

Talisman
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February 2, 2009

Merry Imbolc Greetings!

Well, my favorite holiday of the year has finally arrived ... Imbolc, sacred to Brigid the Irish goddess of poetry, healing and smithcraft. A time of rebirth after the dark days of winter, as the light reborn at the Solstice now emerges and grows. Okay, I hear you ... lots of snow on the ground, bitter cold and undoubtedly more of the same to follow! But I have always loved this "holiday" which is also known as ... Groundhog's Day! And probably the ONLY American holiday not thoroughly exploited by the card and gift industry - and an added bonus for me - it is my husband Roy's birthday! The theme is the same for both the ancient and modern interpretation: Gratitude for ever-growing daylight after a long and dreary winter (and I bet few people appreciate Spring as much as this California transplant does!). In ancient times, this festival, lasting from Jan. 31 to Feb. 2, was called "Oimelec" which means ewe's milk, as it was the traditional time for lambing. Because of this, Imbolc is a fertility festival linking with conception - further emphasized by the germination of seeds and first glimpses of spring. Imbolc is also a time of deep cleansing and purification. February rains wash the soil clean, making it ready for spring sowing; and so we can also be cleansed of the old in preparation for new growth in our lives.

In honor of Imbolc, why not consider doing a "cleansing" ritual for your own home? All you need is about two handfuls of coarse sea salt and a sage smudge stick (costs about \$5 at Talisman). It is nice to do this in the evening if possible - and start by taking a bath with one handful of the salt. While you soak, clear your mind of the day's concerns and imagine all your negativity being washed away and vanishing down the drain. Once you're dried and dressed, take the smudge and a lighter (you may have to re-light it periodically) and stand outside your front door. Light the smudge, let it catch fire and blow it out - wave it around the doorframe, using your hand or a feather/fan to direct the smoke. Say: "This is MY house. All those who wish to help may stay, all those who wish to harm MUST go!" as you enter your home. Work from the bottom up - basement to attic - and move

clockwise through each room. Focus on the corners near the ceiling and don't forget bathrooms and closets. Important: Leave windows cracked while you work so the "negativity" can exit your home; the smoke will fill the now-empty space so it cannot return (nature abhors a vacuum). When you are done, use the remaining salt to create a "line" at the threshold of your front door - it will help keep your home cleared by causing negativity to "slough" off persons before they enter. Don't expect miracles - that negativity will be waiting for them when they leave unless they make a conscious choice to remove it permanently! So your annoying family members will still be annoying -- only they can't dump it into your house and leave it to fester in your personal space. You can freshen up periodically by lighting a sage incense stick in any room that feels "heavy" and also add salt to keep the line(s) at the doorways intact. There you go - a little practical magick to make your life a little better!

Valentine's Day!

Right around the corner ... are you looking for a little something for your sweetie? Or perhaps a treat for yourself? Come see the selection of goodies we have at the shop. Heart-shaped jewelry, books, soaps, candles, bath kits -- you could easily put a few things together and create a nice basket for someone special. How about trying a VibesUp "Love" or their new "Passion" (libido-enhancing) bracelet? A considerate gift for anyone who spends too much time in front of their computer would be a heart-shaped Himalayan Salt Crystal candleholder. We just got these in - have you heard of them? A natural salt candleholder releases healthy negative ions to cleanse and improve the quality and freshness of the air you breathe. Place near your computer to reduce fatigue and EMF (electro magnetic pollution) created by office equipment. It will also improve your concentration. For allergy sufferers, a salt candle in your vicinity will help your wellness and keep the air around you clean, ionized naturally ... and beautifully.

Also, Jessie - our spirit guide artist - will be here on Valentine's Day from 11-4. She booked up so quickly on Jan. 31 that I thought it would be a good idea to have her back as quickly as possible ... please call soon if you'd like to see her.

Announcement:

From almost the first day Talisman opened (April 15, 2007) parents have wandered into the shop, trying to make some sense of the combination of diet, genetics, allergies, pharmaceutical, spirituality and environmental aspects of their

children "diagnosed" as having ADD/ADHD. The most common issues mentioned over and over again involve high risk behavior, poor impulse control/need for instant gratification, the inability to sit still and/or sleep well. These incredibly bright kids - who are often very empathetic or sensitive to their environment - are drawn to nature and the natural world. I have met many of you because your children can be easily engaged by stones, fossils, Native American items and/or mystical folklore ... all the types of things we have in abundance at Talisman! I have stood and watched as these children, who struggle to remain focused in an academic setting, calmly wander the store asking intelligent questions ... and remaining well-behaved throughout your visit. We have had little to offer, however, besides conversation and small trinkets to really help maintain this focus and impulse control after you depart.

It is estimated that 60-90% of the children in today's schools are indigo kids. This makes it even more urgent to create an environment in which these children can learn and flourish. Indigo kids may be disruptive in the classroom because they learn at a different rate from other children. Most indigos are extremely gifted in one or more areas. Their strong sense of individuality, as well as curiosity and the desire to learn, makes it hard for them to slow their pace to match the rest of the class. In other areas that are not their strong point, an indigo kid may struggle to keep up with the expected level for his or her age group. Some indigo kids learn to read very late because they have little patience for their own weaknesses. Most indigo kids are very sensitive. They are highly attuned to their environment - sounds, smells, energy and even electric currents (some have been known to "kill" watches, or break light bulbs when they walk past). Indigo children are especially sensitive to truth and falsehood. They respond poorly to harsh criticism. If they are lied to or not respected as people, they may retreat or refuse to participate in class, work or discussions. Indigos are aware of the feelings of the people around them, and may reach out to other kids who are having trouble. They are often the target of bullies because of their emotional sensitivity.

Because of their sensitivity, learning challenges, and disruptiveness in class, indigo children may be labelled as ADD or ADHD. Teachers are encouraged to deal with "problem" children who don't conform by forcing parents to put them on psychoactive drugs such as Ritalin or Prozac or withdraw from school. At Talisman, we believe that the challenge is to find an approach to work with these kids and their unique strengths and needs. Indigo kids need to be challenged and to have their intelligence welcomed. They usually "check out" and become disruptive in class when bored or not thoroughly engaged.

Last month, after reading the book "A School of Life for Indigos" I sat down with Andrew Neblett, Ph.D. (his rather long list of credentials available on request) and Kim Warner (who has worked in the local school systems as an aide for children with disabilities and also has a special needs child of her own) to talk about possible options with regard to alternative holistic wellness for children "diagnosed" with ADD/ADHD. We decided that before making any plans for holistic wellness, we would first sit and listen to a group of parents discuss their needs and concerns. To that end, **Talisman will host a focus group on Saturday, February 28 at 6 pm** for parents of children "diagnosed" with ADD/ADHD. The meeting will focus on alternative holistic wellness for these children - who are also known (in New-Age terms) as Indigos and Crystal Children. Please call Talisman at 261-0047 if you are interested in attending this focus group which is being held free of charge.

Events:

Saturday, Feb. 14: **Spirit Guide Artist Jessie Shippy** - Sit for a reading with Jessie and learn about your Spirit Guide - when the guide entered your life, for what purpose and how to call upon your guide for help and strength in times of need. Also learn what your totem animals and power colors are. You will leave this reading with a detailed colored sketch of what your guide looks like. A memorable experience! 11:00 - 4:00 Only five appointments available through the day - Please call quickly, Jessie books up fast! Cost: \$40 (takes approx. 40 minutes)

Scheduled Readers:

Starr: Angel Readings on Thursdays 4:00-7:00 pm (or by appointment) \$30/20 minutes or ask question \$1/minute

Lisa Marie: Mediumship/Tarot on Fridays 4:00-8:00 pm \$30/20 minutes

Lina: Intuitive Counseling Sessions on Sundays by appointment (261-0047) \$50/45 minutes

February 7: Mandy/Oracle Board - Whole Life Reading 12:00-5:00 \$25/20 minutes

February 7: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

February 14: Jessie/Spirit Guide Artist 11:00-4:00 by appointment \$40/40 min.

February 21: Herbal tarot with Donna 2:00-7:00 \$25/20 minutes

February 21: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00
\$1/minute

February 28: Tarot with Gwen 12:00-6:00 \$25/20 minutes

Wednesdays 6:00-7:00 pm: **Meditation Sessions** led by Simon (\$5) **Remember:**
There is no obligation to attend these sessions regularly after initial sign-up, just drop in when the timing or the mood strikes you as right! Please, no children under the age of 12. Remember that Talisman is closed during stormy snow or icy weather ... I slept at the store one night last year, when my own road was closed due to ice, and once was enough!

Wow! 2009 has just started and we are already crazy-busy! We're planning events (next: Beltaine!), reviewing new products, and yes, checking out potential sites for relocation. Nothing beckons as of yet ... but hey, help me out here. I'm picturing vaulted ceilings and light-flooded space with rooms for meditation; a studio to accommodate Tai Chi, yoga, belly dancing; a healing room for Reiki, crystal therapy, accupressure ... a wooded outdoor area with an herb garden, sweat lodge, and even a few charming "readers' huts" we will build (have you seen the ones at the Renaissance Faire in Tuxedo, NY? Yeah, like those ...). Really, now - can you see it? Yup, me too. Well, you know what they say ... "Thoughts Become Things". Let the manifestation begin!

Goddess Blessings,

Laura & Roy Lenhard