

# Energy

*Wisdom & Tea Lounge*

**UPDATE**  
**Summer 2025**



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

# Energy Update

## *Happy New Year*

The beginning date, July 26, corresponds to the heliacal rising of Sirius, making the 13 Moon 28-day cycle a solar/galactic calendar. The 13 Moon calendar is a perfect harmonious 13-month (moon) cycle of 28 days each. Its harmony is visible when we view it next to the Gregorian calendar. In the Gregorian calendar there is very little cyclic or periodic order. Months are uneven, the length of the month does not correlate with the seven-day week, and the days of the week and their numbers change every month.

With the 13 Moon calendar, everything is very even, orderly and harmonic so you can't get lost in time. The Haab and Tun Uc calendars of the Mayans and the calendar of Thoth in ancient Egypt also began on the day July 26th. The Haab is eighteen 20-day vinal cycles, plus the 5-day uayeb. The Tun Uc is literally the count of seven - this is the 13 Moon 28-day cycle. The calendar of Thoth was also a 13 moon, 28-day cycle. These are all solar measures. The original Druid calendar was a 13 Moon 28-day cycle and the Andean (Incan) Pachacuti, in use for 5,000 years, is also 13 Moons of 28 days. Other cultures that use a 13 Moon 28-day calendar include Polynesians, Native Americans, Chinese and Essenes. ~<https://lawoftime.org/home.html>~

**Want to learn more?**

**13 Moon Calendar Workshop**

**Sign Up Today!**

<https://energytealounge.ca/bookings>





# TAROT WISDOM

## Reading for Summer 2025



UNEXPECTED



CULTIVATION



ACCOMPLISHED



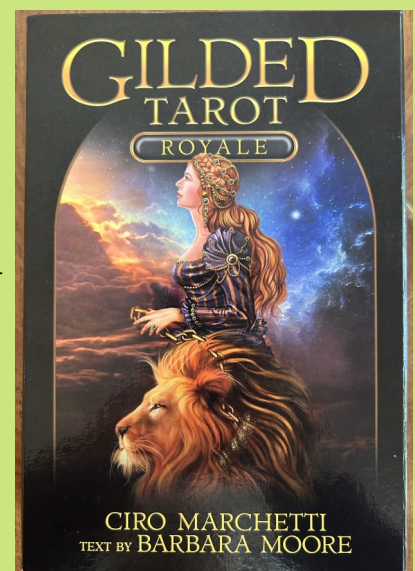
BALANCE

Carefully crafted, tall, beautiful, and strong, the **Tower** represents our worldview. We have added to it and altered it as needed. We expected it to last and serve us well. It is hit by lightning, a literal bolt from the blue, and is destroyed. The bolt symbolizes a moment of illumination, realization, experience that shakes our world to its very foundation. We have to rebuild as we have nothing, or so it seems. Don't discount what the flash of lightning reveals to you. The message of the Tower is a difficult one, our belief system is shattered. The good news is that it is usually shattered by a truth that we didn't recognize before. Be aware of overdramatizing situations. If you over-react to every aspect of your life, you may find yourself ill prepared to deal with real trauma or tragedy.

With the **Seven of Pentacles**, seeds have been sown and they are bearing fruit, it is time for harvest. Take time to compare the investment with the results. If it is not what you have hoped for, determine what can be done differently.

The **King of Pentacles** is intense and holds great earthly responsibilities. Like the 7 of Pentacles, you have worked hard and long and have wielded your authority and talent wisely. Ruling your own inner kingdom, you are able to draw upon a wealth of experience. While there are many rewards to be gained by your participation in the world, you must not allow yourself to be overtaken by your attachments.

The personification of **Justice** stands with the past and future held in her hands. The scales represent the karmic balance of life that must be maintained. The image of the sun is you, directly in the middle of your past and future. Justice is blindfolded; she has no power to help or hurt you. You have made your own karma. The yin/yang symbol reminds you that the past contains the seeds of the present and the present contains the seeds of the future. Whatever you have done in the past will determine your present; what you do now will shape your future. The message of Justice is simple; you make your own future by your actions. You are at a point where you are questioning why something is happening. Look to your past actions to discover how they have created the current situation. Learn from your mistakes and make choices now that lead to a happier future.



# CRYSTAL WISDOM



**Kyanite** is excellent for attunement and meditation. 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.

Kyanite instantly aligns the chakras and subtle bodies, clearing the pathways and meridians. It restores Qi to the physical body and its organs. In healing, it stabilizes the bio-magnetic field after clearing and transformation. As Kyanite does not hold negativity, it never requires cleaning.

Psychologically, Kyanite encourages speaking one's truth, cutting through fears and blockages. Opening the throat chakra, this stone encourages self-expression and communication. It cuts through ignorance and opens to spiritual and psychological truth.

Kyanite slices through confusion and dispels blockages, illusion, anger, frustration, and stress. It increases the capacity for logical and linear thought, stimulates the higher mind, and links into the causal level.

Spiritually, Kyanite assists in detaching from the idea of blind fate or implacable karma. It shows the part played by the self in creating causes and the measures required to balance the past. Kyanite facilitates the ascension process by drawing the light body down into the physical realm and connecting the higher mind to the highest frequencies.

**HEALING** Kyanite treats muscular disorders, fevers, the urogenital system, thyroid and parathyroid, adrenal glands, throat, and brain. A natural pain reliever, it lowers blood pressure and heals infections. It releases excess weight, supports the cerebellum and the motor responses of the body. Kyanite helps to balance yin-yang energy.

**POSITION** As appropriate, particularly between navel and heart. Wear as a pendant.

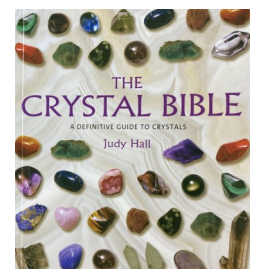
## **SPECIFIC COLOURS**

In addition to the generic attributes, the following colours have additional properties:

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

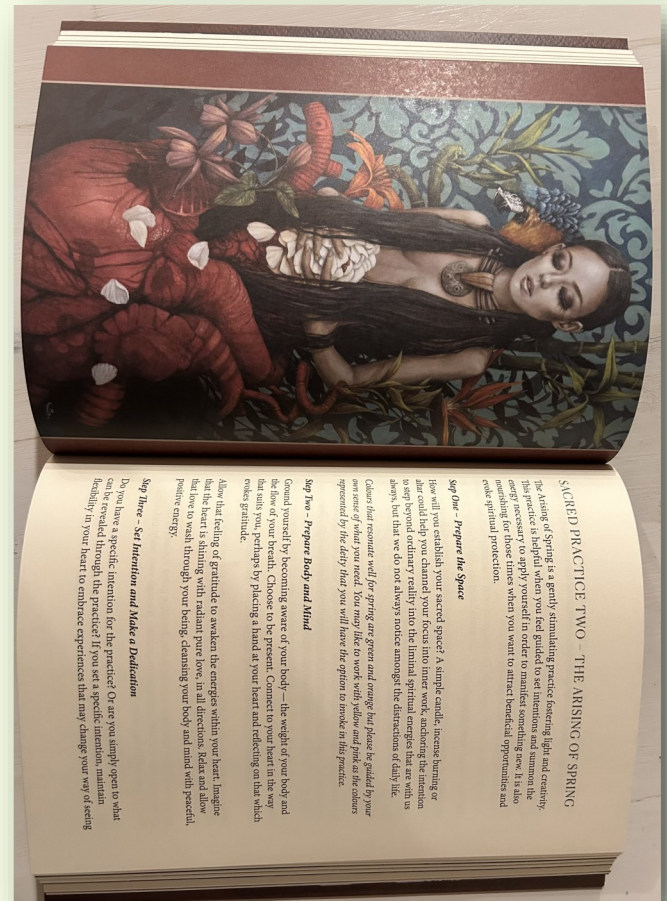
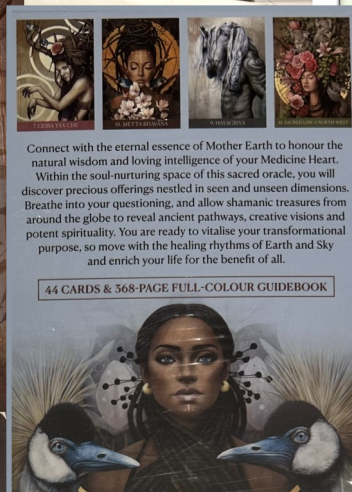
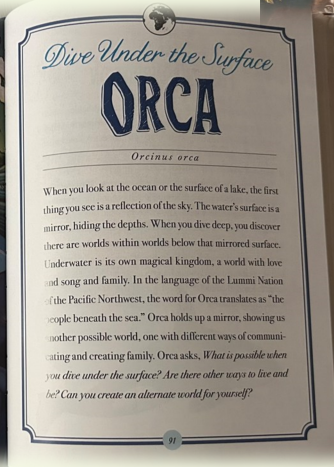
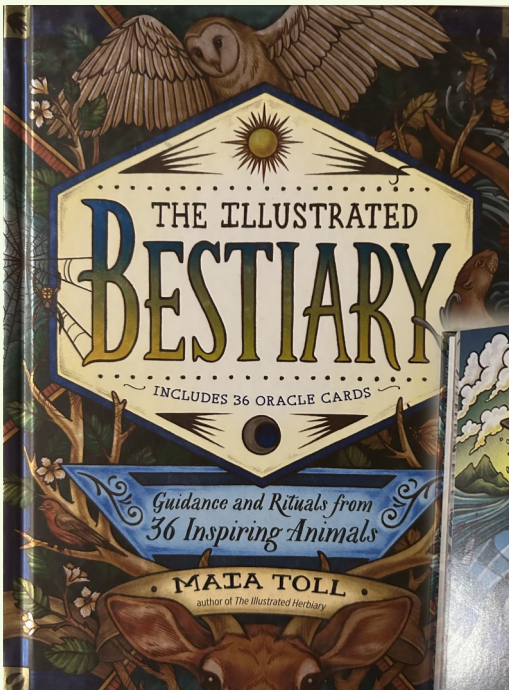
**Black Kyanite** grounds the body when aligning with the chakras and during or after meditation.

Excerpt from  
**“THE CRYSTAL BIBLE”**  
by Judy Hall





# BOOK & DECK OF THE SEASON





# Kay's Kreations

Natural Soaps  
Sprays  
Bath Bombs  
Lavender



Instagram & Facebook

KaysKreations

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



# THEME BOX



- ◇ **Wish Stones**
- ◇ **Sacred Buddha Candle Holder**
- ◇ **Chakra Candle**
- ◇ **Herbarium Oracle Cards**
- ◇ **Tarot/Oracle Bag**
- ◇ **Owl on Perch Nested Boxes, Set of 3, Mango Wood**
- ◇ **Blue Kyanite Crystal** strengthens the voice and heals the throat and the larynx. Useful for performers and public speakers
- ◇ **The Illustrated Bestiary**, guidance and rituals from 36 inspiring animals
- ◇ **Leather Bound Journal**
- ◇ **Selenite Coasters**, selenite is popular for purification, soothing nerves, balancing emotions and boosting empathy  
It is also used for amplification and cleaning of crystals
- ◇ **Crescent Moon Incense Holder**



# INTUITIVE 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>

## July 2025

Sun	M on	Tu e	W ed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	1 4	15	1 6	17	18	19
20  <i>Quieting the Mind- A gentle Journey to Heart Cen- tered Calm</i>	2 1	22	2 3	24  <i>New Moon Ceremony</i>	25  <i>13 Moon Calendar Teachings</i>	26
27	2	29	3	31		



<https://energytealounge.ca/>

Phone: 604-814-8095

[info@energytealounge.ca](mailto:info@energytealounge.ca)

11932 Dewdney Trunk Road, Mission

