

Talisman ...
A Unique New-Age Shop
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March 1, 2012

In the February newsletter, I focused on the angelic realms – a lovely subject which received much positive feedback. However, we've seen a significant number of people complaining of nightmares which significantly disrupt their ability to sleep (or worse, bringing in or calling about young children experiencing the same) so I guess it's now time to discuss the negative aspects of energy.

It is my belief that we cannot acknowledge good or positive energy/entities without recognizing the fact that bad or negative energy/entities also exist. In a balanced sense, creative forces work hand in hand with destructive forces – manifesting change and growth, similar to the way in which a raging forest fire leads to renewed growth and a healthy ecosystem. But when these tandem energies get out of balance, we may see a downward spiral into self-destruction.

In the almost five years since I opened Talisman, I've seen only one case of what I would consider classic “demonic” possession – knocking noises within walls of a home, putrid smells, loud classical music playing spontaneously, and people in the household being scratched and pushed by unseen forces. This situation required multiple visits by people associated with the shop, who worked with the family involved and together the house was cleared and cleansed. In time, the energy did correct itself and the family was left in peace.

But how do we deal with negative energy when it presents in our environment? Does it always cause a downward spiral, or can it be a force for positive change? And is there a historical basis to the existence of demons, devils and “evil”?

Well ... let's take a walk on the dark side and look at all this, shall we?

There is no concept of a “devil” in mainstream Judaism, as found in Christianity or Islam. In mainstream Christianity the Devil is known as Satan and sometimes as Lucifer, described as hating all humanity (or more accurately, Creation) opposing God, spreading lies and wreaking havoc on the souls of mankind. In Islam, the Devil is referred to as Iblis, a word referring to evil devil-like beings. According to the Qur'an, God created Iblis out of “smokeless fire” (along with all of the other jinn) and created man out of clay. The primary characteristic of the Devil is that he has no power other than the power to cast evil suggestions into the hearts of men and women. In contrast to Christianity and Islam, Hinduism does not

recognize any central evil force or entity such as the Devil opposing God and man; but does recognize that different beings and entities can perform evil acts and cause worldly suffering. A devil-like figure in Buddhism is Mara, who is a tempter and tries to distract humans from practicing the spiritual life by making the mundane alluring or the negative seem positive. The Bushpeople of southern Africa say that Gauna, the ruler of the underworld, is the enemy of Cagn, the god who created the world. Gauna visits the earth to cause trouble in human society and to seize people to take to the realm of the dead. He also sends the souls of the dead to haunt their living family members.

Few neopagan reconstructionist traditions recognize Satan or the Devil outright. Many neopagans worship some sort of Horned God, and these gods usually reflect figures such as Cernunnos or Pan. Any similarity they may have to the Christian Devil seems to date back to the reaction toward Pan's growing importance in literature and art, resulting in his image being translated negatively to that of their Devil (understandably, this does not sit well with most Pagans – along with the associated persecution!). Participants in the New Age or Spiritualist movement have widely varied views about Satan, the Devil, and so forth. Many New Age schools of thought follow a nondualist philosophy that does not recognize a primal force for evil. And even when a dualistic model is followed, this is more often akin to the Chinese system of yin and yang, in which good and evil are explicitly not a complementary duality.

I think we can comfortably agree that there are many types of negative energies in the Universe, just as there are many positive energies all around us. And for whatever reason, the onset of menstruation and/or menopause seems to have the ability to usher in chaotic energy, which can result in enhanced psychic abilities (intuition) but also nightmares, “visitations” and other negative manifestations. So a young teenage girl playing with a Ouiji board can in fact be a recipe for disaster! Chronic addictions, violence, divorce/fighting in the home can attract negative energies as well. But in general, like attracts like: Positive people attract positive energies/experiences – while people who think negative thoughts often attract negative energies/experiences to themselves. Negative people also attract negative guides and entities who feed off their negative energy and emotions, just as positive people attract positive guides and entities who are fed by the vibrations of joy. Negativity creates a very low vibration that attracts more and more negative energy, negative experiences, and negative entities. This negative energy can continue to spiral downward into lower and lower vibrations of energy, such as anger, rage and depression. These lower frequencies become like a black hole that sucks everything into it, and sucks the life force and joy out of everything and everyone around it. In this way, one person's negativity can bring everyone else down. Negative people can also be energy (psychic) vampires who steal power, energy and joy from others. If you feel discomfort in your lower abdomen, it is a warning and a gut feeling to protect yourself from their negative energy and intent, so try to get away from them as soon as possible. Enjoying life, and sharing love and laughter – even when negative people are in your shared space – raises the energy and is a better choice than allowing their negativity to bring you down.

But there are a few simple remedies which help bring peace to a household, or to facilitate a good night's rest. Both children and adults suffering from nightmares can benefit by keeping a clear glass of plain water next to their bed at night. In the morning, see if it is filled with bubbles (in some instances, it can look like fizzy 7-Up!). Negative energy is drawn to the water, which causes the bubbling but leaves the person in bed alone. Throw the water out your front door, and continue to keep a glass of water on the nightstand until several nights go by without interruption. It also helps to salt your mattress – remove

the sheets and shake finely ground sea salt over the bed, then put the sheets back on. A dish of sea salt crystals on the nightstand helps keep the room clear as well. Christians who experience ominous dreams/visitations may keep a bible near their bed, opened to Psalm 23 ("The Lord is my Shepherd ...") and read it aloud first thing in the morning and last thing before falling asleep.

The best thing for children who are having repeated nightmares is to talk about them. Removing the secrecy helps defuse the horror. But if a child can't bring him/herself to talk about what they are seeing at night, ask them to draw it on a piece of paper. Ideally, you will get a look at the picture – but if the child does not want to share, just ask them to fold it up into a small square and put it in a leftover container filled with water, cover then freeze it – and keep it frozen. Allow the child to do all the work involved, you just explain that freezing the picture will scare and keep the real monster (or whatever) away at night. Turn this into a "monster freezing" ritual – have the child shake some salt into the water, which you might want to first dye a light blue with food coloring (thus creating a type of "peace water"). All this is designed to neutralize the energy. However, if your child describes a figure which looks like a dark shadow man, you might want to attend the "Shadow People" Workshop on April 14th (described below) as this phenomenon appears to be much more than a figment of childish imagination. One of my own children experienced this, and drew a picture of what she saw – later, Jon Nowinski of The Smoking Gun Research Agency researched the topic for me and pulled up websites filled with picture after picture drawn by children ... all eerily similar to what my own daughter drew.

And yes – we'll be attending that "Shadow People" workshop too!

So much has been written about smudging that I won't repeat it here – but if anyone wants to know how I do this, reply to this newsletter and request the "Cleansing 101" paper and I'll forward it to you. Other ways to raise the energy of a space is to play music – drumming or "Om" chanting works well. In terms of crystal energy, quartz tends to amplify or raise energy while onyx, obsidian and black tourmaline tend to protect and shield from negativity. In fact, black tourmaline is said to convert negative energy to positive – the Japanese grind this stone to a powder, and add it to house paint so as to literally surround themselves with its protective energy.

I believe in venerating our ancestors – and that by creating a shrine with the pictures and favorite items of our departed loved ones, we invite their spirit to visit often and protect us. Our pets and houseplants elevate the energy within a home (I am always a bit suspicious when people tell me they can't get plants to grow in their home). A witch ball hung in the foyer or entrance to your home sends a message you won't tolerate visits from unwanted entities (negative spirits are drawn to the glass threads inside the orb and are trapped within). Consider adding a concrete "guardian" at your front door (lion, foo dogs, dragon, gargoyle, etc.) give it an honorable name and charge it with protecting your home. We have one at Talisman! Remember to reward its efforts by hanging a warm scarf or ornament around its neck – it is good to show gratitude in all things of this nature. Fairies and elementals love to see kindness shown to small animals and birds, so make your home and garden a sanctuary for all living things by NOT putting chemicals of any sort on your lawn. Allowing border areas to grow wild (consider planting a thorny blackberry or raspberry bramble) so all creatures may find food and protection within, and appreciate your kindness to them – thus adding their positive energies to those surrounding your home.

NEW-AGE FEST

Saturday, March 3rd

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

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

Melissa, Tarot

Yvonne McGarvey, Tarot (se habla espanol) last appointment will be 2:30.

Rachel, Pet Psychic/Tarot

Sierra North, Shammanic Journey to find your Power Animal

Tammie, Chair Massage (\$1 /minute)

Saturday, March 17th

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

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

Andrew Neblett, Tarot

Melissa, Tarot

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

Jessie Shippy, Spirit Guide Artist

Sit for a reading with Jessie and learn about your Spirit Guide – when the guide entered your life, for what purpose and how to call upon your guide for help and strength in times of need. Also learn what your totem animals and power colors are. You will leave this reading with a detailed colored sketch of what your guide looks like. A memorable experience! Only five appointments available through the day – first come, first served. Cost: \$40 (takes approx. 40 minutes).

Workshops at Talisman

RSVP (203) 261–0047

Please note: Several Dates have changed

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.

Healing with Herbs: Saturday, March 17th. 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

Adventures in Palmistry: Saturday, March 31st, 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

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.nebletonline.com

The Shadow People – Why Are They Watching Us? Saturday, April 14th. 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 are 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 book signing. 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

Metaphysical Dowsing: Saturday, April 21. Taught by Cathy Kane & Starwolf. 6–9pm. \$25

The world is full of energy – flowing, radiating, transforming. When you can tap into that energy and understand its many states, new possibilities open up to you! Come learn to use various techniques and tools (including your own body) for dowsing to understand the energy fields around you, detect and clear "stuck" energy, find lost items, answer questions and for other interesting and useful activities. For all experience levels – if you own a pendulum, please bring it along!

Workshop: Spirit of the Wolf Friday, April 27th, 6:30–8:30 taught by Sierra North. \$25

We will explore both the physical and spiritual realms of the Wolf. As you touch and connect with wolf artifacts, such as a real wolf pelt and skull, you will begin to fully appreciate the beauty and strength of the Wolf. You will learn about the natural history of the Wolf and the role of the Wolf in folklore and legends. We will then focus on the Spirit of the Wolf and explore the spiritual meaning and teachings the wolf shares with humanity. We will do a shamanic journey together to the Spirit of the Wolf so you can learn what the Wolf means personally to you and how the Wolf can guide you through life's many crossroads. The purpose of this workshop is to deepen and strengthen your connection to the Spirit of the Wolf so when you hear the Wolf's Call you will have the ability to understand what the Wolf sings to you, and join in with your own song in return. We will end the Earth Spirit workshop by drumming our gratitude and love and making an offering to the Spirit of the Wolf and her brothers and sisters in the wild. As we are all teachers and messengers of spirit, no level of training or ability is required. If you have a drum or rattle, please bring one with you. If you do not, some will be available at the workshop. Wear comfortable clothing. If you would like please bring an item to leave as an offering to the Spirit of the Wolf. This can be any item from nature, tobacco, other dried plants or flowers, or any other natural item that you feel called to bring. If you do not bring an item we will have some offerings

available. Also please as a courtesy, refrain from wearing any perfumes or strong deodorants to this workshop.

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

Rachel: Wednesdays – Tarot & Pet Readings (pets welcome/or photo) \$25/20 min.

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.

March 3rd & 17th: New Age Fest, 12–6pm (variety of readers/healers)

March 14: Gwendolyn Lord, Whole Life Tarot 1–6pm, \$25/20 minutes.

March 31: Elpida Joyce, Greek Coffee Ground Readings, 1–6pm, \$30/25 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!

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[The Circle of the Sacred Well at Talisman](#)

**Event: Wiccan/Pagan Study Group
Magickal & Healing Herbs**

Date: March 20th ~ Time: 7:30 p.m.

Join us for this monthly Study Group, which meets on the third Tuesday of each month. This month, we have a special guest speaker. His name is Bill E. and he will be facilitating a hands-on herb workshop. Learn about the magickal properties and medicinal and ritual uses for many common herbs. There will be herbs available to sample and purchase.

Event: Ostara Celebration & Ritual!

Date: March 24th ~ Time: 2:30- 6:30 p.m. (Ritual about 5:00 p.m.)

Join us for this great family-friendly event! There will be lots of activities for kids and adults, including: Ostara egg hunt and egg coloring, spring seed planting, psychic egg readings, tea leaf readings with Talisman's own Laura Lenhard, an Ostara ritual and, finally, a potluck meal! Please bring a dessert to share. All other refreshments will be provided. Feel free to come along anytime after 2:30 p.m. The ritual will be held at approximately 5:00 p.m., with the potluck to follow afterward.

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[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/>

Once again, we will have a Grand Trine in the Earth signs which brings a focus to practical, material, physical matters for most of March. This presents an opportunity to attend to concerns about your health and body, career situation, and/or finances. Black Moon Lilith, representative of the Dark Feminine archetype, has her fingers in this cosmic cookie jar and this lends a subtle, shadowy, and dare I say delicious undercurrent of powerful feminine energy flowing in the background. BML is sumptuous and tempting in earthy Taurus, like a decadent piece of dark chocolate just calling our name. *"C'mon - you know you want me!"* The Black Moon is largely unconscious and is the embodiment of self-interest. She beckons us to take advantage of opportunities that arise, even if this means employing

tactics we wouldn't normally utilize – particularly those that would yield material benefit due her tie-up with a dignified Venus. For those who are magically-minded, a ritual or spell to attract abundance would be especially apropos mid month as the Black Moon has dominion over all things magical.

If you're a Pisces and celebrating a birthday this month the year ahead bodes well because you'll carry the imprint of this energy for the next year. You may see financial opportunities ahead, an opportunity to revitalize your career or other aspect of your life that had previously been on the downturn, you might get more organized and efficient, and/or work out a wellness routine or diet that will help improve both your physical health and mental wellbeing. I do say this latter part with the caveat that Mars is still retrograde in Virgo all month, however – it is possible that there may be some nagging issues regarding health that will quip up for attention so please don't ignore this because you'll squander a valuable chance to fortify this area of your life.

Mercury conjoins Uranus for the first of three passes on the 5th – this sends minds and mouth racing. On the plus side you may get some fresh, interesting ideas that can break down some walls for you – particularly if you're involved in a social group and have other people to bounce your thoughts off of. On the downside, this influence can be somewhat of an agitator/instigator that stirs up trouble so I would just be very careful that you're exercising personal responsibility with your words and ideas around this date. There is the potential to provoke conflict with people in power here, and though this can be positive and effect change, it can also be destructively carried out if this done too radically and taken too far so avoid headstrong extremism.

Mercury retrogrades mid-month on the 12th so if you've not done your taxes yet I would consider attending to this very soon. As you all know by now, these can be inopportune periods for dealing with detail-oriented tasks and paperwork in general and you'll want Mercury direct to help reduce the likelihood of things like misplaced decimal points, errors in data entry, and so on. If you do find yourself having to file taxes during the retrograde, just make sure you double check everything and compare to last year's return to ensure everything is in line.

We also have a potent Aries New Moon on the 22nd – the Sun and Moon will link up with a retrograde Mercury and also Uranus. Mark this one as another “watch your mouth” day because there's haste and impulsiveness affecting the mind and tongue on this date. This is a vital New Moon occurring just a couple of days after the Vernal Equinox and it may have you in an assertive frame of mind ready to tackle a problem or obstacle in your life with vigor, but the quincunx to Saturn presses an awareness of proper timing and mindfulness of social graces into the mix. Try not to talk out of turn if you can help it – Uranus added in can bring an element of shock or surprise so do try to curb your enthusiasm a bit so that no humans are harmed in the making of this production!

** 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.

Woah! Did you see that?! –The Brow Chakra (AKA The Third Eye)

Imagine you are a young child – perhaps 3 or 4 years old. You see colors around people you know and people you meet – maybe you can even tell when someone is sad or angry or ill by their colors. Your parents probably shrug and wonder at how you know these things, but never attempt to understand and cultivate it. Maybe you have friends that sit with you and play games with you so you're not lonely, and when you tell your Mommy or Daddy about it they smile and tell you that you're being silly – there's nobody there!

Fast forward – after a fairly 'normal' 20 years where you forget all about the colors and the friendly people that nobody else could see, you suddenly start to see things again... but now you recognize them for what they are! Sometimes the result of a traumatic event, and sometimes just the result of energetic development, your Third Eye will open up and allow you to tap into the Collective Subconscious. You can become aware of subtle energies around people and things, and this can greatly enhance your healing ability if you do any kind of energy balancing work. Enhancing your intuitive abilities can aid you in all aspects of your life!

The sixth chakra, or Brow Chakra, is about your ability to see the world and yourself. It is located in the center of your forehead its associated element is Light. It is at this point that you see the world both physically and energetically. In Hindu, this chakra is called Anja (to perceive and command) and is represented by the 96-petaled lotus. Travelling up the rainbow light bridge from the blue Throat Chakra the light vibration of the Throat becomes more radiant, gathering itself for the ultimate connection in the next chakra... we perceive the color as Violet or Indigo.

Eastern Body, Western Mind by Anodea Judith suggests the 6th Chakra develops during our adolescent years. We begin to see how we fit in the world, trying on new identities to find the ones that fit best. Encouraging creativity while supporting the honest interpretation of what is seen will help healthy development of this chakra. Traumas such as denying the child's point of view ("You have it wrong, I never said that!") or making the point of view unacceptable or unbearable (witnessing severe violence)

can cause trauma to the 6th chakra.

How to assess your Brow Chakra

A person with a *balanced* Brow Chakra is able to interpret their world in a clear and balanced way, grounded in reality with a healthy, respectful openness for intuitive hits to help enhance their life experience and protect them.

A person with an *overactive* Brow Chakra may be unable to properly interpret the spiritual and psychic data they receive. Individual may get lots of psychic information, but it may be fragmented, irrelevant and entirely inaccurate. The individual may be ungrounded or suffer from nightmares or obsessions.

A person with an *underactive* or *blocked* Brow Chakra is essentially refusing to “see” and may have difficulty using their imagination. These individuals may not be able to see alternate points of view easily or recognize intuitive information. Attempts at creative thinking may end up in black-and-white options; others may suffer from denial or the inability to see the effects their actions have on those around them.

What to do about an unbalanced Brow Chakra

Affirmations: I see the world clearly. I trust in my intuition and inner wisdom. My point of view is valid and valuable.

Helpful Crystals: Amethyst, sugilite, purple fluorite, angelite, moldovite, azurite, selenite, apophyllite, blue apatite, andalusite, iolite and tanzanite. You can wear them, 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 A, tuning forks, or singing bowls tuned to A or close to it (e.g. Solfeggio tone 852 hertz). The seed sound of the BrowChakra for toning is "AUM" (pronounced AUUMMM or OOOHM).

Meditation/Visualization: Close your eyes and take 3 deep breaths in through the nose, out through the mouth. Focus your attention on the point of your forehead between your eyebrows, up about 1 inch. Some people find it helpful to angle their eyeballs upward, toward that point on the forehead. After a moment, you should see a point of light. With your mind’s eye, zoom closer to that light so that it fills your field of vision. Notice what color the light is. As you look at the flow of the energy that is all around you, you become aware that this energy is your own aura! You see it all around you, because no matter what direction you turn, your aura is always there surrounding you, hugging you, shielding you, and nurturing you. After a few moments, focus your attention on the edges of your aura and push them outward, expanding your energy field and making it brighter. Take a deep breath and open your eyes. Visualizing the expansion of your energy field is a great way to clear debris from it and balance it – a good thing to do periodically.

Color Therapy: Bring more indigo & violet 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@ahalinghand.net. For upcoming classes and events, visit www.ahalinghand.net

Community Events

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.ahalinghand.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!

March 10–11: Jewelry, Gem & Mineral Show & Sale, hosted by The Lapidary & Mineral Society of Connecticut. Maloney High School, Gravel Street, Meridan CT. \$5 admission, children under 12 free. Visit www.lmscc.org for more information.

Saturday, March 31: CWPN sponsored Ostara Fiesta! 1–10pm, Devon VFW 7788, 422 Naugatuck Avenue, Devon, Connecticut 06460. Come celebrate spring with us as we dance, trance, get wowed, feast and PAR–TAY! Please register for this event at: <http://www.cwbn.org> – Click on the bunny to register! Save \$2 per adult if you prepay with paypal! Space is limited so reserve your admission now! Entrance Fee includes all activities and DINNER: \$25/CWPN Adult member; \$30/non-members; \$10/Teens 13 to 17 yrs old and Free/Children 12 yrs old and younger.

The day and evening activities include:

Great handmade gifts from our local vendors:

Readers:

Classes – Start at 1:30 – SO GET THERE ON TIME!!!!

- Ritual Dance with Rev. Karen (more info to come)
- Labyrinth with Rev. Karen (weather permitting)
- Magical Class with Daniel GreenWolf Celtic Magician

Children's Activities:

- *Egg hunt! Please bring your own collection basket. Time will probably be around 3ish.*
- Book of Spring themed images for the kids to color and take home

Ritual Egg Dying Station:

- Bring the potential for new life and new opportunities by decorating your own egg for ritual.

Wack a Wabbit – Yes, I know you were wondering what this is:

- Big Bunny Piñata! Kids first and then adults get to give it a WACK!

- Filled with candy and chocolate – appropriate for the occasion!

Ostara Fiesta Ritual – 5:00:

- Drumming, Dancing, and Eggs! Oh My! There is always something interesting during these rituals!

Buffet Dinner at 6:00

- A hearty and delicious meal for both vegetarians and meat-eaters! This meal is not Vegan.

Raffle Items and 50/50 (During Dinner):

- Cool stuff raffled off. \$1 /ticket or \$5/six tickets.
- 50/50 raffle – you get half of the pot! Woo!
- Proceeds go to the CWPN to help fund these kinds of events in the future.

Magic with Daniel GreenWolf Celtic Warrior (after Dinner):

- His performances are well known in the Tri-state area! Be ready to enjoy and be wow'ed!

Drumming and Dance Party! 7:00 to 10:00

- BRING YOUR DRUMS, your noise makers, anything!
- Bring your fun flying skirts!
- Bring your DANCING SHOES!

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March 31: Reiki Share at Talisman, hosted by Jessica & Jim Hunter, from 12:00–2:00pm. From 12–1pm, 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.

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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.

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**72 ANGELS ONLINE SKYPE COURSES
& BIRTH ANGELS CONSULTATIONS FOR 2012**

Facilitated by **Terah Cox**, author of **BIRTH ANGELS ~ Fulfilling Your Life Purpose with the 72 Angels of the Kabbalah**

NEW! ! 72-Day & One-Year Intensives start March 21, 2012

www.TerahCox.com | TerahCox@gmail.com
http://www.heavenandearthworks.com/store/birthangels.htm

Welcome to the new 2012 "spirit-in-technology" initiatives for bringing more of Heaven to Earth with the 72 Angels of the Tree of Life! Skype consultations and courses give you the opportunity to work from the comfort of your home or group gathering place with the 72 Angels and your three personal Birth Angels to explore your life gifts, purposes and potentials. Shedding new light on our age-old concepts of Guardian Angels, the 72 Angels tradition was discovered in 1975 in an excavated Spanish grotto and is based upon a multi-traditional Kabbalah developed by Hebrew, Christian, Sufi and Neoplatonist mystics, scholars, alchemists and teachers from the 11-15th centuries. These spiritual pioneers believed that both men and women of every culture and creed have the right to commune and co-create with the Divine and its Angelic Emanations without intercessors -- and that doing so enables us to transmute our human "base mettle" into the higher vibration of being all we are meant to be. In this tradition, it is through the indwelling 72 Angels, and particularly one's unique Birth Angels, that each human being is infused with the "image and likeness" of Divine Being, Divine Love and Divine Mind so that we might become, paradoxically, more wholly-human and empowered to fulfill our purposes and potentials on Earth. Here, we are not told to "get out of the way" in order to bring something "higher" or "better" through us -- but rather we are offered the transforming Angelic Love and Presence that can enable us to become the way.

Logistics. *You may work individually or invite additional people to participate in one Skype location -- which can be a wonderful opportunity for expanding Angelic Presence, as well as providing a more economical program for each person (Skype host will receive additional discounts for Intensives). Fees for U.S. participants may be paid by credit card or check in advance; credit card for international participants. Fees are exchangeable only: if you cannot complete a course, you may pick up where you left off in the next cycle of the course without having to pay the fee again, or you may apply the balance of your fee to a different course. If for any reason instructor cannot complete the course schedule, participants will be refunded accordingly. In order to accommodate our busy lives, the time of instruction during any class day may be changed with the agreement of instructor and participant(s).*

72 ANGELS CONSULTATIONS & COURSE DESCRIPTIONS

Materials: BIRTH ANGELS book required for all consultations and courses.

72 Angels and Tree of Life Quick Reference Charts are recommended.

BA101 ~ Personal Birth Angels Consultation ~ 1 hour / \$65

Schedule for a date convenient to instructor and participant via Skype or phone. BIRTH ANGELS book required for consultation. In this customized consultation, you will discover your three personal Birth Angels and their purposes in your life as they are expressed through your gifts, talents, challenges and potentials. We will also go over the 3-step "Angel-Path" that can help to expand their vibration and presence within you to address your circumstances, purposes and any transitions or changes in your life. Course **BA102** or **BA103** is recommended prior to consultation, but not required.

* Fee must be paid in full before consultation.

BA102 ~ 72 Angels Crash Course: Introduction to the Mystical Heart of the 72 Angels Tradition & Your Personal Birth Angels / 4.5 hours

Schedule Skype class for a date & time convenient to instructor and participant(s). BIRTH ANGELS book required for course. This course illuminates the origin and central mysteries of the 72 Angels tradition which will help to guide your ongoing independent work or prepare you for the 72 Angels Intensives. You will also discover your three personal Birth Angels, their supporting Angels, and the 3-step Angel-Path for working with them, as well as with the three Angels that rotate through one 5-day period during the year (Incarnation Angel), five 1-day periods of the year (Heart Angel), and one 20-minute period of the day (Intellect Angel). Includes a meditation for the Angel of the Day in which the class meets. A class with 1-3 people includes a deeper consultation with your personal Birth Angels and their supporting Angels. See **BA103** for a shorter course.

1 person ~ \$175

2 people ~ \$155 per person

3 people ~ \$140 per person

4 people ~ \$115 per person

5-10 people ~ \$75 per person

* Fee must be paid in full before course begins.

* 20% discount to Skype host for class with 5-8 participants; 50% discount to host for 9-10 participants.

BA103 ~ Introduction to the 72-Day and One-Year Intensives with the 72 Angels of the Tree of Life / 1.5 - 2.5 hours (per # of participants).

Schedule at a date & time convenient for instructor and participant(s), recommended within a month before taking **BA104** or **BA105**. BIRTH ANGELS book required for course. (Skype or Phone for 1 Person, Skype for 2-10)

A shorter version of BA102, this course illuminates the origin and central mysteries of the 72 Angels tradition to give you background for the 72-Day or One-Year Angel Intensives. You will also discover your three personal Birth Angels and the 3-step Angel-Path for working with them, as well as the three Angels that rotate through each 5-day period during the year (Incarnation Angel), five 1-day periods (Heart Angel), and one 20-minute period of the day (Intellect Angel). Includes a meditation for the Angel of the Day in which the class meets.

1 person ~ \$95

2 people ~ \$75 per person

3 people ~ \$55 per person

4 people ~ \$45 per person

5-10 people ~ \$35 per person

* Fee must be paid in full before course begins

* 50% discount to Skype host for class with 5-8 participants, 75% discount to host for 9-10 participants

BA104-A&B ~ 72-Day Skype Intensive with the 72 Heart Angels

A-March 21 - June 2 B-October 30 - March 20

BIRTH ANGELS book and **BA102** or **103** required prior to course.

(Skype or Phone for 1 Person, Skype for 2-10; meeting time to be determined)

72 days with each of the 72 Angels in their one-day period of expressing Divine Love through the qualities, expression and purposes of the human heart. There will be a discussion of the Angel of the Day and the possibilities for expanding its potential and expression during the day's encounters and events, as well as the current or ongoing themes in your life. Will also include a short meditation invocation.

1 person / 30 minutes ~ \$10 day (\$720) (10% discount if paid in full=\$648)

2 people / 40 minutes ~ \$8 day per person (\$576) (10% discount if paid in full=\$518)

3 people / 45 minutes ~ \$7 day per person (\$504) (10% discount if paid in full=\$454)

4 people / 1 hour ~ \$6 day per person (\$432) (10% discount if paid in full=\$389)

5-10 people / 1 hour+ / \$5 day per person (\$360) (10% discount if paid in full=\$324)

* 10% discount if fee paid in full before course starts, or:

* 1/2 total fee due before course begins, balance 30 days later

* 20% discount to Skype host for class with 5-8 participants, 50% discount to host for 9-10 participants

BA105 ~ One Year Skype Intensive with the 72 Incarnation Angels

March 21, 2012 - March 16, 2013 / 1 hr every 5 days = 72 hrs.

BIRTH ANGELS book and **BA102** or **103** required prior to course.

(Skype or Phone for 1 Person, Skype for 2-10; 1 hour every 5 days)

This course focuses on the 72 Angels in their Incarnation periods, when they each govern for approximately 5 days once a year as they express Divine Being and Will through human physical beingness and life purpose. We will look at how their qualities express differently on the Incarnation plane than on the Heart plane (five 1-day periods throughout the year) and the Intellect plane (one 20-minute period in the 24-hour day). We will also consider their placements on the Tree of Life, the different Archangels which overlight each of them, and their astrological correspondences. We will close the hour with a meditation to expand the presence and qualities in our lives of the new Incarnation Angel during its 5 days of governing. This class will meet for one hour every 5 days on the first day of the new presiding Incarnation Angel. Total class time 72 hours.

1 person ~ \$20 class (\$1440) (10% discount if paid in full=\$1296)

2 people ~ \$17 per person (\$1224) (10% discount if paid in full=\$1102)

3 people ~ \$15 per person (\$1080) (10% discount if paid in full=\$972)

4 people ~ \$12 per person (\$864) (10% discount if paid in full=\$778)

5-10 people ~ \$10 per person (\$720) (10% discount if paid in full=\$648)

* 10% discount if fee paid in full before course starts, or:

* 1/4 fee due by March 15, 1/4 by June 15, 1/4 by Sept 15, 1/4 by Dec 15

* 20% discount to Skype host for class with 5–8 participants, 50% discount to host for 9–10 participants

BA105 A&B ~ Conversion of 72–Day Heart Angels Intensive (BA104)

to balance of One Year Intensive for the 72 Incarnation Angels

BIRTH ANGELS book and **BA104** required prior to course.

(Skype or Phone for 1 Person, Skype for 2–10; 1 hour every 5 days)

The Conversion courses pick up the remainder of the year from the 72–Day Heart Angels Intensives to the 72 Angels in their Incarnation periods, when they each govern for approximately 5 days once a year as they express Divine Being and Will through human physical beingness and life purpose. We will look at how their qualities express differently on the Incarnation plane than on the Heart plane (five 1–day periods throughout the year) and the Intellect plane (one 20–minute period in the 24–hour day). We will also consider placements on the Tree of Life, the different Archangels which overlight each of them, and their astrological correspondences. We will close the hour with a meditation to expand the presence and qualities in our lives of the new Incarnation Angel during its 5 days of governing. This class will meet for one hour every 5 days on the first day of the new presiding Incarnation Angel.

BA105A–June 6, 2012 – March 16, 2013 / 1 hr every 5 days = 57 hrs.

1 person ~ \$20 class (\$1140) (10% discount if paid in full=\$1026)

2 people ~ \$17 per person (\$969) (10% discount if paid in full=\$872)

3 people ~ \$15 per person (\$855) (10% discount if paid in full=\$770)

4 people ~ \$12 per person (\$684) (10% discount if paid in full=\$616)

5–10 people ~ \$10 per person (\$570) (10% discount if paid in full=\$513)

* 10% discount if fee paid in full before course starts, or:

* 1/3 fee due by June 1, 1/3 fee by Sept 1, 1/3 fee by Dec 1

* 20% discount to Skype host for class with 5–8 participants, 50% discount to host for 9–10 participants

BA105B–November 3, 2012 – March 16, 2013 / 1 hr every 5 days = 28 hrs.

1 person ~ \$20 class (\$560) (10% discount if paid in full=\$504)

2 people ~ \$17 per person (\$476) (10% discount if paid in full=\$428)

3 people ~ \$15 per person (\$420) (10% discount if paid in full=\$378)

4 people ~ \$12 per person (\$336) (10% discount if paid in full=\$302)

5–10 people ~ \$10 per person (\$280) (10% discount if paid in full=\$252)

* 10% discount if fee paid in full before course starts, or:

* 1/2 fee due by November 1, balance by February 1

* 20% discount to Skype host for class with 5–8 participants, 50% discount to host for 9–10 participants

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

Laura Lenhard