

**Energy**  
*Wisdom & Tea Lounge*



## **ENERGY UPDATE**

**FOR**

**November & December 2024**

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





# WISDOM for the SOLSTICE

*Angels Gather Here*

*Vibrational Healing & Uplifting*

## Winter Solstice Season

is the time of year to quiet down, maybe read a good book sitting on the shelf, curl up on the sofa with a warm beverage, start meditative practice to calm the nervous system, watch the first snowfall.

It is that time for family and friends to gather around the dinner table with gratitude and prayer for the past year and for what is to be. It is a good time to reset, recharge, and invigorate the body with Vibrational Healing practices.

Margaret Ann Lembo, author of

"The Essential Guide to Aromatherapy and Vibrational Healing"

offers exceptional advice on achieving physical, spiritual, and emotional balance using a variety of vibrational tools. And speaking of tools, Energy Wisdom has an abundance of Smudge Kits for cleansing and clearing the energies, Singing Bowls for raising vibrations that help with meditation practices, Tarot and Oracle decks that offer clear guidance, Orgone Generator Pyramids to offset the effects of EMF radiation, a variety of crystals, and many more tools that help with energy lifting and soothing.





# TAROT WISDOM



## Evolving Light Codes

### THE STAR

*Theme for Integration*

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*Rediscover joy and purpose in your life —  
after disruption comes renewal and hope.*

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### GROWTH & EVOLUTION

The welcome energy of this card is of *Hope*, *Renewed Power* and a sense of *Rejoicing*! Life may have dealt you some challenges, and there may have been some rawness. Yet, that has connected you more deeply with your core, stripping you back to authenticity and connection with your *Inner Spiritual Essence*.

This optimistic card carries the message that you have all you need within you. It is time to rediscover *Joy* and *Purpose* in your life. Recent transformative experiences inspire

you to create the highest version of yourself. Beautiful *Magic* and *Grace* surround you — a reminder that you can make your dreams come true and live with *Purpose* and *Faith*. It is as if you have passed through an initiation and many blessings await you in this *Peaceful, Stable* phase.

### HEALTHY AWARENESS

When life throws us unexpected challenges, it can be easy to become disenchanted, cynical and hardened by the experience. This card reminds you to check in with the higher lessons you are presented with now. Perhaps your experience is the perfect opportunity to highlight an area that was ready for you to evolve out of.

Do not see this as a punishment, but rather as an initiation. As you pass through the eye of the needle, stand firm with faith and confidence that the *Universe* is on your side, even if it takes time to see the bigger picture. Now, more than ever, find ways to align your life with what feels important to you. If you need to take some time to nurture your body and nourish your energy, listen to yourself and do so.

# CRYSTAL WISDOM

*Amethyst is one of the most spiritual stones*



*Amethyst can help you to remember and understand dreams and facilitates the visualization process.*

**Amethyst** balances out highs and lows, promoting emotional centering. It dispels anger, rage, fear, and anxiety. Alleviating sadness and grief, it supports **coming to terms with loss**.

**Amethyst** is one of the **most spiritual stones**, promoting love of the divine, giving insights into its true nature, and encouraging selflessness and spiritual wisdom. It opens **intuition** and enhances **psychic gifts**. This is an excellent stone for meditation and scrying and can be placed on the **third eye** to stimulate it. Sleeping with Amethyst facilitates **out-of-body experiences** and brings **intuitive dreams**. It transmutes "lower" energies to the **higher frequencies of the spiritual and etheric realms**.

**AMETHYST** is an extremely **powerful** and **protective** stone with a **high spiritual vibration**. It guards against psychic attack, transmuting the energy into love. A natural tranquilizer, **Amethyst** blocks geopathic stress and negative environment energies. Its **serenity** enhances **higher states of consciousness** and **meditation**. **Amethyst** has strong **healing** and **cleansing** powers, and enhances **spiritual awareness**. Traditionally, it was worn to prevent drunkenness and has a sobering effect on over-indulgence and physical passions, supporting sobriety. It **overcomes addictions** and blockages of all kinds. Used at a higher level, **Amethyst opens to another reality**.

**Amethyst** is extremely **beneficial** to the **mind**, calming or stimulating as appropriate. When you meditate, it turns thoughts away from the mundane into **tranquility** and **deeper understanding**. Mentally, it helps you feel less scattered, more focused and in control of your faculties. It enhances the assimilation of new ideas and connects cause with effect.

This stone facilitates the decision-making process, bringing in common sense and **spiritual insights**, and putting decisions and insights into practice. Mentally, it calms and synthesizes, and aids the transmission of neural signals through the brain. It is helpful where insomnia is caused by an overactive mind and **protects against recurrent nightmares**.

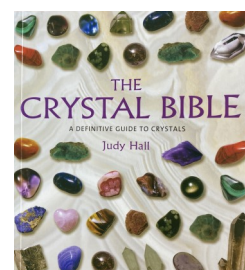
**Amethyst enhances memory** and **improves motivation**, making you more able to set realistic goals.

Excerpt from

**"THE CRYSTAL BIBLE"**

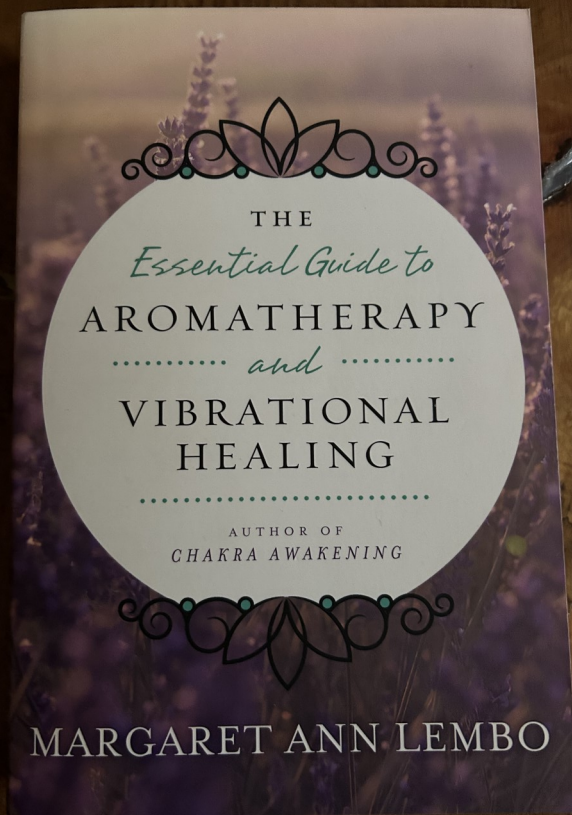
by Judy Hall

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# BOOK & DECK OF THE SEASON



Body, Mind & Spirit / Healing / Aromatherapy

"[This] is absolutely the best book I've read on the topic. It's all here—and more."

—CYNDI DALE, author of *The Complete Book of Chakra Healing*

"An off-the-charts, must-have resource to have in your home. With such clean style and grace, she reviews the history, the mystical, and all practical applications of essential oils... AMAZING!"

—JOAN RANQUET, author of *Energy Healing for Animals*

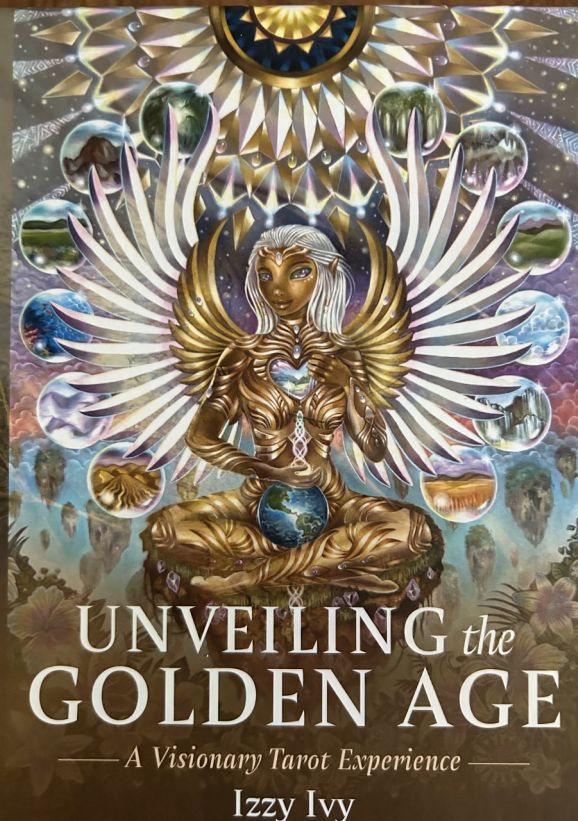
## *The Ultimate Go-To Reference for* ESSENTIAL OILS and VIBRATIONAL HEALING

Improve your life and enhance your healing practice with *The Essential Guide to Aromatherapy and Vibrational Healing*, an A-to-Z guide to sixty essential oils and their corresponding vibrational elements. Renowned author Margaret Ann Lembo shows you how to achieve physical, spiritual, and emotional balance using a variety of vibrational tools, including:

**Flower Essences • Gemstone Essences • Chakras • Divine Messengers  
Zodiac Signs • Planets • Colors • Numbers • Animals • Holy Water**

Discover how different oils can be combined with the power of intention to create and maintain positive change in your life. Learn how aroma-energetic practices support your journey to self-awareness and well-being. Outlining detailed information on all sixty essential oils—from therapeutic properties and fragrances to complementary essences and interesting tidbits—this comprehensive book provides everything you need to heal, transform, and evolve on every level.

MARGARET ANN LEMBO is the author of *Chakra Awakening: The Essential Guide to Crystals, Minerals and Stones*; *The Angels & Gemstone Guardians Cards*; *Color Your Life with Crystals*; and seven meditation CDs. She is the creator of a line of award-winning Aroma-Energetic Sprays, including *Smudge in Spray* and the seven *Chakra Sprays*. She is a spiritual entrepreneur and practitioner, aromatherapist, and the owner of *The Crystal Garden*—a book store, gift store, and spiritual center in southeast Florida.



## AN ALCHEMIC GATEWAY OF TAROT, VISION, EMPOWERMENT & EXPANSIVE PLAY

Traverse portals, glide down rainbows and feel the glory of your wings in this truly revelatory tarot and meditation deck. Intricate and intuitive, startling and reassuring, this 78-card offering was birthed from physical and multi-dimensional realms to ground and elevate the reader in a synergy of co-creative connection.

Izzy Ivy's unique divinatory system offers insight, direction, healing practices and recalibration for yourself and others. There are also supports for leading group meditations and accessing collective wisdom and visions. However you connect with the hand-painted wonders and spirit-led guidance, your journey with the *Golden Age* will be natural, timely and deeply transformative.

**78 Gold-Edged Cards and 304-Page Full-Colour Guidebook**





# SEASONAL ADVENT CALENDARS

## Kay's Kreations

Advent Calendars for all occasions;  
Birthdays, Halloween, Christmas, Self-  
Care Gifts and many more!

Filled with all of Kay's Kreations from  
handmade soap, bath & shower bombs,  
amazing bath salts, lip balm, essential  
oil soy candles, crystals, and chocolates.

[https://www.instagram.com/  
kayskreations333/](https://www.instagram.com/kayskreations333/)



Instagram & Facebook

KaysKreations

Email: [kayskreations@protonmail.com](mailto:kayskreations@protonmail.com)



# THEME BOX

*Vibrational Uplifting*



Sage Smudge Stick  
Abalone Shell Bowl



Orgone Generator  
Pyramid

The powerful healing effects of the crystals are magnified in an Orgone Pyramid. When you add crystals and semi-precious gemstones to the mix, they are electrically charged by the resin that contacts them. The organic materials absorb the vital energy, while the non-organic energy components disperse it back in all directions. They have the ability to clear the energies in the room and protect the individuals from EMF radiation.

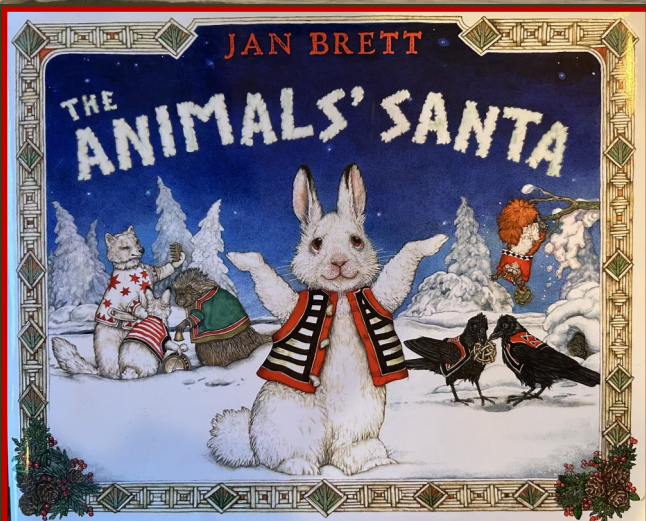
## Singing Bowls

Singing bowls are used in Tibet for meditation and are struck with a padded mallet or rubbed around the rim under constant pressure to produce a fascinating blend of harmonic resonance and rich overtones, which induce deep relaxation, stress reduction and can support chakra balancing and meditation.





# KIDDIE NOOK



TumbleStones



Atlantean Sea Glass



Includes a Deck,  
Guidebook, and  
Everything You Need  
to Start Practicing Tarot

Tarot is a great resource for decision-making, creative thinking, learning to trust your intuition, and so much more. Plus, it's a lot of fun! Kids will love learning to read tarot, on their own or with their friends. *Tarot for Kids* includes 78 beautifully illustrated cards, plus a 96-page guidebook that includes a brief history of tarot, the meaning of the cards, and how to perform readings. Get ready for hours of fun!

Ages 8 and up



# 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>



# **\*\*Special Event\*\***

| am loved

| am funny

| am a gift

| am successful

| am beautiful

| am strong

| am prosperous

| am smart

| am amazing

| am me

| am happy

## **Heal Your Life® 2-Day Transformative Workshop**

This transformational 2-Day workshop, originally developed by Louise L. Hay, is a life changing event.

Participants will identify limiting beliefs that no longer serve them while learning tools and techniques to move past fear, self-sabotage and old emotions that have been holding them back.

Learning how to love yourself fully is the foundation of this program.

## **JOIN US!**

## **REGISTER TODAY!**

**WHEN:** Saturday, November 23, 2024 &  
Sunday, November 24, 2024  
(9:00am to 5:00pm)

**WHERE:**  
Energy Wisdom Tea & Lounge  
11932 Dewdney Trunk Road  
Mission, BC V4S 1L2

**COST:** \$444.00 for a 2-day investment 😊  
(by etransfer)

**CONTACT:** Lynn Tucknies

**TO REGISTER:**

(1) **Call:** (604)832-0433  
(2) **Email:** [lynn@innerherohealing.com](mailto:lynn@innerherohealing.com)



# Events, Workshops & Ceremonies

Book your spot today!

<https://energytealounge.ca/bookings>

## November 2024

Sun

Fri

Sat

	<b>1</b> <i>New Moon Ceremony</i> A evening of wisdom, healing, releasing and collective creativity as we set powerful intentions for the upcoming month.	<b>2</b> <i>**Pop-Up** Mediumship Readings</i> <i>With Ross Van der Hoek</i>
<b>3</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>22</b>	<b>23</b> <i>Heal your Life</i> <i>Two Day Transformative Workshop</i> <a href="https://energytealounge.ca/special-events">https://energytealounge.ca/special-events</a>
<b>24</b> <i>Heal your Life</i> <i>Two Day Transformative Workshop</i> <a href="https://energytealounge.ca/special-events">https://energytealounge.ca/special-events</a>	<b>29</b>	<b>30</b> <i>New Moon Ceremony</i> A evening of wisdom, healing, releasing and collective creativity as we set powerful intentions for the upcoming month.





<https://energytealounge.ca/>

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