

Talisman

Talisman ... A Unique New-Age Shop

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January 3, 2014

Happy New Year!

January is a HUGE month for Readings - what we at Talisman call "Intuitive Counseling Sessions" - usually just to have a little heads-up on what to expect in the upcoming year, or reassurance that we are travelling along the right road (or at least, going in the right direction)!

I have been reading palms/tarot since the age of 16, my grandmother gave me my first palm reading book (*Cheiro's Palmistry For All*) at the age of 14. But in all honesty, some of my earliest memories - about age five - are of adults asking me questions and just "knowing" the answers. But I am not alone in this ... so many of you have come to me at the shop to talk about your own gifts or talents -- some taught or handed down by a grandparent or parent, others having inherited an ancestral gift of Second Sight, and those who kept their gift hidden like a sad secret from their nearest and dearest for fear of rejection. I'm blessed to have had a family who recognized the fact that their religion (Catholicism) could exist hand in glove with one's spiritual gifts ... others are not so lucky. Dreams and gut feelings were taken seriously in my family, often the topic of discussion at the breakfast table - with the understanding that this was personal and to be kept within the family home - not shared with outsiders, or worn like a badge. I have mixed feelings about Theresa Caputo's (aka The Long Island Medium) "unsolicited readings" of strangers in public ... personally, I know more than a few dead people I really wouldn't want to talk to, any more than I wanted to talk to them when they were alive!

When I sit with someone for the first time, this is my little "spiel" I tell them as I am shuffling the cards:

***Tarot doesn't answer yes or no,
it answers in options and possibilities
rarely telling us anything we don't already know ourselves.
A GOOD reading is a reading in which a stranger
someone you don't already know,
gives you clear, concise, DETAILED information***

*about your life, your hopes, your fears ...
and this is called VALIDATION.
The cool thing about validation,
for those of us who believe in God, Goddess,
Higher Power (whatever)
is that there are times in our life when everything
is going wrong, everything is a mess or we are just stuck ...
at those times, we generally pray, and say something like
"HEY! Remember ME down here ... well I'm suffering!
Can I get some help?
Let me know I'm on the right road, the right path ...
going in the right direction? Anything?"
Well, I believe that's what a good reading does -
when a stranger tells you things they couldn't possibly know
it HAS to be coming from another place;
and I believe it is THEIR way of letting you know -
"Hey, we've got your back ... we know what is going on"
and it serves to strengthen our faith
and connection to the Divine.
HOWEVER ... Free Will is our greatest gift,
and so no ETHICAL reader should ever say
"You are DEFINITELY going to divorce -
I am POSITIVE you will move -
ABSOLUTELY get that job"
and certainly NOT that you are hexed or cursed!
because YOU are in charge of YOU - no one else -
and other people play into our lives
with their own Free Will to contend with;
and so relationship readings are the hardest to navigate,
as people can - and do - change their minds
about how they feel or what they want.
The purpose of a reading is to validate
that the feelings/thoughts/actions we are taking
make sense, serve a higher purpose or
are moving us in the right direction
toward our hopeful outcome ...
and hopefully provide a needed warning
when they are not.*

I also believe in outcome-based readings: This means that when the reading is over you feel a sense of relief AND if there is something that can help ... as simple as a prayer or a stone to carry; cleansing ones' self or space, or more -- that we provide that information to help move you in the right direction or to facilitate a change. Every reader at Talisman has a spiritual path and personal commitment to helping others. You all know (and read on, below, for my belief on "payment" in terms of a reading one is not happy with) I do not want anyone leaving Talisman unhappy with a reading. Many of you have heard me joke that a bad reading is like bad sex ... it doesn't start off bad then get better, and you know within the first five minutes if it's something you want to continue ... or walk away from! Seriously, if in the first five minutes you are not sitting there amazed that someone is telling you relevant and helpful information that they would have no way of knowing -- then STOP the reading! I even script how to do just that, below. In a reading you should be saying very, very little ... just "yes" or "no" ... if you need to talk, then I'd advise you see a psychologist but in a psychic reading that is the job of the intuitive - to provide information. To save time, it does help if you want (say) to learn more about your career then you let the reader know up front that "I'd like information on my career this year, please" so they ask whomever they are working with to provide that specific information. Otherwise, most of us just go in with a "tell me whatever I need to know" attitude and let 'er rip!

At Talisman, I have a core group of readers as well as "guests" who come in from time to time. For example, Tim Bshara will be at the shop on this Saturday doing Aura/Chakra photography. These sessions last a half hour, and you leave with a 23 page booklet that outlines everything that Tim will discuss with you ... your energetic fields, how you are "geared" to act or react, and ways to clear blocked chakras/energy or move it differently. I think because men tend to be more visual than women, these sessions with Tim resonate especially well as men are literally able to "see" them as honest evidence of their own internal workings.

Another option is to have an astrological chart done by Keith - an overview of your natal chart reads as unique as your fingerprint and helps you understand why you are attracted to the people/things you are and/or why situations are not working out as you might have hoped ... and how to redirect your efforts. Knowing ourselves -- how we communicate best, how we learn most effectively, where we are most comfortable living/working/relaxing ... helps us configure our lives so we may live and perform at our optimal best. A Progressed chart helps us (once we understand our Natal chart, or what we came in with) see how far we've come in our life's progression. A Compatibility chart is an invaluable tool to help us understand how to communicate and with our partner, by seeing where our strengths and weaknesses lie.

I have to confess that I am not a fan of people putting their hands on me ... that said, I have spent time on Tammie's massage table - and she can do more good in a half hour massage than many masseuses do in twice the time (and I have heard that from enough of my patrons that I know it is the truth). And honestly, one of Mark Hoyt's reflexology treatments (fancy word for foot rubs!) can change your life, and I am not exaggerating. After a half hour, I was detoxing for three days (gross, but pooping every time I sat on the toilet I

swear) and a few mysterious aches and pains cleared up immediately. Both Tammie and Mark are certified and highly trained - Tammie works for a chiropractor, Mark is an R.N. Both will be honest about what they can and cannot do to help you.

And hey ... aren't you all glad that I am not too shy to share???

I want to end by thanking ALL of you who patronize my little shop -- each and every one of you matter to me and the entire staff at Talisman, as you are the reason we are there in the first place! I have learned from all of you that my own Higher Calling lies in service, and recognize my own talents for what they are ... nothing but a cheap parlor trick, unless used as a gift to bring inspired insight to others.

NEW-AGE FAIRES HELD EVERY SATURDAY

12:00pm-6:00pm - (203) 261-0047 for appointments

Readers (\$30/30 minutes - cash only)

Please call in advance for readers' schedules as they are subject to change

January 4

Pina - Angel Oracle (Mediumship)

Keith - Astrological Reports: **Birth date/place/time required**

(Natal, progressed, relocation, compatibility or transit readings)

Mark - Spirit Guided Tarot (Mediumship)

Tim Bshara - Aura/Chakra Photography (includes 23 page booklet) \$45

Tammie, Table Massage (\$1/minute)

January 11

Keith - Astrological Reports: **Birth date/place/time required**

(Natal, progressed, relocation, compatibility or transit readings)

Mark - Tarot (Mediumship) and Reflexology (\$1/minute)

Michele - Angel Readings

January 18

Rachel - Tarot (Mediumship) & Pet Communicator (pets welcome, or photo)

Randy - Tarot/Playing Cards

Gwen Lord - Whole Life Tarot (past life recall)

Tammie - Table Massage (\$1/minute)

January 25

Andrew Neblett - Tarot or Runes

Gwen Lord - Whole Life Tarot (past life recall)

Michele - Angel Readings

Rachel - Tarot (Mediumship) & Pet Communicator (pets welcome, or photo)

Lera - Private Reiki chair healings (15-20 minutes, \$5 donation)

The designation of "mediumship" is NOT a guarantee that your loved one(s) will present themselves in the reading - it means the channel is open and a particular reader is skilled at recognizing and then relaying information when/if it comes through.

Talisman's Regularly-Scheduled Readers

(203) 261-0047 for appointments - Cash payment requested

Mark Hoyt: Spirit Guided Tarot - Fridays 2-8pm. \$30/30 minutes. Foot Reflexology treatments EVERY FRIDAY \$1/minute.

Nicole, Journeyboard and Cards - Sundays 12-4 \$30/30 minutes

Naima Provo, Intuitive readings, Spiritual Counseling, Reiki, and massage Therapy \$120/hr, \$230/2 hrs (saving \$10), \$340/3 hrs (saving \$20). Buy a package of 5 sessions and get one free saving \$120. Appointments Sunday, Monday & Tuesday.

We do things a bit differently at Talisman. You pay our readers AFTER the reading is finished, and if you are not happy you don't pay. NO READER can read EVERYONE successfully and everyone who works at Talisman is aware of this fact. Know that it is acceptable after the first 5 minutes of a reading to say something like, "I'm sorry, what you are saying just isn't resonating with me. I would like to stop the reading now, but thank you for your time". If you do not hear something amazing in the first five minutes, or if it just isn't right ... don't expect a reading to get better as it goes on. Readings go off track for a number of reasons - but the point is, you shouldn't pay if you are not happy. Please, just be courteous and respectful. Complaints are rare because every reader has had to pass the "ultimate interview" ... they must sit and read ME (and I've been reading over 25 years myself) and tell me something about my past/personal life, my children, home, or business that they could not possibly have heard or learned someplace else. But every reader has their unique gift and their own style, it is NOT one size fits all. Personally, I don't think anyone should get a reading more than once every 6-8 weeks and prefer you allow at least 3 months between readings ... you don't want to become a psychoholic, right? I WILL discourage you from this behavior! My goal is to see people leave an "intuitive counseling session" (because that is really what we do) feeling validated, uplifted and hopeful regardless of the situation or challenges they may be facing. That is the true measure of a "good" reading!

Available by Appointment:

Talisman's readers are available for parties and events. You can pay by the hour or allow us to set up and have your guests/attendees pay individually. We do our best to be flexible and fairly priced. Our party rates are \$60 an hour, plus gas/mileage OR guests can pay if they choose to get readings at \$1/minute. Please make all scheduling arrangements through Laura at (203) 261-0047.

Reflexology Fridays with Mark: This ancient healing art uses hand/thumb pressure corresponding to the body systems. The practice stimulates/relaxes stress signals resulting in relaxation (who DOESN'T love having their feet rubbed?), pain reduction, and rejuvenation of tired feet -- helping you stand tall in the world! Come in after a hard week of work and treat yourself in Mark's chair (\$1 minute).

Numerology Reports: Many have been asking for books or information on Numerology. Numerology has been used for thousands of years to provide deep insights into one's personality, intimate relationships, and the important influences that affect one's daily life. Now, with the Numerology Report, you can examine your life in a unique way to take advantage of unexplored opportunities, confirm talents that in your heart you know are there, or simply to figure out where to go next. You'll see all the diverse parts of your personality and how they uniquely come together to make the person you are. Through this report, you'll be able to make the most of your life in a way that wasn't possible before. There are three different Numerology Reports available - each of these providing you even greater insights into your life as well as your *romantic* relationships. An explanation of all three reports can be emailed to you directly - just hit "reply" to this newsletter with a request. Cost per report: \$15 emailed; \$18.95 printed. Laura has her own numerology report as a sample, if you'd like to see it. :

Laura: I do special, in-depth readings by appointment. My 45+ minute private sessions include a chakra check up, a print out and review of your astrological natal chart, tarot and palm reading, and more! (\$45). Call the shop for an appointment, as I schedule these when the shop is closed or after-hours. Yes, I still do \$5 readings on Wednesday & Thursday but these are done in-between phone calls and waiting on patrons - you can't make an appointment, and I do get interrupted. As long as there are no other scheduled readers in the shop (they drive in from a distance and it's not fair to them) I am always happy to peek at someone's palm or throw a few cards, so don't hesitate to ask!

Classes & Workshops at Talisman

RSVP at (203) 261-0047 or email lenhard@comcast.net

Sundays at Talisman: Come join Jot Nivas Singh for a **weekly Kundalini Yoga class** as taught by Yogi Bhajan. Cost - \$11 / person. Any non perishable food items will be donated to Spooner House. Please contact with any questions. - JKopac@me.com

What do I bring? Wear loose or exercise clothing. (white or light colored cotton preferred); Bring a yoga mat,

& or pillows to sit on and/or a blanket if you want to cover yourself during deep relaxation; White / light head covering recommended. (beanies, scarfs, turbans, bandana, etc); and a bottle of water.

What is Kundalini Yoga? Kundalini is known as the yoga of awareness and the mother of all yogas. It's the whole pie, not one of the 22 pieces of yoga. Kundalini combines postures (asana), breath work, (pranayama), and chanting (mantra). It accelerates the energy of the body / mind to create an elevated state which causes deep relaxation with clarity and alertness. Even if you can't join in the exercises, come sit down in the room and soak up the energy. Open your mind to the infinite possibilities available to you; Remove subconscious blockages obstructing your path; Upgrade your electromagnetic field to handle the increased Aquarian energy shift.

Week 1: Sunday January 5th 12pm - 1:15pm **Light warm up exercises and deep meditation.**

1. Clears the system of negative emotions, traumas and impressions.
2. Heals, balances and uplifts the emotional body.
3. Builds concentration and mental focus.
4. Bestows peace and tranquility.
5. Gives one awareness of one's Divine Infinite Nature.

Week 2: Sunday January 12th - 2-3:30pm **Yoga Kriya, and meditation.**

Week 3: Sunday January 19th - 2-3:30pm **Yoga Kriya, and meditation.**

Week 4: Sunday January 26th - 2-3:30pm **Yoga Kriya, and meditation.**

January 25th from 6:30-8:30pm **Healing With Oils** Taught by Andrew Neblett \$25

We've offered this class before – it has proven to be VERY popular! Andrew will introduce essential oils providing a solid foundation of their uses and healing properties. Proper guidance will be given on how to use oils for wellness 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.

Saturday, February 1st from 6:30-8:30pm **Nourishing Your Body & Mind** \$20

Hello, my name is Indiana Susaña. I am 26 years old and a student at Everglades University progressing towards a Bachelors Degree in Alternative Medicine. My best friend, the most valuable and precious individual that God has blessed me with, is my daughter Juliana. Five years ago I gave birth to her. My world was changed in many positive ways but along with the positive changes also came changes that did not sit comfortably with me - my weight and body appearance. Before she was conceived, my average weight was always between 125lbs-130lbs. By the time my daughter was 3 months of age I weighed 210lbs and I was miserable. I felt ugly in my own skin, with my self esteem at an extreme low. I went on like this for about two and a half years – and along the way, depression, confidence issues, and everything else around me

began falling apart. Finally, I reunited with a friend who opened a whole new world to me about becoming one with self, loving yourself, and choosing your own happiness. As I learned more and began to apply these teachings to my life, I made a commitment to be happy about myself – a decision which allowed me to make the necessary changes to do so. I began exercising daily but didn't see much progress, then these very words were spoken to me and made an impact, "To reach your goal weight its 20% exercise and 80% diet!!!" I began to change my diet with the intentions of losing weight. Little did I know that the changes I made with my diet were not only going to give me the desired results, but also improve my overall health .As an alternative medicine student, nutrition is the main target towards Healthy Aging. During the workshop I will be discussing the 6 essential nutrients needed in the body and how they align with the chakras. I will discuss the benefits of eating colorful meals - and last but not least, how foods can help us grown spiritually. You will learn about different foods to help you lose weight but, more importantly, also help your internal body be healthy.

Saturday, February 22 - **Past Life Regression Session** led by Andrew Neblett. 6:30-9:00pm \$25. (Limited: 30 attendees). You will be introduced to various ways of attaining "State" and regression methods. Learn why energy is so important and how past lives affect our current energy. We will do a past life regression and open up the floor to share our experiences (on a voluntary basis - no pressure!). Dress comfortably. Bring folding lounge chair, your own cushion, pads, etc. The floor is HARD! Come, get relaxed, and enjoy! Andrew has facilitated past life regressions at Talisman in the past, these sessions are very popular and fill up quickly. If you have ever wondered what it would feel like to "go under" this is a great, informal and fun (albeit emotional) way to find out. I have taken this class twice myself and will happily share my experiences with anyone who wants to learn more - call Laura at Talisman (203) 261-0047.

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THE CIRCLE OF THE SACRED WELL PRESENTS

Event: Wiccan/Pagan Study Group - Topic: Wicca 101

Date: January 21st - Time: 7:30 p.m.

Location: The Undercroft at Talisman

Join us for this monthly study group that covers various pagan and New Age topics. The Study Group is held on the third Tuesday of each month. This month, the workshop is a primer on Wicca and witchcraft. The history, traditions, beliefs and practices of the religion of Wicca will be discussed. Whether you are new to Wicca, just curious about its beliefs, or have been practicing for a while, you are sure to learn something at this informative workshop. NOTE: This workshop is a 'taster' for the upcoming Wicca University course (see below).

Wicca University! Join us for this intensive two-day workshop that covers all aspects of the Wiccan religion. Want to learn about the history, beliefs and practices of Wicca? Want to learn about holiday rites and

rituals? This is the workshop for you! The 2014 workshop will be held in April; classes on two consecutive Sundays from 9:00 a.m. to 5:00 p.m. **Dates are April 6 & 13, 2014.** Contact Mandy at 203-922-2643 or email arianowl@yahoo.com to reserve your spot.

Community Events

The Connecticut Wiccan Pagan Network (CWPN) Inc. is a 501(c)(3) not-for-profit educational and networking organization dedicated to meeting the needs of the greater Wiccan and Pagan community in Connecticut and surrounding areas. The goal is to help provide a forum for Wiccans and Pagans to meet others of "like mind" and to come together and worship in a safe environment. Our hope has been to construct a sense of "community" in which we can all share with and learn from one another. Membership is open to all Wiccans, Pagans, and those with a serious interest in learning more about our religion. If you are under 18 years of age you may join with written parental consent. We reserve the right to refuse or terminate membership of anyone who we feel may be harmful to our organization or to the Wiccan/Pagan Community. Learn more at our website: <http://www.cwpn.org>. The CWPN hosts monthly networking meetings throughout the state, open Sabbat circles, coven and study group referral service, classes/work-shops, various social events and lectures with well-known members of the Pagan community. Some of our past guests have been: Janet and Stewart Farrar, Gavin Bone, Margot Adler, Ted Andrews, Dr. Leo Louis Martello, Tzipora Klein, Laurie Cabot, Raven Grimassi, Donald Michael Kraig, Phyllis Curott, Lori Bruno, Jane Sibley and Ellen Evert Hopman.

Hunter Healing Hands: Located in Black Rock, Jessica and Jim Hunter's events include Reiki Share; monthly drum circle; classes and so much more! For details, cost, etc. please see <http://www.hunterhealinghands.com>. http://web.mail.comcast.net/service/home/~/?auth=co&loc=en_US&id=864621&part=2 Contact 203-916-8381 to register for an event!

Finding Feathers – A Spiritual Center located at 395 Commerce Drive, Fairfield. (203) 916-7887 or email shaktidas@findingfeathersfairfield.com. Calendar: <http://findingfeathersfairfield.com/event-calendar/>

March 7-8 **Shen Yun** at the Palace Theatre, Waterbury. An international phenomenon, this show moves through 5,000 years of dynasties and regions through music, dance, aerial masters and battle drums set to animated backdrops. Based in New York, Shen Yun is a nonprofit organization dedicated to reviving authentic Chinese culture. Limited engagement, 2 days only. Ticket prices from \$50-\$120. Visit online at www.ShenYun.com/waterbury 888-974-3698

Astrology Corner

By Alethea Hunt, Astrologer

Happy New Year! This one starts off as a doozy, too! We have an emerging new order on our hands at the start of January with a planetary pileup in Capricorn including the New Moon. Some structures in our lives may be collapsing in order to make way for new, so if you hear any groaning and creaking do your best to realize when the framework is shoddy, put on your safety helmet, and allow whatever needs to come down to fall. Pluto is very active early in the month and will be looking to help you make a clean sweep – or clean cut, as the case may be. Relationships, friendships, and family are all affected by this energy, however there's bound to be a collective sigh of relief and feeling of release when it comes to letting go of any painful situations with a nod to Chiron in Pisces. We no longer need to be attached to our pain and can simply surrender – give it up to God/Goddess/The Universe and humbly pray that you be healed through this jettisoning.

Mid-month Venus & Mars square off and it may be particularly difficult to keep the peace during this time. Venus is still retrograding at this point, causing us to re-evaluate our expectations of others & where we set the bar in our relationships. Lover's quarrels and disagreements might help us realize where we've been settling for crumbs and where inequity exists so that we can take action accordingly. If we have been shouldering more than our fair share of the burden due a diminished sense of self-worth, Mars may trigger us to finally say "no mas" and "no more Mr. Nice Guy" so that we can draw some firm lines. By the time Venus retrogrades back into contact with Pluto at the end of the month, we may well decide to cut our losses. They say people come into our lives "for a reason, a season, or a lifetime" – recognize when someone's purpose in your life has been fulfilled so that they aren't permitted to remain occupying your valuable time and energy by lingering on in some half-dead state. This month Venus can help us see where relationships have hit their limits and to realize when it's over. You cannot squeeze blood from a stone.

The Cancer Full Moon on the 15th sees heightened feelings, but most people *should* be able to keep a lid on their "stuff" thanks to a trine to Saturn in Scorpio. If a woman in your life has been experiencing hardship, this would be the time to lend support and this influence bodes well in general for seeking the advice of strong, older females – and to a lesser extent, family - during times of crisis. Don't expect this to be the squishy-huggy variety of "support", though – this is a potential "reality check" situation with a hard-assed retrograde Venus in Capricorn opposite this Moon standing at the ready to dish out the "tough love" and Black Moon Lilith lingering close to the Moon, enfolding her own like a protective coven priestess. This event has a "drawing down the Moon" feel to it, so seek out a local "crone" to see what wisdom she has to impart. Do not forget to pay homage to her, however. Be sure to leave a token offering of your appreciation - be it precious pentacles, a gift to show your respect, or a simple "thank you" letting her know how much you value her advice – otherwise, she may be angered.

The end of the month sees an electrically-charged Aquarius New Moon contacting Uranus, while making sharp

inconjuncts to both Jupiter in Cancer and Pallas Athene in Virgo. This formation, while unstable, is going to be REALLY GOOD at helping us to make changes in the blink of an eye based on 1) our overwhelming feelings about a matter 2) our ability to use piercing discernment to see repeating patterns emerging - even the smallest ones that might seem ordinary or inconsequential. Pallas has an eye for detail in Virgo and what that "norm" is (and anything that deviates from it!) is sure to stick out like a sore thumb now. Jupiter in Cancer gives us the benefit of emotional perspective, where our judgment is less objective and more subjective in nature. With Jupiter here, we are affected by what *feels* true to us on an inner level. This influences both our judgment and our viewpoint about situations and people in our lives, which serves as an internal compass of sorts to get us pointed in the (subjectively) "right" direction. Together with other combined factors in the sky, abrupt shifts of direction are likely around the time of this Moon. If you like rollercoasters or don't mind the occasional (necessary) turn-on-a-dime moment, you should be able to see this as a leap (push?) forward. The more entrenched you are in resisting the need for change, however, the more uncomfortable you may find yourself at this lunation as the chaff is blown away by these strong, arctic, Aquarian winds. Allow monotony to be discarded so that you might make way for an unexpected, fresh new beginning to take hold. Breaking a familiar, comfortable habit or routine may feel weird, but evolutionary progress isn't possible without the occasional "quantum leap" somewhere in our lives....

***** A note to readers: If you would like to receive my FREE monthly newsletter via email which is packed full of information and astrological insights, simply click [HERE](#) or send an email to AHunt617@aol.com and I'll be happy to add your name to my list of recipients!**

**Namaste, my friends -
"The Divinity within me perceives and adores
the Divinity within you"**

Laura Lenhard