



Talisman

*Talisman ...
A Unique New-Age Shop
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www.talismanct.com

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

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July 1, 2010

Merry Greetings!

Well, now that Talisman is three years old I can begin to track the seasonal trends along with the ebb and flow of sales - or can I? Traditionally, June through August are slow as people are on vacation, attending weddings/parties, and keeping busy with home projects. Yet the past three weeks we have seen an incredible surge of new patrons as well as familiar faces - with everyone talking about an apparent shared experience involving frenetic energy, sleeplessness, and ominous sense of "the other shoe about to drop". And naturally, asking me when and where that might occur? Well, the fact is ... I don't know. But I might be able to shed some light on the "crazy energy" aspect. Back in April, I met with Alethea - who is now Talisman's official point person on all things astrological, and who will be teaching Astrology 101 on July 24th - to get a broad-stroke overview on upcoming planetary lineups. As a personal astrologer, Alethea knows that each individual's chart is unique and rarely can a "one size fits all" approach work ... except for the incredibly rare planetary lineup in place mid-May

through September. This lineup pits tradition-loving Saturn against innovative and freedom-loving Uranus, with Pluto (planet of death and rebirth) squaring off the duo and forming a "T". The Cardinal T-Square has astrologers all over the world amazed and excited (and posting all over the internet - google it and find out!).

So what exactly IS the Cardinal T-Square and how does it manage to affect ALL of us so profoundly? In the words of Blogger "Astrogirl 7" we learn that:

Trying to understand and write about this ongoing t square is difficult given all of its astrological complexity, but in a nutshell, this cardinal t square seeks to instill radical, total and complete change in our lives. It asks that we purge our old ways of doing things...business as usual dies. It wants us to build new structures in our lives, based on higher spiritual truths. The t square is bringing us more into alignment with our authentic selves, so we can take off the mask we have been wearing for some time. This is an intensified process of soul evolution. It certainly has been rough for many...it feels like we are being torn apart and re-structured, from the inside out."

Hey, sounds like fun right? I mean, who DOESN'T like to feel torn apart as we completely rethink our entire life and install radical, total and complete change???

Alethea has her own take on the process:

I'm happy to add some more of my perspective on this to help others understand this very significant aspect, as it is something we'll all continue to deal with through 2010 and some of 2011. The reason this has been a long-running aspect is because the planets involved - Saturn, Uranus, and Pluto - are all very slow moving planets as they are farther out in the solar system. Add to this the fact that the apparent motion of these slow-moving planets will cyclically go retrograde (backwards) through the zodiac for months at a time and we have a very long-running aspect indeed! Though the T-square has been considered a traditionally "difficult" aspect to deal with, I was taught early on in my studies (and through personal experience) that a T-square actually does us a favor in revealing clearly to us the things that are not working or have become unbalanced. Having said this, the last time we saw Saturn, Uranus, and Pluto involved in a cardinal T-square like this was during the Great Depression!

I'm not at all surprised by this current global economic downturn since Pluto moved into Capricorn, which has been a long time coming if we paid attention to the way the world tended to excess (a Sagittarian theme) during Pluto's movement through Sagittarius in prior years. With Pluto's ingress into Capricorn, the bills come due and we're forced to deal with reality and our own responsibility in how we may have wantonly disregarded the concept of "living within our means". Pluto in Capricorn teaches us about transforming our lives in order to "get back to basics" and for me this has meant counseling my clients on how to simplify their lives, which can involve recognizing that downsizing may be a very real necessity.

I am also not surprised by some of the major geological issues we've been dealing with - i.e. the recent earthquakes in Haiti and Chile, not to mention the volcanic eruption in Iceland. If Saturn represents terra firma, then Pluto represents deep, underground workings that can collapse the structure that Saturn provides. Uranus provides just such an impetus, as whenever it locks horns with planets in an aspect we can always expect an unexpected shakeup. The conflicting nature of the

energies involved in this T-square can also blow the lid of calm, cool, collected, and controlled Saturn with a powerful eruption of raw, subconscious, Plutonian emotion that had been lurking beneath the surface the whole time. How much more literal a manifestation can we get of this energy than a freak volcanic eruption taking place in an area well-known for its snow, ice, and cold? I think we'll continue to see more of these kinds of issues cropping up while this current T-square involving Pluto plays itself out

On a more personal level, this cardinal T-square signifies awareness of a crisis point in life. This isn't meant to instill fear as it is certainly no harbinger of impending doom, rather a universal calling for change and action that we are ALL facing on a global level. We can be facing issues with finances, our families, our jobs, our relationships, etc. or in several areas simultaneously depending upon what this configuration is touching in our own natal charts. In my opinion, I attribute a sense of foreboding/imploding to one of two things. First off, some of us are quite sensitive to this cosmic energy. Being that this is a major planetary aspect it's no wonder why some of us have this persistent feeling that something is "wrong" - even if we aren't feeling its effects firsthand. Secondly, this feeling can also occur when we have been directly impacted by this energy. If things seem to be falling apart in one or multiple areas of our lives we may be subconsciously resisting the call to change and restructure how we live. We may know on one level that things have to change - that something has to give - but at the same time hesitate to pull the trigger and do what needs to be done. This internal struggle can cause this ominous feeling, as many of us aren't comfortable with the idea of change.

My advice to many of my clients has been to take a step back and try and recognize where we need to make our own adjustments. Chances are that we may have ignored the little signs along the way that may have said "wrong way". We may have continued to build something up upon a sinking foundation without recognizing that a swamp lay all around us. The key is WE have to be the one to initiate the change, because things will most likely continue to deteriorate until we take some level of personal responsibility for how we got to where we are. Then we must take ACTION - whether that means we change our behavior, our state of mind, or both.

This aspect gives us an invaluable opportunity to see the reality of what isn't working in our lives and to grow from it. Maybe we built a sense of safety and security at work, doing a job that "paid the bills" for years but didn't allow us to express our need for individuality. If this situation came to an end during the current T-square perhaps we can try to view it as an opportunity to put ourselves in alignment with what we do. Sitting behind a computer in a dull, grey cubicle with an unfulfilling "mission" simply to eek out a living can be extremely detrimental for the soul, as it inherently KNOWS it has a different purpose in life even if the conscious mind isn't yet aware of what that is. We should attempt to look at a situation like this as an opportunity to try something different and new, allowing us the potential to come into alignment with who we really are. Also, as big businesses are failing left and right due to Pluto in Capricorn, look to see that many people will be pursuing an entrepreneurial route. If you have a fledgling idea and have always wanted to try it but were too afraid, now may be the time when you can let go of your fear and take that big leap. Uranus in Aries likes us to step WAY outside our comfort zones, and although it may seem a little risky, this placement says "Take a chance on me".

As mentioned earlier, Pluto in Capricorn can also highlight financial difficulties. Frequently this can coincide with a job loss, though there are many other reasons people are finding themselves find

themselves “in over their heads”. Regardless of the cause, now is a time when we must get back to basics in a financial sense. We must look at what we truly NEED, not at what we WANT. If we’re paying for a mortgage on a house that is too big for our needs maybe we need to look at downsizing. Do we need to have a \$500/month car payment just so we can have the prestige of saying we have something “nice” and “new”? Maybe we need to start looking around at some of the material objects we have accumulated and think about having a yard sell or look into selling them at a consignment shop if we need to come up with extra cash to pay off creditors. Let’s try and use this as an opportunity to uncomplicate our lives and rediscover what really matters. As long as we have food, clothing, shelter, and the love of our families isn’t that all any of us really need?

Perhaps instead the problem we face at this time is one of relationship. With Saturn in Libra we can fairly expect that partnerships will be put through their paces. This is a testing process demanding that there be fairness, equality, and seriousness about how we handle our commitments to others. If the relationship has become seriously lopsided where one party gives continuously while the other takes it’s no wonder why problems would crop up. Saturn in Libra also forces us to ask ourselves “How well is this relationship meeting my needs?” as Saturn is a planet of necessity. If the answer we give is “Not well.” we must either work together to make it so or recognize the other party’s limitation in being unwilling/unable to meet our needs and move on. In either case we must be prepared to make changes and take action ourselves and not rely on the other party to do it.

Please remember that each person’s experience of this T-square will be unique, however I felt it important to speak about the implications of this aspect on broader terms so that you can get an idea of the potential “flavors” this major planetary configuration can have. Because the keynote of the cardinal signs is “activity” I am urging people not to be paralyzed by feelings of fear or doubt that may crop up during this time. We need to remember that there is always a lesson to be learned during difficult times, and that we can take ACTION to change our attitudes and/or circumstances if we are dealt a hand that is not to our liking!

I hope this has helped to answer some of your questions and provides an additional level of clarity about this aspect. Again, I do prefer to look at these things on an individual basis - generalizations only serve as a macrocosm of what’s going on for most people on a personal level. Not all people will experience this the same way even though there may be some similarities and I think it’s important that we astrologers make the individual our primary focus so that we can effectively guide and advise. This is why I laugh about those Sun sign horoscopes we read about in newspapers or magazines – astrology is so much more involved than that! A one-size-fits-all (or more precisely, a one-size-fits-1-in-12 people) approach like that only hurts this profession’s credibility.

Our next **New-Age Fest** will take place on Saturday, July 3rd from 12:00-6:00pm. Our readers are listed below, 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).

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.

Andrew Neblett: Many of you already know Andrew from the classes he has taught and healings he has facilitated here at Talisman. In addition to being a gifted Tarot reader, Andrew is a Certified Registered Hypnotherapist and Natural Health Consultant. Learn more at www.nebletonline.com

Mark Hoyt: Mark's tarot readings include channeling/mediumship as well. 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.

Rachel: An animal communicator, she doesn't need the animal present (although they are certainly welcome) because while it's nice to meet the animal, the physicality can be distracting when I read. I use simple information from the person to communicate with the animal's higher intelligence. Usually the name, age and breed is all I need. I do ask for questions as a way to direct the session. After a simple meditation, I basically have a chat with with them. I get all sorts of interesting details that comes in the way that particular animal communicates - through words, pictures or feelings. I can talk to pets living or deceased, domestic or wild, asking anything the animal would know ... it's from their perspective.

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. Fluent in Spanish. Personal freedom, self-expression and healing (especially through laughter!) are key themes in Daniel's personal search for enlightenment.

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
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!

Friday, July 2: Things are getting a bit confusing as we add readers who have similar names (i.e. Lina and Pina) now we have a second "Starr" debuting at Talisman! \$25/20 min. 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.

Sat., July 10: 12:00-6:00; Elpida, Greek Coffee Readings or Tarot. \$30

Sat., July 17: 12:00-6:00; Gwen, Whole-Life Tarot (may include some past life aspects) \$25/20 min. Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

Sat., July 24: 1:00-6:00; Donna, Herbal Tarot (Shamanic/Medium) reading includes personalized mojo bag. \$25/20 min.

Sat., July 31: Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

[Saturday Spiritual Counseling](#)

Rev. Mark is a 3rd Degree 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.

Announcements

Dear SGRA Supporters: It is with great pleasure that I write to tell you that the doors to our new Research Center are nearly ready to open to the public. Over the last few weeks we've been moving in our extensive library of books and materials, setting up computer workstations, and getting things settled into our new area. We're excited to finally be presenting a place in the community where individuals with an interest in the subjects we research can come to find the very best information, as well as connect with our talented Staff and other likeminded people. Before anyone has even set foot into the Center we have already been receiving emails from people who are looking forward to participating in our events here and utilizing what the Center will have to offer. I'd like to invite all of you to join us for two wonderful events coming up which will highlight our new Center, and our upcoming activities for the summer. First, on **Wednesday, July 7, from 7pm-9pm** we'll be hosting the first of our weekly **Coffee Talk Discussions** here at the Center. These have been one of the most popular events we have hosted, and we're happy to bring them to the Center. Anyone is welcome to join us for these discussions, and on the 7th we will be compiling a list of topics that people would be interested in featuring in the talks. So it's a wonderful opportunity for you to come and give suggestions. Coffee Talks are always free, and there's no obligation to attend, so you can come whenever you are able. Next, on **Saturday, July 10, from 12pm-6pm** we invite you to join us for a big **Opening Day Picnic** event. There will be food, loads of fun, and friends to talk with. You'll have a chance to meet many of our Staff, as well as other members and participants. The Center will be open for viewing, and there will be a listing of upcoming events for you to sign up for. More on the website: www.sgra.org

I look forward to seeing many of you at our Center and our activities coming up. I also invite you to contact me at jon@sgra.org if you have any questions or comments. Thank you, as always, for your ongoing support of our organization. Jon Nowinski, SGRA Director - (203)247-0310

Green Tips From Our Readers:

Thanks for your newsletter, I always get so much out of it, and this month was just great! I wanted to

share a weed killing tip with you... take a water spray bottle, fill it 1/3 with water, the rest with white vinegar and a couple of drops of dish soap (I prefer Dawn) to make it stick to the leaves. It will kill the weeds (and grass too so be careful!) but will not harm the environment. Thanks! Diana

Hi Laura - I love your newsletter and I couldn't agree with you more. I like to recommend the documentary Food, Inc. to those who would like to learn more about industrial food and "Evil Monsanto" too. It makes it all a little bit more real for people, I think. We bought a CSA share for the first time this year at an organic farm in Salem and I try to purchase as much of our food as possible from our food co-op and local farmers markets. It's funny, the more educated I become on this topic the more big-box retail nauseates me. There are so many things that people can do right now that will send a statement and make a difference! Have you seen The Story of Stuff yet? It's a 20-minute short film about consumerism. You can watch it here: <http://www.storyofstuff.com/> Thanks for sending out such a great message!

Helping restore health to the earth by creating a sustainable energy future is the goal of many people today who are environmentally aware. One way to do this is to greatly reduce electrical and utility consumption at home, or in the workplace. Having an energy efficiency checkup at your home costs only \$75, and includes up to \$750 worth of goods and services including low-wattage lightbulbs, thanks to grants from Connecticut's Energy Efficiency Funds. For a checkup on your home or a free scientific audit of your commercial business for energy efficiency call Alternative Global Energy in Derby at 924-9544 (please note referral source as Tony Spinelli).

Oh! I am considering selling fresh chicken eggs at Talisman (my hens are on overdrive!) so please save your egg cartons and bring them in for recycling - thanks!

CLASSES & WORKSHOPS
RSVP (203) 261-0047

July 10 -The Full Moon in Witchcraft — 3-5 pm \$25

Join authors Raven Grimassi and Stephanie Taylor for this workshop ... yes, it's THAT Raven Grimassi! Yes, this class is filling up fast! We all know that the full moon has always evoked a sense of the mystical. Why do we gaze at the moon, and what is that calls to us in the moon's light? Come and discover why witches gather beneath the full moon. Learn about the connection between the moon and the ritual circle. Discover the inner teachings about the moon and its role in birth, life, death, and renewal. This talk will include a talk on the magic of moonlight, the role of the goddess of Witchcraft, and the connection of the Underworld theme. Lecture is 2 hours with a 10 minute break in the middle. Time for Q & A will be provided. **Special Note:** I am asking all attendees who can, to please park in the lot next door (behind the subway shop) and walk over. I'm afraid we are going to fill our parking lot with the number of sign-ups we have, and that doesn't always sit well with the other tenants!

July 17 and July 31 - Wise Woman Herbal 101 - 3-5 pm taught by Donna Goliass \$40/both classes

During the first week, the class will include 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. The second week, 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.

July 24 Astrology 101 — 3-5 pm \$20 taught by Alethea Hunt, Professional Astrologer

What does it mean when we say “I am a Cancer” or “She is an Aries”? In astrology, our “sign” is determined by the position the Sun is found in on the day of our birth. Did you know that the position of the Moon and planets also play just as important a role in determining who we are? This is why some of us resonate very strongly with the qualities associated with our Sun signs while others do not. In this workshop facilitated by personal astrologer Alethea Hunt we will be discussing the 12 signs of the zodiac as archetypes. This session is geared toward providing the student with working knowledge of the fundamental qualities and traits associated with each sign, as well as covering the elemental associations and planetary rulers of all 12 signs. By exploring the zodiac in greater depth we can begin looking beyond the scope of our Sun signs alone to see how we personify the aspects of other signs as well.

Alethea Hunt is a personal astrologer dedicated to providing clients with caring guidance and direction as they journey through life. Her approach is to help others understand the patterns at work within their lives and focuses on facilitating each person’s process of self-discovery. By identifying and examining our natural inclinations and predispositions through the use of astrology, we can then learn to recognize and accentuate the qualities that work for us while attempting to minimize any traits that do not. Alethea uses this ancient art as a tool to encourage clients to take destiny into their own hands and create positive changes in their lives instead of simply being “resigned to fate”. Her method is about creating a sense of empowered destiny by showing the client what can be done to overcome any obstacles they may face while also revealing where opportunities exist. In this way one is truly able to work with the energies inherent in their chart, allowing them to make the most out of life.

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 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".*

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](mailto: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.

In Conclusion

I want to thank everyone who attended the Solstice Celebration on June 21st at Talisman - we had close to seventy people in attendance! We are planning to hold more public ritual events in the near future, as we are all seeking ways to ground and center ourselves in a spiritual manner. As for me - after 24 hours of fasting, prayer/offerings and meditation at the 30-foot waterfall which runs along our home - I managed to channel the protective energy of a Native American Chief (who several people saw standing next to me as I addressed the gathering) with additional Indian warriors spotted in the woods behind the shop. Actually, over the past few months quite a few of you have reported seeing Native Americans "in spirit" around your homes and standing along the road as you drive by. They seem to be intently watching out for something as well as providing a protective presence. I, for one, am happy to know they are near.

Laura's Solstice Address

I want to speak to you today using words from a speech given by a Hopi Elder back in 1999. I believe these words are just as relevant - and perhaps even more so - today:

"You have been told by your people that this is the Eleventh Hour, now you must go back and tell the people that this is THE Hour. And there are things to be considered . . .

*Where are you living?
What are you doing?
What state are your relationships in?
Are you in right relation?*

*Where is your water?
Do you know what is growing in your garden?
It is time to speak your Truth.
Create your community.
Be good to each other.
And do not look outside yourself for the leader.*

*Life is a river, flowing now very fast. And there are people who will cling to the shore, frightened that they will be torn apart. These people will suffer greatly.
But you are to know that the river has a destination! The elders say we must let go of the shore, push off into the middle of the river, keeping our eyes open, and our heads above water.
And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, Least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.
The time for the lone wolf is over. Gather yourselves! Banish the words "struggle" and "fear" from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration . . .
Because WE are the ones that we have been waiting for."*

Listen, there is no doubt that these are uncertain and difficult times. I will continue to do my best to separate the fact from the fiction and keep you up-to-date on the earth/weather changes, economic/financial challenges, that cursed oil leak in the Gulf of Mexico, and how all these tie into science, prophecy and our day-to-day lives (eh, everyone needs a hobby, right?). And if there is ever a time I believe that a crisis is imminent, I promise that I will use this newsletter as a means to alert all of you as much ahead of time as humanly possible. I love my Country dearly, but have serious doubts that our government will be forthright if we ever find ourselves on the cusp of a true national or (heaven forbid) a global emergency. In the meantime, please keep at least a half tank of gas in your car, stock a week's worth of food/canned goods, and know where the members of your family are at all times - don't rely on cell phones solely, make them tell you where they are going and when they are coming home. Remember that a tornado touched down briefly but unexpectedly last week in Bridgeport/Stratford, and left a path of destruction in its wake - let's agree we must remain alert to the possibility that disaster can strike at any time and have some sort of emergency plan.

Hey - if anyone asks, just do what I do ... and blame it on the Cardinal T-Square!

*Bright Blessings,
Laura Lenhard*