



Talisman...

a unique new-age store

150 Main Street, Monroe CT 06468

(203) 261-0047

www.talismanct.com

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

September 1, 2009

Merry Mabon!

Mabon, also known as the Autumn Equinox, occurs on/about September 21. It represents another day of balance between light and dark, but now it is the time of year when darkness overtakes the light. This is a holiday of rest from harvesting and a celebration of thanks for the crops and herds of the previous year. The pilgrims' Thanksgiving holiday quite possibly grew out of this very old pagan celebration. It is incredible how quickly summer has flown by - not helped by the cold and wet June and July we experienced here in New England. And with all four of the children going back to school (little Roy starts Kindergarten! Can you believe he was only two years old when Talisman opened?) I am finding it necessary to change our store hours to coincide with his morning schedule. So Talisman will open at noon rather than 11:00 and we'll close for one hour mid-day (3:00-4:00).

Continuing our discussion of the Chakras (remember, you can reference the first five from previous newsletters kept archived on the website) we are now up to the Sixth, or Brow Chakra. This Chakra sits between the eyebrows and is also known as the Third Eye. This center is our innate intelligence and thrives on the distilled wisdom of our losses, pain and separations. This Chakra is connected to the pituitary gland and governs everything from our heart rate and blood pressure to our ability to withstand pain. Once the power of the mind is harnessed through meditation and yoga, it is capable of restoring health and slowing the aging process. The color of the Brow Chakra is indigo; its age of resonance is 35-42; essential oils are camphor, sweet pea, and heliotrope; crystals are sapphire, tanzanite, and lapis lazuli; and silver is its metal affiliation. Activities to open the Brow Chakra include thinking clearly about your life - reading or viewing uplifting and positive books or films, reflection, contemplation, meditation, and creative use of your imagination to visualize the life you say you want. When this center is open and functioning well, we can discern our highest good as well as profound awareness and intuition. The center seeks meaning, truth, and freedom. The Brow

Chakra supplies energy to all the senses and the brain to allow the mind to be active and positive. It opens portals to the higher spiritual realms that surround us and are accessible through developed sensitivity and open-mindedness. As we distill truth from life experience, we develop this chakra and strengthen our spirit.

News & Events

New Fall Hours:

Monday-Thursday 12:00-3:00 and 4:00-7:00

Friday 12:00-3:00 and 4:00-8:00

Saturday 11:00 am - 8:00 pm

Sunday Closed:

Great Bear, a Native American elder from Montana, is visiting Fairfield from Oct. 29th through Nov. 3rd. An hour and a half of deep tissue massage is accompanied by journeywork and intuitive energy healing at a cost of \$120. She has a limited number of appointments available. I was gifted a session with Bear a year ago - if you are interested, I did write about this experience and will share it. Email request to Brandygirl@peoplepc.com. If you would like to schedule a session or learn more about Bear's background and/or qualifications, please call Angelita at 880-9051.

Reiki II has been scheduled for Saturday, Oct. 24th from 9:30 until 6:00 pm (9:30 is arrival-class starts at 10:00). Taught by Cathy Kane, Cost is \$200. Reiki (also known as Usui Reiki) is an energyworking system originating in Japan, involves using a divine pool of energy to remind and support the body in using its own natural ability to heal itself. Reiki has other uses (such as manifestation), and has built-in safety measures that protect the practitioner from doing harm or depleting himself in the process. Angelic Reiki (originally channeled to Kathie Valentine) is an enrichment of the Reiki system and is offered at no additional charge as part of all Reiki classes Cathy teaches. Catherine Kane has been a teaching master of Reiki since 1996 . She loves to teach, especially things like Reiki that have made her life and the lives of so many others better. In her classes, you'll get demonstration and practice, as well as theory, and she continues her availability post-class to answer questions. RSVP at (203) 261-0047 (Talisman) or for more information, contact Catherine Kane at we_are_foresight@yahoo.com

Meditation

Our drop-in meditation sessions are back on, same day and time - Wednesdays 6:00-7:00 p.m. Same cost - \$5.00. New instructor - Leafweave, of the Circle of the Sacred Well, where he has led meditations for almost seven years. Leafweave will lead us in energy work meditation and notes that we have the ability to be the source of positive energy and change. Like a stone dropped in a pond the ripples extend outward and have an impact in our world. This work is therefore empowering to those who participate. The purpose of our gathering will be to learn to work together to raise and direct energy towards a purpose with intent. The intent will vary depending on consensus within the group - healing for ourselves or

others; directing energy to bring peace; heal a community or specific world situation - are all possibilities.

His story is fascinating and here is Leafweave's "bio" for your consideration:

From an early age, Leafweave sensed that there was something more going on than meets the eye. He began experimenting with sympathetic magic before he knew the name for it. An assignment to the United Kingdom as a member of the United States Air Force (USAF) in 1986 led to an interest in ancient Western European religions. Over the next 14 years, Leafweave spent a great deal of time visiting sacred sites. He developed an interest in the ley lines found running through many such sites and in the energies of such places of power. When he put a name to his beliefs, he called them Wiccan.

In 2000, Leafweave was reassigned to McGuire Air Force Base (AFB) in New Jersey. Leafweave served as the Wiccan Lay Leader for McGuire AFB from 2000 until his retirement from the USAF in 2004. In early 2000, he and his wife Mandy established an active Wiccan circle, called Wiccan and Pagan Services (WAPS), on the base. During his tenure as lay leader, Leafweave facilitated a number of 'firsts' for a pagan group on the base. WAPS became the first pagan group to hold Sabbats at the base chapel. In 2002, after the start of the Iraq war, Leafweave was asked to assist the chaplain service at the Walter Reed Army Medical Center in Washington, D.C. by writing Wiccan 'Words of Comfort' for the chaplains to use when assisting wounded service members who are Wiccan.

In 2004, in preparation for his retirement, Leafweave considered the traditional words used for the flag folding ceremony used at USAF retirements and realized that they are written from a Judeo-Christian perspective. He rewrote the flag folding ceremony to be more suitable for pagan retirees. In order to obtain official approval for the new flag folding ceremony, the matter had to be elevated all of the way to the Office of the Secretary of the Air Force. After obtaining official USAF approval for the new words for the ceremony, Leafweave then educated base leaders, including his commander and the commander of the Honor Guard (the group that performs the flag folding ceremony) in order to receive their support of his desire to use the newly-approved flag folding words in his retirement ceremony.

While living in New Jersey, Leafweave joined Hands of Change coven and participated in their first "Shapatu of Ishtar" festival. During his time with Hands of Change, Leafweave led both open and closed rituals and assisted the coven with many community service projects. He also completed a year-long formal training course in Shamanic Healing and Journeying sponsored by a founding member of Hands of Change.

In 2004, after his retirement from the USAF, Leafweave moved with his wife to Connecticut, where he became a founding member of The Circle of the Sacred Well coven. A self-proclaimed 'ritual junkie', Leafweave enjoys singing and chanting in circle (or the shower), drumming, journeying, camping, kayaking and community with others of like mind.

Smoking Gun Research Agency

- Last month we announced that the SGRA is moving in downstairs at Talisman. The move has been completed (so many books!) and Jon and I are looking forward to this space being used by the community as a place to research and learn about the paranormal, UFOs and government issues. Jon and I have a shared philosophy that everything shouldn't "cost" and to the best of our abilities (independent of each other) have been doing things free or at a very low pricetag since the inception of the SGRA and Talisman. For example, every Friday at Talisman, the SGRA presents Coffee Talk – Metaphysical & Paranormal Discussions. Starts 6:00 p.m. and open to everyone 14+ (no charge).

Friday, Sept. 4 Coffee Talk: "Mixing Mixes" -- Creating your own scents and mixes with natural ingredients

Saturday, September 6th, 6:00 pm - Metaphysical Movie Night "Phenomenon" with John Travolta. No charge - movie night is a nice way to spend an evening with the family! Bring snacks for yourself and to share if you'd like.

Friday, Sep 11 Coffee Talk: "Metaphysical Wonders" -- Discussion of worldwide sites from the Aztec Ruins to Stonehenge

Saturday, September 12 - SGRA Research Center "Bunker" Opening Party

Saturday, September 12th, 6pm-8pm. Workshop: The Real History of Monsters. \$10 per person (comes with a book)

Friday, Sep 18 Coffee Talk: "Energy Healing" -- With special guest, Reiki Master and Energy Worker Tracy Owen

Saturday, September 19th, 4pm-6pm SGRA Monthly Meeting, followed by Metaphysical Movie Night "Michael" with John Travolta at 6 pm.

Friday, Sep 25 Coffee Talk: "Controversies and Conspiracies" -- A look at some questions on historical events from the moon landing to the JFK conspiracy.

For details visit the Smoking Gun website at www.sgra.org or call Jon Novinsky, Director, (203) 247-0310.

A Special Treat - A Day with Bern Richards

A few weeks ago, I had the wonderful experience of sitting with Mr. Bern Richards - master feathersmith, intuitive and healer. In addition to purchasing some of his Feather's Dance handcrafts for Talisman (smudge feathers, earrings, fetishes, altar pieces) I am pleased beyond belief to now have Bern facilitating healings and readings

here as well. He will be at the shop on Saturday, September 5th from 10:00 am until 6:00 p.m.

Born in Hastings-on-Hudson, NY, Bern Richards has spent most of his life exploring indigenous cultures. After high school, he studied Forestry at Paul Smith's College. He joined the Air Force and was sent to Syracuse University to study Russian (in one year, he completed four years' study of native Russian) then was stationed in Turkey, where he worked in Intelligence. Exploring Istanbul, he became fascinated with the Sufi whirling dervishes and the poetry of Rumi - which fostered his passion for poetry. He is, in fact, a gifted poet.

Once he was out of the Air Corps, he opened up his spirituality and traveled to North Carolina and the Appalachian Mountains, where he met the local craftspeople and began selling their crafts, and his own boxcraft, out of a business he called "Mountain Tyme". About this time, Bern began dreaming of falling white feathers, which would foretell the next thing he would do or make. He printed his poetry into booklets and began creating "love bundles" which he added to his own handcrafted boxes. These bundles (reminiscent of prayer bundles from Native American sweat lodges) contain cedar, sage, sweetgrass, Balsam Fir and sacred tobacco - tied up with red cord and topped with a feather. The feather is in place to help take prayers higher to the wind and the birds. Literally thousands of these bundles have been passed since 1972 ... all over the world. The message to all and the key to all healings and comfort, is Love.

In time, he moved his business into a new space and changed its name to Four Winds, focusing on Native American crafts. He invited elders from the Lakota tribe to come and give workshops in the space. None of this is surprising, given that Bern's mother was German, Dutch and Mohawk. It was his mother and grandmother who directed his healing work; and through them he became the first man of his lineage to do feather work on deathbed visions. His mother and grandmother, now passed, continue to visit his dreams to advise and direct him.

In 1990 he returned north to work at Green Chimneys in Brewster, teaching wildlife rehabilitation and working one on one with emotionally troubled children. It was there that he connected, through the animal kingdom, with people such as Paul Newman, Ossie Davis, Bobby Kennedy and Fred Rogers. He went on to spend time in Arizona, then Bern travelled to Prince Albert Park in Saskatchewan, Canada, to learn what he could about a legendary man called Grey Owl. Grey Owl was an Englishman who dressed and lived like an Indian in a cabin on an island, and wrote five books on conservation. Returning to

Patterson, NY, he opened Beaver Lodge - at which time he met his wife, Gail. They moved to Arizona for a year before moving back to the area. The name of his new business is Feather's Dance. In addition to his craft work, he gives medicine card readings and feather healings/workshops.

A reading with Bern does not address prophecy or the suggestion of future events, although most interesting insights from pasts and future do unfold quietly in a session. It's more about the animal/bird linkups from soul recognitions to synchronistic events experienced by each individual. There's wonderful magic in opening one's self to the medicine energies to explore your personal journey. Bern keeps notes during the session, so an individual can remain calm and natural in thought and most receptive to the moment. - the notes are presented to you after the reading, useful for future reflections. Bern uses medicine cards, soul cards and feather omen cards in his Nature Card readings. In the half-hour reading, cards are divined (4) for a proverb or statement you are presently walking beside, you learn your Life Path number (numerology), and an Arrow spread or Sacred Mountain spread is done for direction. In the hour reading, this is expanded to include the animals and natural aspects influencing you since birth through the present.

A feather healing session includes placement of feathers you've divined; a rattle journey to a Nest in a Magical Tree to visit an elder for a Gift; chakra balancing and energy work (much like someone might do with Reiki or Stone healing) only Bern uses feathers since he serves the teachings of his Grandmother Esther, Mother Katherine, and Grandfather Black Elk. He waits for their direction and functions as their vehicle and their bridge.

I had the privilege of an abbreviated feather healing during the time I spent with Bern, and the feeling of peace and well-being that immediately flooded my body and mind was glorious. As Bern worked the feathers over my head, shoulders and back, I saw a beautiful Golden Eagle in profile. The bird lifted and flew, and I was transported to a china blue sky and found myself looking down onto a painted desert and flat-topped mesas. It was magical, and the tranquility lasted for - well, just thinking back on the experience lifts my spirit even now. I had to laugh to myself when, after Bern left the shop and I looked through the folder of papers he left behind - and I saw his business card for the first time, featuring the same Golden Eagle profile from my vision! Bern wrote me later that day via email, and offered the gift of a full healing session. You can be certain I will take him up on this offer and look forward to it with great anticipation! Bern Richards will be at Talisman on September 5th. Please do stop by to say "hello" and

meet my amazing new Brother in Spirit. He will be conducting readings and healings, by appointment (call 261-0047). A 30 minute reading is \$40; 60 minutes is \$60 and a one hour Feather Healing is \$75.00.

Scheduled Readers:

Note: Cash payment is requested

Starr: Angel Readings on Thursdays 4:00-7:00 pm (or by appointment) \$30/20 minutes or ask question \$1/minute

Lina: Intuitive Counseling Sessions on Sundays by appointment (261-0047) \$50/45 minutes

Sept. 5th: Bern Richards, Healing/Reading. A 30 min. reading \$40; 60 min. \$60; one hour Feather Healing is \$75.

Sept. 12th: Elpida, Greek Coffee Readings \$30/30 min.
Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

Sept. 19th: Donna, Herbal tarot (Shammanic, includes personalized mojo bag) 2:00 - 7:00 \$25/20 minutes

Sept. 26th: Gwen, Whole-Life Tarot (may include some past life issues) 12:00-6:00 \$25/20 minutes
Tammie Barletta, licensed Massage Therapist, 12-5 \$1/min.

New Reader at Talisman

Talisman is pleased to announce that Barara DeLong - internationally known spiritual intuit, medium, author, artist, lecturer and ordained minister - will be available by appointment on Fridays beginning September 12th at a cost of \$30 for 30 minutes; \$50 for 60 minutes. Call Talisman at (203) 261-0047 to schedule or visit Barbara's website at www.barbaradelong.com for details.

Background:

Barbara has been working professionally in the field since the early 70's along with being a full time special education teacher and a single parent. In the 80's she began painting personal Mandala's for friends. Since that time her paintings and the life readings that go with them are now worldwide with over four hundred of

them in countless private collections. These individual paintings evolved into the second circular deck published called The Cosmic Deck of Initiation. The deck was published in 1991 and since then thousands have been purchased. Barbara toured the country with the deck for over five years demonstrating them at conventions and book stores nationwide (and soon available at Talisman as well).

Barbara has done Radio and television, conventions and is listed in Hans Holzer's book, The Psychic Yellow Pages; the very best psychics, card readers, astrologers, and numerologists. Her readings come from a very spiritual background and are focused on giving the individual understanding of the pathway they are on and positive insight on how to enable the creative energies within to expand on the human experience. The readings give a 12 month glimpse and go from the mundane to the magical. Barbara is also an ordained Minister and for the past five years (2003-08) conducted services at a local Spiritualist church along with rotating ministers - from which her platform mediumship was inspired. Her website www.barbaradelong.com is a teaching site; along with spiritual material there is personal information as well as predictions for the energies of every day in the year.

Barbara does private readings as well as in-store visits and the Phd Fairs in Connecticut. In October 2009 she will be launching her own blog talk radio show "Night Lite" which will feature spiritual philosophy, questions/answers and free psychic readings.

In Conclusion

So many new things are on the horizon at Talisman - and I do hope you like the look of our new & improved newsletter! Note that if you wish to be automatically removed from the mailing list, you can click on "Manage Your Subscription" below. If you are looking for anything special - classes, healing sessions, readings or merchandise - email BrandygirlL@peoplepc.com and let us know! In the meantime, do stop by and check out the SGRA's research center and many new items throughout the shop. And remember, Laura's blog is updated weekly at <http://blog.ctnews.com/lenhard> - the Connecticut Post is keeping track of its hit rate, so please check it out!

Blessed Be,

Laura & Roy Lenhard