

Energy

Wisdom & Tea Lounge



Nov
2022

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Energytealounge.ca

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Book of the Month
Chakra Yoga

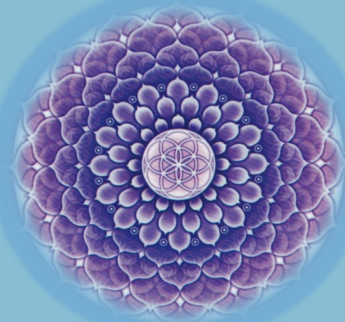
*A slash of blue, a sweep of gray
Some scarlet patches on the way,
Compose an Evening Sky
A little purple, slipped between
Some ruby trousers hurried on
A wave of gold, a bank of day
This just makes out the morning sky*
Emily Dickinson

November is here, time falls back, the Winter Solstice is approaching for us in the northern hemisphere. Folks are preparing for Christmas!

Just in time for shopping ideas arrives:

'Kayleen's Kreation's', a beautiful collection of all natural, homemade products including soaps & sprays, candles made with only the purest of essential oils & fragrances! Kayleen also designs t-shirts with interesting Sacred Geometry patterns. Also custom orders can be purchased. Check out a selection of her refined products in the Showcase section, as well as her contact information under Connections.

Thank you everyone for your continued support at Energy Wisdom & Tea Lounge!



Crystal Wisdom

Green Calcite is a mental healer, dissolving rigid beliefs and old programs and restoring balance to the mind. It helps in letting go of what is familiar and comforting but which no longer serves, and aids communication and the transition from a stagnant to a positive situation. Green Calcite helps children to hold their own in debates. It is a powerful stimulator for the immune system and is especially useful in grids. This stone absorbs negativity and rids the body of bacterial infections. It ameliorates arthritis and constrictions of the ligaments of muscles and is helpful in bone adjustments. Its green ray cools fevers, burns, and inflammation, calms the adrenals, and soothes anger-generated disease.

ATTRIBUTES Calcite is a powerful amplifier and cleanser of energy. Simply having Calcite in the room cleans negative energies from the environment and heightens your energy. Within the body, it removes stagnant energy. The spectrum of colours cleans the physical and subtle bodies. Calcite is an active crystal, speeding up development and growth. This is a spiritual stone linked to the higher consciousness that facilitates the opening of higher awareness and psychic abilities, channeling, and out-of-body experiences. It accelerates spiritual development and allows the soul to remember experiences when it returns to the body.

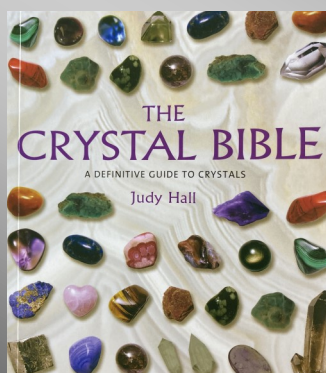
Psychologically, Calcite connects the emotions with the intellect, creating emotional intelligence. Calcite has a positive effect, especially where someone has lost hope or motivation. It combats laziness, aiding in becoming more energetic on all levels.

Mentally, Calcite calms the mind, teaches discernment and analysis, stimulates insights, and boosts memory. It facilitates knowing which information is important, and then retaining it. Calcite confers the ability to change ideas into action. It is a useful stone for study.

Calcite alleviates emotional stress and replaces it with serenity. It is a stabilizing stone, enhancing trust in oneself and strengthening the ability to overcome setbacks. On a subtle level, a layout of the appropriate colours of Calcite cleanses, balances, and energizes all the chakras.

HEALING Calcite cleanses the organs of elimination. It encourages calcium uptake in bones but dissolves calcifications, strengthening the skeleton and joints. It alleviates intestinal and skin conditions. Calcite stimulates blood clotting and tissue healing. It fortifies the immune system and can encourage growth in small children. Calcite works quickly as an elixir and can be applied to the skin, ulcers, warts, and suppurating wounds. At a subtle level, Calcite cleans and reenergizes the chakras.

POSITION Hold or place as appropriate. Wear as a pendant. Can be used to grid around a bed. Use as gem essence.



Excerpts from "The Crystal Bible" by
Judy Hall

For further details on *Crystals*,
please visit:

[Energy Wisdom & Tea Lounge](#)

December Crystal Wisdom

Black Obsidian

READING NOOK

Tea Leaf Readings

With

Carolyn

Tarot Readings

With

Katie



Book a reading

Email us today at:

info@energytealounge.ca

Or book online

<https://energytealounge.ca/readings-and-healings>

10:00am-4:00pm

30 minute session—\$50

60 minute session—\$95



November Oracle Guidance



11:11 Portal is now Open

At this time we are evolving into the Heart language and being removed from the old ways of communicating.

Ascending from our Physical Bodies and integrating into light and raising our vibration.

Self Love—2022 has been the year of doorways opening to invite us all into self love. We are going through the ultimate initiation to learning to love our selves. As Within As Without

Moving from Ego to Heart that's when the journey really begins of self love. Heart Center linked to our Crown Chakra (Wisdom), Third Eye Chakra (perceive reality, manifest, create), Throat Chakra (heart leads to words) and Sacral Chakra (relationships).

All roads lead back to the heart, loving ourselves softly and deeply.

Regain the purity loving our selves very deeply. Self Love process begins with the inner child and breaks out all the emotions that we've hidden and it's painful and ultimately we have to face it, once we start dancing inwardly and outwardly it is an unstoppable force.

About the Reader

Carolyn Goodall is an intuitive, teacher and owner of Energy Wisdom & Tea Lounge
Carolyn has been practicing spirituality for over two decades and is a true teacher at heart.



Poetry Wisdom

ten poems
for
difficult times



ROGER HOUSDEN
*Author of *Dropping the Struggle**

praise for
ten poems for difficult times



“For years, I have carried Roger Housden’s poetry collections with me wherever I go. This book comes just in time. The heart of the world is breaking, and these ten poems are a life-giving elixir.”

— MIRABAI STARR, author of
Caravan of No Despair and *God of Love*

“I read *Ten Poems for Difficult Times* during a rough time in my own life, and the poems reminded me of essential truths that I forget and must remember many times a day.

Roger Housden’s selection of poems is excellent and wide-ranging, and he shares in a personal and accessible way what is most striking to him about each one. If you’re having a difficult time, or know someone who is, you’ll want to read and share these poems.”

— ELLEN BASS, award-winning poet
and author of *The Courage to Heal*

IT’S THIS WAY

by Nazim Hikmet

*I stand in the advancing light,
my hands hungry, the world beautiful.*

*My eyes can’t get enough of the trees—
they’re so hopeful, so green.*

*A sunny road runs through the mulberries,
I’m at the window of the prison infirmary.*

*I can’t smell the medicines—
carnations must be blooming nearby.*

*It’s this way:
being captured is beside the point,
the point is not to surrender.*

(Translated by Randy Blasing and Mutlu Konuk)

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...

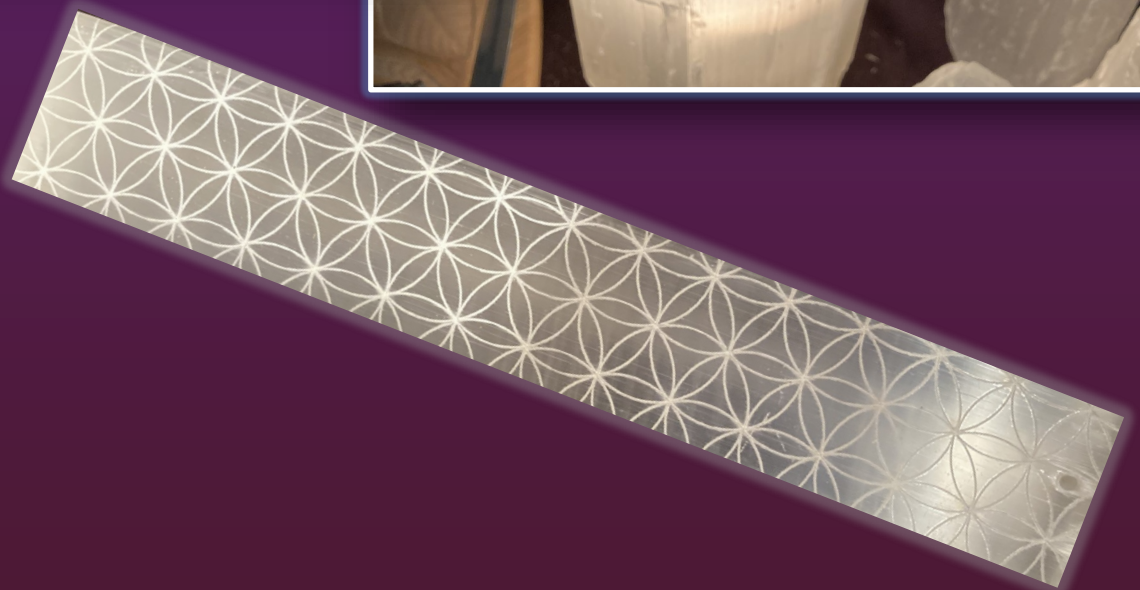
<https://energytealounge.ca/calendar>

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Showcase



*Selenite
Lights,
Bars
& Angels*





Selenite is a healing crystal with a long-established connection to heavenly realms with its angelic delicacy and quiet beauty. Dating back to Ancient Greece, the meaning of the stone was the embodiment of nature and the cosmos' mysticism.

This gorgeous crystal gets its name from Selene, the ancient goddess of the moon. The cultural importance of Selenite closely follows the characteristics of the goddess Selene. She was a powerful goddess whose personality adapted to the ebbs and flows of the changing tides.

Butterfly Moments





REMEMBER THE FUTURE RING

Think and feel into what it is you are wanting to *manifest*. Be sure what you are wanting is in alignment with your *heart* and not coming from a place of fear. Now have a conversation out loud with yourself or someone else about what it is you are wanting to manifest except talk about it as if it has already happened. Be as detailed as you like or keep it general. As you broadcast this story to the *universe* it is important to really feel the words you are saying. Feel it all then let it go, *breathe* easy, allow the universe and gravity to draw you into that reality.

Kayleens Kreation's



Christmas Baskets
Small & Large

Kayleen's Kreations

Clay & Shea Thai Lemongrass



Vanilla Sweetness,
Sandalwood & Citrus,
Cranberry Orange



Cedarwood and Spice



Pet Shampoo



Orange Cranberry



Lavender Swirl



Autumn Spice



Christmas Spirit



Book of the Month

"Anodea's understanding and interpretation of the chakra system blew my mind and heart wide open and deeply influenced my personal yoga practice as well as my teaching."—Seane Corn

ANODEA JUDITH'S CHAKRA YOGA



"Anodea Judith's Chakra Yoga is a wonderful companion to her decades of books and teachings. Providing exploration through yogic methods for liberating, transforming, and balancing our energetic body and life, it is a gift to the world."

—Shiva Rea, founder of Prana Vinyasa and author of *Tending the Heart Fire*

7 Keys to Awakening the Divine Within

As the architecture of the soul, the chakra system is the yoke of yoga—the means whereby mind and body, heaven and earth, and spirit and matter are joined together in the divine union that is the true meaning of yoga.

In this long-awaited book by acclaimed chakra expert Anodea Judith, you will learn how to use yoga's principles and practices to awaken the subtle body of energy and connect with your highest source. Using seven vital keys to unlock your inner temple, you will be guided through practices that open and activate each chakra through postures, bioenergetic exercises, breathing practices, mantras, guided meditation, and yoga philosophy. With beautiful color photographs for each of the poses, along with guidelines for deeper alignment and activation of the energy body, this book is a valuable resource for teachers and students alike.

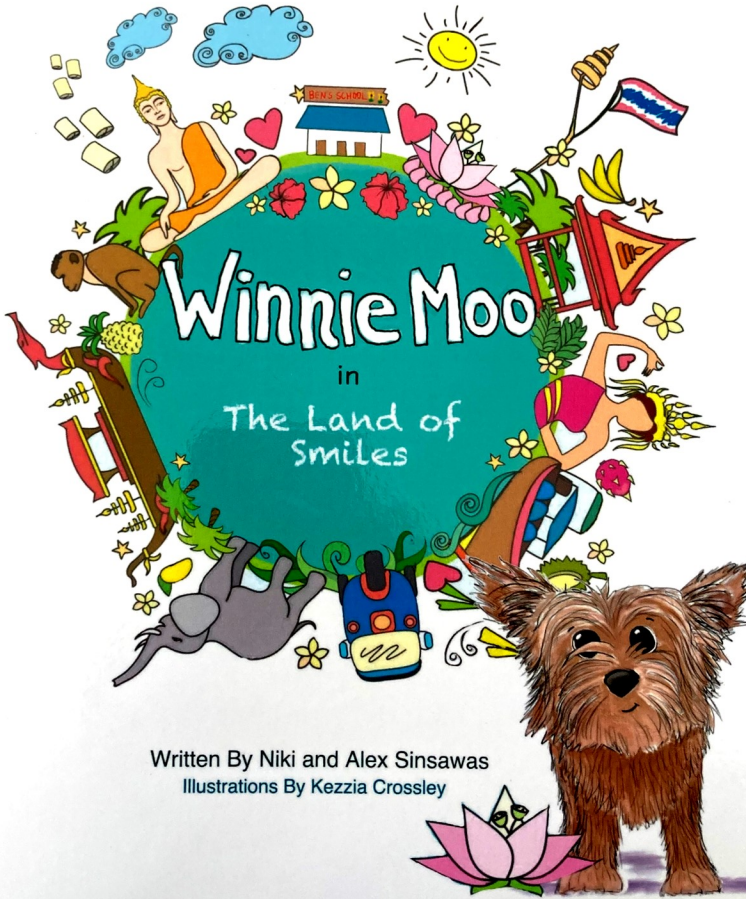
"For decades, I have been waiting, wishing, longing for such a book as Anodea Judith's Chakra Yoga. As always with Anodea, the book is exquisitely presented, deep, practical, inspiring, easy to follow, contemporary. A MUST HAVE. Enjoy the ride!"

—Margot Anand, author of *The Art of Everyday Ecstasy*

Kiddie Nook

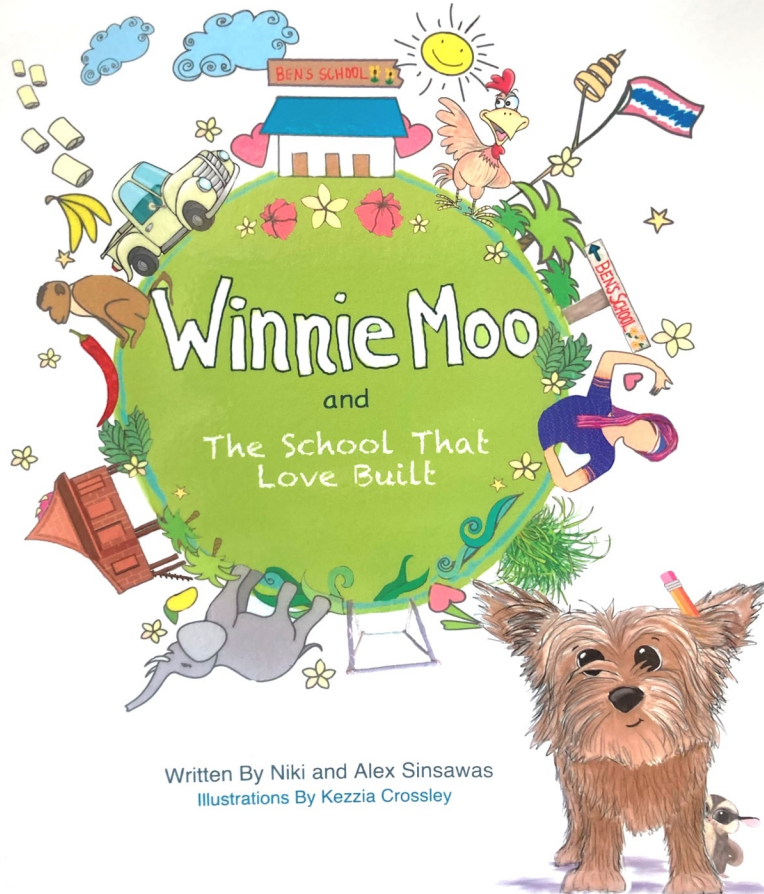


The
Adventures of



Written By Niki and Alex Sinsawas
Illustrations By Kezzia Crossley

The
Adventures of

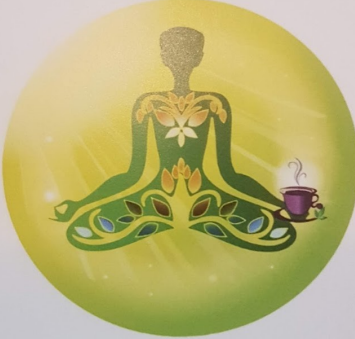


Written By Niki and Alex Sinsawas
Illustrations By Kezzia Crossley




Connections

Energy




Wisdom
&
Tea Lounge

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



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Top to Bottom
Reno's and Handyman Services
Ian Lunan
General Contractor
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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

Advertise Here

Reserve your spot today for Next Month's Newsletter

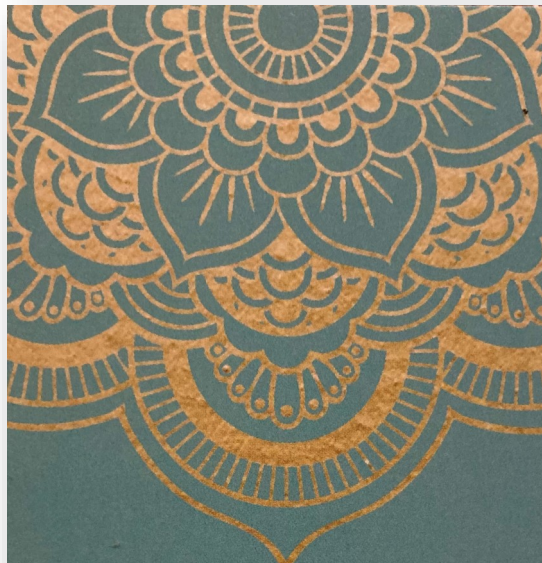
(deadline every month is the 30th)

\$ 5.00/business card one side

\$7.50/business card both sides

\$10.00/half page

Connections

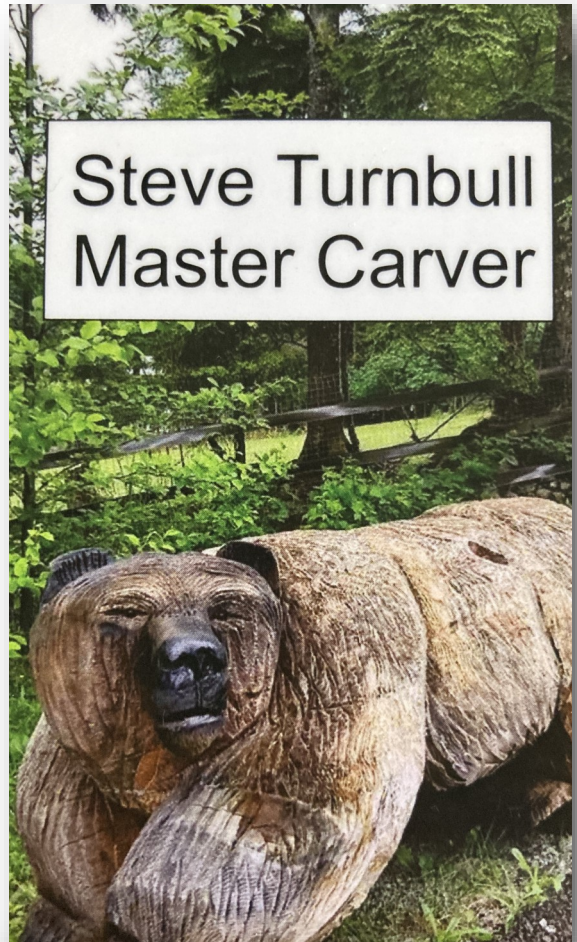


Kayleen's
Kreations

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Steve Turnbull
Master Carver

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Please text only, as I am deaf.