

Talisman Newsletter – August 2008

Merry Lughnasadh!

There is so much going on this month, I hardly know where to begin! I should start by letting everyone know Talisman will be closed Tues-Thursday, August 19-21, while we are on vacation in Vermont. **Class will be held on Monday, August 18** - judging from the popularity of Cathy Kane's recent class on Tibetan Singing Bowls, you won't want to miss her talk on Dowsing Tools and Techniques! So don't worry, someone will be here to open the door!

As some of you know, I recently read at the Renaissance Faire in Ansonia for three consecutive Sundays, and tonight I will be at The Written Word, a bookstore in Shelton, from 9:30pm-12:30am doing readings as part of a book promotion with proceeds going to the Shelton Animal Shelter. I have met so many interesting people, enjoyed promoting Talisman, and feel even more a part of the community than ever. On that note, I am sorry more of you were not able to attend Castalia's workshop on Wiccan Theology, as "staying connected to community" was a main theme. Castalia used the analogy of a pack of wolves running together in the wild - the wolves all spread out over many miles so as not to interfere with each other's ability to hunt, but periodically will stop and call out to each other, howling as if to say "We're all here ... and all is well!"

Remember the **Pagan Picnic** is Saturday, August 9th from 10:00-5:00 at the Ansonia Nature Center, 10 Deefield Road. There will be a drum circle, workshops including special guest speaker Dr. Kendra Hovey of the First Church of Wicca, psychic readings, children's activities, games and refreshments. If you have never been to the Ansonia Nature Center, you are in for a treat! Details at www.thecircleofthesacredwell.org - \$5.00 per person, children under 12 are free.

Saturday, August 23 will be our first meeting of the **Talisman Support Group**, held from 1:00-3:00 downstairs around the conference table. Led by Lifecoach Lori Coates, we will focus on "Coping in Troubled Times." Lori has an extensive history in the fields of mental health and education, and holds a Master's in Educational Psychology. Bring a notebook - \$5.00 fee.

I am pleased to announce Talisman will be carrying a new line of incense from Azenta, the shipment should arrive any day now! The burners are a sort of tile, routed into various shapes (angels, spirals, pentagrams, dragons, etc) and the loose incense is poured over and tamped into the grooves. When lit, it burns anywhere from 1 - 3 hours (depending on the size of the burner) and the fragrances range from the usual sandalwood, jasmine, etc. to the more exotic like "sex on the beach"! There is a range of kits, stands, etc. ranging in price from \$5 - \$20 and I'll have a display kit set up for preview. But as many of you know, I have no sense of smell so you'll have to judge the fragrances for yourself! Also, I bought a small but varied selection of vintage jewelry from Afghanistan and Tibet - lots of Lapis, set in base metal (keeping prices very low) also some anklets made up of bells sewn on vintage embroidery - I just love the vivid colors and big rings, but let me know what you think and I'll gladly order more!

Here are the classes and readers for August, with some changes for readers and one new introduction. **Remember, classes are on Monday evenings from 7:00 pm - 9:00 pm (and usually run late!):**
August 4: EFT & Energy Psychology/Medicine – The Fundamentals of Energy and its Effects on the Human Body and Mind (\$20) Learn how people can quit smoking in one session, get over depression in just a few hours, heal rapidly, remove fears and phobias, etc. How? Energy redirection in the human body. The technique used to do this is called EFT – Emotional Freedom Technique. Learn why what you think, you are – and how to break out of self-defeating cycles. This is a hands-on course, taught by Dr. Andrew Neblett. Learn how to control energy in yourself and in others in a positive way. You will also learn how to protect yourself from harmful energy and its weakening effects. This class will expose you to a very different perspective on human thinking and healing.

August 11: Introduction to Journeywork (\$20) The basic trip into non-ordinary reality – Contacting your helping spirit. Experience not necessary. Taught by Sean (Starwolf) Kane.

August 18: Energetic Dowsing Tools & Techniques (\$20) The world is full of energy - swirling, radiating, transforming. When you can tap into that energy and understand its many states, new possibilities open up to you! Come learn how to use various tools (including your own body) and techniques for dowsing. Understand the energy fields around you, detect and clear "stuck" energy fields, find lost items, answer questions and other interesting and useful activities. All experience levels welcome.

August 25: Abundance and Money Magic (\$15) Ever wonder why you cannot get the money you need or want? Seem to have problems holding on to the "green"... In this experimental workshop Gwendolyn Lord will help us explore our (often lacking) relationship with the "MATERIAL WORLD," and have some hands on practical magic as well as advice to bring about prosperity, and nurture abundance. Bring your wallet, checkbook and charge cards for some special spells!

Sept. 8, 15, 22, 29 and Oct. 6: Wicca University (\$75/5 classes)

Go back to school in the fall! Attend Wicca University. Join us for this extensive five-week class that covers all aspects of the Wiccan religion. The class traces the cultural and religious traditions and individuals that have influenced the modern religion of Wicca, as all as other neoPagan religions. Explains many of the common terms associated with Wicca. Provides an overview of the Wiccan belief system. Discusses Wiccan concepts regarding the Divine. Provides details about the Elements and the Elementals. Provides an overview of the Wheel of the Year - Sabbats & Esbats. Provides an overview of the Wiccan ethical system. Details the concepts involving in creating sacred space. Discusses ritual construction and altar set-up. Covers the major aspects associated with working successful magick. Discusses the challenges of living the Wiccan religion in a modern world. NOTE: This class is very extensive and is a great way to learn about this spiritual path. This is a very popular class and seating is limited. Early registration is advised. The tuition for Wicca University is \$ 75.00 for all five classes. **About the instructors:** Bill & Mandy Oram are very knowledgeable and have many years of experience studying Neo-Pagan spiritual paths. They are active leaders in the Pagan community.. During his Air Force career, Bill acted as the Wiccan lay leader for McGuire Air Force Base in New Jersey. He and Mandy also established an organization that supports the spiritual needs and rights of pagans in the military.. Mandy has studied alternative and comparative religions for more than 30 years. She is certified as an Air Force Training Instructor and has taught many classes, both mundane and spiritual. Bill and Mandy are two of the founders of The Circle of the Sacred Well, which is an eclectic Neo-Pagan open Circle that meets in the local area.

October 20: Ghosts and Spirits (\$15) As we approach the season of Halloween/Samhain, what better time to speak of the "dear departed", and share in things that go bump in the night! Ghosties and ghoulies, entertaining and scary - Yes, some of us see "dead people," and we will share our tales of those who are in other dimensions, but stop by for a visit with us. We will discuss the differences between ghosts, spirits, elementals, and darker entities, and how to tell which witch is which! Taught by Gwendolyn Lord.

October 27: Hauntings, Possession and Exorcism – An Introduction to the Spirit World and the Art of Exorcism (\$20)

Ghosts, spirits and demons – what's real? Is a Ouija board safe to use? How can one tell if a possession is occurring? Who is qualified to do an exorcism and how is one done? Learn about this fascinating subject and put your fears to rest. However, you will leave with a newfound respect and caution for the spirit world and how to handle hauntings and possessions. Taught by Andrew Neblett.

November 3: The Goddess In Everywoman (\$15) Who is the Goddess, and how does She affect us in our mundane lives as women on the planet? Aspects of the Divine Feminine throughout history, cultural "Goddess archetypes" both ancient and modern, a pantheon of Goddesses to chose a "personal Goddess" from – these are just a few of the areas we will explore to find the Goddess in Everywoman. Taught by Gwendolyn Lord.

November 17: Manifestation – The Law of Attraction ... and More! (\$20) It all boils down to four simple words - Your Thoughts Become Things! Learn the basics of how to use your intent to change

your life and attract more of the people, things and experiences you would consciously choose. Taught by Cathy Kane.

November 24: Fears and Phobias (\$20) Andrew Neblett teaches what the root of fears and phobias really are and the many avenues available to remove them. Draws from years of fear and phobia removals (flying, heights, spiders, social, stage fright, etc.). This class will show there is hope and choices you can make to bring positive things into your life that you want.

December 1: Beyond Tarot (\$15) Gwendolyn Lord shows us a new way of seeing "what's in the cards" - Going beyond the cards themselves and finding out cross-cultural symbols that are timeless. These relate stories and myths which can provide direction and enlightenment for our daily lives. Tarot is the doorway, which we open and pass through, to find answers and guidance in classic and not-so-classic images. A brand new way of seeing things is guaranteed!

December 8: Octoenergetics (\$20) Introduces the Wellness Modality (and upcoming book) of Octoenergetics – The Eight Energy Balancing System developed by Dr. Andrew Neblett (Ph.D., Clinical Hypnotherapy). Do you have long-term health issues that just won't heal or mend? Are you depressed and don't know why? Do you get sick at the drop of a hat? Octoenergetics works with the four bodies and four minds to get to the source of the issue. Once the source is found, balance is achieved by correcting food allergies, emotional issues, structural alignment, blocked energy meridians, dehydration, etc. This is NOT homeopathy! This is a total wellness system that will get you back on the path of health and well-being.

Scheduled Readers & Special Events:

Starr: Angel Readings on Thursdays 4:00-7:00 pm (or by appointment) \$30/20 minutes or ask question \$1/minute

Lina: Intuitive Counseling Sessions on Sundays by appointment (261-0047) \$50/45 minutes

Saturday, Aug 2: Gwen/Tarot 12:00-6:00 \$25/20 minutes

Saturday, August 9: Elpida/Coffee Ground Readings 12:00-5:00 \$30/25 minutes

Saturday, August 16: Tarot/Psychometry with Astroroth 12:00-6:00 \$25/20 minutes

Bio: Bob Rocco, known as Astoroth, has been a Celtic/Gardnerian Wiccan for 39 years, and a third level High Priest for 33 of those. Skilled in several types of divination, he is an empath and a clairsentient; a person who possesses the ability to divine via feelings and emotions and can sometimes see and feel radiation from objects that are invisible and out of site. A clairsentient can read "auras" of people and objects to discover their personal histories. They can even sense the presence of spirits. He has been a tarot reader for 35 years and adds his own psychic skills to enhance and clarify his readings. He also practices psychometry, which is the ability to divine impressions by the energy inherent in objects or photos via touch (an ability closely related to clairsentience). So this is an opportunity to bring in objects/photos, perhaps belonging to someone who has passed or not currently physically close to you, to have these "read" as part of your session.

Saturday, August 16: Reiki/Candleing with Adriana \$70/1 hour. Adriana is a Holistic Healer/Therapist from Brazil. Candleing is a technique of cleansing the sinus/lymphatic area as well as clearing the third eye chakra. Call for appointment (only 4 timeslots available: 10:00, 11:15, 12:30 and 1:45). Learn more about Adriana on her website www.lovehealing.com. I have only known her a short time, but truly Adriana is one of the most beautiful people I have ever met, her genuine care and kindness just radiate from her. I am simply thrilled she has joined the Talisman family!

Saturday, August 23: Herbal tarot with Donna 2:00-7:00 \$25/20 minutes

Saturday, August 23: Support Group - "Coping in Troubled Times" led by Lifecoach Lori Coates (\$5 - bring notebook)

Saturday, August 30: Donna Velardi, Pet Psychic (\$25/20 minutes) Pets or Photos

Wednesdays 6:00-7:00 pm: **Meditation Sessions** led by Simon resume August 13th (\$5) Remember: There is no obligation to attend these sessions regularly after initial sign-up, just drop in when the timing or the mood strikes you as right! Please, no children under the age of 12. Simon **will** hold a session Aug. 20th while we are closed for vacation.

Whew!!! Is that enough metaphysical activity for you? Well, I am off to "The Written Word" (running behind schedule, as usual ... those of you who have waited patiently for me to open know how insane my schedule is - and I thank you all a thousand times for never getting angry at me). And remember, just like those wolf packs - "We're here ... and all is well".

Goddess Blessings,

Laura and Roy