



HAPPY VALENTINE'S DAY

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Merry Lupercalia Greetings!

Valentine's Day, that special day set aside on February 14th, has its roots planted in ancient Pagan belief. This was a fertility celebration usually held around February 15 - "*Lupercalis or Lupercalia*" is what the ancient people of Rome called this festival. Although the history of this holiday is obscure, Valentine's Day, as we now know it, contains both Christian and Pagan traditions. The ancient Roman festival of *Lupercalia* was celebrated annually in mid-February and honored Lupercus, who was the god of fertility; and Juno, the queen of Roman gods and goddesses. Juno was also the patron of women and marriage. This special festival celebrated the coming of spring and the promise of fertility - not only for the people, but also their flocks and planted fields. It was a custom of the time that each young maiden of the village would put her name in a large urn. The young men would each draw a name from the urn and the couple was paired for the following year. Often, the paired couple ended the year wedded to each other.

As Christianity gained power, old Pagan holidays and festivals were renamed to honor early Christian martyrs. Pope Gelasius renamed this holiday in 496 AD and deemed it be celebrated on February 14 in honor of the Roman martyr, Saint Valentine of the 3rd century. However, exactly which St. Valentine the Pope meant to honor is deeply shadowed by mystery. There were three St. Valentine's in early Christianity - a priest in Rome, a bishop in Terni, and another who had died in Africa. It is an odd coincidence that all three were said to be martyred on February 14 (possibly done to hide the Pagan roots of the celebration?). As with other holidays, most notably Christmas, the dates set aside each year for these special occasions coincided with the ancient Pagan rituals and therefore replaced them to become known as Christian holidays. Most people are quite satisfied that the proper St. Valentine was the priest whom the Roman emperor Claudius II imprisoned, around 270, for holding marriage ceremonies in secret. Claudius had issued an edict forbidding marriage - as he believed that married men did not make good, loyal soldiers to fight in his army. A married man, so

Claudius thought, was weak because of the attachment to his wife and family. Valentine was found out and put in prison, where he was later executed. While Valentine was in prison he became a friend to Asterius, the jailer, who had a daughter that was blind. According to Catholic legend, Valentine, because of his strong faith, miraculously restored the sight of Asterius' daughter. The Protestant faith believed differently. Just before his execution, he asked for a pen and paper from his jailer, and signed a farewell message to her "From Your Valentine," a phrase that lived ever after. Valentine was martyred for refusing to renounce his religion and belief in marriage. Valentine was executed on February 14 in 270 AD and thus became Patron Saint of the annual festival. Young Roman men began giving the women they admired notes of affection on February 14 and the protocol required that St. Valentine's name be placed on these greetings.

By the 14th century, the holiday was expressly meant to be for love and romance. English poet Geoffrey Chaucer (1342-1400) composed a poem to honor the engagement of King Richard II and Anne of Bohemia. As was his tradition, Chaucer associated this with a feast day - in this case, St. Valentine's Day. By the Middle Ages, Valentine's Day was increasingly associated with romance and courtship, in spite of the Christian church's efforts to sanctify the holiday. The traditions of the holiday eventually evolved to gift giving and the exchange of cards. The cards were made by loving hands with ribbons, laces, dried flowers and would have cupids, lovebirds and hearts on them. This tradition remains to this day.

At Talisman, we have some lovely gift ideas to suit all intents - from jewelry and gemstones to libido-enhancing colognes and love spell kits - so do stop by and we'll help you pick out something that's really, um, enchanting for you or your beloved!

NEW AT TALISMAN

A wonderful assortment of new incense cones, sticks and accessories are on the way! This will include doop string (Pina was clearing her space and the store with this in January and many of us were quite impressed with the effect and the scent) also Camphor stick incense, which is used to purify and protect. Since I don't have a sense of smell myself, I must rely on what others have told me - that camphor begins burning with a harsh scent which quickly turns very sweet. A favorite for clearing space, and an alternative for sage and sweetgrass.

More Stones ... !!! And I do apologize that my last shipment ran low so quickly, people were actually buying them as fast as I unpacked the boxes!

Angelite is a stone that can bring serenity, inner peace, and a sense of calm. Dispels fear, anger, and encourages forgiveness. Used to connect with spirit guides, the higher self, and guardian angels. It is excellent for enhancing telepathy, psychic awareness, astral travel, and spirit journeys. Angelite is also excellent for creating a shield of psychic protection and for balancing etheric and physical energies. Can be used to aid expression and communication in group settings and in relationships. Mystical lore says that angelite is used for infectious diseases, headaches, hemoglobin deficiencies, throat inflammations and infections, thymus, heart function, and circulatory system.

Aqua aura is quartz that is gold infused by taking 12 hours to heat the quartz to 1600F while setting a vacuum equal to 2 earth atmospheres, then letting chemically purified gold vapors into the chamber when the temperature and vacuum are correct. This bonds the gold to the lattice of the crystal, forming a permanent bond to the surface of the quartz and giving it an electric blue color. Aqua Aura is an outstanding tool for people wishing to increase their psychic skills and awareness. Assists with meditation, telepathy, and psychic healing by bringing more intense energy to the effort. Particularly helpful for distance spiritual energy healing because of its ability to send energy. Aqua Aura can enhance communications of all kinds & can also assist in conscious awareness of one's

own motivations and patterns. Aqua Aura is said to attract success and prosperity and also used for protection from psychic attacks. Physically Aqua Aura is reputed to help with throat problems, stress-related illness, immune system deficiencies, and the thymus gland.

Jet is fossilized wood. Used extensively in mourning jewelry in Victorian times, Jet has long been considered a stone for alleviating and bringing grief to the surface to be healed. Absorbs negative energy, very helpful if you are prone to depression. Jet helps the wearer to be alert to all things and quickly come up with constructive solutions to any problems. Jet is said to control all demons and thus prevent demonic possession. It draws out negative energy from the aura, and can initiate psychic experiences. It uncovers past negative energies a person still carries in their subconscious mind, and will help in understanding and working with life and karmic cycles. Jet is related primarily to the base chakra, but when used on the upper chakras it helps kundalini move to the crown chakra. Mystically, jet is considered a stone of sympathy, healing grief. It is said to be helpful for treating epilepsy, migraines, stomach pain, colds, glandular problems, and lymphatic problems.

Mugglestone also called Tiger Iron - a combination of hematite, red jasper, and sometimes yellow jasper or golden tiger eye. It is a grounding stone that brings protection from danger. It is also a stone of clarity, enabling one to see the truth below the apparent surface of issues. Tiger Iron also helps with creative endeavors and all types of artistic abilities. It is used to bring strength, vitality, confidence, willpower, and balance. It is an excellent stone for people wishing to bring more motivation to their lives. In folklore and crystal healing lore, Tiger Iron is said to balance white and red blood cells, increase natural steroids, and improve muscular structure, and help with healing legs, sexual organs, liver, and the nervous system. Related to the sacral and root chakras.

Calligraphy Stone (Miriam) is an alchemist stone, enabling one to face seemingly hopeless situations and yet turn them around into positive ones. Keep it close to you when you are feeling down or stressed. It is useful for past life regressions, and also in contacting one's spirit guides and angels, particularly through automatic writing

EVENTS & CLASSES

February's New-Age Fest will take place on **Saturday, February 6th from 12:00-6:00 pm**. Readings \$25/20 min. or \$40/aura photography (cash payment requested).

Aura Photography by Tim Bshara of A Healing Hand. A session lasts 20 minutes and includes a verbal discussion of the aura and chakras plus the client takes home a 20+ page report. \$40 (appointment recommended 261-0047). For about the price of a nice dinner out, an alternative gift might be His 'n Hers aura readings ... having both done then comparing your strengths and weaknesses. Of course, you might end up like Roy (solid dark red aura) and Me (solid indigo blue) in which case ... oh, never mind! But talk about Mars and Venus, huh?

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!

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 reknowned 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 Misty dawn.

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.

Donna Golias: A Shammanic witch, Donna uses The Herbal Tarot in her readings. A session with Donna includes a personalized mojo bag, created individually for your unique situation and needs. Donna's bio (in her own words) is listed below:

I am an eclectic solitary witch. I was raised Catholic but found that organized religion was not something that worked for me. What did work was speaking to those who had gone before me - my brother, my parents and several of my pets. There I would find the answers, comfort, assistance, etc., that I needed. I had always been drawn to the moon, earth, animals, plants, trees and all things spiritual and mystical, without consciously knowing I was following any particular path. Then, in 2001, a friend gave me Tarot cards as a gift after I had been for my first Tarot reading which I found to be amazing and unbelievably accurate. A month later, I was attuned to Shamballah Multidimensional Energy Healing by another friend (thank the Goddess for friends!) without explanation of what it was. Messages, signs and symbols came pouring in, sending me reeling and opening many doors. I began studying and using the Shamballah healing with amazing results, with both people and animals. I studied the Tarot and found that reading came naturally. I loved being able to help my friends and family who were surprised that I "knew" about things they hadn't told me.

Many diverse things continued to call to me - the most powerful was my Guide and Protector, Papa Legba. Papa led me to my study to become an herbalist, and to studying Voodoo and Shamanism. This all evolved into the Herbal Tarot I now read, which I can combine with a healing session if anyone desires it. Reading the Tarot is one of my favorite things to do and I am grateful to those higher powers that make my readings and Their insights to others possible. I live with my husband and daughter on a small farm where we honored and blessed to share our lives with 9 sheep, 2 mini donkeys, 4 chickens, 5 geese, 8 rabbits, 6 cats, 5 dogs and two birds. My husband and daughter are also attuned to Shamballah and follow a primarily Native American path, but are always open to what may come along. We are all animal communicators, which will explain how we ended up with so many critters. It is a good life, busy, but good.

CLASSES

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

February 13, 3-5 pm, Tarot 101 - taught by Laura Lenhard \$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.

February 20, 5-7 pm: Healing with Oils - taught by Andrew Neblett \$20

This class will introduce essential oils and their healing properties. Proper guidance will be given on how to use oils for healing and balance. A recommended emergency oil kit will be introduced and how to use it. No previous knowledge of oils is required. If you are looking for a solid foundation in essential oils, this class is for you. Handouts and a recommended reading list will be provided.

February 27, 5-7 pm: Hauntings, Possessions, and Exorcism: An Introduction to the Spirit World and the Art of Exorcism - taught by Andrew Neblett \$20

Ghosts, spirits, and demons. What is real? Is an Ouija board safe to use? How can one tell if a

possession is occurring? Who is qualified to do an exorcism and how is one done? Come learn about this fascinating subject and put your fears to rest. However, you will leave with a newfound respect and caution for the Spirit World, and how to properly handle hauntings and possessions. Handouts and a recommended reading list will be provided.

March 13, 3-5 pm, Vision Boards: Personal Tools for Transforming Your Life - taught by Cathy Kane \$20

The Law of Attraction says that we attract more of what we put our attention on. A vision board is a personalized tool for doing just that. In this hands-on class, we'll look at a wide variety of vision boards and ways to use them to focus our energy and manifest our dreams. After a meditation exercise to help us focus our goals and dream big, we'll make our own unique vision boards to start attracting more of what we want in life. Most materials will be supplied, but a list of optional things to bring with you is available. Come ready to learn something new, dream big and have fun. Note: If anyone has a portable DVD player they can bring, we will take \$5 off their class fee.

March 20, 5-7 pm: Protection - How to Guard against Unwanted Energies - taught by Andrew Neblett \$20

This class was created because of popular demand. Here it is! This class will teach various techniques to protect you from the unwanted energies from other peoples' thoughts, emotions, and vibrations, curses, evil spells, entities and other nasty things. There are many things we are taught that just don't work, learn which ones do and why. Bring your notebook and questions!

March 27, 3-5 pm, Path of the Empath/Psychic Empathy 101 - taught by Cathy Kane \$20

Psychic empathy (psychic sensitivity to the emotional vibrations of others) can be a blessing, a totally overwhelming state, or anything in between. Come learn basic practical skills to make your empathy the gift it was meant to be. Learn to survive and thrive as an empath.

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

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. 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!

February 13: 2:00-7:00; Donna, Herbal Tarot (Shamanic/Medium) reading includes personalized mojo bag. \$25/20 min.

February 20: 12-6; Elpida, Greek Coffee Readings or Tarot \$30. Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

February 27: 12-6; Gwen, Whole-Life Tarot (may include some past life aspects) \$25/20 minutes.

Meditation: Drop in sessions every Wednesday from 6pm-7pm, led by Leafweave. \$5. A variety of styles and visualizations are offered, and a past life regression meditation will be premiered on Feb. 3rd.

Also 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.

Other News:

Jamie, who works at Talisman on Thursdays, is having surgery today (February 1st). It is quite serious, a six-hour procedure to repair her fractured neck, and I'm asking that we send her lots of positive energy for a quick recovery. We miss you, Jamie ... please get well soon!

Thoughts of Love ...

The hunger for love is much more difficult to remove than the hunger for bread. -Mother Teresa

Ah me! love cannot be cured by herbs. -Ovid

When love is not madness, it is not love. -Pedro Calderon de la Barca

For you see, each day I love you more. Today more than yesterday and less than tomorrow.
-Rosemonde Gerard

Love is much like a wild rose, beautiful and calm, but willing to draw blood in its defense. -Mark Overby

Love is a symbol of eternity. It wipes out all sense of time, destroying all memory of a beginning and all fear of an end. -Author Unknown

Love looks not with the eyes, but with the mind,
And therefore is winged Cupid painted blind.
-William Shakespeare, *Mid-Summer Night's Dream*, 1595

Love one another and you will be happy. It's as simple and as difficult as that. -Michael Leunig

Who would give a law to lovers? Love is unto itself a higher law. -Boethius, *The Consolation of Philosophy*, A.D. 524

Who, being loved, is poor? -Oscar Wilde

Love must be as much a light, as it is a flame. -Henry David Thoreau

To find someone who will love you for no reason, and to shower that person with reasons, that is the ultimate happiness. -Robert Brault

The hours I spend with you I look upon as sort of a perfumed garden, a dim twilight, and a fountain singing to it. You and you alone make me feel that I am alive. Other men it is said have seen angels, but I have seen thee and thou art enough. -George Moore

We loved with a love that was more than love. -Edgar Allan Poe

If I love you, what business is it of yours? -Johann Wolfgang von Goethe

The hardest-learned lesson: that people have only their kind of love to give, not our kind. -Mignon McLaughlin, *The Neurotic's Notebook*, 1960

We choose those we like; with those we love, we have no say in the matter. -Mignon McLaughlin,

The Neurotic's Notebook, 1960

Anyone can be passionate, but it takes real lovers to be silly. ~Rose Franken

What I need to live has been given to me by the earth. Why I need to live has been given to me by you. ~Author Unknown

And my Personal favorite ...

Absence diminishes small loves and increases great ones, as the wind blows out the candle and fans the bonfire. ~François Duc de La Rochefoucauld

Yours in Love and Light,

Laura Lenhard

