

# Talisman

**Talisman ... A Unique New-Age Shop**

**150 Main Street**

**Monroe, CT 06468**

**(203) 261-0047**

[www.talismanct.com](http://www.talismanct.com)

<http://blog.ctnews.com/lenhard>

Facebook: <http://www.facebook.com/Talisman-A-Unique-New-Age-Store>

**Spellcraft by Talisman product**

**listing:** <http://www.talismanct.com/images/Talisman%20Product%20List.pdf>

**March 6, 2015**

Merry Greetings!

***Quick Reminder: I don't open in bad weather so please call if it is snowing or icy. Thank you!.***

This month, I want to talk about my friend Skye, who I met when she came to Talisman several years ago. Highly sensitive and empathic, at that time Skye was financially struggling, had just experienced the end of a long term relationship, was dealing with depression and had many aches/pains/illnesses as well. About a year and a half ago, Skye wrote to let me know she was changing her name as part of a “disconnect” from her very toxic family – subsequent to this, she was introduced to the man she would soon marry – and her whole life changed. I decided to ask her about the process of changing one’s life entirely:

**Laura:** Skye, when we met you had come into Talisman looking for help and guidance – but seeing how dramatically your life has changed, I think I’d like to ask you to share your “magic formula” for successfully changing your life in a positive and complete manner – how did you do it?

**Skye:** Well, to begin with there is no ONE thing, but many small things and a few big ones. To begin with, I claimed my power as a Witch. I owned it, after much studying and reading I recognized my path is that of the Hedgewitch - and I decided to live my truth. I also recognized that I am an Empath; and as such, came to understand that everything I was feeling wasn’t “mine”. I learned about the positive power of language and applied it to my own spellwork. I have come to understand that the Universe only hears words; not positive/negative emotions as it

does not judge but only seeks balance. Therefore, in the past I had focused hard on my “don’t wants” ... “Don’t want this, Don’t want that ...” and that is what the Universe heard – this and that, and so that is what was served up! Now, I focus on what I DO WANT .... I leave out every single negative – for example “I want to be shown kindness, I want honesty and loyalty” etc etc.

It is also important that you surround yourself with people who support you and believe in you. When people don’t understand and believe what you are saying as an Empath – you come off as crazy, and that hurts. When my husband and I are out, and I say “I don’t like the energy of this place” his response to me is “Okay, let’s leave”. Another part of empowering myself was through learning to make my own tinctures, oils, infusions, teas – the act of researching, mixing, creating all lends itself to the healing process. There is a group on Facebook called “Empath Lifestyle” you might want to join: <https://www.facebook.com/EmpathLifestyle> lots of good information can be found there.

I start every day by playing my Tibetan singing bowl. I love the sound, plus it clears space and fills me with positive energy. I “bubble” myself – clear, and encapsulate in a bright and beautiful sphere. To clear, I imagine light coming through the top of my head and forcing all negative energy out through my feet and into the ground. Then I use my hand and “zip” myself closed.

Regression therapy helped me understand my own family dynamics over time. Even though I chose to remove myself from them because they are not going to change; they were not invited to my wedding - I still want to understand so I can heal and move forward. I do not want to remain stuck emotionally; for me, understanding and forgiveness is all part of moving forward. But I don’t have to allow them to be part of my life and continue hurting me for this to happen.

**Laura:** Yup, it’s a fact that we cannot fix people – we can only fix ourselves! So much time gets wasted trying to fix them so they will realize how much we love them, and love us back ... and it just doesn’t work. What I am hearing you say is that you stopped being afraid – and embraced your power, trained yourself in the healing arts ... ?

**Skye:** Yes, and it is important also to develop routines – cleanse daily, especially if you work in a toxic environment. It is also very important to put things in perspective – don’t put yourself in situations that are intense; know to walk out if it gets painful. If you can’t help then LEAVE! I do feel the dead, but I find this comforting. Then again, I now know when the “stuff” I am feeling isn’t mine and I know when to walk away when I can’t guide them into the light or help in some other way. “Not my circus” as we say!

**Laura:** You bought many, many stones and crystals through the years – how do you use these? Do they really help you?

**Skye:** I do work with my stones and crystals every single day. My advice is, disregard what the books say that the stones “do” – instead, close your eyes and run your hand over the stones as you ask which one wants to work with you on ... and carry THAT one! I always burn incense, I salt my doors and windows, and since dragons are meaningful to me, I wear a dragon bracelet all the time. I view them as spiritual beings who can be called upon for protection. And I talk to the fairies all the time!

**Laura:** What else, any other pointers?

**Skye:** Just know there are no quick fixes! Actually, there are NO FIXES, period! To fix being an Empath would be like fixing your freckles or your height! You learn to live with it, and adjust yourself accordingly.

**Laura:** Not to change the subject – but how did you meet your husband?

**Skye:** I actually went for a reading at Talisman, the last one I'd gotten, and told the reader “Look, just be honest – if I am never going to meet someone just tell me!” and she said – “I see someone coming in soon – and he is like a tree!” Well, my husband is 6'4” and he IS like a tree! Someone at work introduced us and three months later, he asked me to marry him. And again, I had already decided to live my truth before we met – so one of the first things I told him was that I was am a Witch – he looked at me, and said “Cool - My sister is a psychic medium!”

Look, I was 46 years old when I met my husband – I am living proof it can get better ... it does!

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**NEW-AGE FAIRES HELD EVERY SATURDAY**

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

**Readers (\$30/30 minutes - cash only)**

**Please call in advance for readers' schedules as they are subject to change**

To see our Readers' background information, visit:

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

**March 7**

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Rachel – Tarot or Animal Communicator (pets welcome or can work from photo) (Mediumship)

### **March 14**

Acyr Penna - Tarot (English, Spanish, Portuguese) 2-6pm

Andrew Neblett - Tarot and Runes

Mark - Tarot or Reflexology (Mediumship)

Pina - Angel Oracle (Mediumship)

### **March 21**

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

### **March 28**

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Pina - Angel Oracle (Mediumship)

Rachel – Tarot or Animal Communicator (pets welcome or can work from photo) (Mediumship)

**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.**

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### **Talisman's Regularly-Scheduled Readers**

**(203) 261-0047 for appointments - Cash payment requested**

**Friday:** Mark Hoyt: Spirit Guided Tarot - Foot Reflexology Treatments 2-8pm. \$30/30 minutes. .

We do things a bit differently at Talisman. You pay our readers AFTER the reading is finished, and if you are not happy you don't pay. NO READER can read EVERYONE successfully and everyone who works at Talisman is aware of this fact. Know that it is acceptable after the first 5 minutes of a reading to say something like, "I'm sorry, what you are saying just isn't resonating with me. I would like to stop the reading now, but thank you for your time". If you do not hear something amazing in the first five minutes, or if it just isn't right ... don't expect a reading to get better as it goes on. Readings go off track for a number of reasons - but the point is, you shouldn't pay if you are not happy. Please, just be courteous and respectful. Complaints are rare because every reader has had to pass the "ultimate interview" ... they must sit and read ME

(and I've been reading over 25 years myself) and tell me something about my past/personal life, my children, home, or business that they could not possibly have heard or learned someplace else. But every reader has their unique gift and their own style, it is NOT one size fits all. Personally, I don't think anyone should get a reading more than once every 6-8 weeks and prefer you allow at least 3 months between readings ... you don't want to become a psychoholic, right? I WILL discourage you from this behavior! My goal is to see people leave an "intuitive counseling session" (because that is really what we do) feeling validated, uplifted and hopeful regardless of the situation or challenges they may be facing. That is the true measure of a "good" reading!

**Available by Appointment:**

Talisman's readers are available for parties and events. You can pay by the hour or allow us to set up and have your guests/attendees pay individually. We do our best to be flexible and fairly priced. Our party rates are \$70 an hour, plus gas/mileage OR guests can pay if they choose to get readings at \$1/minute. Please make all scheduling arrangements through Laura at (203) 261-0047. We also book private parties at the shop, with readers of your choice. Just ask!

**Reflexology Fridays with Mark:** This ancient healing art uses hand/thumb pressure corresponding to the body systems. The practice stimulates/relaxes stress signals resulting in relaxation (who DOESN'T love having their feet rubbed?), pain reduction, and rejuvenation of tired feet -- helping you stand tall in the world! Come in after a hard week of work and treat yourself in Mark's chair (\$30/30 minutes).

**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! (\$50). Call the shop for an appointment, as I schedule these when the shop is closed or after-hours. I am also doing private half hour sessions (\$30) before hours and on weekends. Yes, I still do **\$5 readings** on **Wednesday & Thursday** but these are done in-between phone calls and waiting on patrons - you can't make an appointment, and I do get interrupted. These mini-readings usually last about 10-15 minutes. As long as there are no other scheduled readers in the shop (they drive in from a distance and it's just not fair to them) I am always happy to peek at someone's palm or throw a few cards, so don't hesitate to ask!

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**Classes & Workshops at Talisman**

RSVP at (203) 261-0047 or email [lenhard@comcast.net](mailto:lenhard@comcast.net)

Saturday, March 14 - **Past Life Regression Session** led by Andrew Neblett. 6:30- 9:00pm \$25. (Limited: 30 attendees). These popular sessions are held quarterly - next will be in June. You will be introduced to various ways of attaining "State" and regression methods. Learn why energy is so important and how past lives affect our current energy. We will do a past life regression and open up the floor to share our experiences (on a voluntary basis - no pressure!). Dress comfortably. Bring folding lounge chair, your own cushion, pads, etc. The floor is HARD! Come, get relaxed, and enjoy! These sessions are very popular and fill up quickly. If you have ever wondered what it would feel like to "go under" this is a great, informal and fun (albeit emotional) way to find out. I have taken this class twice myself and will happily share my experiences with anyone who wants to learn more - call Laura at Talisman (203) 261-0047.

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

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**THE CIRCLE OF THE SACRED WELL PRESENTS**

**Event: Circle Open House**

**Date: Tuesday ~ March 17th ~ Time: 6:30 p.m.**

Location: The Undercroft at Talisman

Comments: If you have questions about Wicca, paganism or the Circle of the Sacred Well, or just wish to hang out with like-minded individuals, please join us for the Circle Open House. The Open House is held during the hour before the Study Group each month. You can join us any time after 6:30 p.m.

The Open House ends at 7:30 p.m., when the Study Group starts. Open House attendees are welcome to attend the Study Group, if they wish, but there is no obligation to stay for the Study Group. For those wishing to attend the Study Group only, feel free to join us in the Undercroft by 7:30 p.m.

**Event: Wiccan/Pagan Study Group**

**Craft Workshop**

**Date: Tuesday ~ March 17th ~ Time: 7:30 p.m.**

Location: The Undercroft at Talisman

Comments: Join us for this monthly Study Group, which is held on the third Tuesday of each month. This month, popular Craft Workshop facilitator, Elena, will be hosting an Ostara Craft Event! Join us as we celebrate the season making a unique Ostara craft to take home!

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### **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.

We would like to invite you to celebrate Spring and the Renewal of LIFE!

**Date: Saturday, March 21st**

**Time: 12pm to 5pm**

**Ritual: 1:45 - Renewal of Life**

**We will be having Children Friendly Activities; Egg Decorating, Free Face Painting, Rabbit in the Hole (bean bag toss), Seed Planting & more.**

#### **More Activities for Kids and Adults!**

2:30 - Late Lunch Potluck

3:15 - Chanting Class (for Kids and Adults) with Cori Burke

3:45 - Drumming Class (for Kids and Adults) with Lisa Tonner

4:15 - Awesome Pick a Prize Raffle

**There will be many Artisans, Vendors & Readers to help support the community!**

**Please register for the event and save money:**

<http://www.cwpn.org/CwpnEvent/register.php>

\$10 Adult Members / \$15 Adult Non-Members

Children 17 and under: Free

**At the Door:**

\$15 Adult Members / \$20 Adult Non-Members

*Please be sure to bring Food and Drink to share for the potluck and drums for the drumming class.*

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Kathleen Brown's ICE Scholarship Page: <http://www.ice.edu/culinaryvoice/7FhwNK6>

I am trying to win a one of the eight available scholarships being offered by the Institute of Culinary Education in Manhattan. I've always dreamed of owning my own restaurant and this scholarship would provide me with a great start in making that dream come true! Please vote for me and **you can vote once a day**. Entry and voting closes March 28th at midnight. The winners will be announced on April 3rd. Wish me luck, and thank you for your support!!

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*My own daughter Daisy has weekly counseling and Seven Rays Healing sessions with Rev. Patricia Brooks. In addition I thoroughly enjoyed reading both her books (below) Messages from the Animals and Messages from the Golden Angels – two books which are part of her Divinely guided book series God is in the Little Things. Rev. Patricia is an interfaith interspiritual minister who honors all religious and spiritual practices performed for the Highest and Greatest Good. Additionally Rev. Patricia has her Bachelors of Science in Business Administration and her Masters of Teaching in Education. She previously worked in the corporate and educational world for many years. Rev. Patricia also proudly served as a sergeant in the U.S. Marine Corps.*

*Patricia shares the Divine messages of Oneness and standing in our truth as spiritual beings on her radio show Spiritual Lens <http://www.ctrnetwork.com/profile/spirituallens>. She is an animal totem intuitive, angel card reader, and healer with the Seven Rays. Patricia authors two spiritual blogs and is a contributing writer to Lightworkers World. Having profound spiritual experiences has dramatically changed Patricia Brooks' life and she has come to understand her Divine life purpose is to spread the message of Oneness. Patricia's books are her honest and emotionally raw retelling of her true spiritual experiences as she walks her spiritual path. You can order an autographed copy from Patricia at her website: <http://www.patriciabrooks.net> or in paperback or Kindle on [www.amazon.com](http://www.amazon.com) - also for sale at Angels & Company, Linda's Storytime in Monroe,*

*and Talisman.*

**SEVEN RAYS HEALING:** This is a Divine universal healing technique that is many eons old. It is a very powerful and highly diversified healing energy that heals all human conditions, even the soul's karmic baggage from past lives that must be cleared along with the associated physical manifestations.

The Seven Rays heals on all levels of existence simultaneously. Each Ray possesses a specific color and force for healing different conditions. Guided and regulated by the Ascended Masters, each Ray has associated conditions that are worked on when that Ray is called in. It is healing energy that is channeled straight from God, through the Ascended Masters' healing temple, through the facilitator to you. It is a more intense connection to Cosmic Light that you have ever imagined. Those that are drawn to this work are the ancient healers of Atlantis, who have known this modality before. They are always pulled toward this work because of their own deep sense of recognition.

Healing sessions are conducted in Rev. Patricia's home in Monroe by appointment. The cost for a half hour Seven Rays healing session is \$35; One hour Seven Rays healing session with spiritual counseling is \$60.

Rev. Patricia Brooks is working on a new book and documentary project and she needs your help! Rev. Patricia's intent is to raise awareness of the **Consciousness of today's children** and explain how we can create an environment where they are not only accepted but understood and nurtured. Through telling their stories, we will make it **safe for everyone** to understand their Spiritual Truth and embrace their Highest Self. If you know a young person that is spiritually aware or has spiritual experiences and would like to be interviewed and share their story and abilities in order to help others, please email Rev. Patricia at [patriciabrooks@godisinthelittlethings.com](mailto:patriciabrooks@godisinthelittlethings.com) - or for more info please visit her website at <http://www.patriciabrooks.net/interview-requests.html>

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**Hunter Healing Hands:** Located in Black Rock, Jessica and Jim Hunter's events include Reiki Share; monthly drum circle; classes and so much more! For details, cost, etc. please see <http://www.hunterhealinghands.com>. Contact 203-916-8381 to register for an event!

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**Finding Feathers** – A Spiritual Center located at 395 Commerce Drive, Fairfield. (203) 916-7887 or

email [shaktidas@findingfeathersfairfield.com](mailto:shaktidas@findingfeathersfairfield.com). Calendar: <http://findingfeathersfairfield.com/event-calendar/>

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### **Astrology Corner**

**By Alethea Hunt, Astrologer**

Wooooo boy, March is crazy active from an astrological point of view! A kickass trine between Jupiter in Leo and Uranus in Aries becomes exact on March 3rd, so we should be alert for unexpected luck and surprising opportunities at the outset of the month. This energy holds the potential for opportunity to emerge amidst the adversity of the approaching final (*it's about time!*) square between Uranus & Pluto on the 16th – especially if we're able to keep our hearts open. An Aries Venus and Mars join the party, which can destabilize unions stuck in status quo's tar pits of extinction and see to it that new financial and relational scenarios get off the ground now. If you're trying to bust free of something/someone, this is definitely the mojo to tap for greater financial and relational independence, but the important keynote is that we take some kind of **action**. A further push will be given by Mercury in Pisces sliding up to Neptune and forming a square to Saturn – if you're looking for a better reality, make like Houdini and have an escape plan instead of just fantasizing!

Before I get too far ahead of myself, though, let's have a look at this month's lunations! A Virgo Full Moon on the 5th implores us to look at bodily and **emotional** health in particular – the timing for this is just right since we may be feeling tugged in many directions under such an astrologically busy sky! We have to keep in mind that dealing with all these global, transformational energies can be quite tiring, and focusing on how to achieve emotional & physical wellness during all this transition is a must. **Hint: sometimes what we really need is just a time-out.** A trine between this Moon & Pluto suggests much resilience, so perhaps if we're feeling infirm (*in any respect*) it may help to deconstruct the issues we're dealing with and compartmentalize things to the best of our ability so we see them as much smaller and more bite-sized under the light of this Virgo Full Moon. A lot of this is about surrender and releasing the things we have no control over, triaging what's left, and then filling up our own cup with restorative waters and taking a good, long drink.

A Pisces New Moon on the 20th is certainly no ordinary lunation; this one is a Solar Eclipse occurring on the very same day as the Vernal Equinox! With this lunation happening at the very final degree of the zodiac – 29 degrees Pisces – it may feel as if we're at the end of an epoch. Indeed we are, now that this Pluto-Uranus square business is finally breaking up for good! What are you willing to release as you prepare to step into this new era? A good place to start – with this lunation's trine to Saturn in Sagittarius – would be anything that holds us back

from growing; particularly on a soul level. It definitely appears the timing is right in particular to put a stop to seemingly infinite lather-rinse-repeat cycles that cause sadness/suffering. It's about taking responsibility for our own happiness, being real, and having the wisdom to release (*or is that jettison?*) what is necessary in order to keep ourselves afloat.

Elsewhere, Venus slips into the sign of her rulership – Taurus – on St. Patty's Day, giving us an extra good reason to sport some green! Venus is quite busy late in the month, which highlights matters on the material (\$) plane. Care should be taken when mixing wishful thinking with money matters because it will be easier than normal to do this as Venus slides into a sextile with Neptune on the 24th. On either side of this date, Venus makes an inconjunct to Saturn (21st) and then a square to Jupiter (27th), highlighting **1)** the practicality of purchases **2)** extravagant expenditures. The best bet – if you're considering buying anything significant late in the month – is to carefully examine all spending compulsions and what lies at their root since Venus gains support from powerful Pluto in cautious Capricorn on the 30th. Perhaps our appetite for the material might stem from surviving some kind of recent privation; even if this hardship only equated to paying off the credit card bills leftover from the holiday season!

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

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

**Laura Lenhard**