

# Talisman

Talisman ...

**A Unique New-Age Shop**

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**April 2, 2012**

**Talisman celebrates our Five Year Anniversary on April 15<sup>th</sup>!**

Merry Greetings!

I have never been fond of New Year's Resolutions, but this year I made one. I decided that after five years of working 60+ hours/week, I would use my days off to further my own spiritual growth and participation in the community. To that end, I have spent time at Finding Feathers in Fairfield, attend wonderful monthly meditations at the home of a Buddhist friend in Weston, and participated in not one but TWO Ostara rituals this month. I must say, I feel wonderfully renewed and have been looking at my own shop and beloved friends/patrons with fresh eyes. If you didn't make a New Year's Resolution, Ostara is also a good time for this (and no, it's not too late – but nice try!). Bill and Mandy Oram from the Circle of The Sacred Well focused on this theme during their ritual. Just as in late winter (Imbolc) we plan our garden and in spring (Ostara) we plant it, to be followed by the autumn harvest (Mabon) ... surely by now you know what you need/want to accomplish this year? Yes, perhaps you have many things you want to do ... but pick ONE, set an intention – something you vow to bring to fruition by summer's end, and see it through. Make the completion of this goal a promise and sacred offering to the Universal Divine – the God and Goddess smile on such efforts. What an interesting thought: Instead of petitioning, to be on the giving side of our relationship with the Divine, eh? But then, that is the reason behind our acts of fasting, offerings and sacrifice ... the energetic exchange that deepens our bond to God/Goddess.

In fact, let's talk a bit about taking spiritual responsibility for ourselves, shall we? A theme further explored in this month's "Astrology Corner" below.

Devout fundamentalist Christians often practice the mantra “Let Go and Let God” but pagans take a different view. We believe that it is okay to respectfully petition the Divine, and energetically effect change (hopefully after much thought and careful consideration of outcome) in the world around and within ourselves. The practice of Magick is both an art and a science. There is no black or white here ... it is the manner in which the energy is raised and directed that determines the outcome – negative or positive.

Many will cop to asking others to do their magick FOR them. I am more than happy to lend my energetic efforts to helping another in need, especially to aid a child or heal the sick – but unless it is for one of my own, I do insist that the work be initiated by the one doing the asking. The reason for this is that accountability goes hand in glove with our workings ... I do not know any pagans who do not believe in karma, and the fact is – we reap what we sow. If you are afraid of karmic kickback, then that’s a good sign you are walking on the wrong path. There is no confessional booth for pagans or witches – we do not get to make our apologies for misguided actions and walk away unscathed with a clear conscious. The results of our actions fall squarely on our shoulders, and repercussions can last throughout this lifetime and lifetimes to follow. Such is the unemotional nature of Karma – otherwise known as the Universal Justice System.

On another note - far too often, people come in for a Reading, wanting or hoping that you will gaze into your cards or crystal ball, and then guarantee that if they make a choice something they want will be waiting. The fact is - there are no guarantees. Sometimes heading into uncharted territory with blind faith is frightening, but if you trust that the Universal Divine serves your higher good and you choose to leap into your future ... you can expect a beautiful outcome (“beauty” always being in the eyes of the beholder, of course). Sadly, many people want things/people they shouldn’t have - and the Universe is not in alignment – so you remain stuck in a situation. In these instances, life ultimately passes us by as we wait for the “other guy” to make their move, quit their job, leave their spouse, file for divorce, die of natural causes, etc. I think that in these instances, the “let go and let god” approach may just as well be utilized – passively sit there and wait for a miracle or lightning bolt or giant hand to emerge from the clouds to shove what is blocking you out of your way so you can have the life you want. Just don’t come to Talisman looking for a magick spell to aid in your “Secretesque” styled vision board, because we ain’t gonna do your work for you!

The Heroes and Heroines of fact and fiction – history and bedtime stories – became Heroes because they bravely stared opposition in the face and set out to accomplish what

appeared at first glance to be impossible. Stop saying you CAN'T do something, are NEVER able to be happy, NO ONE cares for you, or that NOTHING ever works out for you – I swear, my grandmother would have whacked me with her wooden spoon HARD if she ever heard such words coming out of my mouth! And why? Because you sound RIDICULOUS! And unless you are an Atheist, this mindset is a direct affront to whatever Deity you call upon for help and solace.

Please do not hit “reply” to this newsletter and ask if I was thinking of you, personally, when I wrote this. I am thinking of the many, many people I have sat with – and the time in my own life when I waited for an unseen champion to rescue me – expressing frustration and misery when what is called for is a simple act of courage, grounded in faith. As Lina says, “You can’t walk down the same road every day and expect something to change.” Or as my grandmother would say, “It’s time to shit or get off the pot, honey!”

I’m sorry to lecture – but this is the result of five years’ worth of listening to excuses and half-assed efforts. Look, I am very aware that there are in fact situations which cannot be rectified quickly or without causing harm – and so we must wait. But while you wait, stop complaining and cease your petitions – the Universe is aware! And if you must wait, then make that sacrificed time serve as an offering ... volunteer, study, plant a garden, adopt a pet from the shelter, get involved with Big Brothers/Big Sisters or another organization that truly helps in the community. In other words – get your hands dirty, busy your mind and strengthen your body. Make a difference – if there is an absence of miracles in your own life, than create one in the life of another.

**And may the God and Goddess smile on your efforts! So Mote it Be.**

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### **NEW-AGE FEST**

**Saturday, April 7th**

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

Readers (\$25/20 minutes - please, cash only):

Andrew, Tarot

Barbara DeLong, Cosmic Deck of Initiation

Melissa, Tarot

Patty, Crystal Ball Readings

Yvonne McGarvey, Tarot (se habla espanol)

Sierra North, Shamanic Journey to find your Power Animal

Tim Bshara, Aura/Chakra Photography (with 23 page report) \$40

Tammie, Chair Massage (\$1/minute)

**Saturday, April 21st**

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

Readers (\$25/20 minutes - please, cash only):

Barbara DeLong, Cosmic Deck of Initiation

Patty, Crystal Ball Readings

Sierra North, Shamanic Journey to find your Power Animal

Tammie, Chair Massage (\$1/minute)

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**Workshops at Talisman**

**RSVP (203) 261-0047**

Depossession - How to Perform it Safely: Saturday, April 7th. 6:30-8:30pm. \$25.

Andrew Neblett notes that this class is for those either brave enough or foolish enough to want to deal with possession. The signs of possession, legal ramifications, techniques of depossession and protection will be taught - this is subject matter contained in Andrew's upcoming book. **WARNING!!!!** This class is for informational purposes only! Possession is serious business! See more at [www.nebletonline.com](http://www.nebletonline.com)

The Shadow People - Why Are They Watching Us? Saturday, April 14th. Rosemary Ellen Guiley. 3-5pm. \$25.

Shadow People are one of the most terrifying and common entity experiences had by people of all ages all over the world. They steal into bedrooms at night in the form of tall, black silhouettes of men wearing coats and hats. They have no facial features, but they have a penetrating stare, and they give off an aura of malevolence. Sometimes they attack people. They are not human. They are not demons. Rosemary Ellen Guiley, a leading expert on the paranormal, has been studying the Shadow People for more six years and has compiled a detailed database on them from hundreds of eyewitness cases. She has experienced Shadow People herself. She explains her conclusions on who the Shadow People are, where they come from, what they want, how they behave – and what victims are can do to banish or prevent their invasions. Some of the answers may surprise you!

This is an exciting, ground-breaking multi-media presentation you will not want to miss!

The workshop will be followed by a book signing. Rosemary Ellen Guiley has authored 50 books on the paranormal, including *The Encyclopedia of Demons & Demonology*, *The Encyclopedia of Ghosts and Spirits* and *The Vengeful Djinn*. She conducts original field investigations of haunted sites, entity contact experiences, and spirit communications. She lives in New Milford, CT

Metaphysical Dowsing: Saturday, April 21. Taught by Cathy Kane & Starwolf. 6-9pm. \$25

The world is full of energy - flowing, radiating, transforming. When you can tap into that energy and understand its many states, new possibilities open up to you! Come learn to use various techniques and tools (including your own body) for dowsing to understand the energy fields around you, detect and clear "stuck" energy, find lost items, answer questions and for other interesting and useful activities. For all experience levels - if you own a pendulum, please bring it along!

Workshop: Spirit of the Wolf Friday, April 27th, 6:30-8:30 taught by Sierra North. \$25

We will explore both the physical and spiritual realms of the Wolf. As you touch and connect with wolf artifacts, such as a real wolf pelt and skull, you will begin to fully appreciate the beauty and strength of the Wolf. You will learn about the natural history of the Wolf and the role of the Wolf in folklore and legends. We will then focus on the Spirit of the Wolf and explore the spiritual meaning and teachings the wolf shares with humanity. We will do a shamanic journey together to the Spirit of the Wolf so you can learn what the Wolf means personally to you and how the Wolf can guide you through life's many crossroads. The purpose of this workshop is to deepen and strengthen your connection to the Spirit of the Wolf so when you hear the Wolf's Call you will have the ability to understand what the Wolf sings to you, and join in with your own song in return. We will end the Earth Spirit workshop by drumming our gratitude and love and making an offering to the Spirit of the Wolf and her brothers and sisters in the wild. As we are all teachers and messengers of spirit, no level of training or ability is required. If you have a drum or rattle, please bring one with you. If you do not, some will be available at the workshop. Wear comfortable clothing. If you would like please bring an item to leave as an offering to the Spirit of the Wolf. This can be any item from nature, tobacco, other dried plants or flowers, or any other natural item that you feel called to bring. If you do not bring an item we will have some offerings available. Also please as a courtesy, refrain from wearing any perfumes or strong deodorants to this workshop.

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April 28: Reiki Share at Talisman, hosted by Jessica & Jim Hunter, from 12:00-2:00pm. From 12-1pm, practitioners will share amongst themselves; then from 1-2pm we will give **free** 10 minute "sample sessions" to the public. So if you have never experienced Reiki before, this is a great opportunity to do so! Practitioners, please note the guidelines below. Let's gather together and share, give and receive Reiki! All Reiki levels and Lineages welcome to attend! There are no fees for these Reiki Shares ~ this is a great way to practice, receive and meet others without expense! Let's share the gift!

Reiki Share Guidelines:

1. If you are attending a Reiki Share to participate as a Practitioner, you must present a copy of your Reiki Certificate to participate. If you are planning on attending multiple shares, you will only need to provide it at your first share. This is out of respect and fairness for all Practitioners who are participating who have invested the dedication, discipline, and investment in their Reiki Training.
2. Any participants must be respectful and non-judgmental towards all participating members. As this is open to all levels and lineages, participants will be coming from different backgrounds and training. As Practitioners may use different techniques, I am encouraging participants to share and exchange these amongst themselves without judgment. If anything, participants can learn from each other and expand their practice of Reiki, and that is what is encouraged!
3. Above all, make friends, have fun, learn & grow!

Any questions, please email Jessica at [piscesenchantress@hotmail.com](mailto:piscesenchantress@hotmail.com) or call Talisman at (203) 261-0047 to RSVP.

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**Talisman's Regularly-Scheduled Readers**

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

Starr: Thursdays - Angel Readings 3:00-7:00 pm \$30/30 minutes.

Mark Hoyt: Spirit Guided Tarot - Fridays 2-8pm. \$25/20 minutes. Reflexology treatments available by appointment.

Lina: Sunday and weekday mornings - Intuitive Counseling by appointment (261-0047) \$50/45 minutes. Fluent in Italian, Spanish and English.

**Available by Appointment**

Talisman's readers are available for parties and events. You can pay by the hour or allow

us to set up and have your guests/attendees pay individually. We do our best to be flexible and fairly priced! Our party rates are \$60 an hour, plus gas/mileage. Please make all scheduling arrangements through Laura at (203) 261-0047.

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 takes her own special brand of healing massage/Reiki/journeywork/mediumship on the road, so to speak - "Have table/will travel!" - is a licensed aesthetician and 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.

Laura: I do special, in-depth readings by appointment. My 45+ minute private sessions include a chakra check up, a print out and review of your astrological natal chart, tarot and palm reading, and more! (\$40). Call the shop for an appointment, as I schedule these when the shop is closed or after-hours. Yes, I still do \$5 readings but these are done in-between phone calls and waiting on patrons - you can't make an appointment, and I do get interrupted. As long as there are no other readers in the shop (because they drive in from a distance and it's not fair to them) I am always happy to peek at someone's palm or throw a few cards, so don't hesitate to ask!

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**The Circle of the Sacred Well at Talisman**

**Event: Circle Open House**

**Date: April 13th ~ Time: 6:00 p.m. to 8:00 p.m.**

**Location: The Undercroft at Talisman**

Join us for this semi-monthly Open House as we gather for a social evening of food and conversation. This event provides an opportunity to learn more about the Circle and its members and to spend time with like-minded people to discuss various pagan and New Age topics, as well as music, movies, etc. Refreshments are provided.

**Event: Wiccan/Pagan Study Group - Runes Workshop**

**Date: April 17th ~ Time: 7:30 p.m.**

**Location: The Undercroft at Talisman**

Join us for this monthly study group that covers various pagan and New Age topics. This month, we have a special guest speaker, Daniel Lane. Daniel will be facilitating a workshop on Runes. He will be discussing the history of runes, as well as their magickal and ritual uses for modern pagans. There will be a 'hands-on' portion, where different rune

types will be displayed and discussed, as well as several sample readings given.

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### **Community Events**

The Smoking Gun Research Agency operates their Library & Research Center at 284 Racebrook Road in Orange, CT. The Center is open to the public Tuesdays through Fridays from 12pm-6pm, and evenings on Wednesday and Fridays. Our very popular Wednesday “Coffee Talks” are held from 7-9pm. Weekend hours vary depending on the SGRA’s outside events schedule.

#### **Saturday, April 28 from 2:00pm – 6:00pm at the SGRA Research Center, 284 Racebrook Road, Orange, CT**

**we will present the first part of our new “Preparedness 101” workshop series.** The first class will provide an overview of the preparedness series and being with a presentation of what a “Bug Out Bag” is, the essentials it should contain, and why it is so important to have one. The series will present several interactive events including discussions, guest speakers, multimedia presentations, and provide some helpful handouts, hints, and other information.

The events are open to anyone, whether you are a member of SGRA or not, and the cost is only a \$5.00 suggested donation per class, and those participating will have the opportunity to register for discounted preparedness items that will be presented and worked with throughout the series. You do not need to attend every workshop in the series, and there will be a few activities presented to cover past discussions in other formats. For more information feel free to contact us at [sgra@sgra.org](mailto:sgra@sgra.org) or (203)247-0310. You can also visit our website ([www.sgra.org](http://www.sgra.org)) or Facebook page (<https://www.facebook.com/SmokingGunResearchAgency>) for information. Talisman customers receive a 10% discount on any classes, events, or items from the SGRA, just mention where you heard about us!

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#### **A Day of Healing Workshops by A Healing Hand (May 12)**

This day is dedicated to offering workshops that will expand your horizons and give you an introduction into the world of the healing arts. While not in a workshop, please check out our Vendors, Healers and Readers that will be on the other side of the partitioned room! There is no fee to visit the vendor section of the event, but it is highly recommended that you sign up for workshops in advance. Click any of the links below to read information about the workshops and to register. As a special gift to readers of the Talisman newsletter, get \$5 off your registration for the Day of Healing when you use coupon code **TALISMANFIVE** and register by April 15, 2012. Hope to see you there!

Start Time   Instructor                      Workshop Title

9:00AM	Andrew Neblett	<a href="#">Intro to EFT and Energy Psychology/Medicine</a>
10:30AM	Karen Cote	<a href="#">Intro to Shamanism &amp; Shamanic Healing</a>
12:30PM	Keri Uihlein	<a href="#">Intro to Healing Meditation &amp; Archangel Raphael</a> <a href="#">Guided Meditation</a>
2:00PM	Deana Paqua	<a href="#">Intro to Crystal Healing</a>
3:30PM	Rachel	<a href="#">Practical Intuition</a>
5:00PM	Sara Thornton	<a href="#">Practical Intro to Healing with Herbs</a>
6:30PM	Tim Bshara	<a href="#">Your Aura, Chakras &amp; Energy</a>

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

The CWPN hosts monthly networking meetings throughout the state, open Sabbat circles, coven and study group referral service, classes/work-shops, various social events and lectures with well-known members of the Pagan community. Some of our past guests have been: Janet and Stewart Farrar, Gavin Bone, Margot Adler, Ted Andrews, Dr. Leo Louis Martello, Tzipora Klein, Laurie Cabot, Raven Grimassi, Donald Michael Kraig, Phyllis Currott, Lori Bruno, Jane Sibley and Ellen Evert Hopman.

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Fairfield County has a wonderful new spiritual resource center - my friend Kim Hallas' shop "Mystical Parlours" which opened in February. Her vision is to offer a new paradigm in business where people will gather to explore alternative options of diet, energy work, exercise, meditation, nutrition, religion, spirituality & wellness - while selling products conducive to that end to explore and stimulate the body, mind & spirit. There is an incredibly broad array of classes, events & workshops – check the schedule (<http://www.mysticalparlors.com>). Mystical Parlors also offers a wide selection of retail items including: aromatherapy, art, over 500 books, candles, crystals, essential oils, over 70 herbs, incense, jewelry, music, statues, stones, tarot cards, and novelty & spiritual gift items. Conveniently located across from Klaff's - easy access from I-95 or just one block from the South Norwalk Train Station. 10% Discount to CWPN, Freemasons, Fire & Police

Personnel, O.T.O., Seniors, Students, and Veterans with proper I.D.

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Lunchtime Tai Chi - Thursdays from 12-12:30 (Stress Reduction Qigong) 12:30-1:00 (Tai Chi). American Institute of Tai Kwon Do, 380 Monroe Tpk (Jennie's Pizza Plaza). Taught by Ann Sullo, Certified Instructor. \$20/month Qigong only; \$30/month Full Class. No experience necessary! For Info call (203) 606-9354. Note: Some of Talisman's patrons have taken Ann's class and the reports coming back have been excellent!

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### **Astrology Corner**

#### **By Alethea Hunt, Talisman's Resident Astrologer**

We have quite a few planets shifting directions in April – Mercury will turn direct on April 3<sup>rd</sup> just in time for tax season deadlines and Mars will turn direct on April 14<sup>th</sup> making all systems “go” after a long hiatus. Pluto, on the other hand, prepares to station retrograde on the 10<sup>th</sup> so plumbing your own depths and internalizing your power will help you to be self-supporting during this period. Dig in and dig deep – be prepared to address things like security fears which undermine your ability to be independent and free courtesy of a long-standing square this planet will make to Uranus.

We'll have a Full Moon on the 6<sup>th</sup> in Libra - this Full Moon falls @ 17 degrees of this sign and highlights relationships, partnerships and other cooperative ventures, and the so-called “me/we” polarity. Both the Sun and Moon will be in loose contact with Saturn and Pluto on this date so things may feel serious and heavy. Pressure is building and it's time to get real about your feelings. You may be wanting to back out of a commitment now and if you've had trouble knowing when “enough is enough” this configuration could see you reaching your tipping point. These are all Cardinal signs involved so the emphasis is going to be on action – if you're unhappy then it may just be time to do something about it.

I would be remiss if I didn't mention that we'll also be contending with a Mutable T-Square involving Mars, Venus, and Neptune in the early degrees of Virgo, Gemini, & Pisces early to mid month near this Full Moon. If you have planets in the 0-6 degree range of any of these signs or Sagittarius, you're caught in the crossfire, baby. Venus in Gemini is going to be the apex planet here so this may have much to do with a relationship that's been occupying your mind. Here we have pressure involving partnerships and cooperation, action and self-assertion, while Neptune erodes boundaries and throws fairy dust in our eyes in a way that makes judging an appropriate response difficult.

There's lots of mental activity/stress associated with Mutable T-squares – thoughts and

communication may be flying around and there are a few things you should know as we head into this. Venus in Gemini can facilitate agreements and compromise or it can conversely be a “sweet talker” – don’t fall for a “sucker” line if that’s what you’re baited with and actions are going to speak a lot louder than sweet nothings . Mars in Virgo can be a hypercritical no-nonsense skeptic that finds fault with a genuinely conciliatory gesture, or it can represent an active and healthy sense of prudence and discrimination that cuts through the malarkey like a hot knife through butter. Neptune cloaks and obscures making it difficult to discern friend from foe and intuition from imagination until you’ve pulled the trigger and possibly shot yourself in the foot. Whatever the situation may be, what you’ll need to do is back up and get some perspective which is a function of Sagittarius - the final Mutable sign missing from this equation. Use good judgment and be aware of any bias you have that may color your perception of what’s happening.

The last item on tap is the Taurus New Moon on the 21<sup>st</sup>. This one takes place around the 2 degree mark of the sign and highlights new beginnings in on the material plane. New Moons are times to plant metaphorical “seeds” so if you’ve had some concern over financial matters recently and would like to find a way to increase revenue this is as good a time as any to set an intention. Saturn in Libra will be giving the Sun and Moon some flack, so it’s possible that relationship pressures could prompt or necessitate this. Despite this fact, this New Moon has a lot going for it – it’s supported by Mars which denotes a willingness to take practical, prudent steps to this end and do the actual legwork needed while it also receives some assistance from Pluto as well. Pluto in Capricorn has us collectively addressing the structures in our lives that are on the verge of collapse – with this planet contacting the New Moon you’ll have a very clear idea of “what’s not working”. For some, this may mean revitalizing their careers after a period of stagnation or even starting over in a new one – this would certainly compliment the focus on material matters as indicated by this New Moon.

**\*\* A note to readers: If you would like to receive my FREE monthly newsletter via email which is packed full of information and astrological insights, simply send an email to [AHunt617@aol.com](mailto:AHunt617@aol.com) and I’ll be happy to add your name to my list of recipients!**

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### **Welcome to Energetic Expressions**

A Healing Hand welcomes you to this column in the Talisman newsletter that focuses on all things Energy. We are currently wrapping up our series on the 7 major chakras. In the future we'll talk about Energy, Energy Healing, and related topics. Something you'd like me to talk about? Please let me know! My contact information is at the end of this article.

### **Ohhhhhmmm: The Crown Chakra**

[Adapted from a teaching story] Imagine you're a monk. One day, on your journey home, you came to the banks of a wide river. Staring hopelessly at the great obstacle in front of you, you ponder for hours on just how to cross such a wide barrier. Just as you are about to give up your pursuit to continue your journey you see a great teacher on the other side of the river. You yell over to the teacher, "Oh wise one, can you tell me how to get to the other side of this river"?

The teacher ponders for a moment looks up and down the river and yells back, "You ARE on the other side".

The moral of the story: sometimes your perception of the world is your great limitation.

The seventh chakra, or Crown Chakra, is about your ability to perceive, analyze, and assimilate information. It is located at the top of your head and its associated element is Thought. It is at this point that you begin to develop wisdom and sense the spiritual connection we all share. In Hindu, this chakra is called Sahasrara (thousand-fold) and is represented by the 1,000-petaled lotus. Travelling up the rainbow light bridge from the violet Brow Chakra the light vibration of the Crown is white – the incorporation of all colors as anybody who has played with a prism can tell you. This is very appropriate, as the lessons of the Crown Chakra become most clear after learning the lessons from all the chakras below it.

Eastern Body, Western Mind by Anodea Judith suggests the 7th Chakra develops during early adulthood and beyond. We gather knowledge and from that knowledge begin to develop wisdom – the two are NOT the same! Realizing that everyone has the right to know and to learn will help the healthy development of this chakra. Traumas such as withholding information, forced religiosity, blind obedience, or the invalidation of one's beliefs can cause trauma to the 7th chakra.

### **How to assess your Crown Chakra**

A person with a *balanced* Crown Chakra is open-minded and able to question, has a sense of spiritual connection, is intelligent, thoughtful, and aware. They may have a broad understanding of how things interrelate, indicating wisdom and mastery.

A person with an *overactive* Crown Chakra may over-analyze or over-intellectualize people and events, or may be frequently confused or disoriented. Some people even

exhibit a sort of spiritual addiction, where they become obsessed with religiosity or spiritual pursuits. By definition this is creating attachments, which according to Buddhists, would defeat the purpose of those divine pursuits... that the idea is to release your attachments to this world in order to obtain Enlightenment.

A person with an *underactive* or *blocked* Crown Chakra is usually cynical, doubtful and disillusioned with spirituality. They may have difficulties learning, or have a very rigid belief system. Alternatively, the Crown may be underactive due to excesses in the lower chakras (e.g. materialism, greed, control issues, etc).

### **What to do about an unbalanced Crown Chakra**

Affirmations: I am open to new ideas and experiences. I am grateful for my wisdom. I am open and eager to experience all that life holds for me. I am aware of my spiritual connection to the Higher Power and my Higher Self.

Helpful Crystals: Clear Quartz, Amethyst, Diamonds, Gold, Selenite. You can wear them, keep them in your pocket during the day, under your pillow while you sleep, or in your hands while sitting/praying/meditating.

Sound: Music written in the key of B, tuning forks, or singing bowls tuned to B or close to it. Since there are only 6 Solfeggio tones, the Crown Chakra is balanced by the combination of all 6 frequencies at once. The seed sound of the Crown Chakra for toning is... Silence.

Meditation/Visualization: Visualize the top of your head, close up. As you slowly zoom out, you see yourself sitting in a chair, upright, eyes closed, very relaxed. The more you zoom out, the more you become aware of the hazy, light-energy that surrounds your head and the rest of your body. Also notice the bright point of light high up in the sky, which is slowly descending toward your seated position. Focusing back on your body, you see that the energy bubble around you contains spinning wheels of light – the chakras – which are connected by a column of energy running the length of your spine and extending out the top of your head. These chakras are slowly spinning, radiating the beautiful colors of the rainbow, and the crown chakra is pulsating a brilliant gold-white color, almost seeming to be eager. The light above is still descending and as it gets closer to your energy field, zoom out even farther to get a good view of the beauty about to take place. As the white light from above reaches your aura and enters your Crown Chakra, your entire energy field brightens and expands! The colors that you thought were brilliant before are now beautiful

beyond words! The energy courses through the central light column, around the chakras and turns around at the Root, heading back up the light column. You see that this divine energy is the driving force behind your spinning chakras, and that there is a constant and intrinsic connection between you and the light of the universe. With your energy field big and bright, you feel energized and at peace. Deep breath, and open your eyes!

Color Therapy: Bring more white, gold & violet into your life! Stones/Crystals, Candles, Clothing, Jewelry, anything else you can think of!

I encourage each of you to use the assessment tools and information provided to delve into your inner wisdom. If you come to Talisman's New Age Fest on April 7 you can visually validate your wisdom by visiting with me for an Aura/Chakra Report ([Sample Report](#)). Seeing might be believing, right?

Feedback/comments appreciated. Suggestions or questions for future topics welcomed. [tim@ahealinghand.net](mailto:tim@ahealinghand.net). For upcoming classes and events, visit [www.ahealinghand.net](http://www.ahealinghand.net).

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

**Laura Lenhard**