



Talisman

Talisman ...

A Unique New-Age Shop

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June 1, 2010

Merry Greetings!

This feels like the most difficult newsletter I have written to date, simply because there is so much happening in the greater world that it simply boggles the mind. I have never wanted my newsletter to take on an overly-negative tone, and it's important that we discern between naturally-occurring earth events such as volcanoes and earthquakes, and catastrophic events brought about by greed and carelessness. Like so many of you, I am both sickened and enraged by what is happening in the Gulf ... almost as if our Mother was saying "You want oil??? I'll give you oil -- all the oil you can handle, and more." But in truth, this gushing well is an open wound - and the devastating long-term effects cannot even be fathomed at this time.

It seems as if a kind of moral "carte blanche" has been handed over by our government to industrial giants such as BP, Exxon (who, despite reporting a gross operating profit of over [\\$52 billion](#) in 2009, paid no income tax to the federal government!), Monsanto (too much to even discuss - just google "evil Monsanto" and read the litany of bad things they are doing to the environment, economies around the world and ANY farmer who does not purchase or promote their products), pharmaceutical companies, "lending" institutions/credit card companies, the governmental agencies who OVERSEE these corporate giants - the list goes on and on. And yet, there is a note of hypocrisy in complaining ... do we not all drive cars? Consume and produce waste? I know I have "tweaked" my own usage/consumption in one area so as to feel less guilty about

not giving up other wasteful habits. And yet, when we witness the absolute gluttonous conspicuous consumption of the privileged among us, it is hard to rationalize giving up our own small comforts when certain people or groups waste so much by comparison.

So how do we create change? I have always believed in the power of grass-roots movements. We begin as a community and then move forward. Many of you don't know that I worked for the State of Connecticut for 7 years, then St. Luke's Community Services (a human services agency) in Stamford, as well as serving on a Political Action Committee (PAC) with a goal of promoting candidates who supported community services and the rights of the underprivileged. I have finally become convinced that term limits must be put in place in order for our elected officials to finally focus on getting a job done - rather than raising funds so they can get re-elected to their job! Term limits would also diminish the power of lobbyists, as they would not have unlimited time to work with key legislators in order to promote their clients' agendas.

But that is a huge thing. In the meantime, what can we do in our daily lives to live more gently on this earth? First, we need to stop putting fertilizer and pesticides on our lawns and gardens. Read the labels -- if you cannot walk on the ground barefoot immediately after applying them, then understand that they are TOXIC. Besides, Donna's going to be teaching us how to use many common "weeds" in healing as part of her two-part "Wise Woman Herbal" classes July 17th and 31st! Did you know that new studies are linking childhood disorders such as ADD, allergies and autism to these chemicals and those we use to clean our homes with? Begin using natural products to clean, especially your tubs - because no matter how well you rinse, your child is still going to absorb these chemicals through their skin when they take a bath. Plant a garden, even if it only to put a few tomato plants in pots on your deck or patio. Get a clothesline and hang clothes out to dry - if you don't have room for a line, Home Depot sells the old-fashioned "umbrella" lines (I have one!) which costs about \$40 plus a bag of quickcrete to set the post. Many of you know I have chickens - but did you know that only three hens will supply a family of four with all the eggs they will need? Home-raised eggs have three times the Omega-3 of store bought eggs - and chickens are funny, smart and useful pets the entire family will enjoy. Just ask, I will help if you'd like to learn more. Re-use and recycle: Talisman will happily accept any bubble wrap, tissue paper or cardboard jewelry-sized gift boxes you care to donate. Don't throw away your child's outgrown but still-good toys (Goodwill no longer takes these) but Family Services-Woodfield, located on Clinton Avenue in Bridgeport, does: Call 368-4291 for drop-off times. These are just a few suggestions - I will be pleased to print anyone's creative plans or suggestion in future newsletters. Here's my new favorite website: www.treehugger.com

Looking at the problem from a spiritual perspective: Monday, June 21st is the Summer Solstice (also known as Litha). You are ALL cordially invited to attend our one-hour ritual/celebration from 9pm-10m behind the shop, free of charge and open to anyone who would like to attend. We will open a circle by calling the quarters and raise energy to be channeled back to the healing of our Mother Earth. Afterward, we will participate in a drumming circle. Please bring your own cold (non-

alcoholic) beverage and drum/percussion instrument if you have one. For those of you unable to attend, I urge you to lend your energy beginning at 9:15pm - chant along at home/work with us the following, written by Jennifer Berezan:

Hail Mother, full of grace
The Power is with you
Blessed are you, Queen of the Universe
And Blessed is all of Creation
Holy Mother, maker of all things
Be with us now and always
Blessed Be

Know that when we gather as a family with the intent to raise healing energy, we are powerful indeed. Together, we can make a difference through our thoughts, words and deeds.

Our next **New-Age Fest** will take place on Saturday, June 5th from 12:00-6:00pm. We have an exciting day planned! First, Tim Bshara will be set up in front of the shop and in addition to his aura/chakra photography, he will be holding a "**crystal and gemstone trunk sale**" as well (cash only). Upstairs, Pina and Debbie will be doing readings (angel and tarot) and Tammie will have her chair set-up for massage. Downstairs, Talisman is hosting our very first "Reiki Share" from 2pm - 6pm, facilitated by Reiki Master Cathy Kane. The first two hours (2pm-4pm) will be for practitioners only (a "practitioner" being anyone who is certified/attuned to at least level one) and we are asking that if you have one and you are able, please bring your massage table. In addition to shared healing, this is a great opportunity to meet other energy workers as well. The second half of the afternoon (4pm to 6pm) will be open to anyone who would like to partake of a "free Reiki sample" and experience this amazing Divine healing energy for yourself. A good time to ask questions and learn more - perhaps you might wish to eventually take a Reiki class yourself.

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 Mistydawn.

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.

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!

June 11: 12:00-7:30pm; **Mark Hoyt**, Tarot \$30/30 minutes call for appt. 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.

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

June 19: 100-6:00; Donna, Herbal Tarot (Shamanic/Medium) reading includes personalized mojo bag. \$25/20 min. Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

June 26: 12:00-6:00; Gwen, Whole-Life Tarot (may include some past life aspects) \$25/20 minutes. 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.

CLASSES & WORKSHOPS RSVP (203) 261-0047

June 5 - Reiki Share - 2-6 pm, facilitated by Cathy Kane (free, donations accepted)

After getting many requests for this over the past year, I am thrilled to announce Talisman's first Reiki Share! The first two hours (2pm-4pm) will be for practitioners only (a "practitioner" being anyone who is certified/attuned to at least level one) and we are asking that if you have one and you are able, please bring your massage table.

In addition to shared healing, this is a great opportunity to meet other energy workers as well. The second half of the afternoon (4pm to 6pm) will be open to anyone who would like to partake of a "free Reiki sample" and experience this amazing Divine healing energy for yourself. Practitioners, your skills will be needed here! If there is enough interest, this will most likely become a monthly event.

June 12 - Connect with your Spirit Guide in 2010 3-5 pm, taught by Jessie Shippy. Cost \$25

While working with color and energy you will be asked to participate with Jessie (Clairvoyant/Intuitive) to draw and communicate with one of your Spirit Guides, which will assist you on your Spiritual path in 2010. Spirit Guides are wise souls who have many incarnations on the earth plane. Some of our Guides stay with us throughout our lives, others come in for a short time to help us through challenging times of growth, which move us forward on our Spiritual path. If you ever desired to connect more fully with your Spirit Guides, then this workshop is for you. You will be gently led by Jessie using her intuitive gifts, helping you to interpret what you are experiencing. Jessie will also introduce you to your Animal Totem.

This is the best part- "No artistic talent is required for this workshop" just come with an open heart, and loving intention to those beings who provide our spiritual support in life. All needed material will be supplied.

June 19 Reiki I – 9:30 am - 6:00 pm, taught by Cathy Kane. Cost \$125 (includes book)

Reiki (also known as Usui Reiki) an energyworking system originating in Japan, involves using a divine pool of energy to remind and support the body how to use its own natural ability to heal itself. Reiki has other uses (such as manifestation), and has built-in safety measures that protect the practitioner from doing harm or depleting himself in the process. Angelic Reiki (originally channeled to Kathie Valentine) is an enrichment of the Reiki system and is offered at no additional charge as part of all Reiki classes Cathy teaches.

Reiki I - This level gives you the ability to help yourself or others within a foot of you. Includes book, handouts and hands-on practice time. Includes Reiki history, introduction to guided healing, healing and first degree attunements, meditations, aura reading/scanning, hand positions, how to give a Reiki treatment to self or others, and more

Reiki II - This level increases the degree of Reiki energy you access, gives you the ability to help others across the room or around the world, and to send Reiki forwards or backwards in time. Includes handouts and hands-on practice time. Includes second degree attunement, the Usui power symbol, mental/emotional symbol, and distant healing symbol(for use across space and time), as well as two other Reiki symbols, distance healing, a Reiki method to empower goals, and more.

Catherine Kane has been a teaching master of Reiki since 1996. She loves to teach, especially things like Reiki that have made her life and the lives of so many others better. In her classes, you'll get demonstration and practice, as well as theory, and she continues available post-class to answer questions as students need. Got more questions? Contact Catherine Kane at we_are_foresight@yahoo.com

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 will fill 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.

July 17 and July 31 - Wise Woman Herbal 101 - 3-5 pm taught by Donna Golias \$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 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

In Conclusion

A letter from Chief Arvol Looking Horse
A Great Urgency

To All World Religious and Spiritual Leaders - My Relatives,
Time has come to speak to the hearts of our Nations and their Leaders. I ask you this from the bottom of my heart, to come together from the Spirit of your Nations in prayer.

We, from the heart of Turtle Island (North America) have a great message for the World; we are guided to speak from all the White Animals showing their sacred color, which have been signs for us to pray for the sacred life of all things. As I am sending this message to you, many Animal Nations are being threatened, those that swim, those that crawl, those that fly, and the plant Nations, eventually all will be affect from the oil disaster in the Gulf.

The dangers we are faced with at this time are not of spirit. The catastrophe that has happened with the oil spill which looks like the bleeding of Grandmother Earth, is made by human mistakes, mistakes that we cannot afford to continue to make.

I ask, as Spiritual Leaders, that we join together, united in prayer with the whole of our Global Communities. My concern is these serious issues will continue to worsen, as a domino effect that our Ancestors have warned us of in their Prophecies.

I know in my heart there are millions of people that feel our united prayers for the sake of our Grandmother Earth are long overdue. I believe we as Spiritual people must gather ourselves and focus our thoughts and prayers to allow the healing of the many wounds that have been inflicted on the Earth. As we honor the Cycle of Life, let us call for Prayer circles globally to assist in healing Grandmother Earth (our Unc'l Maka).

We ask for prayers that the oil spill, this bleeding, will stop. That the winds stay calm to assist in the work. Pray for the people to be guided in repairing this mistake, and that we may also seek to live in harmony, as we make the choice to change the destructive path we are on.

As we pray, we will fully understand that we are all connected. And that what we create can have lasting effects on all life.

So let us unite spiritually, All Nations, All Faiths, One Prayer. Along with this immediate effort, I also ask to please remember June 21st, World Peace and Prayer Day/Honoring Sacred Sites day. Whether it is a natural site, a temple, a church, a synagogue or just your own sacred space, let us make a prayer for all life, for good decision making by our Nations, for our children's future and well-being, and the generations to come.

Onipikte (that we shall live),
Chief Arvol Looking Horse
19th generation Keeper of the Sacred White Buffalo Calf Pipe

And again - Please consider attending our Solstice Celebration on June 21st and lend your voice and energy to the healing of this grievous wound to our Mother Earth.

Goddess Bless Us All,

Laura Lenhard