



Talisman ...
A Unique New Age Shop
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April 1, 2010

Merry Greetings!

This month, I very much wanted to find a way to tie Ostara (christianized as Easter) into the new direction I am taking Talisman, which is ever-more diverse metaphysical and natural healing modalities. In the spirit of Universal Spirituality - which Talisman celebrates - I considered the Christian aspects of Easter and recalled the phrase "Physician, Heal Thyself!" (Luke 4:23). This biblical proverb means that people should take care of their own defects and not just correct the faults of others.

This begs to ask the question: Can (or should) we attempt to heal ourselves - or others - when we are broken physically, mentally and/or spiritually? Looking at this question from a different level, it happens often enough during my readings that someone will excitedly tell me "In the last reading I had, it was shown to me that I am a NATURAL Healer!" Hmm. Over the past couple of months, I decided to press the issue a bit and ask some pointed questions: A Healer? Had you ever been interested in healing before this information was revealed to you? "No" Do you currently study nursing or medicine in any way? "No" Have you done or learned about any type of energy work such as Reiki or

The Medicine Man

"The traditions of our people are handed down from father to son. The Chief is considered to be the most learned, and the leader of the tribe. The Doctor, however, is thought to have more inspiration. He is supposed to be in communion with spirits... He cures the sick by the laying of hands, and prayers and incantations and heavenly songs. He infuses new life into the patient, and performs most wonderful feats of skill in his practice.... He clothes himself in the skins of young innocent animals, such as the fawn, and decorated himself with the plumage of harmless birds, such as the dove

Reflexology? "No" Do you know anything about herbs or food pharmacology? "No" Can you give me any thoughts or ideas you may have regarding how, exactly, you are supposed to heal -- or who or what you'll be healing? "No". So - meant to be a healer, but no clue as to what that entails.

Okay, then. Let me reveal a basic truth: We are ALL meant to be Healers! It is the Will of the Divine that we do so and it is part our birthright that we have within us the innate ability to heal both ourselves and others. However, many seem to find it easier to allow themselves to be plied with drugs, stimulants and anesthetizing substances such as alcohol and anxiety-reducing medicines rather than attempt to discover the root cause of our ailments. And please, I am NOT talking about having a glass of wine with dinner or a cold beer at the end of a hard workday. Or giving a child antibiotics for an ear infection. But consider the sheer number of people you know personally who currently take prescription drugs for depression, anxiety or to help them sleep. Now think about the pharmaceutical industry that rakes in billions of dollars - do you honestly believe they have any interest in seeing anyone get "cured" and no longer require their meds? It would seem apparent that Wall Street isn't the only place where greed runs rampant.

So where does one begin to learn to "heal"? Ask yourself - Where do your own needs lie? If it seems selfish to take care of your own needs before those of others, well, shouldn't the physician heal him/herself first? As part of airplane safety, we are taught that in an emergency we are to first put an air mask on ourselves, and then tend to our children's masks - because we can't be much good to our kids if we suddenly pass out during a sudden drop in cabin pressure. Parents of children with ADD or autism spectrum disorder might want to investigate alternatives (or combinations with) medications. Our pets are helped by natural healing methods as well. High blood pressure, cholesterol, allergies, infertility, depression, lyme disease - even cancer has alternative treatments available. Whether you choose to go this route or not, why wouldn't you want to learn more about ALL possible healing modalities?

and hummingbird
..." -- Sarah
Winnemucca,
Paiute

My own passion lies in the maintenance of physical and emotional well-being - keeping yourself healthy and catching problems early enough so they can be more easily resolved. My grandmother taught me from a young age that you can control many health issues by the foods and beverages you consumed (aka food pharmacology). My grandparents had a huge garden in Bridgeport and canned their produce; my grandfather would freeze the fish he caught all summer and also bring back a freezer full of venison plus jars of fresh honey after visiting his family in Alabama over the winter holidays. I have heard stories from many of you (especially those of Greek or Italian descent!) about parents and grandparents who lived and ate this same way. It was simple, healthy and economical too. I've decided self-sufficiency is a good thing, and as a practicing Hedgewitch (also known as a Green Witch or Kitchen Witch) I grow many herbs which I use in teas, add to foods or use in other ways to promote good health. I get fresh eggs from my small flock of happy chickens and plan to add a beehive later this spring.

I recently began studying the work of Dr. Edward Bach, creator of the Bach Flower Remedies. Edward Bach was born September 24, 1886 in Mosely, England. He was sensitive, intuitive and intense as a child. As a boy, Dr. Bach dreamed of finding a universal cure for all illnesses. He had a great compassion for animals and humans alike. He knew from a young age he would become a doctor. He graduated from Birmingham University College Hospital in 1912. A year later he earned two additional medical degrees and in 1914 he also received a diploma in public health at Cambridge. It became obvious to him early on that there was a strong link between the healing process and the state of mind of the patient. It was not long before he began to think that mental attitude might have a more direct, or even causative role, in the early stages of illness. In 1919, Dr. Bach was appointed pathologist and bacteriologist at the London Homeopathic Hospital, where he stayed until 1922. Throughout his career he was aware that his intuition was a very powerful and useful tool. From the time he left London to the end of his life, Dr. Bach never charged any fees for his work. He believed that good health was a birthright and should be freely available to all. He never turned a patient away, and was always willing to lend a hand in whatever way he could. He was a very spiritual man, although not necessarily religious. In his book *Heal Thyself* he wrote: *"Disease will never be eradicated except by spiritual and mental effort ... if a patient knows or by some wise physician is instructed in the nature of the adverse spiritual or mental forces at work - and if that patient attempts to neutralize these forces, health improves as soon as this is begun. And when it is completed the disease will disappear. This is a true healing by attacking the stronghold, the very base of the cause of suffering."*

One morning in the spring of 1930, while walking through a field heavy with dew, it occurred to him that the dew contained within the head of the flower might somehow receive and hold the special healing qualities of the flower. He also thought that the dew might be even more powerful if "energized" by direct sunlight while still on the flower. Excited by this revelation, he placed some dew directly on his tongue - the effects were immediate and powerful. Suddenly all he had been working toward became very clear, and he knew that he had discovered something truly remarkable. This discovery became the basis of the Bach Flower Remedies. He completed the system of thirty-eight remedies in August 1935. He died November 27, 1936 and the Bach Flower Centre at Mount Vernon, in Sotwell, England continues his work to this day.

Dr. Bach did two very great things: He discovered the thirty-eight healing remedies, and he taught the path to inner happiness. He understood that the remedies alone were not enough to achieve the complete healing that he wished for humanity. Healers and patients must make an effort to learn more about our true nature and take responsibility for our own life. If we bury our head in the sand or fill our life with meaningless distractions, we cannot expect to find any lasting happiness or improved health. The bottom line is that life is short. We do not have much time, and the time we do have can easily be wasted. Dr. Bach dedicated his life to healing others and spreading this message. His final message and greatest testament is written on his gravestone, "Behold, I am alive for evermore."

Now, before I invest in the preliminary Level One course of study and purchase a quantity of Bach Flower Remedies for sale at Talisman, I am asking all of you to share with me any experiences or information you may have regarding the Bach Flower Remedies. Please hit "reply" to this email - and know in advance I deeply appreciate and thank you for your help. You can learn more at www.bachcentre.com or read *Bach Flower Remedies for Beginners* by David F. Vennells - a fascinating book, from which I gathered much of the information written above.

CLASSES

Pre-register for Classes by calling (203) 261-0047

April 10th - 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

April 17th - Tarot 101 3-5 pm, taught by Laura Lenhard. Cost \$10.

Bring your own tarot deck and we will discuss the basic tenants of tarot reading, then build our skills by throwing cards in the classic "Celtic Cross" spread and reading for each other. Handouts.

April 24th - Western Medicine + Eastern Medicine = Alternative Medicine - FREE

Western medicine meets Eastern in the iSmart Mini Massager. Deb Gelfand and Gerry Wilson will be at Talisman on Saturday, April 24, from 3-5 pm to give free demonstrations to anyone who would like one. A short presentation on this wonderful adjunct to western modalities will be given with a question and answer session. While massage and acupuncture came from eastern disciplines, western technology has given us new ways of treating everyday stress and soft tissue damage from injury, not only with a pill or surgery, but also with massage of acupuncture-points using bio-electrical signals. The iSmart Mini--an iPod(TM) sized, portable massager delivers bio-electric signals to fatigued, strained and painful muscles. The iSmart improves microcirculation, loosens adhesions, and unblocks/stimulates acupuncture points with small bursts of bio-electrical stimulation. Get your chi moving smoothly with this convenient little massage unit any time, any where, for less than the cost of a one hour massage. Units will be offered for sale on Saturday or you can visit iactnaturally.com to purchase iSmart Mini Massagers.

Note from Laura: I am endorsing the iSmart device. I have been using it for several weeks and have been very pleased with the results. My daughter Daisy sprained her ankle playing soccer and it helped relieve pain and

swelling. My own sore shoulders (a result of long hours spent over a computer keyboard) have been eased significantly. This TINY device packs quite a powerful massage "wallop" and would be ideal and easy to use while driving or commuting. Disclaimer: I will not be financially reimbursed or benefit in any way from the sale of any iSmart device. So please stop by and enjoy a free demonstration/session!

May 15th - The Body Language Workshop 5-7 pm, taught by Andrew Neblett. Cost \$20

We use our mouths to speak but our bodies communicate much more and more honestly! In this special workshop you will learn the following: What the different parts of the face, neck, shoulders, arms, hands, torso, hips, legs and feet are saying to you; How someone really feels about you (Great stuff for those of you looking for a partner!); If someone is lying or hiding something; If the person is fearful; How a child is feeling; The current health of the body; Myths about body language -- and much, much more! Knowing how to interpret body language will give you a distinct advantage and can help you avoid costly or embarrassing mistakes and decisions. You will learn a very useful new skill and have a lot of fun doing it!!!!

----- **Events** -----

Our next New-Age Fest will take place on Saturday, April 3rd from 12:00-6:00pm. These events are great in that they allow the opportunity to showcase guest readers - this month, spirit guide artist Jessie Shippy and pet psychic Rachel rejoins us at Talisman. Readings \$25/20 min. or \$40/aura photography and Spirit Guide drawings (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 charkras and aura - following your session, please ask him for more information (additional charges apply).

Rachel: An animal communicator, she doesn't need 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.

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.

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!

Pina "The Lady of the Light" She is an Oracle Psychic Medium. 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. Pina works with the Angelic Realm to help and advise.

Jessie Shippy, Spirit Guide Artist: Jessie is a third generation clairvoyant-intuitive. She is noted for her visionary ability to access the Akashic Records, bringing forth the highest truths and spiritual principals, presenting them in a concise, straightforward, applicable manner. Read more on her website www.spiritguidelady.net Along with a colored drawing (9 X 12) of your **Spirit Guide**, the following are some messages that come through from spirit:

- *your spiritual gifts interpreted through color
- *confirmation and communication.
- *the year the guide came to you
- *the guides name and origin.
- *introduction to your power animals
- *natural gem for heightened energy

Please note that Jessie books up FAST - so please don't wait to call for an appointment!

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!

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

April 17: 12:00-6:00; Gwen, Whole-Life Tarot (may include some past life aspects) \$25/20 minutes.

April 24: 2:00-7:00; Donna, Herbal Tarot (Shamanic/Medium) reading includes personalized mojo bag. \$25/20 min. Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

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.

Closing Thoughts

A walk in the countryside or by the sea can have a calming and healing effect on the body and mind. There is so much pure external life force energy available in these places that it "lifts" our own internal energies, creating positive effects on our body and mind. Conversely, if we spend too much time in urban areas or stressful environments where natural energies are restricted, this may adversely affect our health, especially if we are unable to transform or "rise above" these situations.

Well, the weather is lovely and the sun is shining -- so it's clearly time to do your body, mind and spirit a huge favor and take a nice long healing walk!

Goddess Blessings,
Laura