

Energy

Wisdom & Tea Lounge



ENERGY UPDATE

April 2025

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

Wisdom of Rebirth



SACRED PRACTICE TWO - THE ARISING OF SPRING

The Arising of Spring is a gently stimulating practice fostering light and creativity. This practice is helpful when you feel guided to set intentions and summon the energy necessary to apply yourself in order to manifest something new. It is also nourishing for those times when you want to attract beneficial opportunities and evoke spiritual protection.

Step One - Prepare the Space

How will you establish your sacred space? A simple candle, incense burning or altar could help you channel your focus into inner work, anchoring the intention to step beyond ordinary reality into the liminal spiritual energies that are with us always, but that we do not always notice amongst the distractions of daily life.

Colours that resonate well for spring are green and orange but please be guided by your own sense of what you need. You may like to work with yellow and pink as the colours represented by the deity that you will have the option to invoke in this practice.

Step Two - Prepare Body and Mind

Ground yourself by becoming aware of your body — the weight of your body and the flow of your breath. Choose to be present. Connect to your heart in the way that suits you, perhaps by placing a hand at your heart and reflecting on that which evokes gratitude.

Allow that feeling of gratitude to awaken the energies within your heart. Imagine that the heart is shining with radiant pure love, in all directions. Relax and allow that love to wash through your being, cleansing your body and mind with peaceful, positive energy.

Step Three - Set Intention and Make a Dedication

Do you have a specific intention for the practice? Or are you simply open to what can be revealed through the practice? If you set a specific intention, maintain flexibility in your heart to embrace experiences that may change your way of seeing

TAROT WISDOM



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 the middle of your past and your 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 seeds of the 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 at your past actions. How have they created the current situation? This is a time for taking responsibility for your life.

Be aware of giving way to despondency. While past mistakes have future ramifications, your present actions will shape the future. Learn from your mistakes and make choices now that lead to a happier future.



CIRO MARCHETTI
TEXT BY BARBARA MOORE

TAROT WISDOM

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.

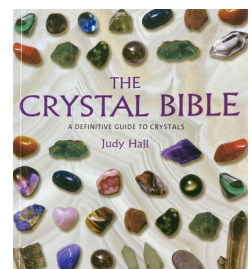
SPECIFIC COLOURS

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

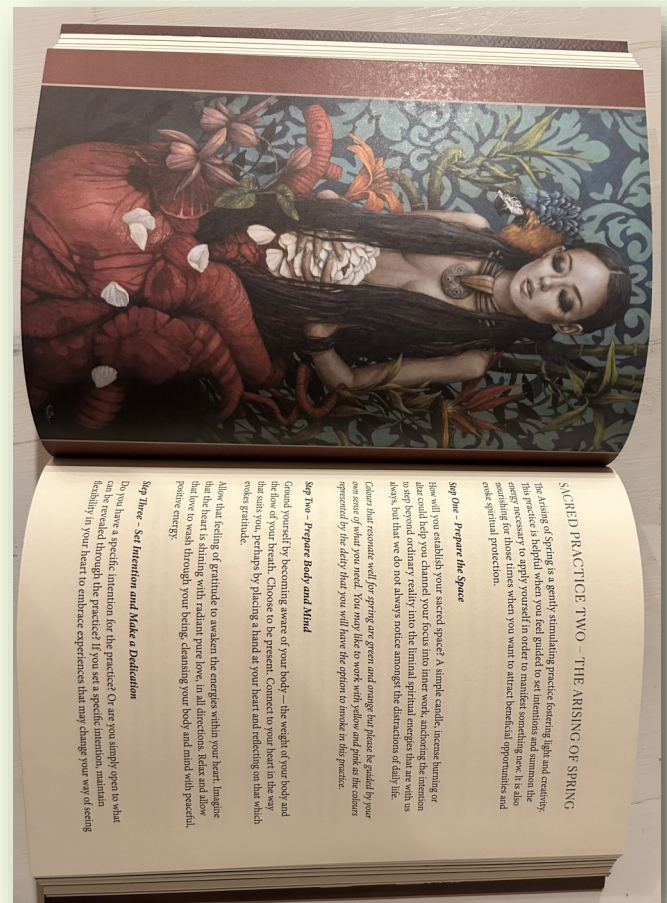
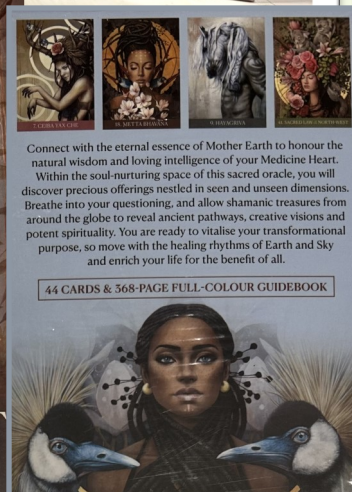
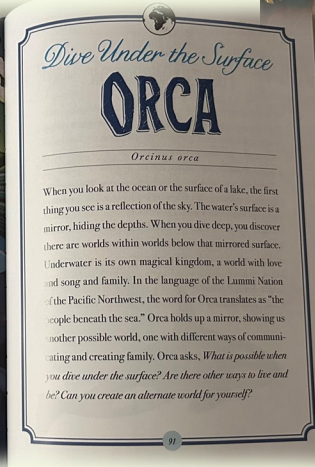
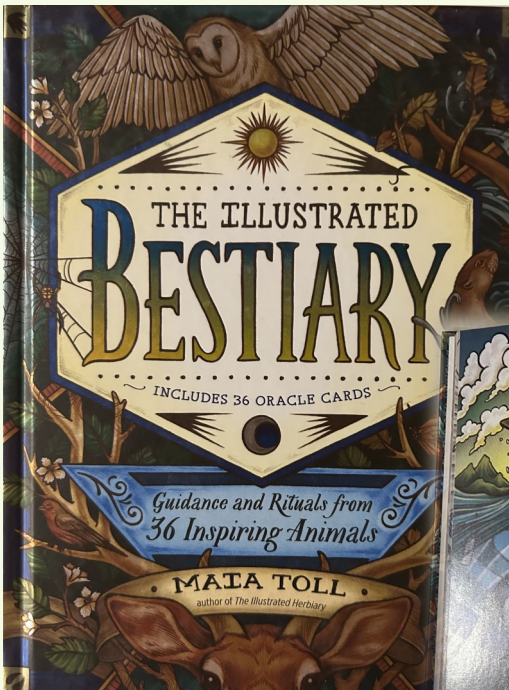
Blue Kyanite strengthens the voice and heals the throat and the larynx. Useful for performers and public speakers.

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
Shower Balls
Lavender



Instagram & Facebook

KaysKreations

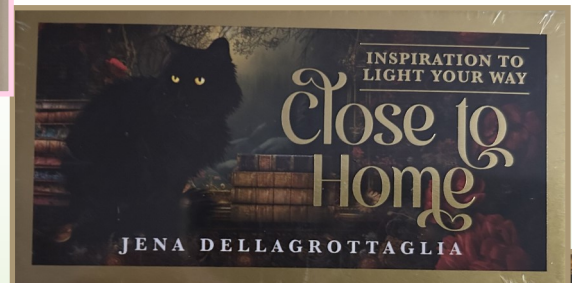
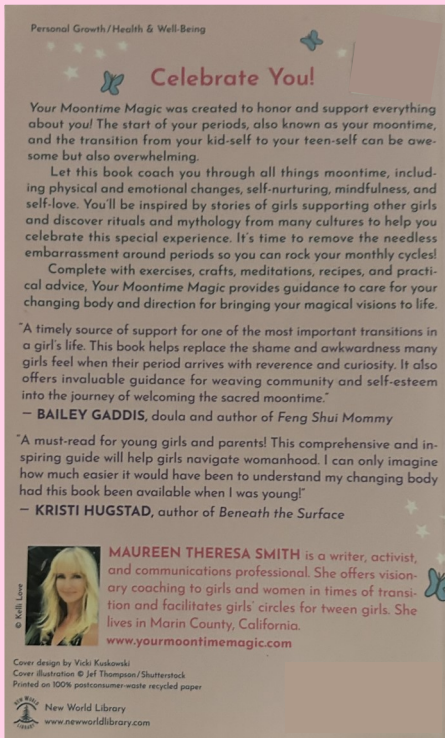
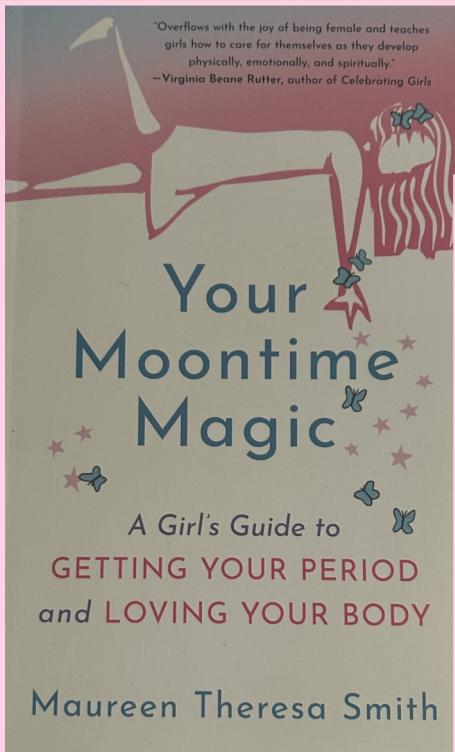
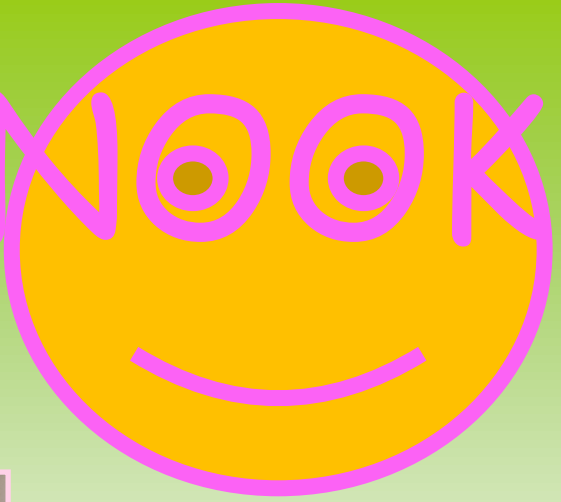
Email: kayskreations@protonmail.com

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**

KIDDIE NOOK



Treasure Box to Hold your Oracle Decks, Wish Stones, Tumble Stones, Precious Items



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>

April 2025

Sun

Fri

Sat

4

5 ****Pop-Up****

Mediumship

Readings

With Ross Van der Hoek

6 Ascension Series

A series of events to open a portal to a state of higher vibration. Carolyn will be guiding you through practices that will bring you into a state of higher consciousness and vibration. Every first Sunday of the month we will dive deep into subjects that affect us all on our ascension pathway. Each subject will be looked at intensely followed by an activation that can be used safely by everyone on their own. February starts off the series with our first Ascension event of 2025 (a 9 year) and we will be guided into grounding and light integration techniques and learn how to integrate the higher light codes during this shift to a higher consciousness. This series will run on the first Sunday of each month.

11

12

27 New Moon Ceremony

A evening of wisdom, healing, releasing and collective creativity as we set powerful intentions for the upcoming month.

Psychic & Spiritual Fair



Energy

Wisdom & Tea Lounge

11932 Dewdney Trunk Road

<https://energytealounge.ca/psychic-fair>

Psychic & Intuitive Readers, Energy Healers, Live Blacksmith Demonstration, Music,
Market Vendors, Artisans, Jewellery, Crystals, Books, Cards and much more!

May 31 11:00—5:00



<https://energytealounge.ca/>

Phone: 604-814-8095

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11932 Dewdney Trunk Road, Mission

