

Talisman – July 2008 Newsletter

Merry Greetings!

Can you believe we are half-way through 2008?!? This year is simply flying by. I am sending to you all the list of classes through mid-December (a couple are missing descriptions, which will be added ASAP). I do have to ask that workshops and classes be registered and paid for beforehand -- too many no-shows have left us embarrassingly empty the day of the event! **I had to cancel tonight's "Introduction to Journeywork" class for this reason.** I'm sorry, but with gas prices as high as they are I cannot ask our instructors to drive in for less than 6 students. Remember that we are closed on Sunday, so please let me know on the Saturday before the event whether or not you plan to attend.

I am working with a Life Coach, Lori Coates, to develop a support group which will meet at Talisman. We would discuss issues such as dealing with loss, relationships, employment, starting over - and would like input from anyone who thinks they might like to attend. We are thinking about one Saturday a month, and a cost of \$5 per person. Please reply with your suggestions, time(s) that would be best for you, etc. - we would like to implement the group by the end of July or beginning of August.

Metaphysical Mondays" at Talisman – classes and workshops start at 7:00 p.m.

Remember: Class size is limited to 15, so please sign up early - classes tend to fill up quickly! We offer a 10 percent discount on all store merchandise to attendees the day of the class. You can sign up inside the store or call 261-0047. **Pre-registration and pre-payment is required for all classes.**

July 14: Six Fundamental Points of Wiccan Theology (\$20) While Wicca is a religion connected by practice rather than belief, there are some fundamental beliefs that characterize the main types of traditional and eclectic Wicca. Castalia (a Gardnerian High Priestess and gifted harpist coming to us from Ontario Canada) will present the main principles of belief, and a talking-stick discussion will follow. Bring your questions, thoughts, and ideas, or just come and listen.

July 21: Love Magic (\$15) All you need is love...What the world needs now, is love sweet love...Is there anyone who can live (fully) without it? An adults-only workshop, with practical advice, and magical suggestions for finding fulfillment, excitement, passion, and "true love." Whether you are looking for a soul mate, or emotional abundance in all your relationships, we will explore the paths to finding the hearts and flowers we all need and crave. Please be aware that we will be discussing adult aspects of love, in an environment without judgment or traditional values attached. So whether you are conservative, liberal, gay or straight, we will be covering matters relating to sexual expression as well, creating a forum for all needs to be heard, and hopefully met through magical intent. Taught by Talisman's newest tarot reader, Gwendolyn Lord (premiering June 21) - I think we will all enjoy this class tremendously!

Gwen's Bio: I guess you could say it's in my blood... Grew up with my Mother reading playing cards and palms, so Tarot seems to be second nature to me. I had Rom friends who showed me how they read for Rom, as opposed to Gadge (that's us non-gypsy folk) although they did not do readings for each other too often. My friend's Mother used to say I was a natural, and teased me about having gypsy origins, though I was a strawberry blond in my teens. I have been reading Tarot for many years, for friends and family, and have read professionally for Perkin-Elmer Executive headquarters, formerly in Wilton, CT as well as at the University of New Haven. I attended an amazing workshop at the first Craftwise in CT, where a professor of psychology at Columbia University led us all in a series of exercises to think outside of the basic Tarot images, and see divination in the symbols that permeate our culture as well as other cultures. This helped me to expand on my own vision of Tarot, and really go beyond the basics. It was also at this first Craftwise that I saw my favorite Tarot deck, the Healing Tarot by Elizabeth Bluewitch. This is an art deck, dedicated to healing, in which Elizabeth, in a labor of love and creativity, had her friends pose for the Major Arcana, and all of the images are staged with great artistry. I have had extremely accurate and powerful readings for others, since I have been using this specific deck (though it took me over ten years to finally purchase one). The deck is limited to a production of one thousand, and is hard to obtain now. I feel that Tarot is a window, which we open to let in the collective wisdom and

guidance of the world of spirit -Prophecy - and the questions we ask of Tarot are always answered, even if they don't seem apparent at first.

July 28: A Taste of Tibet (\$20) Cathy Kane will discuss and demonstrate the use of singing bowls, bells (gantas) and chimes (tshingchas) for meditation + magic.

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) Taught by Cathy Kane – Class description pending

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 choose 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) By Cathy Kane – Class description pending

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, July 5: Mandy/Owl's Oracle Board 12:00-6:00 \$25/20 minutes

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

Friday, July 18: Drum Circle in Easton – Lucy Walker (767-6453 for info)

Saturday, July 19: Tarot with Gwen 12:00-7:00 \$25/20 minutes

Saturday, July 26: Donna Velardi, Pet Psychic (\$25/20 minutes) Pets or Photos - A number of you have been waiting for Donna to come back ... we're excited to say that she is! (see Donna's bio listed below)

Saturday, July 26: Herbal Tarot with Donna 2:00 - 7:00 \$25/20 minutes

Wednesdays 6:00-7:00 pm: **Meditation Sessions** led by Simon (\$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.

BIO - DONNA VELARDI/Pet Psychic

I have been talking with animals my entire life starting when I was a child. Most people don't realize that children have the ability to talk with animals and most do, however most parents do not encourage this activity therefore this gift is lost. I was fortunate as my father not only encouraged me to talk to our pets he did so as well. I have communicated with many different species of animals and found most to be very receptive. Some of the issues that I have encountered as a communicator ranges from people just wanting to know what is on their pet's mind, to finding out about their past. I have dealt with many specific behavior problems such as excessive barking, inappropriate bathroom issues, obsessive compulsive behaviors and finding out about people in the pet's life. A family of a missing man whose dog was the last one to see him before he disappeared has contacted me. These are just a few things that one can learn from their pet. I also help locate lost and missing pets. I have traveled all over the United States locating lost pets and have a good success rate. I am also a Certified Animal Massage Therapist. I do relaxation and sports massage on animals. I also do Reiki and gemstone and crystal healing on

animals. I teach courses and seminars on Animal Communication, Animals and Intuition, What Causes Stress in Your Pets and How to use Gemstones and Crystals for Healing. I have a monthly column in Pets Press Newspaper. I have appeared Pet Talk on Channel 12, New London Pet Talk and the Third Eye. I have been in CT Magazine, New Haven Register, Meriden Record Journal and several other publications. [Zodiapet P.O. Box 5326 Hamden, CT 06518 203-387-9738\(ZPET\) Email: petastrologer@yahoo.com](mailto:petastrologer@yahoo.com) www.zodiapet.com

Bio - Donna/Herbal Tarot

I am an eclectic solitary witch. I was raised Catholic but found that organized religion was not something that worked for me. What did work was speaking to those who had gone before me - my brother, my parents and several of my pets. There I would find the answers, comfort, assistance, etc., that I needed. I had always been drawn to the moon, earth, animals, plants, trees and all things spiritual and mystical, without consciously knowing I was following any particular path. Then, in 2001, a friend gave me Tarot cards as a gift after I had been for my first Tarot reading which I found to be amazing and unbelievably accurate. A month later, I was attuned to Shamballah Multidimensional Energy Healing by another friend (thank the Goddess for friends!) without explanation of what it was. Messages, signs and symbols came pouring in, sending me reeling and opening many doors. I began studying and using the Shamballah healing with amazing results, with both people and animals. I studied the Tarot and found that reading came naturally. I loved being able to help my friends and family who were surprised that I “knew” about things they hadn’t told me. Many diverse things continued to call to me. The most powerful was my Guide and Protector, Papa Legba. Papa led me to my study to become an herbalist, and to studying Voodoo and Shamanism. This all evolved into the Herbal Tarot I now read, which I can combine with a healing session if anyone desires it. Reading the Tarot is one of my favorite things to do and I am grateful to those higher powers that make my readings and Their insights to others possible. I live with my husband and daughter on a small farm where we honored and blessed to share our lives with 9 sheep, 2 mini donkeys, 4 chickens, 5 geese, 8 rabbits, 6 cats, 5 dogs and two birds. My husband and daughter are also attuned to Shamballah and follow a primarily Native American path, but are always open to what may come along. We are all animal communicators, which will explain how we ended up with some many critters. It is a good life, busy, but good.

Summertime Blessings to You All! Stay Cool!