

SEPT. 2020 | VOL. 1



# Crystal Lotus Shoppe

*Monthly newsletter of the Crystal Lotus Shoppe*

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## WELCOME TO OUR NEWSLETTER

It excites us to announce the re-launch of our newsletter. The businesses within the Crystal Lotus Shoppe have partnered together to bring you a taste of what we offer within these few pages. Each publication will be different and will highlight various stories, educational posts, sales, and upcoming events. This is a big transition into a new phase of the shoppe, and hope that you will take the time to flip through, ask questions, and share with all your like-minded friends. Thank you for being customers of the Crystal Lotus Shoppe. We are extremely grateful for you, our customers and supporters, as we are reaching a milestone in September - 4 years on Olde Main. To show our appreciation, there is a special event coming up, listed here in the newsletter! Enjoy!



**"Beautiful September to all. I love this time of year. The weather, the colors, all the wonderful changes that happen in the Fall."**

## FOOD FOR THOUGHT

*Written by Shanna Neal*

Have you ever noticed that this time of year is also associated with pre-winter depression? Surprisingly, many people start in September having anxiety over the imminent arrival of the "Holidays". Personally, I blame the Mega-Stores. They always tend to rush the seasons along. First you get hit in August with Back to School Sales. Then, it's Samhain/ Halloween Sales and decorations and candy in August. Thanksgiving and pre-Yule/Christmas in September. It just seems like no one has the time to just enjoy the seasons anymore.

We are enticed to purchase elaborate decorations and 'Gifts' and to max out our credit cards to prove how much we love our family. We are pushed to exhaustion with Labor Day, Samhain/Halloween, Black Friday, and other sales leading up to the Yule/Christmas season. It's no wonder people get depressed.

So, here's a thought. How about some handmade items for gifts this year? Something you make yourself with love for that special person. If you're not a "crafty" person, maybe a picnic up the mountain or by the lake. Time is priceless to all of us. It's a precious gift to give your time and undivided attention to your loved ones. It also costs you nothing since you will get so much in return.

The next time you get down when the seasons change, remember that change is good. Nothing grows without change. Embrace it or hide from it, it's up to you. But isn't life better when you grow and share that growth with others?

If you're not familiar with the alternative names for the holidays mentioned, here is a brief description about the celebrations of the Pagan Sabbots. They can all be observed with little to no cost.

The Fall Equinox. Also known as Mabon and Alban Elfed, are celebrated with Fall Festivals that, many, are free to attend. Rituals of the Fall Equinox are usually geared  
(cont. page 3)



# FOOD FOR THOUGHT CONT.

oward gratitude for a good harvest and blessings for a bountiful year. Do something special for your home. Decorate in Fall colors using dry corn stalks, string leaves and dried berries together with fishing line for garland. Mix small dry branches with harvested lemongrass in a vase or urn. Burn apple and cinnamon incense or simmer sliced apples and a cinnamon stick on the stove. Purchase apples from a farmer's market or orchard and make apple butter or apple crisp. If you make enough, can the apple butter and give as gifts to family members and friends at Yule. All that apple, cinnamon and brown sugar make your home smell warm and cozy like Fall.

Samhain. Also known as Halloween and All Hallows Eve. The celebrations on this Sabbot are diverse. For most Pagans, it is a time to honor those who have gone before us. Loved ones who have passed over and our ancestors from long ago. We cherish the memories of those who imparted their wisdom, loved and cared for us to help us become who we are now. Told us the stories of the ancestors who shaped our lives and thoughts and beliefs.

Celebrations at this time sometimes include a Mummers Feast. This is a dinner you will already be preparing or adding something special to. You will set your table with an extra place setting. You serve the meal to each plate, put out a drink and bread just as you normally would. Everyone sits down with the extra place setting left open. Then you ask the ancestors to join you for the meal. It's a wonderful way to remind the family of their history and to let your departed loved ones and ancestors to feel your love through remembrance.

Yule. Also known as Christmas and the Winter Solstice. This is the longest day of the year. Most celebrations center on the return of the light since the days get longer after the solstice. It is also a time for inner reflection, using the cold weather as a time for learning, reading and strengthening your inner self. As you release the old negativity and replace it warm promise, the days get longer as you get stronger and come early spring, (Imbolc), you're ready to take on the world rejuvenated and full of hope for the rebirth of the earth and of new crops to sow.

These celebrations are about reaching out to others with your heart not your wallet. And reaching into yourself with kindness and love. Destress your holiday season and you'll have more time with loved ones, less debt and less depression because you will not be alone in body or spirit.

Think about it. And Feed your mind positive food.



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



@CLSWV



## THE LEGEND OF THE HOLLY KING AND THE OAK KING

*Written by Christina Dolin*

There is an enduring legend of the battle between the Holly King and the Oak King. In Celtic mythology, the Holly King and the Oak King are Rivals. Some stories say that they are brothers. These two mighty rulers fight for supremacy as the Wheel of the Year turns each season. At the Winter Solstice, the Oak King kills the Holly King and reigns until Midsummer. Once the Summer Solstice arrives, the Holly King returns to do battle with the old king and defeats him. The Holly King then rules until Yule. Some legends say it is for the affections of the mother goddess.

As the ruler of the dark half of the year, the Holly King is named for the cheery evergreen tree whose bright green leaves and red berries are a welcome sight in the cold winter months. The Oak King, by contrast, is named for the decoratively-shaped leaves that symbolize the height of summer. Both trees are considered sacred by the early Celts and have long been treasured for their magical properties. Oak trees are deciduous, meaning that they go into a dormant state during the winter months. English Holly trees and many other types of hollies are evergreen and maintain their foliage all year round. As the cold weather approached and the Oak trees lost their foliage, the Holly trees, which had been hidden amid the leafy Oaks now stand out in their full beauty in the barren landscape. Holly and mistletoe are traditional to the season which have been used to commemorate the battle. The holly was hung in honor of the Holly King; the mistletoe (which grows high in the branches of oak trees) in honor of the Oak King.

One concept that must be kept in mind is that the struggle of light versus dark is not one of good versus evil. After all, there can be no light without the dark—it is the contrast between the two that makes each possible. In the Pagan mindset, the struggle of light and dark is of one of birth and regeneration. Like the harvest, one thing that grows will die and what dies will grow again. It is about how we choose to grow and die and how we choose to be reborn. It is cycle that we live from year to year. Death is not bad - it is just an opportunity to be reborn.

The Holly King and Oak King are mortal enemies at Midsummer and Yule, but they are two sides of a whole, and neither could exist without the other. This is the lesson of the Legend of the Holly King and the Oak King. Each year the cycle continues, one ruling the green time, and one the dark time. This is a story the ancestors told to explain how the seasons were created.





## STRENGTHENING THE IMMUNE SYSTEM

*Written by Stephanie Lanham*

This year has increased our awareness about health and wellness, especially as the dominant conversation evolves around COVID-19. One thing that we each can do during this pandemic is direct our attention towards ways that we can build our immune system to prevent infections, or at very least, support our body's response and recovery rate. The primary focus currently is wearing a mask, practicing physical distancing, and proper personal hygiene. While all of these modalities may, or may not, be effective at flattening the curve, we have a personal responsibility of self-care to help promote a healthier immune response. Nutrition, supplements, herbs, and lifestyle can all be critical players in boosting your immune system.

The journal of Nutrients published an article on the role of diet and nutrition and strengthening the immune system in May of this year (Iddir et al., 2020). To have an optimally functioning immune response, we have to provide the body with the adequate nutrients it needs. For example, the body requires sufficient protein stores to produce antibodies for fighting infections (1). Foods that are higher in glycemic index (quickly increases blood sugar) produce oxidative damage and inflammation, putting the body in a highly inflamed state (1). Complications of COVID-19 are thought to be induced by the hyper-inflammatory response from the body triggered by the viral replication (1). Having chronic inflammation in the body dysregulates the immune system and increases the risk of infection as well as increase the risk of complications (1).

The name of the game for promoting a functioning immune system is reducing inflammation and inflammatory triggers, as well as reducing oxidative stress. Including fruits and vegetables that are rich in colors can provide phytonutrients, plant chemicals with potent antioxidant and anti-inflammatory capacities. Quercetin, for example, is a nutrient (Cont. on pg 6)

**Food has the power to make or break our health. Choose wisely.**



## STRENGTHENING THE IMMUNE SYSTEM CONT.

found in apples and onions that studies indicate can decrease viral infectivity and intracellular viral replication (1). Carotenoids, like seen in carrots, reduce inflammation and oxidation, as well as provides immune-boosting support when converted to vitamin A (1).

The examples provided above are just a glimpse into the role food and nutrients can play on the immune system. Stress, physical activity, and sleep patterns are also influential components for the immune response. For more information about how you can boost your immune system using food, reducing stress, and various other essential factors for a healthy immune system, schedule a coaching session with me at my website, [www.RediscoverHealthLLC.com](http://www.RediscoverHealthLLC.com).

(For the full article, visit the website and click blogs).

[1] Iddir, M., Brito, A., Dinguo, G., Fernandez Del Campo, S., Samouda, H., La Frano, M.R., & Bohn, T. (2020). Strengthening the immune system and reducing inflammation and oxidative stress through diet and nutrition: Considerations during the COVID-19 crisis. *Nutrients*, 12(1562). DOI:10.3390/nul2061562

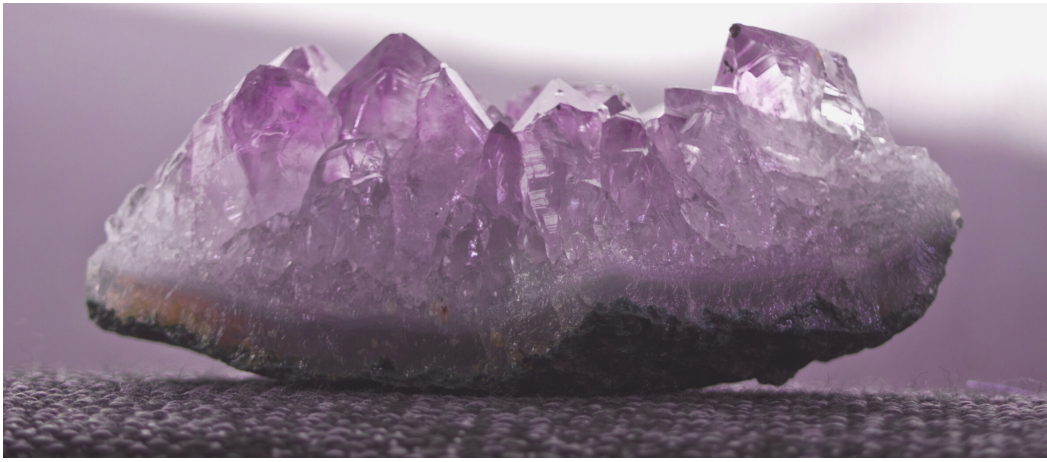
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## CRYSTAL CORNER

*Written by Shanna Neal*

Welcome to Crystal Corner.

Here we will explore Crystal Properties and Benefits of Crystals. Each month I will post a crystal and the information associated with it as an introduction to the world of crystals and stones. I hope you enjoy reading about one of my favorite topics.

This month we will explore a little about Amethyst. This is an extremely popular crystal because it works with the crown chakra allowing you to open your mind to universal energies and truths. Amethyst is a variety of quartz that can be found all over the world. It ranges in color from pale Lavender to deep purple. The presence of manganese in clear quartz produces amethyst while additional amounts of iron content vary the purple coloration.

Amethyst facilitates transmutation of lower energies to the higher frequencies of both the spiritual and ethereal levels. It clears the aura and stabilizes and transmutes any dysfunctional energy located in the body. Amethyst also imparts stability, strength, invigoration, and the perfect peace which was present prior to birth.

Being the Stone of Strength and Peace, this crystal not only activates your crown chakra, but it also has the power over your third-eye chakra. It contributes to mental clarity and opening psychic power while stabilizing issues of addiction as well as balancing your brain and nerve. Thus, it is a powerful stone to alleviate insomnia, headaches, and anger while helping you to find your life's purpose and aligning you with the all-powerful universal energy.

Amethyst can be used for hearing disorders, to strengthen the skeletal system, and to stimulate the sympathetic nervous system and the endocrine glands. It has also been used in the treatment of insomnia and headaches including migraines. It has even been used as an elixir in the treatment of arthritis with excellent results.

I hope you have enjoyed our First Crystal Corner. For additional information please check out the links below.

[1] <https://www.sacredcrystalmeanings.com/>

[2] <https://gemstagram.com/>

[3] Love is in the Earth by Melody

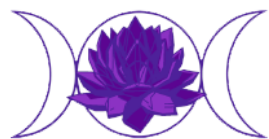
**Amethyst vibrates to the number 3.**

**Chevron Amethyst vibrates to the number 7.**

History:

Amethyst has rich crystal meanings and metaphysical properties. The name of the crystal comes from the Ancient Roman and Ancient Greek word "amethystos." That means "not drunken." The Greeks and Romans believed that Amethyst would prevent drunkenness. Some put the stone in their wine cups in the belief that it would keep them from getting too drunk. These ideas in time brought the energy forward that makes it "the sobriety stone" today. Along with Citrine it is half of Ametrine. Additionally, intuition and spirituality are hallmarks of the grace and power of Amethyst.

Amethyst is associated with the Archangel Jeremiel. In addition, this crystal was one of the stones of the breastplate of the Hebrew High Priest Aaron. Amethyst has a long history of use in many different cultures. The Neolithic people and Ancient Egyptians made it into amulets and jewelry. Additionally, Ancient Chinese texts and Ancient Ayurvedic Indian texts mention this crystal. Ancient cultures in central America made grave goods and ornaments with this stone.



Crystal Lotus  
Shoppe

## EVENT CALENDAR

# SEPTEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	Rediscover Healthy Gut 6pm	3	4
			4th anniversary event	4th anniversary event	4th anniversary event	4th anniversary event
6	7	8	9	10	11	Reiki Level 1 2 day class 1pm
Reiki Level 1 2 day class 1pm	13	14	15	16	Moon Cycle 6pm	17
					18	19
					From Dirt to Delicious Cooking Demo 6pm	Taste of the Lotus: Psychic Saturday 12pm
20	21	22	23	24	25	26
27	28	29	30	For event pricing and tickets, visit our Facebook @CLSWW or our website: <a href="http://www.clsww.com">www.clsww.com</a>		

## JOIN OUR 4TH ANNIVERSARY CELEBRATION

### WEDNESDAY SEPT 9TH

Free 10 to 15 minute chakra balancing session!

### FRIDAY SEPT 11TH

Free gift with any \$10 purchase. Spin the wheel to choose between incense, tumbled stones (limited selection), or taper candles!

### THURSDAY SEPT 10TH

Spin the wheel for discounts with a purchase!

### SATURDAY SEPT 12TH

Free 15-20 minute guided meditations!

WE ARE CELEBRATING OUR 4TH YEAR ON OLDE MAIN THANKS TO YOU!  
COME CELEBRATE WITH US AS WE SHOW YOU OUR GRATITUDE!



A GLIMPSE INTO THE FUTURE...

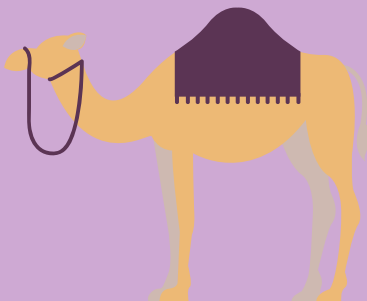
# Save the Date

WALK LIKE AN EGYPTIAN  
COSTUME AND TEA PARTY

OCTOBER 31ST | 1-5PM

Creative Expressions, Crystal Lotus Shoppe and Grounded, LLC will be hosting a Walk Like an Egyptian Costume and Tea Party at the Crystal Lotus on Halloween! This themed event will be a free family event to come enjoy tea tasting from the local brand Grounded, LLC. There will be food and fun for all ages. This event is co-hosted with Psychic Saturday, with discounted readings available that day.

Extra bonus if you come dressed in your favorite Egyptian attire!





## CLS PICK OF THE MONTH!

### SereniTea

A Relaxing and Soothing Herbal Blend\*

Made with organically sourced herbs

Lightly Sweetened

8 Tea Bags

Net Weight 0.43 oz (12 g)

Nettles, Oat Straw, Lemon Balm, and Stevia

"Just imagine a warm blanket in front of a fire place on a cold, dreary day. That's what this tea is like."

-Shanna, Owner of CLS

## GIVEAWAY!

For the month of September, with every box of Grounded Tea sold, you will be entered to win a beautiful glass tea pot set (valued at over \$60). Unlimited entries, one ticket per box purchased. Drawing will be help Live on CLS Facebook Oct. 1st. In shoppe purchases only!



### DID YOU KNOW...

Benefits of oat straw include:

- calming and strengthening the nervous system
- nourishing and circulating Qi
- relieving stress and calming emotions
- reducing depression
- enhancing clear thinking
- aiding digestion
- stabilizing blood sugar
- reducing inflammation
- nourishing the heart and circulatory system
- encouraging a deep and restful sleep

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