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February 2, 2012

Merry & Blessed Imbolc/Candlemas/Feast of Brigid/Groundhog Day !

Isn't it great when a casual question turns into a significant conversation, and from that a friendship is born? That's what happened last week, when author Terah Cox (www.heavenandearthworks.com) called Talisman, looking to contact a healer she had lost touch with. The ensuing conversation lasted almost an hour – and Terah followed it up with a “care package” sampling of her greeting cards, magnets and books. What a gift! That evening, I sat down with her book “Birth Angels: Fulfilling Your Life Purpose with the 72 Angels of The Kabbalah” and was amazed its depth as well as the phenomenal research that its writing entailed. This book represents the first detailed introduction of the 72 Angels of the Kabbalistic Tree of Life system/tradition to the English–speaking world. This was developed by those who might have been called the “new age” Kabbalists of the Middle Ages. These spiritual pioneers were mystics and scholars working within the Jewish Kabbalah and also involved with ancient alchemy, astrology, neoplatonism, mystical and mainstream Christianity, Hinduism, Islam/Sufism, and other Eastern and native traditions. These Kabbalistic “rebels” sought to bring Divine mysteries to the everyday lives of both men and women. Elements of the tradition have been making their way to the United States over the last couple of years through European practitioners. The modern discovery of the “individual–friendly” 72 Angels Tradition reveals why and how the human heart is so powerfully endowed and provides practical ways to continually access this power with personal relevance. Our Birth Angels are the conveyors of a personal Divine “blueprint” for each of our lives.

Very personal, indeed! In fact, when I looked up my own and my four children's angels, I was amazed at how unique and accurate the descriptions were. For example, my 18 year old son Derek has expressed an interest in farming and is thinking about joining Heifer International or another “farm aide” collective organization. Well, both his paternal grandfather and uncle were dairy farmers in Vermont – so perhaps it's in his DNA? The virtues of his Birth Angel, Omael, include “helping to sow, reap, and multiply harvest in all things; brings fertility to all seed plantings and creations in the human, animal and plant kingdoms”. My own Angel, Rochel, “helps to discover truth through the path of intuition; helps to walk the way of Ariadne's Thread to reunite the one with the many via the unforeseen and coincidental”.

And in answer to the obvious question – yes, I have placed an order for 15 copies of the book! I hope they will arrive by Saturday.

Well, seeing that February IS the "love month" – let's continue to talk about Angels!

Angels are mentioned throughout all recorded history. The one sure fact is that they are the workers, messengers, and helpers of Divine Providence. There is a misconception that Angels are strictly Christian or non-pagan. Not true. The mythology of Angels existed long before Judaism and Christianity. Angels also are major figures in Buddhism, Hinduism, Celtic and Norse mythologies as well as many Shamanistic legends. But not every spiritual path calls these entities "angels" – for example, Buddhists call them devas or celestial beings. Hinduism has many different types of spiritual beings who act in a similar capacity to Angels, one example being the minor gods referred to as the "shining ones" who inhabit the higher astral plane of the divine world. The Asuras are referred to as evil spirits or demons – fallen devas who inhabit the lower astral plane, much like the fallen angels outlined in Christian philosophy. In Norse mythology the equivalent to angels are the Valkyries – dark angels of death who soared over the battlefields and chose the heroes of the battle then took them away to Valhalla. In Celtic mythology, the Faeries were often seen as the helpers of mankind. They too have many correlations to angels. For most Pagans, the guiding philosophy would be the concept of Mother Earth (Gaia) and natural magic, and therefore within this concept "Angels" would be recognized as having a close connection with the Earth as the Spirits of Earth, Air and Water. Certainly not all, but some Pagans have accepted the dominions, roles and correspondences of the angels as originally devised from ceremonial or ritual magic and successfully integrated these into their working practices. One example of this is found in the Italian Witchcraft tradition of Stregheria – in which the Archangels are called to stand as Watchtowers when casting the circle in ritual.

Many of us are most familiar with the Archangels, who are able to be in many places at one time. The most popular Archangels are Michael, Raphael, Gabriel and Uriel. There is a debate as to the names of the other Archangels. In the eighth century, the Christian Church became alarmed at the rampant adoration of Angels by the Christian community. For some unknown reason, in 745 A.D. under Pope Zachary, a Roman council ordered seven Angels removed from the ranks of the Church's recognized Angels, two of them being Archangels Uriel and Raguel. However, the seven Judeo-Christian Archangels are Michael, Raphael, Gabriel, Uriel, Chamuel, Jophiel and Raguel. Most of us remember Metatron from the movie Dogma – He is known as The Voice of God and serves as Heaven's scribe, charged with recording everything that happens on earth in the Akashic records. Metatron has a special place in his heart for children, especially those who are spiritually gifted. As a writer and a mystic, I personally feel particularly close to Metatron.

Why now has there been a large increase in Angelic sightings and encounters? Why haven't they been here before? Well they have, but some mythologies suggest they've been restricted from contact. Some of these mythologies also explain why the Angels left the Earth for a time and have now returned. One of the most common of these comes from the legends of Atlantis.

There is no doubt that visual contact with an angel is thrilling. I remember sitting with a very serious-looking businessman in a reading some years ago. At one point, he leaned over the table and said breathlessly, "I have to tell you something I just cannot tell anyone else – I saw an angel!" I smiled and he went on to tell me that he was pulling out of his driveway one morning on his way to work, and when he

looked over his shoulder he saw a beautiful winged being surrounded by gold light. He rubbed his eyes, looked again – and it was still there, looking at him. Love emanated from its very essence. He stared at it until finally, it disappeared.

The function of Angels is to provide for our spiritual and emotional needs. Angels work primarily on the emotional plane, but once we're open to them, we can feel their presence around us all the time. They do not have a human form because they are made up of energy, love and light. But Angels project themselves to us in a manner we are most comfortable with which means we often see them as human. If they have a message to give us, they may even come to us in the form of a departed loved one, so as not to scare us. However, with one exception (Metatron) humans do not reincarnate as angels. Other ways Angels appear to us is through lights, colors, sounds, feelings, and scents. It is very simple to contact your Angels. All you need to do is call them. It doesn't have to be in words, it can be a thought – but they always come. If you open yourself up to their energy, you will feel their presence. Know that as messengers of The Divine, they only act for the Highest good and thus have freedom to come into our lives freely. Do not worry that they may be dark entities disguised as light – as anything dark or negative must be invited in via your own will or desire. And rather than exhilarated or awestruck, dark entities arrive and leave us feeling dread, fear or anger. The smells associated with them are not pleasant. They do not heal or comfort, and take much more than they ever give. Their “messages” are confusing and rarely make sense. Dark entities enjoy making trouble. You would never, EVER confuse the two – so please do not allow fear to prevent you from reaching out to the Angelic realm.

Many of us are letting go of old, restrictive belief systems and behavior patterns and there is a deep knowing that there has to be a better way. Our society is allowing an openness to new and different healing modalities, as people seek a more authentic way to live. In these troubled times, when the outside world seems to be changing rapidly, Angels stand ready to help – but we must ask, as they cannot interfere with our free will unless our lives are in danger of ending prematurely or it is time for Divine Intervention so we may fulfill our Destiny. Their only job is to bring peace on earth, one person at a time. They watch over us, especially in times of hardship and need, and they guide us through adversity. Even if we do not believe in them, or recognize their guidance in our lives, they continue to offer help and love.

I am a Wiccan, and I am just fine with all of this! In whatever form and by whatever means, there cannot possibly ever be too much Divine love in this world. To quote my favorite Beatles’ song: “All we need is Love, Love -- Love is all we need ...”

NEW-AGE FEST
Saturday, February 4th
12:00pm–6:00pm – (203) 261–0047 for appointments

Readers (\$25/20 minutes – please, cash only):

Andrew Neblett, Tarot

Melissa, Tarot

Yvonne McGarvey, Tarot

Sierra North, Shammanic Journey to find your Power Animal

Tim Bshara, Aura/Chakra Photography (\$40, includes 23 page booklet detailing the reading)

Tammie, Chair Massage (\$1 /minute)

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Workshops at Talisman

RSVP (203) 261-0047

Healing With Oils: Saturday, February 4th 6:30–8:30pm. \$25

Andrew Neblett introduces 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/recommended reading list will be provided. See more at www.nebletonline.com

Adventures in Palmistry: Saturday, February 11th. 6–8pm. \$25

Your destiny is in your hands – and you can have a hand in your destiny! In the ancient art of palmistry, the signs in your hands show the key points of past, present and future, revealing love, adventure, adversity, opportunity, your talents and needs. As you change the direction of your life, your palm shifts to reflect that new path. Reading palms can empower and enlighten you, giving you the knowledge you need to chose the best path for your life and help other people to chose their best lives as well. And it can be a lot of fun. This class is easy and fun, is designed for all levels of experience, and will give you practical skills you can use immediately. Her book “Adventures in Palmistry” will be available for purchase.

Cathy Kane is a very popular teacher here at Talisman She is a professional Psychic, a Reiki Master, a Bard, an esoteric Christian mystic, a student of the Universe and an enthusiastic teacher of what she knows! See more at www.foresightyourpsychic.com

Power Animal Workshop: Saturday, February 18th. 6:30–8:30pm. \$25.

Many traditions acknowledge that a person is born with a specific power/totem animal that is their healer, guide and lifelong protector. Often there is a strong similarity between you and your power animal, you share certain traits. When you align yourself with your power animal you come to understand your strengths and weaknesses and make the most of your natural abilities. As you develop this relationship with your power animal, you are aligning yourself with powerful archetypal energies and reconnecting your spiritual ties with Mother Earth. In this workshop you will learn how to perform a

shamanic journey, the shamans' method for direct communication with spirit. During the journey experience you will discover your personal core power animal, the animal spirit who is your lifetime companion and you will receive a spiritual gift from your power animal that will strengthen your personal power, enhance your relationship to the spirit world, and enable you to more fully comprehend the oneness of all beings. No level of training or ability is required. Wear comfortable clothing and bring a notebook and pen. Some people may find it easier to have an eye covering, such as a bandana, and a blanket. Please refrain from wearing any perfumes or strong deodorants. RSVP (203) 261-0047.

Sierra North of Starlight Healing is a Shamanic Practitioner, offering power animal retrievals, soul retrieval, extractions, healing journeys, cleansing ceremonies, sacred space creation and Munay-ki rites. She is a Reiki Master of the Usui Shiki Ryoho tradition. Sierra has a B.A. in Psychology from St. Bonaventure University. A licensed wildlife rehabilitator, she worked at Earthplace in Westport as a wildlife technician for 10 years. See more: www.starlighthealing.net

Healing with Herbs: Saturday, March 3rd. 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. See more at www.nebletonline.com

Communicating with Fairies: Saturday, March 10th. 3-5pm. \$25

The fairy realm exists right alongside our world and is populated with a wide range of exotic beings. They range from tiny creatures who tend the natural world, to "little people," to large and human-like beings. Some are beautiful and some are fearsome in appearance. They have abilities we do not have. Many people have chance encounters with fairies, either in nature or right in their own homes. They are not imagination, they are real! We can develop our own "fairy sight" for seeing and communicating with fairies on a regular basis. Join author Rosemary Ellen Guiley for an evening immersed in the enchanted land of fairies. In this practical workshop you will learn:

- The origins and types of fairies
- Their nature and abodes
- How to see and communicate with fairies
- Fairy rules and taboos
- Fairy nooks and altars

The workshop will include a fairy circle of light guided meditation, so please wear comfortable clothing. Bring a crystal, stone or other object for charging in the fairy circle. Rosemary Ellen Guiley has had numerous encounters with fairies. A paranormal researcher and investigator, she is the author of more than 47 books, including Fairies, a guide to fairies, and the CD Faery Magic, which includes two guided meditations. See more at www.VisionaryLiving.com Note: Books will be available for purchase.

Depossession – How to Perform it Safely: Saturday, April 7th. 6:30–8:30pm. \$25.

Andrew Neblett notes that this class is for those either brave enough or foolish enough to want to deal with possession. The signs of possession, legal ramifications, techniques of depossession and protection will be taught – this is subject matter contained in Andrew's upcoming book. **WARNING!!!!** This class is for informational purposes only! Possession is serious business! See more at www.neblettonline.com

The Shadow People – Why Are They Watching Us? Saturday, March 10th. Rosemary Ellen Guiley. 3–5pm. \$25.

Shadow People are one of the most terrifying and common entity experiences had by people of all ages all over the world. They steal into bedrooms at night in the form of tall, black silhouettes of men wearing coats and hats. They have no facial features, but they have a penetrating stare, and they give off an aura of malevolence. Sometimes they attack people. They are not human. They are not demons.

Rosemary Ellen Guiley, a leading expert on the paranormal, has been studying the Shadow People for more six years and has compiled a detailed database on them from hundreds of eyewitness cases. She has experienced Shadow People herself. She explains her conclusions on who the Shadow People are, where they come from, what they want, how they behave – and what victims can do to banish or prevent their invasions. Some of the answers may surprise you!

This is an exciting, ground-breaking multi-media presentation you will not want to miss! The workshop will be followed by a booksigning. Rosemary Ellen Guiley is the author of 50 books on the paranormal, including The Encyclopedia of Demons & Demonology, The Encyclopedia of Ghosts and Spirits and The Vengeful Djinn. She conducts original field investigations of haunted sites, entity contact experiences, and spirit communications. She lives in New Milford, CT

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Talisman's Regularly-Scheduled Readers
(203) 261-0047 for appointments (Cash payment requested)

Starr: Thursdays – Angel Readings 3:00–7:00 pm \$30/30 minutes.

Mark Hoyt: Spirit Guided Tarot – Fridays 2–8pm. \$25/20 minutes.

Lina: Sunday mornings – Intuitive Counseling by appointment (261-0047) \$50/45 minutes. Fluent in Italian, Spanish and English.

February 4 & 18: New Age Fest, 12–6pm (variety of readers/healers)

February 25: Gwendolyn Lord, Whole Life Tarot 1–6pm, \$25/20 minutes.

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. Please make all scheduling arrangements through Laura at (203) 261–0047.

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 takes her own special brand of healing massage/Reiki/journeywork/mediumship on the road, so to speak – "Have table/will travel!" – is a licensed aesthetician and 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.

Laura: I do special, in-depth readings, 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! (\$40). Call the shop for an appointment, I schedule these when the shop is closed or after-hours. Yes, I still do \$5 readings but these are done in-between phone calls and waiting on patrons – you can't make an appointment, and I do get interrupted. But I am always happy to peek at someone's palm or throw a few cards, so don't hesitate to ask!

The Circle of the Sacred Well at Talisman

February 10 – Circle Open House 6–8pm

Join us – This is the place to learn more about the Circle and to socialize with area pagans and other like-minded individuals. Please come any time within the above time window and visit for however much time you wish. Refreshments will be served

February 21 – Wiccan/Pagan Study Group 7:30pm ~ Energy Work & Visualization

This month, we will be conducting a participatory workshop on Energy Work and Visualization. If you have always wondered how to ground and center, how to gather and project energy, the difference between invoking and evoking (and how to do either), how to work with the Elementals and/or how to make visualization a powerful tool in meditative and ritual work, then this is the workshop for you! \$5

March 24 – Ostara celebration – 2:30pm/Ritual at 5pm. Details to follow!

Astrology Corner by Alethea

BIG NEWS: I've started a Meetup group for those who are interested in coming together to study and explore metaphysical subjects including astrology, tarot, and related topics – you can learn more about this group and join the community by visiting <http://www.meetup.com/Metaphysical-Study-Group-of-Western-CT/>

Some interesting developments are on tap this month regarding love and money courtesy of Venus. At the outset of the February we find her in dreamy, idealistic Pisces and while she's there she'll be infusing relationships and financial matters with both of these qualities. If you've been hoping, wishing and praying for a financial miracle, it's a good idea to temper this by taking practical steps to ease your worries due the opposition in play between Venus and Mars. Create a budget, clip some coupons, and try to see how efficiently you can make those dollars work, because chances are if you don't and just hope instead for pennies to rain from heaven, things might not pan out so well. In terms of relationships, fire up Mariah Carey's "Dream Lover" because Venus in this sign represents the archetypal fantasy woman – she seems to be the perfect partner in every single way, but is she real?? With the opposition in effect between Mars and Venus, here are two potential scenarios for how this energy can play out: In the 1st situation we may idealize a love interest out of all proportion – in this case it's going to sound a lot like a record scratching when reality catches up and brings us back down to earth! Mars in Virgo is hardworking, sensible, and not at all taken in by faerie glamour – he reminds us to temper our fantasies with practical considerations and not to be swept up in illusions. Use your head to discern whether or not you're being realistic about a partner – Venus in Pisces softens and blurs hard lines, so keep an eye out for the faults that remind you your partner is indeed human and not a figment of wishful thinking. This doesn't have to burst your bubble, but it will keep you aware of issues that are likely to cause conflict down the line. Red flags should go up if you see absolutely nothing wrong – know that there is no such thing as a perfect partner and if you see this person as such then you're setting yourself up for major disillusionment when the Piscean haze finally wears off.

The second scenario is quite different. Sometimes we are so busy and focused on work and chores and god-knows-what-else that we forget to make room for magic and romance in our lives. Whether we are with an established partner or hope to meet someone new, it may be time to suspend mundane concerns for a bit and create a space in your schedule where romance can flourish. Ask that special someone to a concert or even a movie – Valentine's Day is just around the corner and the days leading up to may be full of surprises courtesy of Venus rubbing elbows with Uranus. This portends all kinds of unexpected developments for love and money!

On the 8th, Venus leaves watery Pisces and thrusts into action-packed, thrill-a-minute Aries. You may find that somebody spontaneously asks you out on or around this date or you may find that surprising new ways of earning money come your way. There's a slight unease here as this pair will square Pluto in Capricorn and form a quincunx with a retrograde Saturn in Libra. There's pressure on old situations (work, financial, & relationships) right now and a new situation that seems exciting (if a bit unstable) may present itself at this time. Do you roll the dice or stay the course? Though there may be an inclination to jump ship, the timing might not be quite right to initiate something new, either. Mars, the dispositor of

Venus and Uranus, will be retrograde and thinking it out some more before you do something rash is a prudent idea. This doesn't mean that you have to stay stuck in limbo, but it does mean that you might have a foot uncomfortably in both doors at once at least in the short term.

** 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 send an email to AHunt617@aol.com and I'll be happy to add your name to my list of recipients!

Welcome to Energetic Expressions

A Healing Hand welcomes you to this new column in the Talisman newsletter that will focus on all things Energy. We'll talk about Energy, Energy Healing, and related topics. The first set of articles will revolve around doing self-assessments of the chakras.

Why is it important to be aware of your body's energy field?

Each of us is surrounded by a fuzzy bubble of energy called the aura. Science has proven its existence and thereby confirmed thousands of years of intuitive/observational knowledge. The body, mind, emotions, and spirit are intrinsically linked to your energy field – you cannot affect one without affecting the other. By becoming aware of your energetic status, you can gain insights into your personality, behavior, and interactions with the world. For some people, accessing this inner wisdom is easier to do with energy as a guide, kinesthetically, rather than a purely mental approach.

Why don't you tell us what you REALLY think?: The Throat Chakra

Imagine you have verbal diarrhea – you just can't stop talking! You tell someone when they're wearing a sweater you think is ugly. You tell people all about your problems at home and your sex life. You tell people what you think they should be doing, thinking you're giving them advice. You make inane small talk to fill the silence no matter who you're with (family, friends, coworkers, etc).

And yet, for all this talking that you do, you don't tell people what you really want to tell them. The person with the sweater? You really think they have beautiful green eyes and that sweater doesn't compliment them. You tell people about your problems at home because you don't have money for a therapist. Perhaps you have some related experience and rather than sharing your experience and recommending a course of action, you give commands or lectures. Perhaps you are so insecure that you can't bear to give others a free moment in which they might judge you... so you talk to fill the space and distract them.

If that were you, you'd need to get a handle on your Throat Chakra or you'd push people away rather than form tight bonds with them. Refer back to the November newsletter's information on the Solar Plexus (third) Chakra. The Throat Chakra (Expression of Will) and your Solar Plexus (Personal Power) are very closely related and affect each other.

The fifth chakra, or Throat Chakra, is about your ability to speak the Truth and knowing when to speak it. It is located at the throat its principal element is Ether. It is at this point that the physical and emotional energies binding you to this earth plane give way to more spiritual energies. In Hindu, this chakra is called Vishuddha (purification) and is represented by the 16-petaled lotus. Travelling up the rainbow light bridge from the green Heart Chakra, this light vibration of the Heart becomes more ethereal and fluffy... we perceive the color as Bright Blue.

Eastern Body, Western Mind by Anodea Judith suggests the Throat Chakra develops from the age of 7 to 12 years. After developing our persona, we are now able to work at thinking symbolically and communicating creatively. So long as the child is in an environment where he/she is encouraged to speak the Truth, and also to hear the Truth, the Throat Chakra should develop in a healthy manner. Traumas such as mixed messages or lies, verbal abuse, excessive criticism, threats for telling secrets, authoritarian parents ("Don't talk back!"), or alcohol/chemical dependent families ("don't talk, don't trust, don't feel...") can cause damage to the fifth chakra.

How to assess your Throat Chakra

A person with a balanced Throat Chakra is able to express themselves effectively and creatively. Individual is inspired and able to listen.

A person with an overactive Throat Chakra may be excessively talkative or perhaps a gossip. Individual may be brash, have trouble listening, interrupt frequently, or appear self-righteous. Their "filter" is gone, and although they talk a lot they are not speaking their Truth.

A person with an underactive or blocked Throat Chakra may have difficulty sharing opinions or expressing his or herself. Individual may speak quietly or be shy/introverted. This individual tends not to speak up for themselves or others, and has trouble speaking their Truth.

What to do about an unbalanced Throat Chakra

Affirmations: My opinion is valuable. I am able to express my ideas creatively and clearly. I have the wisdom to know when and what to speak. I am honorable and deserving. I listen to those around me. I communicate with clarity and purpose.

Helpful Crystals: Lapis Lazuli, Sodalite, Turquoise, Sapphire, Aquamarine, Celestite, Blue Lace Agate, Azurite. You can keep them in your pocket during the day, under your pillow while you sleep, or in your hands while sitting/praying/meditating.

Sound: Music written in the key of G, tuning forks, or singing bowls tuned to G or close to it (e.g. Solfeggio tone 741 hertz). The seed sound of the Throat Chakra for toning is "HAM" (pronounced H-AHHH-M), and vocal "instruments" resonate well with this chakra.

Meditation/Visualization: Imagine yourself standing amidst a field of blue flowers. The flowers stretch as far as the eye can see, and they are the most beautiful shade of blue you have ever seen. Now, place your hands together in prayer position in front of your heart chakra, and see yourself - your entire body -

getting larger and larger, taller and taller. You are now 10 feet tall, 100 feet tall, 1000 feet tall! You can see far, and the field of blue flowers still has no end in sight. But, the higher you are, the more apparent it becomes that there is a word spelled out in the flowers – the different shades of blue were imperceptible at ground level but now that you are larger and can see the bigger picture, you can see the message from Spirit – a message just for you about how to best speak your Truth. Make a mental note of the message, return your body to normal size, and open your eyes.

Color Therapy: Bring more Blue into your life! Stones/Crystals, Candles, Clothing, Jewelry, anything else you can think of!

I encourage each of you to use the assessment tools and information provided to delve into your inner wisdom. You may also come to Talisman's New Age Fest every first Saturday of the month to meet me and get an Aura/Chakra Report ([Sample Report](#)). It never hurts to have a little validation, of what you've been thinking/feeling, right? Feedback/comments appreciated. Suggestions or questions for future topics welcomed. tim@ahealinghand.net. For upcoming classes and events, visit www.ahealinghand.net

Community Events

February 10 & 11: The spiritual center "Finding Feathers" presents a weekend workshop with Sharon Welch: Calling All Angels & The Art of Forgiveness and Self Healing. 395 Commerce Drive, Fairfield (behind Tucker's Café). Call or email to rsvp: denise@findingfeathersfairfield.com or 203.916.7887 or register online at www.thespiritorganization.com and Follow us on Facebook: facebook.com/findingfeathers

Calling All Angels: "Love, Healing & Inspiration"
Friday, February 10th. Time: 7:00 PM — 9:00 PM

The presentation will bring awareness and insight about the Angelic helpers that God has sent to surround, guide and protect us throughout our life here on earth. The presentation will begin with how we support ourselves and others during times of loss and then discuss the many signs, messages and the hope we all receive everyday on our journey. Cost Per Person: \$25.00

The Art of Forgiveness & Self Healing. Saturday, February 11th. 9am – 5pm

Join us to discover the many false beliefs surrounding grief and learn valuable tools and information that will help you when you experience changes that are beyond your control. Sharon shares her story of grief and triumph in her book "The Art of Forgiveness and Self Healing". She hopes that through sharing her story she can inspire and teach others how to work through their grief and live a more fulfilling life. The workshop is filled with valuable, insightful and life changing information. Come learn how to make the necessary changes to improve your life finding peace and happiness. Full Day Workshop \$99

Natural SOULutions® Saturday, February 11th. Rainbow Therapy Healing Circle™

Time: 5:30–6:30pm

This is an Aromatherapy and Energy Treatment used during a guided relaxation and meditation to restore the natural flow of energy in the body. Rainbow Therapy assists in the release of stored emotions and blocks within the energy pathways. There are intuitive messages channeled along with learning to tune into your own spiritual channel to create balance and harmony. Cost per seat \$25

Sunday, February 12: Meet four inspirational speakers whose mission is to help others reach their goals. The two-hour event will be held at Westport’s new Center for Healing Energy, located at 180 Post Rd. East. It will be held between 3 p.m. and 5 p.m. The fee to attend the event is \$10 at the door. For additional information please email Tessa Zimmerman at zimt@optonline.net. To contact The Center for Energy Healing, call (203) 557-9329. The parking lot and main entrance are in the rear of the building, off Imperial Ave.

Each speaker will offer a different perspective on how they sustain motivation in their life/career and how they apply it in their work. Hosting the event will be Tessa Zimmerman, founder of the Westport-based teen health blog “TeenSanity”.

Speakers:

Inspiration in Business and Life: Canadian-based Roman Price, founder of the world’s largest inspiration network, LifePulp.com, will discuss how inspiration has contributed to his successes. He has been an entrepreneur since age 17. Find out how he built his businesses and why he wants to inspire people.

Sustainable Education = Inspiration for Kids: Suellen Inwood is the Director/ Individualized Program Coordinator at the Easton Country Day School – a small, coed private school for grades Pre-K through 12. She will discuss sustainable education and how to keep students inspired. Her 25 years of teaching experience includes Pre-School at Cooperative Educational Services and numerous grades at Fairfield public schools. Joining Suellen will be Dr. Donaldson, who taught at the Universities of Washington and California State, Hayward and the California School of Professional Psychology. He is the developer of Original Play. He is also the author of the Pulitzer-Prize nominated book, [Playing By Heart](#). He will be discussing the importance of original play in education.

How to Overcome Obstacles and Stay Motivated: Bryon Breeze, also known as “Soulja,” is the subject of a feature-length documentary “Half a Soulja” www.halfasoulja.com. Born with a severe disability, he will discuss how he has overcome tremendous obstacles and has achieved some notable accomplishments, including being the first “double amputee” to win the New York City Triathlon. He will discuss how he motivates himself on a daily basis. He calls it “Motivation in Motion.”

March 31: **Reiki Share at Talisman**, hosted by Jessica & Jim Hunter, from 12:00–2:00pm. From 12–1 pm, practitioners will share amongst themselves; then from 1–2pm we will give free 10 minute “sample

sessions” to the public. So if you have never experienced Reiki before, this is a great opportunity to do so! Practitioners, please note the guidelines below. Let's gather together and share, give and receive Reiki! All Reiki levels and Lineages welcome to attend! There are no fees for these Reiki Shares ~ this is a great way to practice, receive and meet others without expense! Let's share the gift! Hosted by Jessica & Jim Hunter

Reiki Share Guidelines:

1. If you are attending a Reiki Share to participate as a Practitioner, you must present a copy of your Reiki Certificate to participate. If you are planning on attending multiple shares, you will only need to provide it at your first share. This is out of respect and fairness for all Practitioners who are participating who have invested the dedication, discipline, and investment in their Reiki Training.
2. Any participants must be respectful and non-judgmental towards all participating members. As this is open to all levels and lineages, participants will be coming from different backgrounds and training. As Practitioners may use different techniques, I am encouraging participants to share and exchange these amongst themselves without judgment. If anything, participants can learn from each other and expand their practice of Reiki, and that is what is encouraged!
3. Above all, make friends, have fun, learn & grow!

Any questions, please email Jessica at piscesenchantress@hotmail.com or call Talisman at (203) 261-0047 to RSVP.

Sunday, March 4: March Winds 2012 Psychic Fair 10am-9pm. Join us for the 3rd psychic fair by A Healing Hand! 9 readers offering everything from Tarot to Numerology & some great vendors and healers offering everything from chair massage & energy balancing to crystals and candles.. and much more! For full details, visit <http://www.ahealinghand.net/> Fair ends at 6PM, but from 7 to 9 Barbara DeLong will be hosting a Spirit Circle and Past Life Readings – see website to sign up!

The Green Mountain Druid Order based in Worcester, Vermont, announces the start of its 7th 3-year Druid Training at the end of March 2012. For details, please read our website: www.greenmountaindruidorder.org. If the training is not for you, read about our Home Study course.

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

Laura Lenhard