

# Talisman

**Talisman ... A Unique New-Age Shop**

**150 Main Street**

**Monroe, CT 06468**

**(203) 261-0047**

**Website:** [www.talismanct.com](http://www.talismanct.com)

**Facebook:** <http://www.facebook.com/Talisman-A-Unique-New-Age-Store>

**Media Blog:** <http://blog.ctnews.com/lenhard>

**Spellcraft by Talisman product**

**listing:** <http://www.talismanct.com/images/Talisman%20Product%20List.pdf>

**April 1, 2016**

Well, it's been happening again ... individuals coming to Talisman VERY excited after having had a private reading elsewhere – being assured they have certain undetermined “gifts” and are meant to use them (again, undetermined as to just how) and looking to have these great secrets unveiled for them so they can set out on their life's calling. Hmm. Apparently the skill of the reader providing this proclamation doesn't include some basic instructions other than “write a book” “heal” and/or my personal favorite “open a spiritual center”.

All sarcasm aside (because I really am flattered and pleased they are coming, believe me!) I want to illuminate this situation in a positive manner. To that end I turned to my friend Jessica Hunter, owner of “Hunter Healing Hands” located in Black Rock (Bridgeport) CT. When I first approached her with my concerns and frustration, she laughed and said “Oh, are you sick of the New-Age Golden Shit Syndrome too??!!” Look we are in FULL agreement that every single human being has gifts and abilities. EVERYONE does. But these grandiose proclamations of gifts and “powers” (ugh!) have GOT to stop! No one is more special than anyone else. But wanting to do something and being able to do it are two different things. For example, a person can hire a ghost writer and publish a book but I don't know a single writer who doesn't love to write. The mantra “Writers Write” is a truth ... we don't stop. Ditto artists – they create art. So I do get confused when someone tells me they were assured they will write a Very Important Book (and I am sure not saying they WON'T) but ... they don't like to write. They don't journal, never kept a diary, nothing, nada.

Ah, but healing work and opening a Spiritual Center ... that's a bit more. I do get tired of Reiki being treated (by some) as a sort of pyramid scheme – get your Reiki Master certificate then teach and provide Reiki healings for a living. And I tell you this, but believe with all my heart that

everyone should have their Reiki I certification ... everyone should have some training in the sensation and manipulation of energywork – both giving and receiving. But as Jess pointed out in our interview, this does NOT translate well into a business format ... it is really a path, a calling. We can try and push this into a business format but honestly it doesn't operate that way. And few people realize what a lonely, hard road this life offers. The further down the path you walk, the lonelier it gets – and the reason for that is NOT because you become some sort of guru who breathes sacred air and cannot be approached ... no, it is because you find there are fewer and fewer people who have the energy, time and passion for spiritual WORK who can walk your path with you. It seems everyone has at least a passing interest in mediumship, paranormal exploration, etc. but true Shamanic work is another matter altogether. The depth of commitment and passion, coupled with a true desire to heal yourself before you attempt to heal others are at odds with the quick fix society we live in. It is NOT easy.

In Jess's own words: *My calling and process with healing work has been a process – and still is. It came with a combination of awe-inspiring moments, as well as traumatic experiences that brought me to my knees in their own ways – some of which, I often wondered if I was capable and able to learn from them and survive them. Looking back, I am grateful for all of it – the lessons, the learning, and the strength it did provide me as a result. It has and continues to be a journey, made me who I am, and who I continuously learn to become. The psychic and spiritual experiences that began in childhood led me to seeking answers and healing for my own process, along with many years of classes, training, and apprenticeship with a variety of mentors. During the process of working on healing myself and spiritual training, I spent 20 years in corporate and legal environments, and 18 years bartending on top of that as a secondary job. When I began my spiritual practice professionally, I worked 2 other jobs in the process simultaneously. It has been a lot of blood, sweat, and tears, and did not come easy. I also had the philosophy that if I was meant to be doing spiritual work professionally, the pathway would unfold as it should – and if it didn't, then I would have to accept that and be alright with it. I went into this for my own healing and process, so if it wasn't in the Universe's plan for me to be working with or teaching others, so be it - I was still doing this for my own beliefs and life pathway regardless. The spiritual road is a wonderful and amazing journey – however, it comes with hard work, personal healing work, commitment, trust, and acceptance. I can assure you that you will not make “a million dollars” doing this work – that is not what it is about. It is about a calling, a pathway, and a lifestyle – and above all, working on you. That lifestyle also means walking your walk and talking your talk – and it comes with many prices along with the “rainbows and butterflies”. You have to be willing to accept the light and the dark as part of the journey – and honor all of it too. To be willing to do this work because it comes from your heart and moves your soul – and honor the balance of not only receiving, but also giving back. When you do, magic does happen ~ and you learn to thrive rather than just survive, and be your authentic self.*

YEARS of study. No quick fix. You get out what you put in to Shamanism. Together, we determined some basic questions one should be able to answer confidently:

- 1) What is your relationship to Spirit? Where (and how) are you connected?
  
- 2) What is your passion? Where are you drawn to practice ... stones, oils, plants? Start THERE. Study (and get certified) in herbalism, aromatherapy, crystal healing, reflexology – in addition to whatever energy healing modality you are drawn to (besides Reiki).
  
- 3) People are looking for “home” so – where are you from? What is your heritage, your ancestry? In the part of the world where your tribe comes from, how did they worship and heal in the generations before Christianity? When you take the time to research and study - does any of this resonate for you?
  
- 4) It will take time and commitment to work with and embrace something you are afraid of. Yes, it is wonderful to put on the festive costume and jewelry and beat the drum dramatically as you call forth the elemental energies – but the truth is, you should be able to do pull all the energy you could possibly need with no tools whatsoever. And to that end, you must be prepared to dig very deep at the inner reaches of your soul, where things get dark and ugly – those things are eviscerated and taken apart – then PUT BACK. This isn't a baptism it is a trial by fire.

It is concerning, the number of individuals coming in to this realm of the metaphysical, who are trying to fix themselves by fixing others – before they are even fixed themselves (this is very similar to former addicts and alcoholics going into counseling services when their own sobriety is still compromised). On the other hand, we both laughed about women (and men) who come in declaring they would love to partake but are “too old” for this work – so funny, as in ALL the indigenous (Shamanic) paths the truth is that one is not considered truly ready to be a “wise woman/man” or “medicine woman/man” until about age 50! Yes, it is true that Shamans are born not made ... and portents are observed during their birth and training begins in childhood ... but the real work is done during the Crone years (post-menopause). Why? Because after the scattered energies of youth, efforts of child bearing and family life – heck, simply having survived these rigors deemed one ready to bring life into the world for others, or assist in its exit. Life and Death, dark and light – the polarity of healing and true magick.

For more information on Jessica and her healing work, visit [www.hunterhealinghands.com](http://www.hunterhealinghands.com)  
Hunter Healing Hands ~ Integrative & Intuitive Shamanic Wellness  
Reiki, Crystal Work, Drum Circles and more.

215 Harbor Avenue, Bridgeport, CT 06605

203-916-8381

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**NEW-AGE FAIRES HELD EVERY SATURDAY**

**12:00pm-6:00pm - (203) 261-0047 for appointments**

**Readers (\$30/30 minutes - cash only)**

**Please call in advance for readers' schedules as they are subject to change**

To see our Readers' background information, visit:

<http://www.talismanct.com/images/Readerslist14.pdf>

**April 2**

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Pina - Angel Oracle (Mediumship)

**April 9**

Mark - Tarot or Reflexology (Mediumship)

Patty - Crystal Ball (Mediumship)

Pina - Angel Oracle (Mediumship)

Rachel - Animal Communicator; Tarot (mediumship)

Sandy - Tarot-Guided Soul Portraits

**April 16**

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Sandy - Tarot-Guided Soul Portraits

Whitney - Seated energetic healings for people & pets (\$20/20min or \$30/30min)

**April 23**

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Sandy - Tarot-Guided Soul Portraits

Susan - Tarot (Mediumship)

**April 30**

Andrew Neblett - Runes and Tarot

Mark - Tarot or Reflexology (Mediumship)

Rachel - Animal Communicator; Tarot (mediumship)

Sandy - Tarot-Guided Soul Portraits

Whitney - Seated energetic healings for people & pets (\$20/20min or \$30/30min)

**The designation of "mediumship" is NOT a guarantee that your loved one(s) will present themselves in the reading - it means the channel is open and a particular reader is skilled at recognizing and then relaying information when/if it comes through.**

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**Talisman's Regularly-Scheduled Readers**

**(203) 261-0047 for appointments - Cash payment requested**

We do things a bit differently at Talisman. You pay our readers AFTER the reading is finished, and if you are not happy you don't pay. NO READER can read EVERYONE successfully and everyone who works at Talisman is aware of this fact. Know that it is acceptable after the first 5 minutes of a reading to say something like, "I'm sorry, what you are saying just isn't resonating with me. I would like to stop the reading now, but thank you for your time". If you do not hear something amazing in the first five minutes, or if it just isn't right ... don't expect a reading to get better as it goes on. Readings go off track for a number of reasons - but the point is, you shouldn't pay if you are not happy. Please, just be courteous and respectful. Complaints are rare because every reader has had to pass the "ultimate interview" ... they must sit and read ME (and I've been reading over 25 years myself) and tell me something about my past/personal life, my children, home, or business that they could not possibly have heard or learned someplace else. But every reader has their unique gift and their own style, it is NOT one size fits all. Personally, I don't think anyone should get a reading more than once every 6-8 weeks and prefer you allow at least 3 months between readings ... you don't want to become a psychoholic, right? I WILL discourage you from this behavior! My goal is to see people leave an "intuitive counseling session" (because that is really what we do) feeling validated, uplifted and hopeful regardless of the situation or challenges they may be facing. That is the true measure of a "good" reading!

**Available by Appointment:**

Talisman's readers are available for parties and events. You can pay by the hour or allow us to set up and have your guests/attendees pay individually. We do our best to be flexible and fairly priced. Our party rates are \$70 an hour, plus gas/mileage OR guests can pay if they choose to get readings at \$1/minute. Please make all scheduling arrangements through Laura at (203) 261-0047. We also book private parties at the shop, with readers of your choice. Just ask!

**Reflexology Fridays & Saturdays with Mark:** This ancient healing art uses hand/thumb

pressure corresponding to the body systems. The practice stimulates/relaxes stress signals resulting in relaxation (who DOESN'T love having their feet rubbed?), pain reduction, and rejuvenation of tired feet -- helping you stand tall in the world! Come in after a hard week of work and treat yourself in Mark's chair (\$30/30 minutes).

**Laura**: I do special, in-depth readings by appointment. My 45+ minute private sessions includes a chakra check up, a print out and review of your astrological natal chart, tarot and palm reading, and more! (\$50). Call the shop for an appointment, as I schedule these when the shop is closed or after-hours. I am also doing private half hour sessions (\$30) before hours and on weekends. Phone sessions are \$20 for a half hour, so many people live far away and are asking. Yes, I still do **\$5 readings** on **Wednesday, Thursday and Sunday** but these are done in-between phone calls and waiting on patrons - you can't make an appointment, and I do get interrupted. These mini-readings usually last about 10-15 minutes. If you want a reading with Laura please specify \$5 (just check that I am in, I don't take appointments for these) \$30 half hour or \$50 full reading.

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### **New Product Information**

Irish Oak Bogwood wands are back in stock. These are made for us by a craftsman in Ireland, who custom-made my own wand several years ago. Bog oak is a rare timber which is excavated from deep underground, usually as a by-product of turf cutting, or when bogland is drained for agricultural use. The wood varies in age, usually ranging between 2,000 and 6,000 years old. The wood has been preserved due to the unique conditions of the Turf bogs, which waterlog the wood and keep it free from oxygen and sunlight which would cause it to decay. The chemistry of the Bog also reacts with the wood and transforms its colour to a natural ebony. These wands direct a strong energy which must be felt to be appreciated. Price \$44.99-49.99.

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**Events at Talisman**  
**RSVP (203) 261-0047**

**NOTE: While I don't take deposits for classes an RSVP is necessary.**

Saturday, April 30: **Introduction to Chinese Medicine** 6:30-8:30pm. \$25

This class will introduce the student to the concepts of Chinese Medicine, it's foundation of the 5 elements, meridians, acupuncture, acupressure, KO and SHEN cycles, hot, cold, damp, dry, yin

and yang, different types of Chi (or life energy), and how everything works together. This class is a great introduction and primer to the theory of Chinese medicine and how it can help you.

Andrew Neblett is a certified hypnotist (CT. REGISTERED HYPNOTIST, HYP.0000114), Natural Health Consultant, Energy Kinesiologist, TBM practitioner (Total Body Modification), instructor, Hypnosynergetics instructor, Intuitive Counselor, Herbalist, and a Process Coach. He also practices aromatherapy, reflexology, homeopathy, radiesthesia, E.F.T. and iridology. Learn more at <http://www.integrativenaturalwellness.com/about-us/>

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## THE CIRCLE OF THE SACRED WELL

### Event: Shamanic Sunday - Meditation Workshop

Date: Sunday ~ April 3rd ~ Time: 6:00 p.m.

Location: The Undercroft at Talisman

Meditation workshop held first Sunday of each month. This month, join us for a Past Life Regression meditation. There will be grounding and centering exercises also. Requested donation \$5.

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### Community Events

Kerry Henwood will be returning to CT in April 2016 to teach her powerful "**Language of Light**" in a 3-day seminar April 22-24 in Southern CT (venue to be announced). Kerry is a gifted shaman with over 30 yrs. experience who has studied and taught throughout the world. "**Language of Light**" helps us become aware of our Soul and Monadic essences and align with them. This seminar is open to all people, whether or not they've taken any of Kerry's previous shamanic training. The "**Language of Light**" seminar is limited to a maximum of 30 people total (Note: only 7 spots left at this time), so please reserve your spot as soon as possible by contacting below, directly. The cost for the 3-day seminar is \$600 and there are several payment options available. Please call for more details. As we welcome in 2016, we are moving into a year of great shifts and awareness - and the "**Language of Light**" seminar will help you align with these great changes by bringing unconscious wisdom to the surface of our minds and gives us the opportunity to activate our destiny. Apart of the workshop you will learn Cranial Tibetan pulsing; and how to use and generate the field of electromagnetic energy with nature. This is a healing modality working to bring harmony to one's energetic fields and allows healing and balance to return to one's polarity. Using the spiritual energy laws of the Torus, Vortex and Vacuum, you will learn to enhance your healing tools by unifying and aligning our

systems with the Monad.

In Love, Light & Healing,  
Anne Tomatore  
Inner Essence  
203-520-3691  
InnerEssenceOne@aol.com

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**The Connecticut Wiccan Pagan Network (CWPN) Inc.** is a 501(c)(3) not-for-profit educational and networking organization dedicated to meeting the needs of the greater Wiccan and Pagan community in Connecticut and surrounding areas. The goal is to help provide a forum for Wiccans and Pagans to meet others of "like mind" and to come together and worship in a safe environment. Our hope has been to construct a sense of "community" in which we can all share with and learn from one another. Membership is open to all Wiccans, Pagans, and those with a serious interest in learning more about our religion. If you are under 18 years of age you may join with written parental consent. We reserve the right to refuse or terminate membership of anyone who we feel may be harmful to our organization or to the Wiccan/Pagan Community. Learn more at our website: <http://www.cwpn.org>. The CWPN hosts monthly networking meetings throughout the state, open Sabbat circles, coven and study group referral service, classes/work-shops, various social events and lectures with well-known members of the Pagan community.

**Calling all Warriors! Claim Your Sovereignty!  
Come join us for the Third Annual Morrigan's Call Retreat!**

This event is a full 3 days of workshops, rituals, and devotional practices while we come together in kinship to honor the Great Queen. Both men and women with all levels of experience are invited; from novice just interested in the Morrigan and associated practices, to experienced devotees. This is a very intense and full weekend retreat. We are not doing day passes and the event is, for the most part, adult only.

**Dates:** Friday June 10th to Sunday 12th

**Arrival Times:** Friday morning 8:30am to 11am or Thursday 6pm to 8pm (no additional cost for overnight)

**Where:** Camp Cedarcrest, Orange, CT

**Registration:** <http://morriganscall.brownpapertickets.com/>

**Facebook:** <https://www.facebook.com/events/1657143857894861/>

Lots of camping space is available. Cabin space is very limited, only a few bottom bunks left.

Please email for more information on Cabin Spaces: [morriganscallretreat@gmail.com](mailto:morriganscallretreat@gmail.com)

**An example of our workshops include;** Meeting the Great Queens, Creating Magickal Shields, Blood Magic, Grounding and Centering, Personal Sovereignty, Three Streams of Irish Magic, Men & The Morrigan, Irish Curses, Basic Self Defense, Virtue and Pagan Ethics, and many more.

**Our presenters\* include well known local and international authors and speakers;** Stephanie Woodfield, Lora O'Brian, Morpheus, Morgan Daimler, Tracy Andryc, Edward Rickey, Segomâros Widugeni, Melody Legaspi-Seils, Gina Martini, and Cori Taylor.

**We will also be having multiple vendors this year!** Massage, Tattoos, Henna, Hand Labyrinths, Spices, Drinking Horns, Candles, Jewelry, and Morrigan-themed Wood and Bone Art.

Have you heard the call?  
We hope to see all you Warriors there!

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**Hunter Healing Hands:** Located in Black Rock, Jessica and Jim Hunter's events include Reiki Share; monthly drum circle; classes and so much more! For details, cost, etc. please see <http://www.hunterhealinghands.com>. Contact 203-916-8381 to register for an event!

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**Finding Feathers** – A Spiritual Center located at 395 Commerce Drive, Fairfield. (203) 916-7887 or email [shaktidas@findingfeathersfairfield.com](mailto:shaktidas@findingfeathersfairfield.com). Calendar: <http://findingfeathersfairfield.com/event-calendar/>

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**Request for donations:** I know a young man who is re-starting his life here in CT (I was a close friend of his late mother). He needs pants (36w 30l) shirts (x large) shoes (9) cleaning supplies laundry soap twin sheets blankets ... Everything. Items can be gently worn - I have boxes to put things in at Talisman. Many thanks.

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**Astrology Corner**

**By Alethea Hunt, Astrologer**

An Aries New Moon greets us on April 7th and many will find themselves rarin' to go! But this energy isn't very stable with its close proximity to Uranus and contact to Pluto...in fact, it's rather

volatile. Although we may be in the mood for some action, Saturn reaches out to this lunation as well to throw out a “caution” flag for our own good regarding whatever we may be trying to initiate around the time of this New Moon. Perhaps more planning may be in order if we’re trying to get something off the ground now, we might have to deal with some bureaucratic “red tape” gumming up the works, or we may simply need to hold our horses and slow things down a bit for any number of reasons. With Mars now sitting nearly at a standstill ahead of its impending retrograde on the 17th (more on that in a sec), there is a very good chance that whatever we try to start will take much longer to come to fruition than anticipated and we will need a lot of patience. Something appears to be blocking or inhibiting our momentum, so if we were to throw caution to the wind and try to charge ahead heedlessly, know that unforeseen circumstances may throw a curveball into the mix. Plan for this and troubleshoot if hell-bent for leather, because my impression is we’re likely to forget or overlook something in our enthusiasm or haste now.

Let’s talk about the aforementioned Mars Retrograde, which begins on April 17th and lasts until the end of June. I will re-iterate the hazards of taking action toward some kind of goal without realizing 1) There is something we’re likely not seeing; an obstacle or impediment that may challenge and that runs the risk of dissipating motivation/momentum 2) It will likely take longer and require more work than expected 3) We may be inclined to get excessively pedantic about little things that don’t really matter, thus winding up side-tracked and tripping ourselves up by missing the bigger-picture plan. Keeping proper context/perspective may be an issue, so as you go along be sure to ask yourself “Is this germane to what I’m doing?”

Blanket advice - with a hefty chunk of this Mars Rx taking place in psychologically-oriented Scorpio - that it is a good time to confront any vices, inner “demons”, or “shadow” behavior within ourselves; especially via the therapeutic process. It’s also a time to put the brakes on if we should find ourselves in a hurry to initiate new levels of intimacy (physical, emotional, and/or energetic) with others and to investigate what that compulsion might be rooted in – first and foremost, we do better to start being more intimate with OURSELVES and our own subconscious under this energy! Regarding sex specifically: This is a lusty sign for Mars, so wrap it up & take extra precautions because risky is definitely not the way to go with this vibe.

On an energetic level, I feel this is also a time to be particularly cautious when working with magickal intention; to be very aware of when something could veer toward lower-vibration energy. In particular, themes of manipulation, control, or obsession come to mind as possibly being problematic for spellwork, so be sure you are operating off 100% free-will based intention. Desire is a very powerful motivating force when Mars inhabits Scorpio; keep actions and intentions above-board because when these things are funky the energetic “sting” that bites back can be quite fierce indeed! Do not work from a negative energetic/psychological space or

fixate upon things over which you have no control, nor try to forcibly coerce things into manifesting the way YOU want them to because it could get dangerous if the ego is allowed to call the shots & drive. Our individual Will should never be permitted to try and override Divine Will and/or someone else's right to self-determination, but Mars in Scorpio can heighten a desire for power, which can easily corrupt.

Speaking of Scorpio, we have a Full Moon in Scorpio on the 22nd. There's an interesting little dynamic going on with the Moon being sandwiched between wifely asteroid Juno in Scorpio and "Other Woman" Black Moon Lilith in Libra. Cravings for intense or even sordid emotional scenarios may arise at this time, so let's be very aware of the feelings our subconscious may drag up; especially if "ugly" emotions surface, because the idea is not to let them stagnate within by sticking them on the back burner. It is not a time to bury, but to unearth & heal.

I will also say it's highly possible to encounter some kind of triangular relationship scenario around the time of this lunation - which may or may not involve some kind of "open" or "alternative" union with Venus so close to Uranus while squaring Pluto - and for strong feelings to surface within this dichotomy of Mistress (or Mister) and Mate. This lunation does have a very "paramour" vibe to me - I'm not sure attempts to clamp down and control the situation would be very effective; it may even drive a partner away because Venus/Uranus in Aries does have a very "Screw you, I'll do what I want!" kind of vibe. That said, withholding intimacy (sex) might be a good idea purely for health reasons if other parties are involved; especially with Mars now retrograde. I would definitely say this is not the time to play with fire in a relationship by courting ménage à trois-type situations if you're looking to keep your current partner....the feelings of jealousy, resentment, possessiveness, and/or vengeance such situations could evoke during this time would be a prime negative example of how \*NOT\* to feed this Scorpio Moon! And while the domestic partner looks to be in a stronger position in this kind of scenario, it would seem mostly to be due financial leverage and I'm not convinced this is really the kind of emotional "glue" we want in a union. The Venus/Uranus/Pluto action may signify the breakup of relationship that is legitimately over yet has lingered well past its expiration date - don't be the one still holding on with a death grip if this is the case.

Lastly, a quick note is due that Mercury retrogrades in financially-oriented Taurus from April 28th - May 22nd. Hopefully you have already filed your taxes well beforehand and made sure there were no paperwork errors, because this is certainly not an ideal time to have to file and mistakes or miscalculations could surface. Double and triple check any financial agreements you may be dealing with now and if you don't \*have\* to sign on the dotted line during this period, don't because there is a higher than normal chance the deal is predicated on misinformation; whether accidental or intentional. Make sure to check your bank statements for possible errors as well

because there may be some kind of a discrepancy, data glitch, etc. that can affect wallets. And whatever you do, do NOT pick anywhere near this time period to purchase/install/update accounting software! Once all the cautions are out of the way, this can actually be a REALLY lucrative phase for generating moneymaking ideas! Just don't act on them right away – turn the idea around in your mind from multiple angles first and then wait until well AFTER the retrograde ends to pull the trigger.

**\*\*\* A note to readers: If you would like to receive my FREE monthly newsletter via email which is packed full of information & astrological insights, click [HERE](#) or email [Alethea@EmpoweredDestiny.com](mailto:Alethea@EmpoweredDestiny.com) and I'll be happy to add your name to my list of recipients! You can also follow my nifty [astro-blog](#) or find me on Twitter ([@EmpwrDstny](#)).**

**Namaste, my friends -  
"The Divinity within me perceives and adores  
the Divinity within you"  
\* Laura \***