

Talisman
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May 1, 2009

Merry Beltane Greetings!

Beltane, also known as "May Day" is a fertility festival day which represents the end of the spring planting season - the final change from hunting as a prime source of food. It has long been celebrated as a day to relax and make merry (with gusto!) before the hard work of farming through the growing/harvesting season began. It was a chance for the neighboring farmers and their families to gather, share a communal meal while deciding such important things as whose bull was going to rendezvous with which herd of cows - while the wives chatted - and of course the young folks would sneak off for a little romantic time together (nothing ever really changes, does it?). Anyway, Beltane is derived from a Celtic word meaning "Balefire" and it was a pagan tradition to take some embers from the village balefire to start their own cooking fires at home. Jumping over the smoldering balefire was thought to ensure protection for the individual, and even some livestock were occasionally driven through the smoke clouds for the same reason. Likewise, any items you wish to purify or protect may be passed through the smoke of the Beltane fire. All types of bells are rung on Beltane morning, meant to scare away any bad spirits and bring protection to the ringers. The bells are typically hung over the entrances to homes after the Beltane celebration, where they remain until the following year. The May Pole is probably the most well-known May Day celebration - while it is a charming and sweet custom, it really was an invention of the Victorians who were fascinated with the natural world. The May Pole Dance actually represented intercourse - the pole represents, well, a pole - and the intertwining pastel ribbons (so feminine!) around the shaft symbolize sexual union. Oh, those crazy Victorians and their wild ideas!

Last month, we began discussing the Chakras and started with the first - known as the Root Chakra. The Root Chakra is all about Grounding, something that remains an ongoing challenge in these troubling times. You can review this information on our website in the April Newsletter, as we now have copies of the current as well

as archived Talisman Newsletters - click the toolbar "News" and go to page with newsletters. Now, we move up to the second, or Sacral Chakra, located two inches below the naval. This chakra is all about Balance as it controls our physical health and well-being. This is the Chakra that focuses the life force into building a strong and viable immune system, and keeping the physical body functional and active. It controls our motion and our emotion, and is ruled by the water element, which is directly influenced by how we experience our emotions. When we retain our feelings, water is also retained in the body. This creates bloating and puffiness, a condition known as idiopathic edema (and makes it hard to zip up our jeans, I might add! Which in turn makes me cranky - a vicious cycle, indeed). The life issues affected by the Sacral Chakra are to know that who you are and what you do are enough; to have enough rest, food, exercise, fun, and money; not to link self-worth with what you do or have; to create healthy boundaries to protect your vital life force. Yoga, dance, swimming, and walking all aid in balancing the Sacral Chakra. Its color is orange, and affiliated crystals are cornelian, tiger's eye and onyx - essential oils are jasmine, neroli and orange blossom. The reproductive organs are governed by this Chakra, as are our attitudes about growing up, having a family, and enjoying our sexuality. I'm not certain if dancing around the May Pole will help balance your Sacral Chakra, but it can't hurt to try! If the Sacral Chakra is looked after properly, the physical body is vital and energetic for well into the senior years. It is all about balance - taking care of yourself, enjoying all things in moderation and setting limits - emotional and physical - and allowing downtime to relax and have fun. Let me sum up by quoting George Bernard Shaw: "A Native American elder once described his own inner struggles in this manner: "Inside of me there are two dogs. One of the dogs is mean and evil. The other dog is good. The mean dog fights the good dog all the time." When asked which dog wins, he reflected for a moment and replied, 'The one I feed the most'. So feed your good dog, already!

What's New at Talisman

Sun's Eye Oils - So many were asking for these, I just had to bring in a selection and I am so glad that I did! Sun's Eye (www.sunseye.com) was started in 1992 and is based in Florida. Their traditional formulary oils are hand-blended, appropriate to the lunar cycles and other planetary influences. When a carrier base is required, they use soybean. No animal products/animal testing. I have heard wonderful things about their Money Drawing and Love Drawing oils! And I'm not being coy - as many of you know, I have no sense of smell and must rely heavily on others to gauge the scent and effectiveness of the incense, oils and other "smelly"

things we sell at Talisman! And I hate to tell you, but participants in Wednesday's Meditation Sessions have been unknowing guinea pigs on many occasions, as we tried out new incense samples on their unsuspecting noses!

Also - Dream Catchers by Kelly 2Wolves; animal totem candles by Montserrat; more Mexican folk art (Roy and I visited Greg's warehouse this past weekend!); new sterling jewelry and as always I can't seem to stop buying books!

FYI

I have had many inquiries about Naturopathic care, and am very happy to be able to pass along the following information about the University of Bridgeport's Naturopathic Medical Clinic. To begin, visits are generally 2 to 2 1/2 hours long. Students (usually a team of 2-3 and you can request 4th year) take vitals and gather all information from patient, then meet and consult with attending Naturopathic Doctor or Homeopathic Doctor. They all come back sometimes 25 minutes later to discuss findings and next steps. First visits are \$35 for all this attention, follow-up visits are \$15. There is also a teaching dental school for dental hygienists on 5th floor but it is medical not holistic dentistry. Still inexpensive and they take insurance. They are off exit 27 I-95 or Exit 1 off Rte 25 heading south toward 95). University of Bridgeport Naturopathic Clinic web page: <http://www.bridgeport.edu/pages/4412.asp>.

The teaching clinic of the College of Naturopathic Medicine offers team-based medical care with a focus on patient education and the use of natural and preventative diagnostics and therapeutics. Clinical supervisors are Connecticut licensed naturopathic doctors who, with the assistance of student interns, provide patients with comprehensive naturopathic care. Naturopathic doctors (NDs) are trained in medical sciences, naturopathic philosophy and the prescription of natural medicines and are licensed to diagnose and treat disease. A naturopathic assessment will take into account the physical, as well as mental, emotional, social and environmental aspects of your health issues. Treatments are safe, naturally based and designed to meet each patient's unique needs. The naturopathic team will take into account any relevant medical and pharmaceutical care and can collaborate with other health care providers as necessary. Working as a clinical team, licensed Clinical Supervisors and student interns provide naturopathic medical care for patients of all ages, from pediatrics through geriatrics. The whole family can be seen for medical exams including men's and women's yearly exams, well child visits (CT state school physical exams are NOT included), and orthopedic assessments as well as acute care for minor illnesses. Naturopathic medicine is optimal for preventative care and the treatment of chronic illness at any age. For patient convenience, we offer an on-site Laboratory and X-ray facilities and a dispensary. Open to the general public, the Dispensary offers natural medicines including professional line supplements, herbal medicines, homeopathics and more. In addition to basic naturopathic care, the Naturopathic Medical Clinic offers specialty clinical shifts in classical homeopathy,

mind-body medicine and physical medicine. These services may require a referral so please inquire about these at your initial naturopathic care visit. Additionally, the teaching clinic houses hydrotherapy and physiotherapy rooms, which may be recommended by your clinical team. Acupuncture is also available.

Invitation - Special Event

We are planning a Beltane Celebration at Barn Hill Studio (www.barnhillstudio.com) on Sunday, May 3 from 12:00-4:00 p.m. Barn Hill Studio is located at 20 Barn Hill Road in Monroe. Owner and artist Linda Dohanos hosted our Winter Solstice Celebration last December and has graciously offered her grounds for Beltane (and they are lovely!). We are planning for this day to be a wonderful opportunity for everyone to get together and celebrate the season. We will have a May Pole and other traditional events - but really, it's all about the gathering. Everyone is asked to bring their own picnic lunch and something to share - a little extra food, play a musical instrument, sing or read poetry, impromptu drum circle, bring your tarot cards or other forms of divination ... all to be offered at no charge to everyone present, just as a gracious way to get to know others outside of the shop. The only items to be offered for sale will be the artwork inside the studio ... and I feel very serious about this. At a time when so many are struggling, I want to offer one nice day free of financial stress. Please dress in "garb" or however you please. I think it would be adorable if the small girls could dress in white or as fairies - such a cute photo op if they dance around the Maypole together! Remember to bring your bells! PLEASE, if you plan to attend RSVP at 261-0047. And honestly, we could use some help with the details so all offers will be gratefully accepted. Leave your name and number and either Laura or Jamie (she's the sweet one helping on Wednesday mornings - letting me get a little time off) will call you back right away.

Sat. May 16: Psychic Faire 1:00-6:00 \$25/20 min. (cash payment requested) - We are finally doing a Faire, and will be featuring four new Readers:

- 1) Kelly 2Wolves: Visiting here through May from Custer, South Dakota, Kelly follows the spiritual path of the Lakota Sioux. She reads cards using The Sacred Rose Tarot. Her psychic abilities lend themselves to her work as a Reiki Master, Artist, and Spiritual Counselor.
- 2) Andrew Neblett: Many of you already know Andrew from the classes he has taught here at Talisman. You've asked for an opportunity to sit down with him for a reading ... well, here's your chance! In addition to being a gifted Tarot reader, Andrew is a Certified Registered Hypnotherapist and Natural Health Consultant.

3) Debbie Atwood: A former Wall Street Trader, she is a staff Member of the Smoking Gun Research Agency as a Intuitive Investigator/ Case Manager in the field of Parapsychology. A Reiki Healer/Intuitive reader, she 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 Mistydawn.

4) Gary: You just met Gary at our last "Evening of Mediumship" and I received several calls afterward, asking if he'd be doing readings at Talisman - well, here you go! A Psychic Medium/Channeler, his readings are intuitive (i.e. no cards/divination tools) in conjunction with messages he receives from the other side. In addition to being a popular intuitive, Gary also hosts a radio show on Thursdays from 11-12 on 88.7 WNHU.

Classes/Workshops

** Saturday, May 2, 4-6 pm: Dream Interpretation and Experience Journaling ** - *Class 2 in the Developing Your Intuition Series.* Journaling is an easy and fun way to keep your thoughts in order and see how things come together. Whether you are recording your dreams, writing about your meditation experiences, or keeping a journal of your intuitive experiences, it creates a story of your higherself. This class will teach participants how to organize their own journals and will include some exercises that can get you into a routine of using your journal daily. We will also explore some possible meanings behind common objects that show up in your dreams, meditation, and other exercises. This class is \$10.00, and includes TWO books (a blank journal, and a dream interpretation book)! Space is limited, so pre-registration is required. Contact Laura at Talisman at (203)261-0047 or the SGRA at sgra@sgra.org or (203)247-0310 for information or to register.

Sat. May 9: The Intuitive Use of Crystals in Magick and Healing presented by China Mayhew. Workshop will detail the purchase, cleaning and clearing of stones, and the programming process for metaphysical work. RSVP. \$10.00

Saturday, May 23 from 10 am - 6 pm: Reiki I Cost \$125 (includes book). RSVP with prepayment required. Reiki I gives you the ability to help yourself or others within a foot of you. Includes book, handouts and hands-on practice time as well as Reiki history, introduction to guided healing, healing and first degree

attunements, meditations, aura reading/scanning, hand positions, how to give a Reiki treatment to self or others, and more. (Date and cost for Reiki II to follow). Reiki (also known as Usui Reiki) is an energyworking system originating in Japan, involves using a divine pool of energy to remind and support the body in using its own natural ability to heal itself. Reiki has other uses (such as manifestation), and has built-in safety measures that protect the practitioner from doing harm or depleting himself in the process. Angelic Reiki (originally channeled to Kathie Valentine) is an enrichment of the Reiki system and is offered at no additional charge as part of all Reiki classes Cathy teaches. Catherine Kane has been a teaching master of Reiki since 1996 . She loves to teach, especially things like Reiki that have made her life and the lives of so many others better. In her classes, you'll get demonstration and practice, as well as theory, and she continues her availability post-class to answer questions. For more information, contact Catherine Kane at we_are_foresight@yahoo.com or Laura.

Scheduled Readers:

Note: Cash payment is Requested

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

May 2: Mandy/Oracle Board - Whole Life Reading 12:00-5:00 \$25/20 minutes

May 9: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

May 9: Elpida/Coffee Ground Readings 12:00-5:00 \$30/20 minutes

May 16: Psychic Faire 12 - 7 pm Readings: \$25/20 minutes

May 23: Herbal tarot with Donna 2:00-7:00 \$25/20 minutes

May 23: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

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.

All this talk of balance just as Swine Flu arrives! Please bear in mind that last year, 30,000 people died of regular 'flu ... didn't exactly make the front page, now did it? Deep, DEEP breaths now, everybody! A few quick swings around the ol' May Pole should set everybody straight!

Goddess Blessings,

Laura & Roy Lenhard