

# Talisman

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

**150 Main Street**

**Monroe, CT 06468**

**(203) 261-0047**

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

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

**Media Blog:** <http://blog.ctnews.com/lenhard/>

**Spellcraft by Talisman product**

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

**March 4, 2016**

Happy Spring! Merry Ostara!

**Reminder:** I often hear how much people enjoy reading my monthly newsletters, but did you know that past months' newsletters are kept archived on the website? Just click on "news" at the top of the first page and you will find them all listed chronologically. Between these and my blog "Metaphysical Musings" (see link above) there is a LOT of reading material - enjoy!

There is so much going on this month, energetically and astrologically (read about the latter in "Astrology Corner" at the end of this newsletter) and I have been dealing appropriately by doing my "thing" ... as a Witch. Witchcraft is NOT about having a life magically devoid of problems and illnesses; nor is it about "fixing" your problems ... so much as it is about having the resources and a learned skillset which allows you to cope with life's issues and challenges more effectively - and help others do the same, if you are so inclined.

Let's talk about what all that means, shall we?

Witchcraft is many things to many people. I see it as a Calling. In truth, as Laurie Cabot has famously stated, it is an Art, a Practice, a Religion and a Science. And it can any or all of these, non-exclusionary. So, can you be a Christian Witch? I think not - no more than one can be a "Jew for Jesus" effectively. However, you CAN be a Christian who practices magick. In this part of the U.S. we see many Catholic Irish/Italian families who integrate familial "folk work" and common rituals into their daily spiritual practice. You can also follow the Wiccan Rede, but not be practiced in the art or science of Witchcraft - or you can be like Aleister Crowley and hold that every act of Will is an act of Magick. As Ingona Desmond says, Live Deliberately. As far as the Science is concerned, Quantum Physics has proven what Witches and Shaman and other Wise

Ones have known forever ... energy can neither be destroyed or created but can be changed from one form to another; and via magick we can energetically harness our Will to a specific Energy toward a desired outcome.

What Witchcraft ISN'T is what we know of it from shows and movies like "Charmed" and "Harry Potter". That said, I think a very beautiful and honest portrayal of ritual was found at the beginning of the movie "The Craft" (which went downhill fast from there, sadly) when the four girls went into the woods and called a circle and raised energy by chanting - and hundreds of butterflies came all around them from up in the trees. I had a similar experience a couple years ago, out in my own woods under a full moon. I had put together an offering of poppycakes for Baba Yaga, cutting them in eight perfect wedges and placing them on a crystal glass dish with a tealight lit between each slice. I was up in the woods, where my stone altar sits under an opening in the trees and the full moon was beaming down on my beautiful dish. It was 2am, and soon I heard the coyotes singing and the pack was all around me, in full song. I stayed and listened until they left, then went back down to the house. The next day I went up to retrieve my plate and all the poppycakes were gone, not a crumb or seed on the plate - but the eight tealights, which had burned out, were undisturbed.

We don't twitch our noses and have a clean house (like Samantha in Bewitched) but learning to channel and direct our energy in conjunction with our Will in the practice of magick takes time and patience. We learn to align ourselves with the phases of the moon - full moon for increase; waning moon to decrease or to banish. What, do you not "banish" fat when you diet? Best time to set the intention for a slimmer you is during the full moon - and you start dieting as the moon wanes (gets smaller). We carry or wear our stones, perfume ourselves and our homes with scented oils and incense, or sip herbal teas as remedies or tonics. We pay attention to our dreams and look for omens. We set our boundaries and mark them with Wards and Sigils. Most of us have a working relationship with Diety (plural) recognizing both the Feminine Divine as well as the Masculine Divine present all around us in the natural world. We include them (in some form) on our shrines or altars along with candles we bless or enchant, music we play, stacks of books we collect - creating interior sacred space.

It is the little things that make up a a magickal life. So what would I suggest, moving into Spring? I would clear my own energy and that of my home with a salt bath and a thorough sage cleansing. If you want to know how I do this, click "reply" to this newsletter and ask for the cleansing instructions, and I will forward two simple "how to" documents.

Speaking of "homes" and "newness" the kids and I will be looking for a new apartment by June 1 - something small to get us through this last year of Daisy's high school ... so Shelton, Derby,

Monroe, Stratford, and North Bridgeport are all options. Of course I have been looking for years for new store space with an upstairs apartment, so I can live over my business ... well, I am putting it out there!

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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>

**Patty is back! March 12!** Patty has been reading for over 40 years "I kind of get it from all sides, as I hear things, see things, feel things ... I can do psychometry (read objects such as jewelry) and also some mediumship - your beloved dead sometimes make an appearance! The main thing is I try to get straight to the issue, as I don't like to waste anyone's time with simple chatter". She began her formal study under Grace Birch, a Rosecrucian who taught Psychometry - a psychic ability in which a person can sense or "read" the history of an object by touching it. Ms. Birch was also a Town of Trumbull librarian for many years (and the reason behind all the new age and esoteric books that can be found there!). Patty uses a crystal ball to do personal readings; but she also can use her gift of Psychometry to read objects. She receives impressions from an object which can be perceived as images, sounds, smells, tastes - even emotions. Psychometry is a form of scrying - some people can scry using a crystal ball, black glass or even the surface of water. With psychometry, this extraordinary vision is available through touch. By all means, bring jewelry, old toys, or any object you would like to have "read" by Patty.

**March 5**

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Sandy - Tarot-Guided Soul Portraits

**March 12**

Mark - Tarot or Reflexology (Mediumship)

Patty - Crystal Ball (Mediumship)

Pina - Angel Oracle (Mediumship)

Rachel - Animal Communicator; Tarot (mediumship)

**March 19**

Andrew Neblett - Runes and Tarot

Mark - Tarot or Reflexology (Mediumship)

Sandy - Tarot-Guided Soul Portraits

Whitney - Seated energetic healings for people & pets (\$20/20min or \$30/30min)

**March 26**

Gwen Lord - Whole Life Tarot (Past Life recall)

Rachel - Animal Communicator; Tarot (mediumship)

Sandy - Tarot-Guided Soul Portraits

Susan - Tarot (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**

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 & Saturdays 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 includes 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. Phone sessions are \$20 for a half hour, so many people live far away and are asking. Yes, I still do **\$5 readings** on **Wednesday, Thursday and Sunday** 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. If you want a reading with Laura please specify \$5 (just check that I am in, I don't take appointments for these) \$30 half hour or \$50 full reading.

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**New Product Information**

I've decided to dedicate a short paragraph each month to the newest offerings at Talisman. This month I am focusing on one of our best-selling items - Talisman's Full Moon Wishing Powder (\$5). The powder consists of six ingredients blended by yours truly, and packaged in a small glass bottle with cork stopper. On any night during the full moon cycle (which is the day before, day of and day after the full moon - this month it falls on March 23; so the cycle is March 22, 23, 24) you hold the bottle in your dominant hand and focus on what it is your are wishing for. Wishes must be achievable please do NOT wish for wings to fly to the moon with! When you have envisioned what you seek long enough (you will know) pour the powder into the palm of your hand, ask simply for what you want -- and blow the powder up towards the full moon. It is done.

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**Events at Talisman**  
**RSVP (203) 261-0047**

**NOTE While I don't take deposits for classes an RSVP is necessary.**

**Protection – How to Guard against Unwanted Energies Saturday, March 19 6:30-9:00pm \$25**

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!

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**

**Event: Shamanic Sunday - Meditation Workshop**

Date: Sunday ~ MARCH 6th ~ Time: 6:00 p.m.

Location: The Undercroft at Talisman

Meditation workshop held first Sunday of each month. This month, the meditation topic is "Planting Your Spiritual Garden". There will be grounding and centering exercises also. Requested donation \$5.00

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**Community Events**

Kerry Henwood will be returning to CT in April 2016 to teach her powerful "**Language of Light**" in a 3-day seminar April 22-24 in Southern CT (venue to be announced). Kerry is a gifted shaman with over 30 yrs. experience who has studied and taught throughout the world. "**Language of Light**" helps us become aware of our Soul and Monadic essences and align with them. This seminar is open to all people, whether or not they've taken any of Kerry's previous shamanic training. The "**Language of Light**" seminar is limited to a maximum of 30

people total (Note: only 7 spots left at this time), so please reserve your spot as soon as possible by contacting below, directly. The cost for the 3-day seminar is \$600 and there are several payment options available. Please call for more details. As we welcome in 2016, we are moving into a year of great shifts and awareness - and the "**Language of Light**" seminar will help you align with these great changes by bringing unconscious wisdom to the surface of our minds and gives us the opportunity to activate our destiny. Apart of the workshop you will learn Cranial Tibetan pulsing; and how to use and generate the field of electromagnetic energy with nature. This is a healing modality working to bring harmony to one's energetic fields and allows healing and balance to return to one's polarity. Using the spiritual energy laws of the Torus, Vortex and Vacuum, you will learn to enhance your healing tools by unifying and aligning our systems with the Monad.

In Love, Light & Healing,  
Anne Tomatore  
Inner Essence  
203-520-3691  
InnerEssenceOne@aol.com

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**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.

**CWPN Spring Equinox 2016:** Saturday, 26 March 2016. American Legion Hall, 22 Hooker Court

Bristol CT 06010. Please park in the lower event parking lot. 12pm to 5pm - Ritual at 2:00pm

- 12:00 - 1:00 Potluck Lunch
- 1:00 - 1:45pm Children's Egg Hunt, Coloring & Crafts
- 2:00 Ritual Persephone's Return

- 3:00 "Shape Shifting in Celtic and British Folk Music" with coffee and cake
- 4:00 Announcements & Raffle

Artisans, Vendors & Readers. Cost: \$5/Members • \$10/Non-members (at the door \$10/Members \$15/Non-Members). **Register and Prepay to Save** [Click here for online registration](#) Contact [president@cwpn.org](mailto:president@cwpn.org) for further information.

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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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**Request for donations:** I know a young man who is re-starting his life here in CT (I was a close friend of his late mother). He needs pants (36w 30l) shirts (x large) shoes (9) cleaning supplies laundry soap twin sheets blankets ... Everything. Items can be gently worn - I have boxes to put things in at Talisman. Many thanks.

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**Astrology Corner**

**By Alethea Hunt, Astrologer**

There's a strong polarity in the air during March as a plethora of Pisces planets stack up against Jupiter and the Moon's North Node in Virgo. Jupiter has been emphasizing wellness matters since it arrived in this sign back in August of last year...with the North Node also here, we're looking at wellness avenues that help put us on the right path and improve the state of our health. But something is likely being distorted with all these Pisces planets in play...could something we think is healthy for us actually be doing more harm than good? Pisces is the sign of self-undoing, and all these planets crossing the Moon's South Node while in opposition to this duo makes me think our point of view is apt to be unintentionally skewed in a possibly problematic way. This is an eclipse month, so let's be open to any signs that we might be headed in a wrong direction on ANY front, but especially re: health near the lunation on the 8th, as this could be a turning point for us where we come to understand when something isn't in our best interests and any errors in judgment are made clear.

There can be something pedantic about our perspective when Jupiter visits Virgo because we tend to err on the side of \*not\* seeing the forest for the trees. So while we may be partaking of something (*a diet, an exercise program, a nutritional or herbal supplement*) we THINK is \*theoretically\* “good” for us, perhaps all is not as it seems. Under this energy we could be neglecting a more macro view of what true “wellness” encompasses; possibly by overlooking certain side effects or complications, or even by taking “healthy” overboard into a form of addiction. In our quest for healing, we might even inadvertently follow a route that actually makes us sick(er) because it just isn't right for \*us\* or for the specific application we would use it for – there is very much the hazard of taking health-related info out of context now, and sometimes a little misapplied information can be dangerous. Every body is different and there is no one-size-fits-all approach to wellness. So while somebody may benefit, for example, from eating raw vegan, this might not work for another person's constitution. This is less of a time to go seeing out a fitness “guru” and more of a time to do some quiet introspective reflection about what is – and, more importantly – ISN'T working for us on the wellness front. On a more mundane level, it's worth noting this energy looks like it could potentially be a sign of a yucky end to the flu season, so do what you can to keep your immune system healthy including getting good quality sleep because rest and relaxation is also important when it comes to keeping ourselves well.

All of the above advice is good to bear in mind throughout the duration of the month, but specifically as we draw closer to the New Moon Solar Eclipse on March 8th. And speaking of the New Moon, this one occurs in visionary, prophetic Pisces...we'll need to remember to keep both feet on the ground while using our intuitive faculties with this lunation's contact to Jupiter and Saturn. Our beliefs can either support or hinder us under this influence, and with the ruler of this lunation (Neptune) so close to Mercury, I feel there may be some hazards to any “magical thinking” that fails to put a plan in place for how to manifest whatever we may find ourselves wishing for now. It may be easier than normal to get carried downriver by fantasy with the tide of Pisces planets standing by.....there is nothing wrong with dreaming or wishing, but we will likely have a lot of work to do on our own end of things and we definitely shouldn't deny any hard truths we may be presented with at this time that would have us checking our fantasies. I get a very “God helps those who help themselves” vibe off this one, so let's not just expect Divinity to drop the goods into our lap with no effort on our part, yes? And remember that sometimes if we get a firm and repeated spiritual “no” to whatever it is we're praying for, [it may be for our own good](#). Can we still trust the infinite wisdom of The Universe even if we don't get what we wished/hoped for? There are definite “test of faith” overtones to this lunation!

I also want to address Round 2 of the Jupiter/Pluto trine that's exact on March 16th but active ALL MONTH LONG! Look for opportunities for positive, large-scale transformation in your life; whether this is health, wealth, or work related. Sometimes it's not one singular huge thing either,

but many small parts that coalesce into something bigger so start with the smaller, more mundane logistical stuff as this energy is more akin to a gigantic yet gradual systematic renovation/overhaul. Also know that sometimes it's more about TAKING AWAY than ADDING, so whether you're subtracting something from your diet, your budget, or whathaveyou, less sometimes really **IS** more! During March we also start to get a loose preview of a trine forming between Saturn and Uranus – these two energies can work really well for us if we take responsibility for our own growth & happiness by self-initiating change. Then there is also the matter of Saturn squaring Jupiter most of the month (**exact on the 23rd**), potentially locking and limiting growth or else presenting it to us through some very hard lessons! Growth comes primarily through DISCERNMENT now...an especially salient point circa the 20th-25th as Venus gets involved with this duo after joining with Neptune! Love and money matters require extra caution during this timeframe, as our judgement may be "off".

Our second eclipse is also on the 23rd – it's a Full Moon Lunar Eclipse in Libra, bringing relationships and our feelings about them to the forefront. This is a very action-oriented Moon with its contact to Mars and opposition to the Aries Sun & Mercury, so know that our feelings are likely to push us to DO something about a partnership around this time. Mars in Sagittarius wants growth and urges us to take action that is centered on The Grand Scheme of Things, so whatever move we decide to make regarding a union, this should be our primary compass. I could even foresee the possibility of things getting heated and (rightfully) telling someone where to go under this influence with Mercury near the Aries Sun...hmmm, perhaps somebody was playing flimflam games under the aforementioned Venus/Neptune conjunction and now the jig is up!

**\*\*\* A note to readers: If you would like to receive my FREE monthly newsletter via email which is packed full of information & astrological insights, click [HERE](#) or email [Alethea@EmpoweredDestiny.com](mailto:Alethea@EmpoweredDestiny.com) and 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](#)).**

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