

Talisman ...
A Unique New-Age Shop
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Happy New Year - Welcome, 2010 !!!

I've spent the past few days going over in my head just how I wanted to express, in writing, my feelings and beliefs about 2009 and the upcoming new year. I gain a unique perspective, given the amount of time I spend not only as an intuitive in readings and talking with/counseling people; but also as a business owner and mother of four children. Many settings, many hats to wear ... but overwhelmingly, I am hearing the same words expressed over and over again. Certainly, no one seems unhappy to see 2009 depart! This holiday season, frustration (and bad behavior) was at an all-time high for those individuals who have not yet altered their expectations and spending habits to certain economic realities. What I am hearing is "This is the LAST Christmas I am doing ... " a phrase ending with descriptions of elaborate meals served to "eat and run" guests; invitations extended to family members who come into a home bringing chaos and discontent, and/or expensive or time-consuming traditions which leave one feeling resentful and put-upon rather than happy and fulfilled. Change, rather than being dreaded, is now being actively sought out and personally crafted as a means to repair, strengthen and improve our lives. And so, positive outcomes are the end result of the stress and altered realities. It reminds me of the horrific damage that Katrina brought to New Orleans. So many homes and lives lost, so many displaced people. Yet I have learned that many of those relocated have chosen to not return as their lives were changed for the better - moved out of state, they have found opportunities which never existed for them before. Hmmm

I'm not about to wager a guess as to whether or not we as a nation are on "the road to recovery." However, as a home and business owner, and again, I've got those four kids and their future to consider ... I certainly hope so. Realistically, I am seeing the economic playing field being leveled in a relentless manner. While former president Ronald Reagan's theory of trickle-down economics didn't work back in the '80's - what I call "trickle-up poverty" certainly seems to be! A foreclosure is a foreclosure, whether it be a one-bedroom condo or an 18 room mansion. A short ride up Route 25 (heck, any main street will suffice) reveals an ever-increasing number of empty storefronts and "for

sale/rent" signs in front of business and residential buildings. So, again, change is staring us in the face and we must adapt regardless of whether we like it or not. There simply is no "business as usual" to rely on anymore.

In the book, "The Pursuit of Happiness" (which is available at Talisman) author David Pond profoundly notes:

We are plenty aware of our problems, and now we need some solutions - not just a revolution against what isn't working, but a revolution toward what can work. We need to get on board with inventing a healthy way to live together on this planet. A shift is happening. This sense of an energy shift is widespread and there are numerous beliefs as to why it is occurring, but for whatever reason, most people feel some type of acceleration going on. Ilya Prigogine received the Nobel Prize in chemistry in 1977 for his work with dissipative structures. The principle goes far beyond chemistry: A system will grow, reach critical mass, and then begin to dissolve - and from out of the chaos, a higher level of order will emerge. This principle of dissipation structures aptly describes what is going on with our business and policies, policies that can't adapt to meeting the true needs of the people. Yes, there will be endings - endings of systems that weren't working anyway. And out of that chaos a higher order will emerge. This quickening of consciousness is leading to greater intuition for many and to greater anxiety for just as many, depending on how skillfully they are handling it. This increased energy is a doorway to heightened awareness. His Holiness the Dalai Lama professes "My religion is kindness." He teaches that we must treat each other, and all of life, with compassion if we are to save our world. It starts at home in our relationships and how we raise our children. In the workplace and how we run our businesses, in our religions and how we treat each other's faiths, in every area of life, we should live with compassion - and this would change the world. Chief Seattle reminded us that whatever mankind does to the web of life, he does to himself. Humanity must raise up to save humanity. We've been waiting to be saved, when it is likely us who will have to save do the saving! All life is interconnected. This realization is an evolutionary step for humanity, to unite together and awaken a higher level of intelligence than we have ever had before.

Oh, a few more changes on a personal note. Sadie the store cat is now living at our home, sleeping on the children's beds and very, very happy. She was just too stressed out when I came in on the days the shop was closed to feed and care for her ... store life is not for her. I know many of you will miss seeing her, sleeping in the store window (a lovely part of the display!) and at Wednesday meditation. However, it took her less than 24 hours to adapt to our busy household - and now it's like she has lived here forever!

New Winter Hours (sorry, still adjusting to kindergarten and high school schedules!)

Wednesday, Thursday: Noon to 7 pm

Friday: Noon to 8 pm

Saturday: 11:00 am - 8:00 pm

My assistant Csilla has had her full-time hours restored at the hospital, and is looking to possibly go to school part-time as well. I am deeply grateful for the four-month "break" she provided me and the wonderful job she did on my behalf at Talisman. 16-18 hour workdays sustained over two-plus years had begun to take a real toll and having this time

off was unbelievably therapeutic and necessary. Jamie will still cover Thursdays from 12-3 ... otherwise, I'll be back behind the counter once again, refreshed and ready for whatever challenges and opportunities 2010 has to offer!

In the upcoming weeks, look for new products as I re-stock following a busy December. After almost a year of searching, I finally found a supplier of the most beautiful hand-carved and heavily decorated Spirit Houses in Thailand (which should price between \$30-\$70 ...and only take 5-6 weeks to get here!). Also new books, singing bowls, fairy doors, jewelry and gemstones. I am excited to be adding the following stones, in both tumbled and/or jewelry form:

Moldavite: A tektite and is the only “extraterrestrial” gemstone. It is found only in the Moldau Valley in Czechoslovakia. Over the past few years there have been other green tektites or imitations that are called “moldavite,” but only the Czech moldavite is the “real thing.” It is associated with the heart and third eye (brow) chakras, as well as the crown chakra. Moldavite is also associated with the Star card of the Tarot. It strengthens and enhances inner journeys, channeling, cosmic consciousness, crystal consciousness, expansion, contact with interdimensional or extraterrestrial forces. It is a powerful stone, and its energies can at first be intimidating for those that are not aware of its energy, and tends to bring issues to the surface to be transformed, thus making it called “stone of transformation.” When wearing moldavite, it is best to be mentally prepared and be properly grounded. Moldavite diminishes contracting or withdrawing energies. Moldavite in any form increases the depth and clarity of inner journeys. Moldavite has been said to raise the vibrational level of both the human race and the Earth. Physically, moldavite works excellently with other crystals and stones to raise the vibrational level of all healing, and also is said to help heal acid reflux, hair loss, fertility issues, and promoting new cell growth.

Seraphinite is often referred to as an angel stone because of its higher energies. It is said to help contact angels and communicate with them. Psychically, seraphinite is beneficial for intuition and psychic awareness. This stone can be very protective of the heart chakra when used over this chakra, and is helpful for sending unconditional love. Seraphinite is a purifying stone that helps one find one’s higher purpose and will. Seraphinite is also extremely helpful for all forms of transformation and transmutation, including the magickal kind. Physically, seraphinite is healing for nerves, brain cells, purification of the blood and organs and eliminating toxins, kidneys, liver.

Celestite is said to be an angelic stone. It can connect you to all aspects of the angelic realm, and to angels themselves. It is said that celestite was given powers by angels to raise consciousness, and to bring guidance from the angels. Emotionally, celestite is excellent for emotional protection and to end worry, fear, and anxiety. In this way it decreases negativity. Celestite is a great tool for meditation, as it help focus on that other than of this world and block out distracting “noise”. Celestite purifies the aura, and perfects the chakras. It is a stone that brings balance, especially to thought processes and communication. Psychically, celestite is an excellent tool for astral travel. In the physical realm, celestite is used for healing eye problems, mental disorders, cellular order, eliminating toxins, digestive problems. Celestite is associated primarily with the throat and crown chakras.

Apatite is a stone that mystically can stimulate the thoughts and ideas. It is said to

increase intellect, imagination, and intuitive awareness. As a meditation or awareness tool it is said to help you maintain focus, learn, concentrate effectively, think clearly, and communicate better. Apatite can be used to enhance the energies of other crystals and stones. Having apatite near you can bring harmony on all levels, and brings inner peace. Apatite is reputed in mystical lore to physically assist with nail problems, allergies, arthritis, bones, muscles, nervous system. Apatite is primarily related to the throat chakra.

Infinite, or Infinite Stone is often called "the healer's stone." It is particularly useful for healers, athletes, chronic pain sufferers, and others who have an ongoing need for healing energies. Infinite is a soothing and calming stone. It is used in crystal healing to draw pain out from affected areas. It does, however, need to be cleansed regularly. It is said to be excellent for the treatment of joints, muscles, connective tissue, and is excellent at pain relief. It has been called a miracle-working stone.

Agate Eyes (Third Eye Agate/Shiva Eye Agate) are natural Agate stones with concentric banding of different colors in a circular pattern. These beautiful stones wash up on a riverbank and are carved into the shape of an eye! These valued crystals have long been believed to provide protection against evil, enhance psychic abilities, intuition, extrasensory perception, imagination and concentration.

----- Events -----

Our first New-Age Fest of 2010 will take place on Saturday, January 9th from 12:00-6:00pm. If you are considering having a reading done for the upcoming new year, this is a wonderful time to do so. These events are great in that they allow the opportunity to showcase guest readers - this month, Lori-Ann Locke (an old friend we have not seen in over a year!) rejoins us at Talisman. Many of you have been asking for her so please, stop by to say "hi" regardless of whether or not you wish to have a reading. We have all missed Lori-Ann's quiet, deep wisdom - and she has much new information regarding the Pine Ridge Reservation and Lakota people to share with us. Come with your questions regarding the Native American path or just let me introduce you. She is one of Talisman's favorite people - welcome back, Lori-Ann!

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 include a verbal discussion of the aura and chakras plus the client takes home a 20+ page report. \$40 (appointment recommended 261-0047).

Andrew Neblett: Many of you already know Andrew from the classes he has taught and healings he has facilitated here at Talisman. In addition to being a gifted Tarot reader, Andrew is a Certified Registered Hypnotherapist and Natural Health Consultant. Learn more at www.nebletonline.com

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.

Lori-Ann Locke, Medicine Wheel Readings: Lori-Ann is the director of a Native American charity and volunteer service organization focusing most of its efforts on Lakota Indians residing on the Pine Ridge reservation in South Dakota. Lori-Ann follows a native path and created this spirit board herself to honor the traditions and teachings of her elders and mentors. Medicine wheel readings are meant to offer spiritual guidance and support on your walk rather than to make predictions and pronouncements. No two readings are the same, but they tend to reinforce your connection to the Divine, affirm your place in the wheel of life, outline the energies and possible issues in a person's life and to suggest directions where growth and resolution may be found. Proceeds from these readings will be put towards propane (heating fuel) for the family of Pam Standing Soldier, an elder on the rez who resides in the Kyle district. Lori-Ann will also bring photos of her summer trip to the rez (July 2009) and some new Lakota crafts that will be for sale at Talisman.

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.

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!

January 16: 12-6; Elpida, Greek Coffee Readings or Tarot \$30.

January 23: 12-6; Gwen, Whole-Life Tarot (may include some past life aspects) j\$25/20 minutes. Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

January 30: 2:00-7:00; Donna, Herbal Tarot (Shamanic/Medium) reading includes personalized mojo bag. \$25/20 min.

Also by Appointment ...

Frank Oliva - Frank was working at Talisman with Csilla on Mondays, and some people are

still coming in, looking for a reading! Call (203-543-1251) or e-mail frank.c.oliva@gmail.com

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.

A Meditation for the New Year

Concern for others is a natural outpouring of the awakened heart. But when compassion drifts into worrying, you are inadvertently sending those you love negative energy. What is worry? Worry is negative prayer. It's wrapping another in your fears and calling it love. It is wise to be responsible with our energy exchange with the people we love and avoid sending negative thoughts about what might go wrong. Instead, we can learn to send empowering thoughts, white light or protective angels.

On behalf of Roy and our extended family, I want to thank all of you for your continued friendship, patronage and support. April 2010 marks the three year anniversary of Talisman - and what an exciting, amazing time we have had so far! As we move into the new year, I pledge to maintain our commitment to providing quality and innovative products and services, and continue to bring forward genuinely avante-garde healing arts teachers and techniques - all at prices which are affordable and fair.

Many, many blessings and best wishes for a prosperous, happy new year!

With love and light,
Laura

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