



beliefs and feelings? The funny thing is, looking back over the past three years I don't recall that many deeply "spiritual" conversations going on at the shop. The economy, child rearing, politics, our pets, health issues and healing methods, education/school/classes, sports and news events -- yes, we've had a few deep theological discussions that delved into physics, string theory and other abstract concepts (at which point I usually smile and nod because it is all WAY beyond me!) but really, nothing shocking or inappropriate - nothing that wouldn't make fascinating dinner conversation or small talk around the water cooler. So really, what gives?

As many of you are aware, I am more than happy to do a "chakra check-up" using the tingshas (Buddhist cymbals) free of charge. Just ask. But this lack of communication concerns me, because the one chakra I find most often closed or impaired is the Throat Chakra (Vishuddha). The Throat Chakra is the gateway to higher spiritual realms and vessel for subtle energy. It directly affects the quality of our communication. It is linked to our personal integrity and sense of honor. When we mean what we say and stand by our word we influence the way in which people perceive us. They pay attention to what we say and recognize who we are. As we deepen our commitment to expressing the truth, the Throat Chakra expands and becomes an invincible ally of the spirit, channeling energy for our physical vitality and spiritual development. We become stronger in ourselves and more resilient in our thinking when we express the truth. This provides us with sufficient energy to accomplish our purpose in life. The reason we have more energy is that a strong Throat Chakra acts as a container for vital energy, keeping it intact so the energy doesn't drain away or become stagnant.

When we live from our integrity and communicate honestly, an energetic seal forms around the Throat Chakra and energy flows throughout the physical, mental and emotional centers. The energetic leaks of a dysfunctional Throat Chakra are experienced as fatigue, weakness or dissipation. On a physical level this manifests as an under-functioning thyroid gland. Medication may be prescribed but this doesn't change or alter the leak: it actually makes it larger. Conventional medicine only stimulates the thyroid and causes it to overproduce hormones. Energetically, it has been found that it is essential to express a higher truth and connect to one's spirit in order for energy to be freely flowing in the system and the ductless glands to secrete proper levels of hormones. How we live and express our being directly influences the amount of energy we have for our lives. The Throat Chakra is also connected to willpower. Some people may find that they have to harness their will in order to accomplish simple daily tasks. And maybe THAT'S why so many of you are picking "Willpower" when you play the VibesUp energy game at the shop! To resonate joy and creativity in your job, relationships or other aspects of your life, you must be spiritually truthful. Tuning into your higher truth helps conserve willpower for the challenges that really matter. Emotions can be experienced without being acted out -- beware sharing "too much information" otherwise known as TMI. But there is no doubt that we default on our integrity when we fail to honor our individuality. To maintain a strong and viable sense of Selfhood it is essential to express our truth as best we can, even at the risk of being different or standing apart from others. Not speaking up when we witness abuse, laughing at jokes which are mean-spirited or bigoted because they are told by a "superior" or someone we are afraid of offending, and paying lip service to religious beliefs we don't believe in - these behaviors are hypocritical and counter-productive to our personal integrity and spiritual development. True adulthood is learning to mean what we say, put words to our feelings and saying "no" when we need to - because you speak your truth, and your word can be trusted.

Many feel they must keep their opinions to themselves at work and at home, because they will be perceived as being "negative" and might result in a loss of job or relationship. And there is no doubt - these are trying times. If you really cannot have an honest conversation with the people nearest and dearest to you, try keeping a journal - singing aloud to the radio - primal screaming into a pillow or empty parking lot (be sure to close your car windows!). I also have singing bowls tuned to the chakras, and you are more than welcome to come in and play them - this can help open and clear. But truly, consider finding outlets for your creativity and new friends in an environment which will honor and welcome your individuality. You deserve to be treated like the caring, thinking, and sensitive person that you are! And on a final note, another bit of synchronicity: I have had a number of adults (both women and men) come into Talisman over the past month looking tired and somewhat sad. I assumed "relationship trouble" but as it turned out, these were brave people who had chosen to "cut loose" long-standing friendships of 20+ years because they were no longer able to function within the level of draining negativity the "friendship" demanded. And while there was some sadness involved, the common emotion expressed was a shared relief with the weight of an oppressive relationship off their shoulders. Liberating, indeed.

### **New at Talisman**

Along with an expanded selection of singing bowls, I have added divining (or dowsing) rods to the shop (\$18). These are most commonly known for locating water/determining where to dig for a well. But they are also useful tools for divination and locating sources of energy or spirit activity. The brass rods are nicely balanced and have comfortable beaded handles.

After much consideration, I am putting together a "cabinet of curiosities" at Talisman. These items will be offered for sale, and will have been documented as having some unusual metaphysical attribute. Thus far, I have a little handmade brass man who has been observed "rocking" and making a tapping sound for no apparent reason (he is probably losing his patience with people not speaking their truth!). An old ceramic ginger jar which smells strongly of ginger despite being cleaned many times over (yes I know -- horrifying. The stuff of nightmares). A fairy doll which plays "cupid" and helps its owner find love (but will do so only once!). And an old sterling silver snake pendant which has been charmed to protect its wearer from negative influences - it has a pedigree, of sorts. Other items will be added provided they have some form of "documentation" from a traceable source - all for fun, of course.

I also want to draw attention to the shrine to Kali Ma located at the back of Talisman. While she is my personal patron goddess, she is visited regularly by many former customers of Purple Moon in Danbury (where she used to reside) prior to its closing. She came from India, and was hand-delivered by a Hindu priest to an Ashram in New York prior to Purple Moon. Her energy is amazing. Many have experienced watching her facial features shift and change as they sat or knelt before her. Please know that you are welcome and invited to leave candles, offerings, and pictures/written requests for healing before Kali. She is the patroness of abused women and children, who creates opportunities where none appear to exist. She is featured on this week's Connecticut Post blog - which you can read by clicking <http://blog.ctnews.com/lenhard>

Lastly, despite our inability to find a new location, I am unwilling to halt development of new healing modalities and services. I may not have room for yoga, bellydancing and tai chi (sigh) but we will be offering feng shui consultations in the near future. In addition, Donna Golias is always

willing to do healing "blessings" which combines crystals, candles and the burning of a combination of herbs pertinent to the situation. They work extremely well. Ask about numerology/astrological natal charts (\$10 each) - and look for more classes, workshops, and services coming soon -- we are on a roll!

### CLASSES

**Pre-register for Classes by calling (203) 261-0047**

**February 27, 5-7 pm: Hauntings, Possessions, and Exorcism: An Introduction to the Spirit World and the Art of Exorcism - taught by Andrew Neblett \$20**

Ghosts, spirits, and demons. What is real? Is an Ouija board safe to use? How can one tell if a possession is occurring? Who is qualified to do an exorcism and how is one done? Come learn about this fascinating subject and put your fears to rest. However, you will leave with a newfound respect and caution for the Spirit World, and how to properly handle hauntings and possessions. Handouts and a recommended reading list will be provided.

**March 13, 3-5 pm, Vision Boards: Personal Tools for Transforming Your Life - taught by Cathy Kane \$20**

The Law of Attraction says that we attract more of what we put our attention on. A vision board is a personalized tool for doing just that. In this hands-on class, we'll look at a wide variety of vision boards and ways to use them to focus our energy and manifest our dreams. After a meditation exercise to help us focus our goals and dream big, we'll make our own unique vision boards to start attracting more of what we want in life. Most materials will be supplied, but a list of optional things to bring with you is available. Come ready to learn something new, dream big and have fun.

**March 20, 5-7 pm: Protection – How to Guard against Unwanted Energies - taught by Andrew Neblett \$20**

This class was created because of popular demand. Here it is! This class will teach various techniques to protect you from the unwanted energies from other peoples' thoughts, emotions, and vibrations, curses, evil spells, entities and other nasty things. There are many things we are taught that just don't work, learn which ones do and why. Bring your notebook and questions!

**March 27, 3-5 pm, Path of the Empath/Psychic Empathy 101 - taught by Cathy Kane \$20**

Psychic empathy ( psychic sensitivity to the emotional vibrations of others) can be a blessing, a totally overwhelming state, or anything in between. Come learn basic practical skills to make your empathy the gift it was meant to be. Learn to survive and thrive as an empath.

**April 10th - Usui Reiki, Level II. 9:30 am - 6:00 pm, taught by Cathy Kane. Cost \$200.**

You must have taken Level 1 Usui before this class, but students of other teachers are perfectly welcome. Reiki is an energyworking system that originated in Japan. It uses a divine pool of energy to support the body's natural ability to heal itself. Reiki has other uses (such as manifestation) as well as built-in safety measures that protect the practitioner from doing harm inadvertently or depleting himself in the process. Angelic Reiki (originally channeled to Kathie Valentine) is an

enrichment of Usui, and is a part of all of Cathy's Reiki classes. This class includes 2nd degree attunement, 5 Reiki symbols (including one that works across distances and forward/backward in time), distance healing, Reiki goal empowerment and a lot more.

Catherine Kane has been a teaching Master of Reiki since 1996. She loves to teach, especially things like Reiki that has improved her own life and the lives of others so much. In her class, you'll get demonstration and practice, as well as theory, and she continues her availability post-class to answer questions. For more information, please contact Catherine Kane at [we\\_are\\_foresight@yahoo.com](mailto:we_are_foresight@yahoo.com)

#### ----- Events -----

Our next New-Age Fest will take place on Saturday, March 6th from 12:00-6:00pm. These events are great in that they allow the opportunity to showcase guest readers - this month, spirit guide artist Jessie Shippy rejoins us at Talisman. Readings \$25/20 min. or \$40/aura photography and Spirit Guide drawings (cash payment requested).

**Aura Photography** by Tim Bshara of A Healing Hand. A session lasts 20 minutes and include a verbal discussion of the aura and chakras plus the client takes home a 20+ page report. \$40 (appointment recommended 261-0047). Tim also does crystal healings for the charkras and aura - following your session, please ask him for more information (additional charges apply).

**Andrew Neblett**: Many of you already know Andrew from the classes he has taught and healings he has facilitated here at Talisman. In addition to being a gifted Tarot reader, Andrew is a Certified Registered Hypnotherapist and Natural Health Consultant. Learn more at [www.nebletonline.com](http://www.nebletonline.com)

**Pina "The Lady of the Light"** She is an Oracle Psychic Medium. Blessed as a child with many gifts, Pina does Angelic Readings. She follows her spiritual path through this life using her gifts to help others. Pina is a Psychic Consultant with the Connecticut Paranormal Research Society and does readings in New York and Connecticut. Pina works with the Angelic Realm to help and advise.

**Jessie Shippy, Spirit Guide Artist**: Jessie is a third generation clairvoyant-intuitive. She is noted for her visionary ability to access the Akashic Records, bringing forth the highest truths and spiritual principals, presenting them in a concise, straightforward, applicable manner. Read more on her website [www.spiritguidelady.net](http://www.spiritguidelady.net) Along with a colored drawing ( 9 X 12) of your **Spirit Guide**, the following are some messages that come through from spirit:

- \*your spiritual gifts interpreted through color
- \*confirmation and communication.
- \*the year the guide came to you
- \*the guides name and origin.
- \*introduction to your power animals
- \*natural gem for heightened energy

Please note that Jessie books up FAST - so please don't wait to call for an appointment!

**Talisman's Regularly-Scheduled Readers**

**(Cash payment requested)**

Daniel: Wednesdays - Tarot 4:00-7:00 \$25. Daniel is a trained Traditional Wiccan with a background in some Native American and Southern Hoodoo, and is now working toward his Mastership in Reiki. Personal freedom, self-expression and healing (especially through laughter!) are key themes in Daniel's personal search for enlightenment.

Starr: Thursdays - Angel Readings 4:00-7:00 pm (or by appointment) \$30 or ask question \$1/min. Among Starr's gifts is that of telemetry, or the ability to "read" an object through touch. If you would like to connect with someone who has passed through a piece of jewelry or clothing, a toy, a letter, etc. please bring these along to your session.

Barbara DeLong: Fridays by appointment (call 261-0047) \$40/30 min; \$75/60 min. Her website [www.barbaradelong.com](http://www.barbaradelong.com) is a teaching site with spiritual material and predictions for the energies of every day in the year. Check out Barbara's Blog Talk Radio Site: [www.blogtalkradio.com/night-light](http://www.blogtalkradio.com/night-light)

Lina: Sundays - Intuitive Counseling by appointment (261-0047) \$50/45 minutes. Lina uses her gifts of mediumship, palm reading and angel cards in a reading that can extend as much as two years into the future. Her accuracy is legendary ... everyone loves Lina!

March 13: 2:00-7:00; Donna, Herbal Tarot (Shamanic/Medium) reading includes personalized mojo bag. \$25/20 min. Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

March 20: 12:00-6:00; Gwen, Whole-Life Tarot (may include some past life aspects) \$25/20 minutes.

March 27: 12:00-6:00; Elpida, Greek Coffee Readings or Tarot \$30. Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

**Available by Appointment ...**

Laura: Almost everyone knows that I'm happy to throw cards/read palms for five dollars. As a courtesy I don't do this when there are scheduled readers working that day, many of whom drive a distance to get to the shop and it's not fair to them. People ask - Why only five dollars? Because you have to catch me between customers/phone calls and even then I am apt to be interrupted by the business of running the shop - so \$5 seems fair to me! However, I have been getting requests for private readings for some time now ... and so, if you would like a private appointment on Sunday-Tuesday (when Talisman is closed) I will come to Talisman and sit with you, in an uninterrupted reading, for \$25. Also, most of Talisman's readers - and myself - are available to read at home parties or events for three or more people. Call me (261-0047 or 402-9186) to schedule.

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 is now (finally!) taking her own special brand of healing massage/Reiki/journeywork on the road, so to speak - "Have table/will travel!" and is 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.

### **Closing Thoughts**

It is perhaps a more fortunate destiny to have a taste for collecting shells than to be born a millionaire - Robert Louis Stevenson

You cannot find peace by avoiding life - Virginia Woolf

Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are  
- Bernice Johnson Reagon

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror, I can take the next thing that comes along." - Eleanor Roosevelt

He that wrestles with us strengthens our nerves, and sharpens our skill. Our antagonist is our helper.  
- Edmund Burke

Wealth is but dung, useful only when spread. - Chinese Proverb

When you realize how perfect everything is you will tilt your head back and laugh at the sky. - Buddha

**So please, keep laughing ... and Goddess Bless us all!**

**Laura Lenhard**

# **Jessie**

## **Spirit Guide Artist-Clairvoyant-Intuitive**

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[www.spiritguidelady.net](http://www.spiritguidelady.net) H-203-263-8057

**\* NEW Telephone Readings/Drawings**  
[artandsoul@charter.net](mailto:artandsoul@charter.net)