

Talisman

Talisman ... A Unique New-Age Shop

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www.talismanct.com

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August 1, 2014

Merry Greetings!

I opened Talisman in April of 2007 with a handful of merchandise, fully intending to close the shop quickly if it were not received well by the community. Well, it's more than seven years later and I am happy to report that we have expanded and grown over the years! Moreover, Talisman has provided me with a ringside seat to the amazing changes we are experiencing – for those who despair others will “never get it” take heart for change is all around us. Seven years ago, Reiki (almost always mispronounced) was viewed as very new and “out there” and now it is offered at Griffin Hospital's Oncology Dept. and area Veteran's Hospitals as well. More people are going off their meds and looking to naturopathic cures as opposed to lifetime pharmaceutical treatments. I hear more people say they no longer watch television or listen to the News, as it is both too depressing and lacks integrity. Most importantly, people are questioning doctors, teachers, politicians, the media ... the “same old, same old” mentality is just not flying anymore.

Below I have posted aspects of “the Ascension process” and apologize to those of you who remember it from the September 2011 newsletter ... Talisman's mailing list has more than doubled since that time, and it is very relevant to these exciting times! I believe many of you are going to feel it speaks to you DIRECTLY.

So ... let's talk about The Ascension Process. If you search the

internet, you will find a plethora of posts, articles and blogs on the subject. I began to fixate on elements of Ascension when many of my intuitive counseling sessions (“readings”) began to present in common themes across a wildly diverse group of people. And while there are many “symptoms” pertaining to Ascension, I will focus only on those I have personally experienced or which have been described to me on a first-hand basis.

But first – what is “The Ascension process” anyway? The phenomena refers to the experience of a mental, physical and spiritual leap in consciousness in conjunction with the metaphysical evolutionary process of the entire planet – a leap to a higher vibration, and creation of a new world and new reality.

So let’s address an obvious question: Why does the world need a new reality? Frankly, because our current reality doesn’t work! Three percent of the earth’s population holds 97% of its wealth and power. There is simply no excuse for the unchecked starvation, disease, greed, pollution, human and animal rights violations that are our global reality. Unless you have been living under a rock, you must realize that far too much is out of control - and that balance, compassion and integrity have fallen by the wayside. Both dark and light are required for balance (think night and day here) – but an evolved energy, one consisting of love, caring, respect and unity – is necessary to counteract our current state of apathy, listlessness and fear. Ego and arrogance challenge this process greatly. About a year ago, I actually sat in a reading and was told “Listen, Laura, I don’t know about this 2012 stuff but if everything is going to change and I can’t live my life the way I do now, doing the things I enjoy – hell, if I have to live in some kind of commune where we grow our own food and share meals and that sort of thing – well, I just hope a meteor or whatever the hell is going to happen lands right on my house and kills me because I am NOT going to live that way!” I smiled and said, “Well, there is this thing called self-fulfilled prophecy – and I assure you, if you don’t want to live that way, you most certainly won’t be forced to!”

Many people seem to have the idea that “Ascension” means we will go back to horse and buggy days, or maybe the renaissance period of “ye

olde goode tymes". I really don't think so. Nor do I associate Ascension with the biblical Rapture in any way shape or form (then again, I am not a Christian). I honestly am not certain exactly HOW things will turn out, only that a cleansing is apparently required to restore balance to our gravely wounded Mother Earth – and she seems quite intent on waking up and "rebooting" our entire state of existence. Because my personal faith is rooted in a Divine Mother and Father (Goddess and God) who love and cherish us, I do not believe we are being punished – however, our collective unwillingness to participate in a higher vibrational state of being necessitates a global action. There is almost always an easy way or a hard way to do anything – and as a species, humans have apparently chosen the hard way. Sadly enough – but so be it.

On a personal level, the changes listed below indicate you are changing for the better; heading for a life of deeper fulfillment and purpose. Change and growth are taking place; the discomfort you experience is increased by resistance. Know that all is exactly as it should be, let go and roll with it (often easier said than done, yes, I know). For many of us, these changes started becoming palpable in 2007 – yes, the year I opened Talisman ...

Emotional rollercoaster: You may find yourself on the verge of tears more often than usual. Crying at the drop of a hat over the news or a display of sentiment that you would not have cried over before is common. You may also find yourself to be more aggressive or angry with people. Some days you will feel depressed and other days full of joy. You truly feel the full range of emotions and yes it is draining, but it's happening for a reason. Stay present in your emotions, feel them fully and they will pass.

Stronger connection to nature: Previously your attitude to nature may have been "take it or leave it". Now, you have a deep appreciation for all of nature, feel connected to seasonal changes and welcome them. You may also start to enjoy animals, wild and domestic, seeing them integrate into your life and personal spaces/dreams as never before.

Changes in energy levels: One day you are bouncing off the walls, another day you can't even get out of bed! There is something called

the Triad Sleep Pattern that occurs for many - you sleep for about 2-3 hours, wake up, go back to sleep for another couple of hours, wake again, and go back to sleep again. Eat healthily and try not to stress or feel guilty, it will stabilize.

A feeling that something has changed within you: You simply feel different, you may not look any different but you know something has changed internally. Your old ways are falling by the wayside and the real you is starting to emerge. You may have been living out the same old patterns for decades but suddenly you become aware of it. You may realize that you always destroy what you create, always pick unavailable partners or always attract dependant people - the list is endless. This is great, becoming aware is the first step in eradicating it. A deep yearning for meaning, purpose, spiritual connection, and revelation. An overwhelming desire to search out, find and connect with your soul mate or twin flame – to the point others may wonder at your apparent desire for self-destruction or willingness to lay ruin to your current life. And you may.

A desire to break free from restrictive patterns, life-draining jobs consumptive lifestyles, and toxic people or situations: You feel a compelling need to "find yourself" and your life purpose -- NOW! You want to be creative and free. You might find yourself drawn to the arts and nature. You want to unclutter yourself from things and people that no longer serve you. Your material needs have been met and there is still a longing for more. You may start to question who you really are and start to see that your current life may not have been a conscious choice and is more of a by-product. Before you can consciously choose you may find yourself stripping away layers to reconnect with YOU ... the spiritual you.

An increase in occurrences of coincidence: Better known as synchronicity, favorable people and beneficial circumstance start to appear with exactly what you need. Answers to questions are revealed to you through signs and messages. Synchronicity is a sign you are on the right track and that you are aware of these miracles happening around you. The more you notice and take heed, the more they appear so show appreciation for the guidance you are receiving. Notice how

numbers appear synchronistically in your awareness. Everything has a message if you take the time to look.

Speedy manifestations: Spiritual awakening raises your vibration; this involves a release of blockages which allows abundance to flow to you. Being in alignment with a higher vibration results in quicker and more beneficial manifestations to be received by you. Be aware of your thoughts so you get what you really want or better. "Teachers" appear everywhere with perfect timing to help you on your spiritual journey: people, books, movies, events, etc. Teachers may appear to be negative or positive when you are trapped in polarity thinking, but from a transcendent perspective, they are always perfect. Just take what you need to learn from and MOVE ON. By the way, we never get more than we are ready to master. Each challenge presents us with an opportunity to show our mastery in passing through it.

Vivid dreams: Sometimes the dreams are so real that you wake up confused. You may even have lucid dreams in which you are in control. Many dreams may be mystical or carry messages for you. And in some dreams, you just know that you are not "dreaming" -- that what is happening is somehow real.

Life altering events: Events that completely change your life - death, divorce, change in job status, loss of home, illness, and/or other catastrophes ... sometimes several at once! Forces that cause you to slow down, simplify, change, re-examine who you are and what your life means to you. Forces that you cannot ignore. Forces that cause you release your attachments. Forces that awaken your sense of love and compassion for all.

A perception that time is accelerating: It seems that way because you have had so many changes introduced into your life at an unprecedented rate. The number of changes seems to be growing. Try not to panic, meditation can help with this.

A sense of impendingness: There is a feeling that something is about to happen. This can create anxiety. Also impatience – you know better, but sometimes you can't help it. You want to get on with what seems to

be coming your way. Uncertainty is not comfortable.

You find a spiritual track that makes sense to you and "speaks to you" at the most profound levels: Suddenly you are gaining a perspective that you would never have considered before. You hunger to know more. You read, share with others, ask questions, and go inside to discover more about who you are and why you are here. You are moving through learning and personal issues at a rapid pace. You sense that you are "getting it" quite readily.

Amplification of the physical senses: In terms of sight, this may manifest as blurry vision, shimmering objects, seeing glittery particles, auras around people, plants, animals, and objects. Some report seeing formerly opaque objects as transparent. When you close your eyes, you no longer see darkness, but a redness. You may also see geometric shapes or brilliant colors and pictures when eyes are closed. Colors appear more vivid -- the sky might look teal or the grass an amazing green. You may see grids running across the ground. As you become more sensitive, you may see shapes or outlines in the air, especially when the room is almost dark. When your eyes are open or closed, you may see white shapes in your peripheral vision (these are your guides).

Hearing may be increased or decreased. Other symptoms are hearing white noise in the head, beeps, tones, music or electronic patterns. Some hear water rushing, bees buzzing, whooshing, roaring or ringing. Others have what is called audio dyslexia-- you can't always make out what people are saying, as if you can no longer translate your own language. Some hear strange voices in their dreams, as if someone is hovering near them.

Enhanced senses of smell, touch, and/or taste. You may now smell and taste chemical additives in some foods in a rather unpleasant manner. Other food may taste absolutely wonderful. Some people report feeling surrounded by beings at night or having the sensation of being touched or talked to. Often they will wake with a start. Some also feel their body or bed vibrate. The vibrations are caused by energetic changes after emotional clearing has taken place. Electrical and mechanical malfunctions - when you are around, light bulbs flicker, the

computer locks up, or the radio goes haywire. Heart palpitations - A racing heart usually accompanies a heart opening. It only lasts for a few moments and means that the heart is re-balancing itself after an emotional release. Note: Please see a medical professional to determine you are not having an actual medical emergency!

Increased integrity: You realize that it is time for you to seek and speak your truth. It suddenly seems important for you to become more authentic, more yourself. You may have to say "no" to people whom you have tried to please in the past. **You may find it intolerable to stay in a marriage or job or place that doesn't support who you are.** You may also find there is nowhere to hide, no secrets to keep anymore. Honesty becomes important in all your relationships. There is a feeling that you are somehow different. A disquieting sense that everything in your life feels new and altered, that you have left your old self behind. You have. You are much greater than you can possibly imagine. And there is more to come ...

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

To see our Readers' background information, visit:

<http://www.talismanct.com/images/Readerslist14.pdf>

August 2

Gwen Lord - Whole Life Tarot (past life recall)

Mark - Tarot or Reflexology (Mediumship)

Rachel - Animal Intuitive (pets welcome) & Tarot (Mediumship)

Todd - Tarot

August 9

Gwen Lord - Whole Life Tarot (past life recall)

Mark - Tarot or Reflexology (Mediumship)

August 16

Gwen Lord - Whole Life Tarot (past life recall)

Mark - Tarot or Reflexology (Mediumship)

Todd - Tarot

August 23

Andrew Neblett - Runes, Tarot

Gwen Lord - Whole Life Tarot (past life recall)

Mark - Tarot or Reflexology (Mediumship)

Rachel - Animal Intuitive (pets welcome) & Tarot (Mediumship)

August 30

Gwen Lord - Whole Life Tarot (past life recall)

Mark - Tarot or Reflexology (Mediumship)

Todd - Tarot

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

Tuesday: Gwen Lord: Whole Life Tarot 12-7pm \$30/30min

Friday: Mark Hoyt: Spirit Guided Tarot - Foot Reflexology

Treatments 2-8pm. \$30/30 minutes. .

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 \$70 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. We also book private parties at the shop, with readers of your choice. Just ask!

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 (\$30/30 minutes).

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. These mini-readings usually last about 10-15 minutes. As long as there are no other scheduled readers in the shop (they drive in from a distance and it's just 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

Saturday, September 23 - **Healing with Herbs**: 6:30-8:30pm.
\$25. Andrew Neblett will introduce herbal remedies and how to create your own basic healing kit. Various herbs and their healing properties will be discussed as well as how to prepare them. This is a great introduction to learning how powerful herbs can be and the student will be show how several common ailments can be healed easily with them.

Saturday, September 27 - **Past Life Regression Session** led by Andrew Neblett. 6:30-9:00pm \$25. (Limited: 30 attendees). These sessions are so popular we are holding them quarterly – next will be in

August. 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! 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.

Andrew Neblett is a certified hypnotist (CT. REGISTERED HYPNOTIST, HYP.0000114), Natural Health Consultant, Energy Kinesiologist, TBM practitioner (Total Body Modification), instructor, Hypnosynergetics instructor, Intuitive Counselor, Herbalist, and a Process Coach. He also practices aromatherapy, reflexology, homeopathy, radiesthesia, E.F.T. and iridology. Learn more at <http://www.integrativenaturalwellness.com/about-us/>

THE CIRCLE OF THE SACRED WELL PRESENTS

Event: Open House

Date: Friday ~ August 8th from 6 to 8 p.m.

Location: The Undercroft at Talisman

Join us for this semi-monthly social and networking event, which is held on the second Friday of even-numbered months. This is the place to learn more about the Circle and to socialize with area pagans and other like-minded individuals. Please come along any time within the above time window and visit for however much time you wish. Refreshments will be served.

Event: Community Service - Spooner House Homeless Meal

Date: Saturday ~ Aug. 16th ~ 4 to 7:30 p.m.

Location: The Undercroft at Talisman

Join us as we cook and serve the meal at the ACT Spooner House Transitional Living Facility, located at 30 Todd Road in Shelton. This is a worthwhile event, serving the local community, and it's also lots of fun! This month, the theme is 'Summer Picnic & Ice Cream'. We will be making and serving picnic food, and there will be an ice cream and toppings bar for dessert! Volunteers are always needed for this event. Contact Mandy at arianowl@yahoo.com to sign up. Volunteers eat for free at this event.

Event: Wiccan/Pagan Study Group - Altars & Altar Set-up

Date: Tuesday ~ Aug. 19th ~ Time: 7:30 p.m.

Location: The Undercroft at Talisman

Join us for this monthly Study Group, which is held on the third Tuesday of each month. This month, popular presenter, Daniel, will be facilitating a workshop on Pagan and Wiccan altars and altar setup. The workshop will include a great slide presentation, as well as a 'hand's on' altar setup display and discussion time. Attendees are encouraged to bring pictures of their home altars to share and talk about, if they wish. This workshop is suitable for all experience levels. Join us for this fun and informative workshop!

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.

We are coming close to the final days to register for CWPN's Harvest Gathering Festival! Please register at: www.cwpn.org/hg

You can come for the full 4 days, you can come for just the day (Friday and Saturday), or you can come for just the evening (Friday and Saturday). We are taking walk-ins, BUT if you want to be on the meal plan you need to register ahead of time. The AMAZING tentative schedule of events is also on the website so please take a moment to check out the wonderful classes, workshops, and rituals that we have planned.

LASTLY - if you are interested in getting a Harvest Gathering commemorative T-shirt or Tank Top, please visit the website to order your shirt. They will be available for pickup at the event at the CWPN Tent. Site: www.hgshirts.squarespace.com You must order these shirts before July 28. These shirts WILL NOT be available for purchase at the event.

Thank you and hope to see you there!

Blessings,

Cori Burke - President, CWPN, Inc.

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>. 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.

The Healing Loft: Mediumship, Angel Intuitive Guidance, Reiki Healings, Workshops and Lightworker mentorship offered in Hamden, CT. Mentorship is a class offered to those who wish to develop, or deepen, their own abilities, as well as their spirituality and healing. ALL will be covered in this class. It is an ongoing class and requires a commitment to attend. There are two series available: Beginning and Intermediate Mentorship — these are 6 month commitments (each) of meeting every other week. We cover such topics as grounding, protecting, meditation, connecting to our own higher self, enhancing your intuition, connecting to the angels, limiting beliefs, EFT and other healing modalities, chakra balancing, practicing with our abilities & metaphysical tools and so much more! In between each in person meeting, I remain available for your questions and assistance via email, texting and Facebook. You will not be asked to attend meetings and then left to “fend for yourself” ~ I will be with you every step of the way! <http://www.thehealingloft.net> or (203) 506-8822.

Shen Yun Symphony Orchestra: October 11 1pm and 7pm. Carnegie Hall, NYC. In Chinese, "Shen Yun" means the beauty of divine beings dancing. As part of Shen Yun Performing Arts, the Shen Yun Symphony Orchestra aims to revive authentic Chinese culture. For more information: <http://www.Symphony.ShenYun.com> or (800)818-2393. Listen to samples of shen Yun music at: <http://www.ShenYun.com/music>

Newtown Yoga Festival: Proceeds will benefit the community fund of the *Sandy Hook Promise Foundation*. Saturday, August 23, 2014. 9:00 AM to 4:00 PM - *NYA Sports and Fitness* 4 Primrose Street, Newtown, CT 06470. nyasportsfitness.com

[Astrology Corner](#)

By Alethea Hunt, Astrologer

It's a playful vibe at the outset of August w/ the Sun, Jupiter, & Mercury all rolling around together in frisky Leo! It's not a bad time for a

weekend getaway or even a long trip for some recreation, however we are also seeing some continued friction being applied from Mars in Scorpio which suggests that it's not all fun and games, either & that sometimes we DO need to play for keeps! If you should find anything unpleasant competing for your attention early in the month, best to be proactive about it rather than to look only at the sunny side of things for the sake of not spoiling a good time. This is a shorter-running influence, thankfully, which should be on its way out after August's first week, so look at it as some passing clouds as opposed to something totally raining on the parade. Sometimes you have to swat a few flies at the picnic, so dispatch anything unpleasant quickly, *then* get back to having fun!

We have an Aquarius Full Moon on the 10th, which seems to be applying some social pressure on us to consider individual friendships or group dynamics that may be entertaining on one hand, but perhaps high-drama and more than a bit energetically taxing on the other. Pay close attention if you feel a need to detach/unplug from certain social settings/scenes if this is the case, because the goal is to conserve your energy for the things you **do** find fun and to cultivate solid connections with those who are similarly-minded, even if this means paring down the **quantity** of people in your network in favor of a hand-selected **quality** few.

Mars begins to creep up to Saturn in Scorpio after mid-month, and I detect some potential "helicopter parenting" vibes coming off of this one! This would be a good time for ***all*** parents to check and be sure we're not engaging in behaviors that could be coming off as overinvolved/controlling. While it's totally understandable this usually comes from a place of love and wanting the best for our kids, we also have to know when this is harmful and when our children benefit from a little privacy and/or doing things for themselves ***without*** our interference. Mars plus Saturn in Scorpio can potentially have a smothering energy to it if we're not careful, and we definitely want to avoid that! Elsewhere, I would say for those **not** looking to have kids that it would be a good time to consider abstaining from sex if we're doing it just for fun, as this is energy has a serious and decidedly **not** consequence-free edge to it. Definitely use some protection at the very

least, if only for the sake of reducing the risk of an STI even when pregnancy isn't a concern. With Venus frolicking in Leo near Jupiter and squaring these two, there is a real possibility of not taking risk seriously enough because we think it "spoils the fun" - this would be a mistake. I read this energy as literally taking a gamble with something (could be love or money) and then having to pay the piper. This doesn't have to be a killjoy, but an ounce of proactive prevention can do wonders when we're flirting with such a strongly hedonistic vibe. This Mars-Saturn energy picks up steam during the latter half of August and comes to a peak around the 25th – after this point it does die off, but be wary of anything used as a "last hurrah at the end of summer" kind of justification during August's 3rd week in particular.

Speaking of the 25th, we have a nice Virgo New Moon on this date that can help us sow some seeds of wellbeing on a physical and spiritual level – set those intentions and/or say some prayers! Because this lunation is in opposition to Neptune, we're not only talking about the mind/body connection to wellness, but also a focus on *spiritual* purity and hygiene and on incorporating this into our everyday routines in small ways. This could be anything from cultivating a daily meditation practice, to regular prayer, to resolving to find one small way each day to help someone and be of service to humanity in some way, but the focus is on doing things to keep our etheric body "clean" so to speak. The opposition to Neptune also emphasizes awareness of any self-deceptive habits that could interfere with our physical & spiritual well being, and this is certainly not the time tell ourselves any lies with the ruler of this Moon (Mercury) also in Virgo and opposing Chiron in Pisces – it's a time to be sure we're being congruent & walking our talk when it comes to physical & spiritual health. We do especially well to scrutinize the use of any "substances" now, because it's possible to be fooling ourselves about whether we are self-medicating or else potentially misusing a substance under the guise of ritual/ceremonial use with this opposition in play. Critical thinking and discernment are favored, because whether it's natural or pharmaceutical, a substance is still a substance and these are more inclined to make the body a tavern instead of a temple now, where we wallow non-productively. Remember that with Chiron in Pisces, the tendency can be to escape from our pain any way we can...particularly while deluding

ourselves about it.

***** A note to readers: If you would like to receive my FREE monthly newsletter via email which is packed full of information & astrological insights, simply click [HERE](#) or send an email to Alethea@EmpoweredDestiny.com & I'll be happy to add your name to my list of recipients! You can also follow my nifty [astro-blog](#) or find me on Twitter ([@EmpwrDdstny](#))**

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

Laura Lenhard