



Crystal Lotus Shoppe



Newsletter of the Crystal Lotus Shoppe

JANUARY 2022

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JUMP INTO THE NEW YEAR WITH US!

We have been very busy planning a host of new activities for you in the coming year. We hope you check out the new businesses in the shoppe and all the fun classes we have planned for you. We also hope to bring back "Muses of the Crystal Lotus" next month.

Remember "Psychic Saturday" is the last Saturday of each month! Stop by and see us!

CRYSTAL CORNER



This month we will be talking about Kyanite.

Kyanite primarily comes from Brazil. It also comes from South America, Switzerland, Burma, Kenya, Mexico, and the U.S. The physical composition of Kyanite is aluminum silicate minerals. It is a hard stone that is elongated and has blades. Kyanite can come in many colors. Some of the more common colors are black, green, blue, indigo, and orange. It can also come in white, pink, yellow, and grey.

Black Kyanite clears blocked energies and replenishes the meridian system. It can help with energy overall. This is an excellent stone to use to access past lives. Black Kyanite is also a great stone to use for protection. You can use this stone to provide you with a warm and comforting feeling when you are stressed.

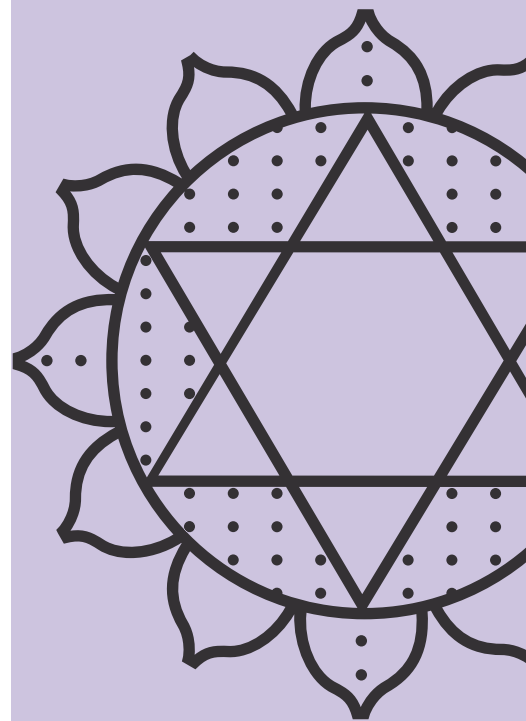
Blue Kyanite helps open the psychic channels quickly. It can also help with lucid dreaming. This stone helps provide a link between the physical and astral plane.

Green Kyanite helps one to discern their own personal truth. It will also help you to see if others are being sincere with you. This is an excellent stone to use for emotional needs as it helps you to become aware of yourself. This stone can help you to connect with nature as well. Additionally, it can help you with astral travel (like Blue Kyanite) and accessing the archetypes.

Indigo Kyanite helps to activate latent psychic abilities. It, too, can help with lucid dreaming. This is an excellent stone to use when finding truth in a situation and defusing disagreements.

Orange Kyanite, which was recently discovered, helps with physical changes, such as healing. This color of Kyanite is also suitable for manifestation. It can also be worked with to explore past lives and your sexuality. This is an excellent stone to use if you are healing from sexual abuse.

Sources: *The Book of Stones: Who They Are and What They Teach* by Robert Simmons and Naisha Ahshan, *The Pocket Books of Stones: Who They Are and What They Teach* by Robert Simmons, and *The Crystal Council*: www.thecrystalcouncil.com





SELF-LOVE ON BAD BODY DAYS



Book your 30
minute free
Discover session
with Stephanie
Lanham,
Certified Holistic
Health Coach
today

Follow us on Facebook
and Instagram for news,
updates, blog posts,
recipes, events and more!



@RediscoverHealthLLC

We all have bad body days, but remembering to nurture self-love is the best way to keep your intuitive eating plan in place and keep you committed to caring for yourself long-term. Intuitive eating is not a diet plan. It is an eating style that makes you the expert on what you should eat, when to start and stop eating, and to trust your body by listening to the signals it gives you. Using intuitive eating, you eat what you want, when you want, and how much you want. The program also stressed body positivity and a neutral attitude about types of food. The idea is that you eventually do not desire the less healthy food intensely because it is no longer forbidden. Eventually, you can make nutritious choices about what you eat. Making those healthy choices not only requires breaking down the psychological concept of "forbidden foods" but requires you to have self-love and body positivity so that you care about how you treat your body.

Try this exercise to improve your bad body image day:

Taking the time to do a few things for yourself and your body helps you feel more connected and appreciative of your body. Self-soothing is a way for you to appreciate the body you have now, instead of waiting for the one you think you will like. One way you could do this is to focus on dressing and styling yourself in a way that makes you happy (Health Stand Nutrition, 2020). Don't try to wear clothes that are too tight or don't feel comfortable on you. Wear clothing and accessories that you find attractive and stylish. Another way to self-soothe is to take some time in the day to take a break, care for yourself, and distract yourself (Be Well By Elle, 2021). You might read for a bit, listen to music, get a bubble bath, or engage in a hobby. Do something that usually makes you feel good and relaxes you. This doesn't have to take a long time if you don't have much time. Arrange to paint your nails or get them done after work, buy something special for a bath, make yourself your favorite tea. In this way, you are nurturing and caring for your body, so you feel in control and provide care for your body simultaneously.



CANDLE MAGICK WITH THE COLOR BLUE

Candle magic is a means of casting a spell. It is known as sympathetic magic. Candles have been used since the time of the Egyptians. In fact, blowing out the candles on your birthday cake came from a ritual to the moon God, Artemis. Many religions use candles as part of their ceremonies.

Different colors of candles represent different meanings. The blue candle can represent relaxation, charisma, harmony, healing, and peace. They are best used for spells or rituals dealing with dream enhancement or interpretation, forgiveness, restoring balance, truth, loyalty, and justice. Blue is also the color of the Archangel Michael. Blue candles are lit on the Advent calendar to represent hope. Different shades of blue also have various meanings. For example, light blue is good for chakra healing of the throat chakra, while royal blue is good for wisdom. The color blue can also represent water and the energy of Mercury and Jupiter.

To learn more about how to dress and use a candle properly, consider coming to the Beginner Candle Magick Class on January 28th, 2022, at 6 P.M. with our tarot reader, Josey Rose. The cost is \$25 plus tax.

Sources: www.wicanspells.info, www.learningreligions.com, www.plentifulearth.com

Blowing candles out on a birthday cake dates back to ancient Greece. Round cakes represented the moon. Candles were added to reflect the moon's light. This was a ritual to the Greek moon Goddess, Artemis.

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TEN REASONS YOU SHOULD BOOK A MASSAGE

Fun fact:
Massage may be the
oldest form of
medical care.
Egyptian tomb
paintings show
people being
massaged!

Book your
appointment at
www.clsww.com/massage

Follow us on Facebook
and Instagram for news,
updates, events, promos,
and more!



Facebook:
www.facebook.com/naturalhealingmassagetherapyww

1. Getting a massage loosens your muscles before a chiropractor visit.
2. A sinus massage will help clear your sinuses.
3. If you suffer from migraines or headaches, a massage can help alleviate them.
4. Massages have been shown to relieve anxiety, stress, and depression.
5. Having a massage can ease joint pain.
6. Studies have shown that massage can help with better posture.
7. A massage can both lower blood pressure and increase circulation.
8. Massages boost the immune system.
9. Getting a massage is a great way to establish self-care and relax.
10. If you have trouble with digestion, massage can help with digestive issues.

Book your massage with our Licensed Massage Therapist, Tanille Spencer, at Natural Healing Massage today!





PARANORMAL INVESTIGATION

The Crystal Lotus Shoppe has a new business inside: Prodigal Panda Practical Education Center LLC. You can take classes at the practical education center any time of the day instead of waiting for group classes that it hosts. Amanda offers courses on writing, English, ESL, social science, and spiritual/religious topics. Amanda is a candidate for a M.A. in Professional Writing. She has completed courses with UCLA and the Institute of Children's Literature. Additionally, she has been teaching ESL for two and a half years in China and Indonesia. She has also been a paranormal investigator for 14 years.

Amanda currently teaches "A Look Into Paranormal Investigation" which is a paranormal investigator 101 class and "Smudgings and House Blessings 101". Prodigal Panda Practical Education Center also houses the paranormal investigation team that offers free paranormal investigations to local residents or businesses. While the team's service is free, if you want to simply discuss your paranormal problems and get some help from Amanda, she charges \$15 for a 30 minute consultation. During the consultation, Amanda will offer ideas for what can be used to address your specific situation and offer suggestions for dealing with your issues.

You can check out Amanda's other classes on journaling, creative writing, psychology topics, and spiritual gifts as well as several others on her website. She also offers tutoring, editing, writing services, and author coaching.

It is believed ghosts are more active at night due to reduced electrical disturbances which allow them to gain more energy.

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YouTube:
www.youtube.com/channel/UcZRJUG10imkLoA63eHwtj4Q

Facebook:
[@ProdigalPandaPEC](https://www.facebook.com/ProdigalPandaPEC)



BALANCING YOUR SACRAL CHAKRA

Here are some ideas for balancing your sacral chakra:

The sacral chakra is the chakra that encompasses your sexuality, creativity, emotions, and relationships. The bladder, kidneys, and reproductive organs are all part of the sacral chakra.

Crystals: Some crystals that can help balance your sacral chakra include carnelian, amber, moonstone, coral, orange tourmaline, and sandstone. To use the crystal for balancing, you can sage them with white sage to clear them. Then, set your intention to the stone. Use the stone in meditation by holding it in your left hand.

Essential Oils: You can use essential oils to balance your sacral chakra by anointing your sacral area while saying your intentions out loud. Some essential oils that work well with the sacral chakra are ylang-ylang, lemon, patchouli, rosewood, and sandalwood.

Exercise: You can try belly dancing or hula-hooping to connect with your sacral chakra and balance it.

Emotional: Some ways you can explore issues with the sacral chakra are through exploring your sexuality, journaling, painting, or playing music.

Food: Eat some orange food such as sweet potato, cantaloupe, carrots, oranges, apricots, or mangos.

EVENT CALENDAR

January 28th at 6 P.M.
Beginner Candle Magick Class
with Josey Rose.
Cost: \$25 plus tax

February 3rd at 6 P.M.
Self-Nourishing Herbal Make and Take: Milk Bath and Facial Mask
with Stephanie Lanham
Cost: \$45 plus tax

February 9th ALL DAY EVENT
Aura Photos
with Aura Photo. US
Cost \$35 plus tax

February 10th at 6 P.M.
Boost Your Immune System Holistically
with Stephanie Lanham
Cost: \$25 plus tax

February 19th at 3:30 P.M.
Smudgings and House Blessings 101
with Amanda Woods
Cost \$27 includes tax

February 24th at 6 P.M.
Introduction to Ayurveda Medicine
with Stephanie Lanham
Cost: \$25 plus tax

February 26th at 3:30 P.M.
An Introduction to Paranormal Investigation
with Amanda Woods
Cost: \$27 includes tax

For event pricing and tickets, visit our Facebook
@crystalotusshoppe or our website:
www.clswv.com



CLS PICK OF THE MONTH!



Rest and Digest: A delicious blend of ginger, fennel, catnip, peppermint, and stevia.



DID YOU KNOW...

Ginger helps with moving food through the digestive tract.

Fennel helps to smooth the stomach muscles and reduce bloating and gas.

Catnip helps with heartburn.

Peppermint helps with reducing stomach spasms.

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www.Facebook.com/groups/groundedllc

UPCOMING EVENTS

**TASTE OF THE LOTUS
PSYCHIC SATURDAY**

DISCOUNTED READINGS AND REIKI SESSIONS

**COME IN ON SATURDAY, JANUARY 29TH AND
SATURDAY, FEBRUARY 26TH**

**IN THE MONTH OF FEBRUARY, STOP IN AND SHOP
BEFORE VALENTINE'S DAY FOR A CHANCE TO WIN A
GIVEAWAY BASKET**

Now Offering:

Salt Lamp
Meditation Room
Sessions



Guided Meditations

Call to reserve!

