

Talisman

Talisman ... A Unique New-Age Shop

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Fewbruary 1, 2014

Merry Imbolc!

I am a big believer in looking backward before moving forward. It may seem to slow the process, but I've found it's good to take one long, last final look at something you are leaving behind. Other times we need to pause and contemplate exactly what the lesson was to learn prior to moving from Point A to Point B. I mean, really learn the damn lesson so you don't wind up re-living it via "Groundhog Day" the movie! Imbolc (February 2 aka Groundhog Day) is a Sabbat which celebrates the re-awakening of the earth after its long winter slumber. It's not green out there yet but the hibernating plants and animals are beginning to stir. It can be compared to the time when a baby begins to kick noticeably in the womb – not ready to be born, but the time grows ever closer.

In addition, we just experienced an extraordinarily powerful Black Moon (January 29) which signaled the time to put aside fear and fight to break new ground prior to the Aquarius New Moon which followed a day later. Talisman's own Alethea Hunt weighs in on this at length (below, end of newsletter). For another perspective, Astrologer Lynn Hayes sums it up nicely (taken from her website "Astrodynamics"): *The way to the New Moon on January 30 is paved by a harmonious sextile aspect from the Sun to Uranus on January 29. The Sun bestows life-giving energy and positive life force, and when it harmonizes with Uranus, the planet of awakening and change, there is a blossoming of potential that stirs the soul and inspires a departure from the ordinary. Anything is possible now, but under the opposition from Jupiter to Pluto we must be very mindful of our thoughts and longings, because you just might get what you wish for. Both of these influences are embedded in the chart for the Aquarius New Moon – a "double whammy" Aquarius influence because the Sun and Moon are both in a harmonious sextile to Uranus, the ruler of Aquarius. This is a time to shatter old paradigms and venture into the unfamiliar. Break out of your routine and create something new in your life. As the beginning of the new lunar cycle, the New Moon is a time to begin something new. Early in January the Capricorn New Moon encouraged us to build structures that support and ground us – this time the Uranus/Aquarius influence of this New Moon supports and enhances the sense of new beginning and encourages us to break free of restrictions that hold us back. Under the influence of Aquarius and Uranus every one of us has the potential to be a visionary. Change begins from our intention and beliefs, and as we break out of the box of old patterns of belief we are able to create a new life for ourselves. Venus, stationing as it prepares to turn direct, is in a conjunction to Pluto this week, intensifying our interpersonal relationships but encouraging us to embrace everything in our lives with greater passion. Difficulties in partnerships will be resolved now, **one way or the other**, before Venus turns the corner to travel direct once again on January 31st. As Venus begins to pick up speed in her forward journey it will be easier to leave the past behind as we open more fully to the promise of the future.*

On another note altogether, another way to look backward before moving forward is to experience a past life regression. When conducted by a trained and experienced hypnotherapist, these sessions can lend insight to phobias/fears, phantom illness, recurring injuries, dreams/nightmares .. and facilitate real healing. Even if you do not suffer from a post-traumatic issue it is a fascinating process. Past life regression therapy is based upon the premise that we are eternal beings who carry forward learning and experiences from one human lifetime to another. As eternal souls, we experience physical life on Earth in a series of human bodies and associated personalities. On a soul level, we choose each life circumstance as a means of challenging ourselves with new situations and opportunities for learning. For those who do not believe in reincarnation, the experiences serve as symbolic metaphors for the issues and situations being faced in the present time. This process has helped many people resolve issues and get past stuck points that were resistant to other therapeutic approaches. In addition, it's a fascinating way to experience other aspects of yourself and your personality.

Our past life regressions at Talisman are conducted by Andrew Neblett, Ph.D. They have been so popular that we have decided to offer them quarterly, limited to 30 persons per session. Our next session will be held February 22 and you can learn more by reading the class description, further along in this newsletter. You can learn more about Andrew at www.nebletonline.com.

Regardless of how you choose to facilitate or maneuver within the changes taking place in your own life, my advice is to embrace it all fully! In the March newsletter, I will continue on this topic and explore destructive change – that which comes from The Tower card in the tarot deck ... when the building blows up and you are thrown clear and all you can think (as you are shaking it off and trying to regain your footing) is “What the hell? What just happened here?” But for now, let’s be grateful that winter is on its last legs and this frozen earth will soon thaw and new life will burgeon forth ... I can’t wait!

"When spring came, even the false spring, there were no problems except where to be happiest. The only thing that could spoil a day was people and if you could keep from making engagements, each day had no limits. People were always the limiters of happiness except for the very few that were as good as spring itself." - Ernest Hemingway

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

Private Energetic Chair Healing (15-20 minutes, \$5 donation)

To see our Readers' background information, visit: <http://www.talismanct.com/images/Readerslist14.pdf>

February 1

Gwen Lord - Whole Life Tarot (past life recall)

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

Note: Mark will be set up to do reflexology in addition to reading every Saturday, \$30/30min

February 8

Gwen Lord - Whole Life Tarot (past life recall)

Pina - Angel Oracle (Mediumship)

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

Randy - Tarot/Playing Cards

February 15

Gwen Lord - Whole Life Tarot (past life recall)

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

Todd - Tarot

February 22

Andrew Neblett - Tarot or Runes

Gwen Lord - Whole Life Tarot (past life recall)

Todd - Tarot

Michele - Angel Readings

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 - Foot Reflexology Treatments Fridays 2-8pm. \$30/30 minutes. .

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.

Seated Reiki/Energetic Healing Sessions: Offered for \$5/15 minutes (donated free to any in need) offered by Lera on Saturdays and Derek during the week. Just ask!

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

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.

Friday, February 14: **Full Moon Kundalini / Tantric Healing Circle**. 5:45-7:15pm, - \$20 admission.

Yogi Tea + Organic Kitchari (mung beans & rice) to be served afterwards. Any non perishable food items will be donated to Spooner House. RSVP (203) 261-0047 and contact Jkopac@me.com with any questions

Come join Jot Nivas Singh for a Tantric Healing circle utilizing the power of the full moon.The

healing ring can be used to generate and direct tremendous healing energy towards any person: a member of the circle, someone at a far distance, or someone located in the center of the circle. The participants should focus their minds to listen, and let themselves be filled with the sound. The Full Moon is traditionally a time of culmination of energies. We often find that our energy level is it's highest during this cycle of the moon. We receive the highest amount of reflected sunlight off the moon's surface at this time. It was traditionally a time for people to gather because traveling was easy in the light of the moon, and energy levels high. Many women who have natural fertility cycles (no use of hormonal birth control) find that when they have regular, healthy cycles, they ovulate with the full moon. Women who spend a lot of physical time together also tend to cycle together, so if you live in a house of women, you may find that the energy is very high indeed during a full moon. *"You are naturally accelerated on a full moon... the secretions in your body will be at their maximum, so you don't want your energy being used to consume food. Save your energy to reconstruct yourself. Try to drink only liquids on the this day. If you feel you must eat, drink only milk"* (from a lecture by Yogi Bhanan, August 6, 1991, as printed in The Masters Touch)

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.

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: Circle Open House

Date: February 7th - Time: 6 to 8 p.m.

Stop by and visit with Circle members and other pagans of like mind. If you have questions about Wicca, paganism or the Circle, this is the place to

come! Refreshments will be served. * Please note - For February only, the Open House will be held on the FIRST Friday of the month. It is normally held on the SECOND Friday of all even-numbered months.

Event: Wiccan/Pagan Study Group - Topic: Meditation & Energy Work

Date: February 18th - 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, popular workshop presenter, Leafweave, will be facilitating an energy work and meditation workshop. This workshop is suitable for all experience levels.

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.

Commercial rental space available. Indoor Space available for People and Businesses seeking retail space. IDEAL for Antique shops, Consignment shops, Crafters, Art Galleries, Specialty Shops. Existing businesses inside current STREET FRONT BUILDING currently attracting retail clients. Other venues certainly considered for Tenancy. Space available immediately. Pricing available upon contact/call Johnny @ 203.414.9786. Only serious replies - No scams or gimmicks please.

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

February begins with Venus slowly rousing from her long retrograde slumber to find herself in bed with Pluto, helping to set the stage for empowerment in relational & financial matters. We might think of Venus as coming to her senses regarding any dysfunctional frameworks that have been established in relationships or in regard to our attitudes about material affairs. If we have been looking at the lack in our lives but feeling as if we must continue to tolerate non-functional situations out of necessity, Venus is asking us to re-evaluate this paradigm & see if this scarcity consciousness might actually be what's keeping us enslaved. The opposition from Venus & Pluto to

Jupiter in Cancer will emphasize our feelings about these areas of life, potentially overwhelming us but at the same time giving us a level of perspective that will be hard to ignore. A perspective that ultimately benefits us if we're prepared to wade through icky feelings like "fear" or "doubt" in order to get to the other side - "determination".

Venus in Cappy does what she has to do to get by where money & relationships concerned, but this combo feels like she's doing what she must to GET OUT of whatever messy entanglements were used to ensnare her as she readies for escape velocity from this conjunction with Pluto. It may be a slow extraction process but it's a goal that's completely doable, so eliminate obstacles on the material & relational plane that threaten to drag you under & focus instead on placing one foot in front of the other. This includes certain overwhelming feelings that can hinder our progress as well - I'm all for honoring & respecting our emotions, but every once in a while a time comes where we might have to downplay them for a certain finite period so that we're not paralyzed. Fear can be a big culprit in this respect...sometimes when we're afraid - say of the prospect of loss - it can keep us from making tangible progress & keeping the problem in "manageable" status. An example would be someone going through financial difficulties & being so overwhelmed by the "Past Due" notices coming in they fail to formulate a plan for managing these material difficulties & wind up manifesting an outcome like bankruptcy or the loss of their home. This is a time to acknowledge grim realities, certainly, but NOT the time to get so freaked out by them that we lose sight of an end-game objective & remain stuck in the morass. Be patient, be prepared (but don't look too far ahead), & keep your perspective one of a solution-based focus. Keep on climbing up one peg at a time, one rung at a time - you can do this!

The Aquarius Sun squaring Saturn on the 11th also seems to favor an abrupt, unexpected end of some kind, perhaps giving a sudden "kiss off" to something limiting that threatens our evolutionary progress. A trine from the Sun to Mars just a few days later on the Full Moon suggests that any relational discord we may encounter ultimately liberates us and allows us to be "free to be me". Speaking of the Leo Full Moon on the 14th, this one is quite complex. We have a double set of competing T-squares in play on this date, denoting a lot of tension in the sky mid-month. In our first T-square the Sun & Mercury are joined in Aquarius, signifying an emphasis on rational detachment & logic. Opposite these two lies a heart-centered Leo Moon, symbolizing dramatic emotions & needs that demand center-stage. It's very much a head vs. heart scenario, with further gravitas added by Saturn in Scorpio squaring all the players involved.

Saturn presents a dilemma in that neither Aquarius nor Leo particularly care to get their hands dirty, and dealing with gritty realities are unfortunately Saturn's stock-in-trade while in Scorpio. We really can't afford to sit at an immovable impasse right now, refusing to budge because we fear letting go or dealing with something unpleasant. But with all the Aquarian energy in the sky most will be able to err on the side of logic & bust a move, mainly because this lunation will be further aided by

another airy, intellectual placement – Mars in Libra. Mars fights for what's fair in this sign, but more than that its natural inclination before doing anything is to weigh the pros and cons of a course of action. Rather than allow a stalemate via fence-sitting, we ought to use this Mars in combination with these cerebral Aquarian planets to push us to *do something* in alignment with what our brains tell us. The diva Leo Moon seems to agree with this by also OKing a certain amount of self-centeredness when it comes to our needs - sometimes it can be helpful to remember that if we don't look out for our own feelings & put them first, nobody else will. On a more ordinary level, this is also a time to monitor your social networks as it's possible for the attention-seeking to disclose something that should be kept private & confidential. Mercury in Aquarius causes word to travel within social circles – lightning-fast in a crowd & particularly through digital mediums like FB or email - so with Saturn in Scorpio squaring Mercury DO control what comes out of your mouth (or keyboard!) & don't be the one posting someone else's business on the internet!

The other T-square - which has been in effect since the beginning of the month - involves Jupiter, Pluto, Venus, & Uranus in control-oriented Cardinal signs. This can prompt some to try to control or manipulate others, particularly through playing on their emotions and attempting to exaggerate them in some way. A curveball comes into the picture courtesy of Uranus and I would be very careful about expecting anyone to respond in a certain way, because all bets are off when Uranus is involved. It would be more likely to backfire than anything else now. Instead, work at transforming your relationships with others by adjusting your own emotional point of view - be the change you wish to see.

In other news, we have Mercury briefly dipping its toes into the Piscean waters before turning retrograde & backing into Aquarius again. This retrograde phase begins on the 6th and lasts until the 28th, and I don't expect this period to be overly problematic for most people on the whole – I actually think it may be quite favorable for reconnecting with friends we haven't spoken to in a while. I also see this influence as helping us to re-think our social spheres in terms of the quality of who we roll with or talk to & for addressing the things that prevent deeper levels of intimacy within these connections to help us go beyond that “friendly-yet-detached” level Aquarius typically prefers. The one caveat I would put out is to be sure that if you decide to allow an associate to enter any “closed doors”, that you make sure they have earned your trust & put their time in with you since we have the square between Mercury & Saturn exact on the 19th again. Gradual intimacy that builds over time is favored over sudden disclosures that could be shocking &/or that others don't need to know. Ergo, it's not a time to throw caution to the wind if you're unsure whether someone is the type prone to gossiping, so be selective about how much you say or to whom you say it if there are any doubts that cannot be allayed.

Additionally, those who have been working on building trust & intimacy in their relationships over the last few months benefit as Venus escapes Pluto's grasp & gets

some traction courtesy of a 3rd sextile with Saturn on the 24th. If someone's solid with you, you should see the effects of any energetic investment start to pay off nicely now with the return of this sextile providing you have maintained commitment & put in the time & effort to fortify the alliance. Working relationships are also favored the latter portion of this month, so if you have to network for something career-related this is can be a good time to circulate. Relating back to the Mercury-Saturn square, you would just want to be sure to put the block on discussing deeply personal & private affairs & not to talk negatively about any acquaintances/friends.

***** 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 AHunt617@aol.com & 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