



Talisman

Talisman ...

A Unique New-Age Shop

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www.talismanct.com

<http://blog.ctnews.com/lenhard>

Facebook - Talisman: A Unique New-Age Store

August 1, 2010

Merry Greetings!

I just finished reading a wonderful new book entitled "Eat Pray Love" written by Elizabeth Gilbert (hit #1 on the New York Times Bestseller list) and I recommend it highly. In light of my own Spiritual ADD, I found the author's account of her year-long trek through three countries and the emotional/religious interplay of each to be mesmerizing. Ms. Gilbert echoed my own sentiments in the following excerpts:

Your job, then, should you choose to accept it, is to keep searching for the metaphors, rituals, and teachers that will help you move ever closer to divinity. The Yogic scriptures say that God responds to the sacred prayers and efforts of human beings in any way whatsoever that mortals choose to worship - just so long as those prayers are sincere. As one line from the Upanishads suggests : "People follow different paths, straight or crooked, according to their temperament, depending on which they consider best or most appropriate - and all reach You, just as rivers enter the ocean." What I'm seeing in some of my friends, though, as they are aging, is a longing to have something to believe in. But this longing chafes against any number of obstacles, including their intellect and common sense. Despite all their intellect, though, these people still live in a world that careens about in a series of wild and devastating and completely

nonsensical lurches. Great and horrible experiences of either suffering or joy occur in the lives of all these people, just as with the rest of us, and these mega-experiences tend to make us long for a spiritual context in which to express either lament or gratitude, or to seek understanding. The problem is - what to worship, whom to pray to? The Hopi Indians thought that the world's religions each contained one spiritual thread, and that these threads are always seeking each other, wanting to join. When all the threads are finally woven together they will form a rope that will pull us out of this dark cycle of history and into the next realm. More contemporarily, the Dalai Lama has repeated the same idea, assuring his Western students repeatedly that they needn't become Tibetan Buddhists in order to be his pupils. But doesn't that make sense? That the infinite would be, indeed ... infinite? That even the most holy amongst us would only be able to see scattered pieces of the eternal picture at any given time? And that maybe if we could collect those pieces and compare them, a story about God would begin to emerge that resembles and includes everyone? And isn't our individual longing for transcendence all just part of this larger human search for divinity? Don't we each have the right to not stop seeking until we get as close the source of wonder as possible? That's me in the corner, in other words. That's me in the spotlight. Choosing my religion.

New-Age Fest

Talisman's next **New-Age Fest** will take place on Saturday, August 7th from 12:00-6:00pm. Pina and Debbie will be doing readings (angel and tarot) and Tammie will have her chair set-up for massage. Tim Bshara will offer aura/chakra photography (which includes a 23 page report).
Readings \$25/20 min. or \$40 for Aura Photography (cash payment requested).

Aura Photography by Tim Bshara of A Healing Hand. A session lasts 20 minutes and include a verbal discussion of the aura and chakras plus the client takes home a 20+ page report. \$40 (appointment recommended 261-0047). Tim also does crystal healings for the chakras and aura - following your session, please ask him for more information (additional charges apply).

Debbie Atwood: Debbie, who utilizes the Tarot of The Moon Garden deck as well as regular playing cards. As a young adult, Debbie worked closely for several years as a student with renowned Psychic Medium Ruth Burnett, most famous for her work with local police departments. She has studied with members of the Micmaq Tribe, Big Cove New Brunswick CA., as well as some Lakota Influence. Her native name is Mistydown.

Pina "The Lady of the Light" is an Oracle Psychic Medium who works with the Angelic Realm to help and advise. Blessed as a child with many gifts, Pina does Angelic Readings. She follows her spiritual path through this life using her gifts to help others. Pina is a Psychic Consultant with the Connecticut Paranormal Research Society and does readings in New York and Connecticut.

Chair Massage by Tammie, licensed Massage Therapist, from 12:00 to 6:00 \$1/minute. Five or ten minutes spent in Tammie's chair will leave you relaxed for the rest of the day ... everyone who tries it comes back again and again!

Talisman's Regularly-Scheduled Readers
(Cash payment requested)

Daniel: Wednesdays - Tarot 4:00-7:00 \$25. Daniel is a trained Traditional Wiccan with a background in some Native American and Southern Hoodoo, and is now working toward his Mastership in Reiki. Personal freedom, self-expression and healing (especially through laughter!) are key themes in Daniel's personal search for enlightenment. "Se habla Espanol"

Meditation: Drop in sessions every Wednesday from 6pm-7pm, led by Leafweave. \$5. A variety of styles and visualizations are offered, for all levels of experience!

Starr: Thursdays - Angel Readings 4:00-7:00 pm (or by appointment) \$30 or ask question \$1/min. Among Starr's gifts is that of telemetry, or the ability to "read" an object through touch. If you would like to connect with someone who has passed through a piece of jewelry or clothing, a toy, a letter, etc. please bring these along to your session.

Barbara DeLong: Fridays by appointment (call 261-0047) \$40/30 min; \$75/60 min. Her website www.barbaradelong.com is a teaching site with spiritual material and predictions for the energies of every day in the year. Check out Barbara's Blog Talk Radio Site: www.blogtalkradio.com/night-light

Mark Hoyt: Fridays 2pm - 7:30pm. I'm pleased to introduce Mark Hoyt as part of the Talisman intuitive/healing team! Mark's readings include channeling/mediumship as well. The same as all the shop's readers, Mark did read for me as part of the "interview" process and I must say I was quite impressed with his abilities. In addition, his extensive background in Energy Work, Reflexology and Massage (trained at the Palmer Institute in Salem, MA) will eventually lead to his being a very familiar face at Talisman as we move ever-closer to our goal of becoming a full-service Healing Center. \$25/20 minutes.

Lina: Sundays - Intuitive Counseling by appointment (261-0047) \$50/45 minutes. Lina uses her gifts of mediumship, palm reading and angel cards in a reading that can extend as much as two years into the future. Her accuracy is legendary ... everyone loves Lina!

August 14: 12:00-6:00; Elpida, Greek Coffee Readings or Tarot. \$30

August 21: 1:00-6:00; Donna, Herbal Tarot (Shamanic/Medium) reading includes personalized mojo bag. \$25/20 min. Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

August 28: 12:00-6:00; Gwen, Whole-Life Tarot (may include some past life aspects) \$25/20 minutes.

[Saturday Spiritual Counseling](#)

Rev. Mark is a 3rd Degree Initiated High Priest of the Cabot Tradition of Witchcraft and a graduate in Italian Stregheria from Raven Grimassi's College of the Crossroads. He has been investigating the paranormal for nearly 30 years and currently works with the CORPSE Paranormal Research Organization of CT. He offers free spiritual guidance,

counsel and life coaching to members of the Witchcraft/Pagan community and is available Saturdays at Talisman.

Available by Appointment ...

Laura: Almost everyone knows that I'm happy to throw cards/read palms for five dollars. As a courtesy I don't do this when there are scheduled readers working that day, many of whom drive a distance to get to the shop and it's not fair to them. People ask - Why only five dollars? Because you have to catch me between customers/phone calls and even then I am apt to be interrupted by the business of running the shop - so \$5 seems fair to me! However, I have been getting requests for private readings for some time now ... and so, if you would like a private appointment on Sunday-Tuesday (when Talisman is closed) I will come to Talisman and sit with you, in an uninterrupted reading, for \$25. Also, most of Talisman's readers - and myself - are available to read at home parties or events for three or more people. Call me (261-0047 or 402-9186) to schedule.

Healing massage/Reiki with Kim: Most of you have met Kim, my best friend and sister-in-law, as she has watched the shop from time to time. She has dressed candles, done house cleansings, and sat in on healing/reading sessions at Talisman as well. Kim is now (finally!) taking her own special brand of healing massage/Reiki/journeywork on the road, so to speak - "Have table/will travel!" and is available for at-home sessions for \$85/hour. Of course, I am biased ... but the feedback I have been getting is that she is providing a truly unique and wonderful experience. Call 261-0047 for more information.

The Undercroft at Talisman to Host the Circle

The Circle is pleased to announce that we now have a permanent 'home' or covenstead, located at Talisman in Monroe. The space has generously been made available by Laura Lenhard, owner of Talisman, which is a unique New Age Store - and so much more! The Circle has long had a close relationship with Talisman, and with Laura, as we share many of the same goals regarding helping to create and serve the pagan and New Age community here in western CT. After almost 10 years of a nomadic existence for the Circle, it will be wonderful to have a permanent space, where we can meet and also welcome the community to join us on any of the dates below, as and when you can, to learn about the Circle, to meet Circle members and to help us dedicate our new space.

There is no cost for attending any of the Open House events. Adults and children are welcome. Come when you can and stay for as long as you like! These are family-oriented events. Adults and children of all ages are welcome to attend. These are great events at which to socialize and meet others of like mind. If you have heard of the Circle, but want to find out more before attending a formal event, these Open Houses are the place to do so! Contact Mandy at 203-922-2643 if you have questions.

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**Open House**  
**Events**  
at  
**The Undercroft**  
**at Talisman**

## **July Open House**

Saturday, July 31st  
12 p.m. to 3 p.m.

## **August Open Houses**

The first three Fridays  
in August (6, 13, 20)  
4 p.m. to 8 p.m.

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Monthly Study Group

The Wiccan/Pagan Study Group, formerly held at the Unitarian Universalist Church, will begin meeting at The Undercroft at Talisman effective August, 2010. The Study Group is held on the third Tuesday of each month at 7:30 p.m.

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## **Wicca University**

### **Two-day workshop**

**Nov. 7 & 14th, 2010**

**From 9 a.m. to 5 p.m.**

Want to learn more about Wicca? Tired of getting all your information from books? Join us for Wicca University! This is a university-level course designed to provide those exploring the Wiccan religion with a grounding in all aspects of the religion, beginning with Wicca's roots in ancient pagan religions and its modern founding and history, and including the beliefs, and practices of the religion as it is practiced today. We will dispel many misconceptions and provide accurate, up-to-date information designed to arm attendees with the knowledge both to practice and to think and speak intelligently about this modern, earth-honoring pagan religion.

~ This is a two-day workshop

- ~ Lunch will be provided
- ~ Attendees will receive all workshop handouts, along with a binder with subject dividers in which to place them. A great way to start your Book of Shadows!
- ~ The cost for the workshop is \$ 125.00. Financial aid may be available, based on need. The proceeds from this class are donated to the Circle.

This is a popular workshop and is only offered once per year. Early registration is advised. Payment is due at the time of registration.

You can register and pay at any Circle event or at Talisman.

If you have any questions, please contact Mandy at (203) 922-2643 or via e-mail at [arianowl@yahoo.com](mailto:arianowl@yahoo.com).

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Pagan Pride Day

Pagan Pride Day will be held Saturday, August 28 at the VFW, 152 Massirio Dr., Berlin CT from 10am - 5pm (group ritual at 4:30). Donations are requested in lieu of admission: Non-perishable food items or the following for the Connecticut Human Society (unopened cat/Dog treats, toys, clean blankets/towels, Kong toys/peanut-butter to fill Kongs, extra large ziplock bags).

This event will include Crafts, a Kids' Area, Stories/Tales, Workshops, Vendors and a Raffle.

Workshop topics include: Wheel of the Year, Groundng/Shielding/Intent, Astrological Timing, Ritual Construction, Green Living, Paranormal Activity & Psychic Defense, Kitchen Witchery, Animal Magic, Symbols, Pagan Parenting, Spell Work, Traditional/Solitary/Pagan.

Vendors: Chandra's Charms, Cucina Aurora Kitchen Witchery, Dragon Kingdoms, Dragon Wolf Creations, Earthspirit Community, Circle of the Sacred Well, Gifts of a Lesser Goddess, Gaia's Artistry, A Healing Hand, Foresight, Ginger Brook Herbs, Pagan Faire, Talisman, Terri's Treasures, Witching Ways Mystical Shop.

Check us out on Facebook (search Connecticut Pagan Pride) for additional information !

CLASSES & WORKSHOPS
RSVP (203) 261-0047

August 14 Basics of Warding – 3-5 pm \$20 taught by Starwolf

Your home is your castle, and, just as it's wise to shield your personal energy field, it's also a good idea to protect your home from possible negative influences. Wards are items and techniques that you can use to set firm energetic boundaries around your home, office or other personal areas to keep good energy in, keep negative or uninvited energy out, and make your space truly your space. Starwolf's class includes a wide range of options and has something for everyone, whether you're just starting out or have some experience in warding. Come learn some useful skills you can use right away.

Starwolf is an experienced Tarot reader, Reiki and RunValdyr master, metaphysical engineer and teacher of a variety of esoteric knowledge and skills. As a Neopagan, Wiccan priest and multicultural Shaman with over 40 years in the field, he brings a practical approach to metaphysics and spirituality.

August 21 - Wise Woman Herbal 101 - 2-4 pm taught by Donna Golias \$20

The first session (July 17) included an introduction to the history of herbal medicine, a discussion on herbal properties and the medicinal uses of common herbs in your kitchen and yard. This session, we will be making some simple remedies for ailments such as earaches and poison ivy, as well as a beeswax salve. All materials and herbs will be supplied with the course.

August 21 Shamanic Practice for Personal Growth 5pm-7pm taught by Serena \$20

Shamanism is the oldest form of religious practice. It is not a religion itself, but a group of techniques that allowed the shaman to communicate directly with spirit and stay safe in the process. Join us and learn what shamans do, how to Journey, and how to contact your power animal.

Selina Rifkin, L.M.T., M.S., has been a massage therapist for ten years and has a Master's in Nutrition with a focus on traditional and organic foods. Her spirituality is expressed through both her practice as a massage therapist, and as a martial artist, and she enjoys the dynamic tension between the two arts. She works for Cherry Hill Seminary, the only Pagan theological school currently in existence

August 26 The Witch's Shield - 7-9:30 pm \$25 Christopher Penczak

Yes, it's THAT Christopher Penczak, joining us on a Thursday evening for what promises to be an amazing evening! Explore the techniques of psychic self-defense and the rituals of protection magick. Discuss potential psychic dangers, drains and trauma from other people, your environment, and yourself. Understand how to counteract these dangers and create new healthy habits that will protect your energy. Create energetic protection shields through meditation and ritual. Explore your relationship with your guardian spirits, angels, dieties and totem animals. Work with protective crystals, herbs and symbols to make protection amulets. Explore the concepts of curse breaking, the

evil eye, bindings and bottle spells. Learn energy cleansing techniques to create a balanced, sacred environment to promote health and well being. Grounded in a philosophy of spirituality and self-empowerment, based on the book "The Witch's Shield".

Friday, August 27 Ear Candling by Mary (call 261-0047 for appointment) \$30

Ear candling originated centuries ago by the Egyptians as a natural medicinal ear remedy. Some used it in their Spiritual practice to assist them in hearing God better. It spread to Greece, China and today ear candling is practiced around the world. There is no pain to the person receiving this highly successful remedy. It helps with clogged sinuses and pressure, sore throat, swimmer's ear, allergies and hearing improvement. A specially-made hollow candle is used. The top of the candle is lit and the base of the candle is gently placed in the ear. The procedure takes about 15 minutes for each ear, so allow for a 30 minute treatment.

Talisman's Ear Candling practitioner is Mary. Her bio is as follows:

I was born in Connecticut in 1955. I was sensitive as a child and could see fairies, spirits and feel the energies of those (humans/animals) around me. Lucky for me my parents allowed my gifts to grow when I began to predict things that came to fruition for the family. In the mid-1980's, I began taking psychic workshops through the Pymander Book Store. My channeling truly began after that and I began to receive messages from the Native American Spirits and animals in the woods where I hiked. In 1989, I spent a weekend doing Breathwork with dolphins in the Florida Keys. Since, that time I have been on a quest to BE the message they gave me. I moved to Vermont in 1993 and continued to listen and learn, expanding my abilities to receive the energies of the Archangels and Ascended Masters. They taught me to observe the energy force in all things, Mother Earth, water, plants, trees, animals, people ... and how to see illness and dark energies in all those around me. With a strong desire to work as a medium and spiritual consultant I moved to Salem, Ma., and for six months, gave intuitive readings and worked on two different murder cases. I have been back here in Connecticut for three years and continue my life's adventure as a Servant and Messenger of the light.

September 11th Usui Reiki, Level II. 9:30 am - 6:00 pm, taught by Cathy Kane. Cost \$200

You must have taken Level 1 Usui before this class, but students of other teachers are perfectly welcome. Reiki is an energyworking system that originated in Japan. It uses a divine pool of energy to support the body's natural ability to heal itself. Reiki has other uses (such as manifestation) as well as built-in safety measures that protect the practitioner from doing harm inadvertently or depleting himself in the process. Angelic Reiki (originally channeled to Kathie Valentine) is an enrichment of Usui, and is a part of all of Cathy's Reiki classes. This class includes 2nd degree attunement, 5 Reiki symbols (including one that works across distances and forward/backward in time), distance healing, Reiki goal empowerment and a lot more.

Catherine Kane has been a teaching Master of Reiki since 1996. She loves to teach, especially things like Reiki that has improved her own life and the lives of others so much. In her class, you'll get demonstration and practice, as well as theory, and she continues her availability post-class to answer questions. For more information, please contact Catherine Kane at we_are_foresight@yahoo.com

September 18 Your Road Map to Health and Well-Being 5pm-7pm, taught by Serena \$20

How many of us feel good? Not just “ok,” but vibrant and energetic? Health and well-being is your birthright, but this gets lost to stress, injury, and poor eating habits. Once you feel ill, in pain, or exhausted, it is hard to know where to turn for help. Some treatments will help in the short term but cause more problems down the line. So how do you know what to do?

Every person has their own unique path for healing, and each person is their own best health advocate. Complementary and alternative therapies are just beginning to be studied in the formal style of Western science. This means there is a vast array of healthcare options that have no backing from the western analytical model. Some complementary care practices are so new that actual studies have yet to be done. Or a healing technique may have been around for years, even millennia, and is only recently being assessed with clinical trials. Often there is disagreement in the scientific community as to the value of a given therapy. For someone seeking to improve their health, this exploration becomes a search for personal understanding. This class will present how to find your path including, which issue to tackle first, how to tell good information from bad, and the importance of a holistic approach.

Selina Rifkin, L.M.T., M.S., has been a massage therapist for ten years and has a Master's in Nutrition with a focus on traditional and organic foods. Her spirituality is expressed through both her practice as a massage therapist, and as a martial artist, and she enjoys the dynamic tension between the two arts. She works for Cherry Hill Seminary, the only Pagan theological school currently in existence.

Green News

The more I read, the angrier I become ... clearly, Monsanto, the world leader in genetic modification of seeds, has become a very dark cloud hanging over the future of health and food safety in the United States. This powerful entity is responsible for so many reprehensible acts it boggles the mind, including:

- * Not allowing farmers to save their seeds to replant the next year - a practice that has been done for generations. They aggressively seek out and sue farmers they suspect of doing so.

- * Suing farmers who have not been able to prevent the inevitable drift of Monsanto's genetically altered pollen or seed onto their land for patent infringement!

- * Monsanto is allowed to sue dairies that label their products as rbGH-free for slander!

* Producing two of the most toxic substances ever known - PCBs and dioxin (Agent Orange).

What can we do about this? Share the information and visit Dr. Joseph Mercola at www.mercola.com whose goals include "exposing the corporate, government, and mass media hype that diverts people away from what is truly best for their health and often straight into an early grave." Hit them where it counts - their bottom line - by supporting organic/local farmers and abstaining from virtually all processed food products (most are loaded with genetically modified ingredients) and sticking to fresh, locally grown foodstuffs instead. Right next door to Talisman, Venezia Importing sells chicken with no antibiotics/steroids and all natural free-range beef. Venezia is owned by my friend Lino Darcangelo, who will be happy to answer any questions you have about the meats and other freshly prepared foods sold there. Catering services available: Phone (203) 261-4517.

The Astrology Zone - by Alethea

Hi folks! Just a friendly "head's up" that Mercury will be retrograde later this month, from **August 20th - September 12th**. Mercury is the planet of communication, so choose your words carefully during this time and make sure to really spell things out with others so that there is no room left for misinterpretation. When this planet is retrograde what gets said can often differ from what gets heard, so take a little extra time to make sure you've made yourself crystal clear. Similarly, watch what you put in writing or email. The written word can appear decidedly ambiguous as there is no indication of the tone or context of the message, which can lead to its content being misconstrued. Doing so will help to avoid the misunderstandings that can pop up during this phase. Also, double check your math and be sure to read any fine print - we can sometimes get sloppy about details when this planet appears to reverse orbit, which can cause its own set of challenges.

Mercury also rules short distance travel and the vehicles we use to get around, whether this is a car, train, subway, or bus. Before a Mercury retrograde cycle commences, it is always good advice to have your car checked out - especially as many of us try to squeeze in a quick weekend getaway right before the end of summer. If your car has been making some kind of funny noise that you've been ignoring, it's a good idea to address the problem BEFORE that long drive to the Cape! Budget yourself a little extra time to get where you need to go as well, because delays and traffic jams seem to increase while Mercury is out-of-phase. People also seem inclined to miss or break appointments, accidentally double-book themselves, or else just plain run late, so try to bear this in mind too as you make plans during these few weeks.

At home and at work, be sure to back up any important data or documents as technical difficulties can ramp up when this planet is retrograde. Our cell phones may inexplicably drop calls, printers may jam up, fax machines might start to act up, and our computers might crash or flash error messages at us. There's no need to panic as most of these kinds of problems are only temporary, so don't rush out to buy a new piece of equipment if one of these gadgets should go awry. Sometimes these glitches will mysteriously resolve themselves - if they don't and the problem is beyond your ability to

fix, call in a pro. Minimizing stress is ever so important this time of year - especially for those of us with kids, as getting back into the school groove can be tough enough on its own. If you can, try to get your back-to-school shopping done well BEFORE the retrograde hits - particularly if the kids need new technological gadgets like calculators, cell phones, or laptops. Also, try and remind them to take a little extra care with these devices while Mercury is retrograde.

Mercury retrograde phases shouldn't be thought of as negative, though. My favorite analogy to use is a blinking yellow traffic light - just slow down and proceed with caution and everything will be fine. These periods are also good for certain activities - they're great for cleaning up, reorganizing, catching up on paperwork and updating or revising files, or for reconnecting to anyone we haven't spoken with in a while. This particular retrograde period of Mercury also coincides with Jupiter being retrograde as well, and as such I think it provides a great opportunity for those of us who have had our education delayed or interrupted in some form to go back to school during the fall semester to learn a skill needed for work or who want pursue a degree in another area of interest. Perhaps some of us may even return to get a degree in a subject we previously considered minoring in. We're already seeing this happen as the news has been reporting record enrollments at local community colleges. This is not only due to the normal influx of recent grads, but large amounts of adults enrolling who either want to go back and complete an education or who want to learn a different skill set if they are having difficulty finding work in the current economy.

I hope this information helps you all to avoid any bumps in the road and illustrates how you can use this energy more effectively. Blessings to all of you!

Once-In-A-Lifetime Event!

27th August - the Whole World is waiting for.....

Planet Mars will be the brightest in the night sky - it will look as large as the full moon to the naked eye. This will culminate on Aug. 27 when Mars comes within 34.65M miles off earth. Be sure to watch the sky on Aug. 27 12:30 am, when it will look like the earth has 2 moons.

The next time Mars may come this close is in 2287.

Share this with your friends as NO ONE ALIVE
TODAY will ever see it again.

Goddess Blessings,

Laura Lenhard