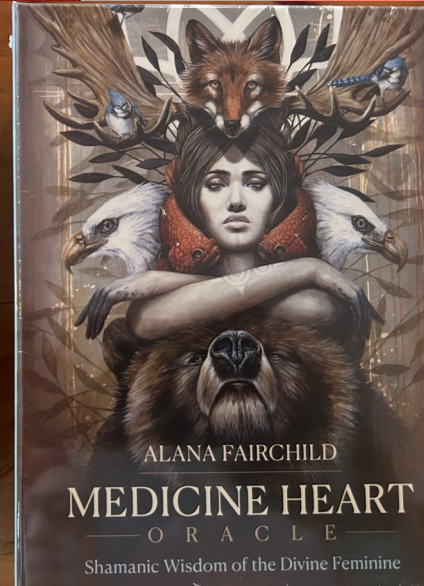
To help us truly understand what yoga is, Bachman focuses on 51 key concepts, explains each one in great detail, and poses ways to contemplate and experience them in our own lives. This comprehensive work also includes a concise history of yoga and the sutras, a full translation of every sutra, several color illustrations of important process flows, a large glossary of Sanskrit terms, and many learning exercises.

Whether you're a seasoned instructor or a student looking to go further in your practice, *The Yoga Sutras Desk Reference* offers a treasury of teachings to discover and connect with your inner awareness.

NICOLAI BACHMAN has taught Sanskrit, yoga philosophy, Ayurveda, and chanting since 1994. He has studied extensively at the American Sanskrit Institute, the Ayurvedic Institute, the American Institute of Vedic Studies, and the Vedic Chant Center. Bachman holds an MA in Eastern philosophy, an MS in nutrition, and is E-RYT 500 certified. He is the author of *The Language of Yoga*, *The Path of the Yoga Sutras*, and *The Language of Ayurveda*. Learn more at sanskritsounds.com.

BOOK & TAROT & ORACLE DECKS

OF THE MONTH



THEME

BOX

Theme and Intention Set for May *Self-Love, Compassion, Mother's Love*



"THE YOGA SUTRAS", by Nicolai Bachman

"ETHEREAL VISION", by Matt Hughes, Tarot Deck

"MEDICINE HEART", by Alana Fairchild, Oracle Deck

"Moon Phases" Carved Wooden Box

Incense of Lavender, Rose, Jasmine & Incense Holder

**Kayleen's Kreation: Handmade Soy Wax Pillar Candle with all
Natural Sandalwood & Citrus Essential Oils**

Geometric Candle Holder

Chakra Goddess, Wind Goddess

"I AM YOGA", by Susan Verde, Art by Peter H. Reynolds

Tarot/Oracle, Velvet Embroidered Goddess Card Bag

Rose Quartz Candle Holder

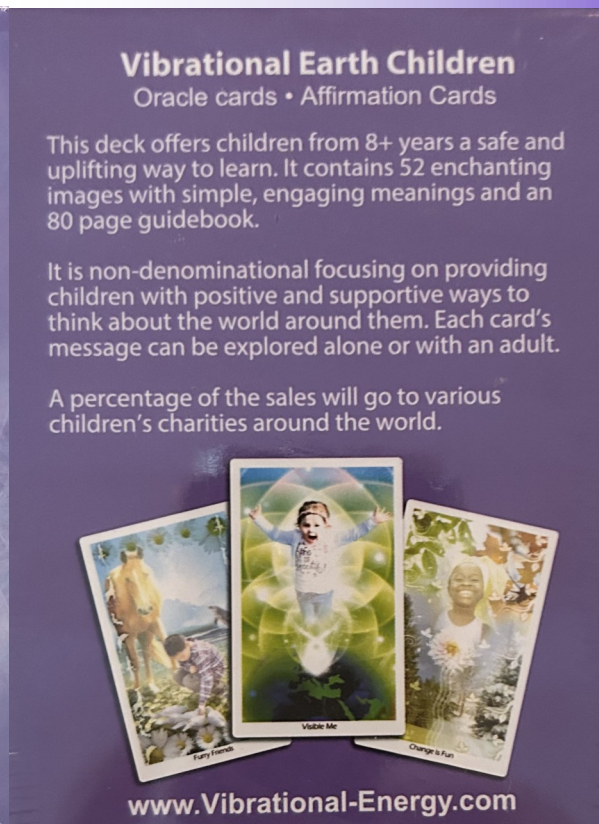
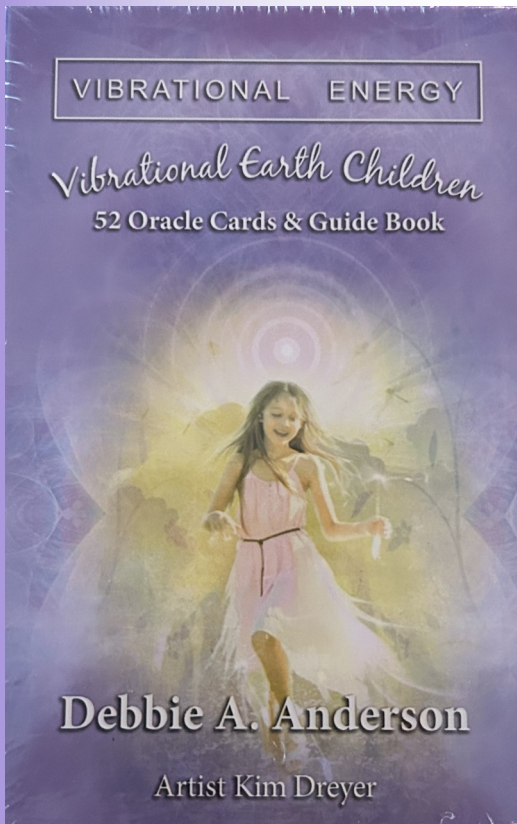
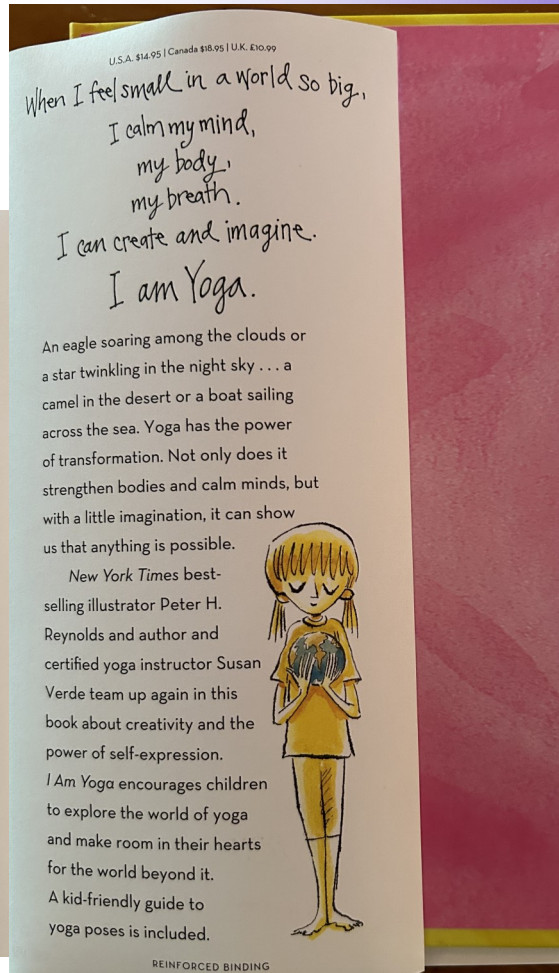
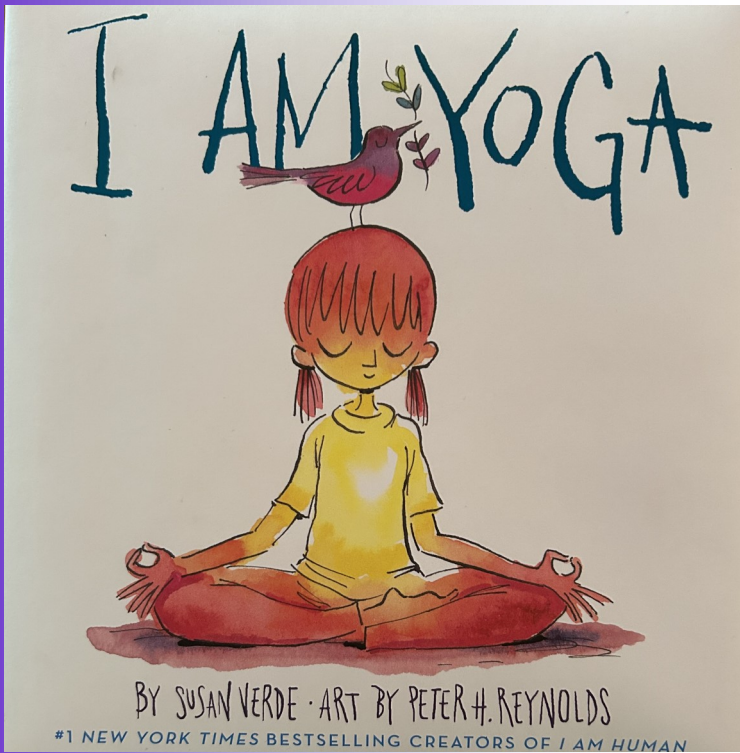
Crown Chakra Candle infused with Frankincense & Olibanum

Angel Selenite, popular for Purification, Balancing Emotions



KIDDIE

NOOK





Steve Turnbull
Master Carver



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

ANTIQUE

Wood Stoves



For Sale

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 & Ceremonies

Book your spot today!

<https://energytealounge.ca/bookings>

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 New Moon Ceremony	6	7	8	9	10	11 Intuitive and Psychic Develop- ment Monthly Practice
12	13	14	15	16	17	18 Intuitive and Psychic Develop- ment Foundation Class Part One
19	20	21	22	23	24	25 Intuitive and Psychic Develop- ment Foundation Class Part Two
26	27	28	29	30	31	



<https://energytealounge.ca/>

Phone: 604-814-8095

info@energytealounge.ca

11932 Dewdney Trunk Road, Mission

