

# TALISMAN NEWSLETTER

SEPTEMBER 2016

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Merry Greetings!

First, please note I have changed email producers - from MailChimp to Mailerlite. I hope this resolves the issue so many of you have reported over the past few months of newsletters not appearing in your mailboxes. The bigger question of "Why did Laura choose to do this during a Mercury Retrograde?" is certainly baffling, as I sit here very late trying to figure out the mechanics of this new program. (sigh)

I honestly cannot remember a time when the energy has felt so thick that it is like walking through a tar pit. And because my own words are failing me - and I REALLY need to get this newsletter out! - I am going to recycle some writing from several years ago as seems more relevant than ever.

So ... let's talk about The Ascension Process. If you search the internet, you will find a plethora of posts, articles and blogs on the subject. I began to fixate on elements of Ascension when many of my intuitive counseling sessions ("readings") began to present common themes across a wildly diverse group of people. And while there are many "symptoms" pertaining to Ascension, I will focus only on those I have personally experienced or which have been described to me over and over on a first-hand basis.

But first – what is "The Ascension process" anyway? The phenomena refers to the experience of a mental, physical and spiritual leap in consciousness in conjunction with the metaphysical evolutionary process of the entire planet – a leap to a higher vibration, and creation of a new world and new reality.

So let's address an obvious question: Why does the world need a new reality? Frankly, because our current reality doesn't work! Three percent of the earth's population holds 97% of its wealth and power. There is simply no excuse for the unchecked starvation, disease, greed, pollution, human and animal rights violations that are our global reality. Unless you have been living under a rock, you must realize that far too much is out of control

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- and that balance, compassion and integrity have fallen by the wayside. Both dark and light are required for balance (think night and day here) – but an evolved energy, one consisting of love, caring, respect and unity – is necessary to counteract our current state of apathy, listlessness and fear.

Ego and arrogance challenge this process greatly. About a year ago, I actually sat in a reading and was told “Listen, Laura, I don’t know about this 2012 stuff but if everything is going to change and I can’t live my life the way I do now, doing the things I enjoy – hell, if I have to live in some kind of commune where we grow our own food and share meals and that sort of thing – well, I just hope a meteor or whatever the hell is going to happen lands right on my house and kills me because I am NOT going to live that way!” I smiled and said, “Well, there is this thing called self-induced prophecy – and I assure you, if you don’t want to live that way, you most certainly won’t be forced to!”

Many people seem to have the idea that “Ascension” means we will go back to horse and buggy days, or maybe the renaissance period of “ye olde goode tymes”. I really don’t think so. Nor do I associate Ascension with the biblical Rapture in any way shape or form (then again, I am not a Christian. Or a “fluffy bunny” pagan). I honestly am not certain exactly HOW things will turn out, only that a cleansing is apparently required to restore balance to our gravely wounded Mother Earth – and she seems quite intent on waking up and “rebooting” our entire state of existence. Because my personal faith is rooted in a Divine Mother and Father (Goddess and God) who love and cherish us, I do not believe we are being punished – however, our collective unwillingness to participate in a higher vibrational state of being necessitates a global action. There is almost always an easy way or a hard way to do anything – and as a species, humans have apparently chosen the hard way. Sadly enough ... but so be it.

On a personal level, the changes listed below indicate you are changing for the better; heading for a life of deeper fulfillment and purpose. Change and growth are taking place; the discomfort you experience is increased by resistance. Know that all is exactly as it should be, let go and roll with it (often easier said than done, yes, I know because it feels as if you are going CRAZY). For many, these changes started becoming palpable in 2007 – yes, the year I opened Talisman. Smile, and consider yourself validated!

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Emotional roller coaster: You may find yourself on the verge of tears more often than usual. Crying at the drop of a hat over the news or a display of sentiment that you would not have cried over before is common. You may also find yourself to be more aggressive or angry with people. Some days you will feel depressed and other days full of joy. You truly feel the full range of emotions and yes it is draining, but it's happening for a reason. Stay present in your emotions, feel them fully and they will pass. In your dealings with others, try to operate from a place of kindness without allowing others to take advantage of you. Learn to walk away - sometimes for an hour, sometimes for good.

Stronger connection to nature: Previously your attitude to nature may have been "take it or leave it". Now, you have a deep appreciation for all of nature, feel connected to seasonal changes and welcome them. You may also start to enjoy animals, wild and domestic, seeing them integrate into your life and personal spaces/dreams as never before.

Changes in energy levels: One day you are bouncing off the walls, another day you can't even get out of bed! There is something called the Triad Sleep Pattern that occurs for many - you sleep for about 2-3 hours, wake up, go back to sleep for another couple of hours, wake again, and go back to sleep again. Eat healthily and try not to stress or feel guilty, it will stabilize.

A feeling that something has changed within you: You simply feel different, you may not look any different but you know something has changed internally. Your old ways are falling by the wayside and the real you is starting to emerge. You may have been living out the same old patterns for decades but suddenly you become aware of it. You may realize that you always destroy what you create, always pick unavailable partners or always attract dependent people - the list is endless. This is great, becoming aware is the first step in eradicating it. A deep yearning for meaning, purpose, spiritual connection, and revelation. An overwhelming desire to search out, find and connect with your soul mate or twin flame – to the point others may wonder at your apparent desire for self-destruction or willingness to lay ruin to your current life. And you may.

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A desire to break free from restrictive patterns, life-draining jobs consumptive lifestyles, and toxic people or situations: You feel a compelling need to "find yourself" and your life purpose -- NOW! You want to be creative and free. You might find yourself drawn to the arts and nature. You want to unclutter yourself from things and people that no longer serve you. Your material needs have been met and there is still a longing for more. You may start to question who you really are and start to see that your current life may not have been a conscious choice and is more of a by-product. Before you can consciously choose you may find yourself stripping away layers to reconnect with YOU ... the spiritual you.

An increase in occurrences of coincidence: Better known as synchronicity, favorable people and beneficial circumstance start to appear with exactly what you need. Answers to questions are revealed to you through signs and messages. Synchronicity is a sign you are on the right track and that you are aware of these miracles happening around you. The more you notice and take heed, the more they appear so show appreciation for the guidance you are receiving. Notice how numbers appear synchronistically in your awareness. Everything has a message if you take the time to look.

Speedy manifestations: Spiritual awakening raises your vibration; this involves a release of blockages which allows abundance to flow to you.

Being in alignment with a higher vibration results in quicker and more beneficial manifestations to be received by you. Be aware of your thoughts so you get what you really want or better. "Teachers" appear everywhere with perfect timing to help you on your spiritual journey: people, books, movies, events, etc. Teachers may appear to be negative or positive when you are trapped in polarity thinking, but from a transcendent perspective, they are always perfect. No one is out to "get you" some lessons are just harder to learn than others. Just take what you need to learn from the experience and MOVE ON. By the way, we never get more than we are ready to master. Each challenge presents us with an opportunity to show our mastery in passing through it.

Vivid dreams: Sometimes the dreams are so real that you wake up confused. You may even have lucid dreams in which you are in control. Many dreams may be mystical or carry messages for you. And in some dreams, you just know that you are not "dreaming" -- that what is happening is somehow real.

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Life altering events: Events that completely change your life - death, divorce, change in job status, loss of home, illness, and/or other catastrophes ... sometimes several at once! Forces that cause you to slow down, simplify, change, re-examine who you are and what your life means to you. Forces that you cannot ignore. Forces that cause you release your attachments. Forces that awaken your sense of love and compassion for all. You finally understand what it is to be part of the collective consciousness. Allow that to comfort you. You are never alone.

A perception that time is accelerating: It seems that way because you have had so many changes introduced into your life at an unprecedented rate. The number of changes seems to be growing. Try not to panic, meditation can help with this.

A sense of impendingness: There is a feeling that something is about to happen. This can create anxiety. Also impatience – you know better, but sometimes you can't help it. You want to get on with what seems to be coming your way. Uncertainty is not comfortable.

You find a spiritual track that makes sense to you and "speaks to you" at the most profound levels: Suddenly you are gaining a perspective that you would never have considered before. You hunger to know more. You read, share with others, ask questions, and go inside to discover more about who you are and why you are here. You are moving through learning and personal issues at a rapid pace. You sense that you are "getting it" quite readily. Try not to lose patience with others who cannot keep up with you because it is not a race but a process.

Amplification of the physical senses: In terms of sight, this may manifest as blurry vision, shimmering objects, seeing glittery particles, auras around people, plants, animals, and objects. Some report seeing formerly opaque objects as transparent. When you close your eyes, you no longer see darkness, but a redness. You may also see geometric shapes or brilliant colors and pictures when eyes are closed. Colors appear more vivid -- the sky might look teal or the grass an amazing green. You may see grids running across the ground. As you become more sensitive, you may see shapes or outlines in the air, especially when the room is almost dark. When your eyes are open or closed, you may see white shapes in your peripheral vision (these are your guides). Hearing may be increased or

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decreased. Other symptoms are hearing white noise in the head, beeps, tones, music or electronic patterns. Some hear water rushing, bees buzzing, whooshing, roaring or ringing. Others have what is called audio dyslexia-- you can't always make out what people are saying, as if you can no longer translate your own language. Some hear strange voices in their dreams, as if someone is hovering near them.

Enhanced senses of smell, touch, and/or taste. You may now smell and taste chemical additives in some foods in a rather unpleasant manner. Other food may taste absolutely wonderful. Some people report feeling surrounded by beings at night or having the sensation of being touched or talked to. Often they will wake with a start. Some also feel their body or bed vibrate. The vibrations are caused by energetic changes after emotional clearing has taken place. Electrical and mechanical malfunctions - when you are around, light bulbs flicker, the computer locks up, or the radio goes haywire. Heart palpitations - A racing heart usually accompanies a heart opening. It only lasts for a few moments and means that the heart is re-balancing itself after an emotional release. Note: Please see a medical professional to determine you are not having an actual medical emergency!

Increased integrity: You realize that it is time for you to seek and speak your truth. It suddenly seems important for you to become more authentic, more yourself. You may have to say "no" to people whom you have tried to please in the past. You may find it intolerable to stay in a marriage or job or place that doesn't support who you are.

You may also find there is nowhere to hide, no secrets to keep anymore. Honesty becomes important in all your relationships. There is a feeling that you are somehow different. A disquieting sense that everything in your life feels new and altered, that you have left your old self behind. You have.

You are much greater than you can possibly imagine. You are exactly where you are meant to be. And there is more to come ... !!!

Blessed Be,

Laura

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NEW-AGE FAIRES HELD EVERY SATURDAY

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(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:

### READER'S BIOS

September 3

Gwen Lord - Whole Life Tarot (Past Life recall)

Michelle - Our Newest Reader (bio below)

Sherri - Astrological Tarot

September 10

Gwen Lord - Whole Life Tarot (Past Life recall)

Pina - Angel Oracle (Mediumship)

Sandy - Tarot-Guided Soul Portraits

Crystal Sale: Saturday, Sept. 10 from 12-6pm.

A Healing Hand will be returning to Talisman for the 5th year in a row, offering a Crystal Trunk Sale with loads of new inventory! We invest in new inventory constantly, and we love to be able to say "Yup! We have that!". Some of our new items include: Danburite, Tiger Eye Angels, Amethyst "Hedgehogs" or "Flowers", Selenite Fishtails, a variety of Zeolites, Calcites, Fluorites, and Sphalerite, Black Moonstone, Angelite Angels, Amazonite Hearts and more... On top of all that, we've expanded our list of tumbled stones to add: Orange Kyanite, Sardonyx, Phosphosiderite, Quartz with Cinnabar, Spessartine Garnet, Zircon, Kunzite, Heliodor, Vesuvianite, Chinese Writing Stone, Cavansite, Petalite, Tanzanite, Ruby, Prasiolite and Peach Stilbite. This brings our total tumbled/rough pocket stone offerings to 180+ unique types! Come down and check out the new inventory and say hello! I will try to bring a little of everything, but if you are specifically interested in anything listed above, shoot me an email at [tim@ahealinghand.net](mailto:tim@ahealinghand.net) to make sure I bring some with me for your shopping pleasure. Tim Bshara - A Healing Hand, Owner. [A Healing Hand](#) [www.facebook.com/AHealingHandCT](http://www.facebook.com/AHealingHandCT) Visit our [WEB STORE!](#)

September 17

Gwen Lord - Whole Life Tarot (Past Life recall)

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Michelle - Our Newest Reader (bio below)  
Sandy - Tarot-Guided Soul Portraits  
Susan - Tarot (Mediumship, Medical Intuitive)

September 24

Andrea - Tarot/Mediumship  
Andrew - Tarot, Runes  
EstaRa - Twin Flame Readings  
Pina - Angel Oracle (Mediumship)  
Rachel - Animal Communicator; Tarot (Mediumship)  
Sherri - Astrological Tarot

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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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 35 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)

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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:

Laura: I do special, in-depth readings by appointment. My 60+ minute private sessions includes a chakra check up, a print out and review of your astrological natal chart, tarot and palm reading and more! (\$60). Call the shop for an appointment, as I schedule these when the shop is closed or after-hours. Private half hour tarot readings (\$30) also by appointment. Phone sessions are \$20 for a half hour - for those who do not live nearby. Yes, I do \$5 tarot/palm readings on Wednesday, Thursday, Friday and Sunday these are done in-between phone calls and waiting on patrons - you can't make an appointment, and I do get interrupted. Sometimes there is no one waiting, other times a dozen people are standing in line. They are five dollars because the shop is open and I am working! These mini-readings last about 10 minutes or so, and great if you have a quick question or have never experienced a reading before.

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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

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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.

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Awaken The Power Therapy: Introduces Women’s Wellness & Empowerment Group. This group is a 8-10 session group that meets on Saturdays. The Group focuses on life issues: juggling work & family, substance abuse issues, early recovery from substance abuse & depression, parenting issues, parenting a "difficult" child or a child with a mental health diagnosis, relationship issues, low self-esteem, social isolation, reduction of sexual libido with depression and/or childbirth, assertive communication with a spouse & in the workplace. This group allows for a supportive & safe space to process, ventilate feelings & gain useful advice and support using art therapy, GODDESS Training, expressive therapy, spirituality principles, cognitive behavioral therapy techniques, dialectical behavioral therapy approaches, guided meditation and open discussions with other women. Each Group is \$25 per session. For clients with Medicare or Medicaid sessions will be free! CALL FOR

DETAILS! Monique West, LCSW. Email: [Mwest@awakenthepower.org](mailto:Mwest@awakenthepower.org) 58 River Street, Milford, CT 06460 203-693-1050

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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 [Hunter Healing Hands](#) Contact 203-916-8381 to register for an event!

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Astrology Corner

By Alethea Hunt, Astrologer

September kicks off on an “interesting” note with a New Moon Solar Eclipse in Virgo happening on the 1st! Discernment is absolutely key at this time, and there may be quite a bit of bubble-bursting going on regarding certain

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ideals that may run into resistance now. It's a "reality check" kind of influence for sure, and data might prove to be quite revealing. Speaking of data, Mercury is retrograde in Virgo most of this month, and it's good to be aware of how facts and information can be spun – look critically at all the information being presented to you at this time...especially if it comes from political candidates. Besides this manifestation, there's some major health-related juju swirling in the air at this time so hopefully you've been taking good care of yourself, have had a recent physical, and have a good nutrition/exercise routine in place to proactively prevent a problem from surfacing around this time, as both malefics (Saturn and Mars) contact this lunation. On a macro level, there may be some big health-related headlines hitting in the news around this time – it could be anything from a resurgent (Mercury - ruler of this lunation - IS retrograde, after all) pandemic-type issue with the WHO weighing in, or even a significant medical breakthrough of some kind on the other end of the spectrum. I will not rule out a more positive manifestation of this eclipse, as ruler Mercury does enjoy the protection of being flanked by both benefics! This health breakthrough may even be something that affects diabetics, or that relates to illnesses affecting the pancreas/liver.

Speaking of big news, Jupiter enters Libra on Sept 9th for a year-long stay which emphasizes partnership matters and potentially proves a boon for unions. Growth comes through relating, and in any one-on-one union (close friendship/relationship/business partnership) it is important to mutually elevate one another so we both grow to be great. Shifting our perspective to one of appreciation may help this process, as is looking for the beauty and love all around us. Do not be surprised if this energy initially presents itself with a "rumble" however – the final delusion-busting square between Saturn & Neptune takes place just a day later as Venus also finds itself tangled with Pluto and then, later, Uranus. Sometimes in order to grow we need to know when something is keeping us stuck & holding us back in a union, and the truth always helps in this regard. Know that seismic shifts for the better are often experienced as destabilizing at first.

A Full Moon Lunar Eclipse in Pisces occurring on September 16th signifies emotional healing – especially regarding any illusions we may have been under with its close proximity to Medicine Man Chiron. This is a time to confront any truths that hit us square in the face head-on rather than retreat into denial, escapism, a substance, etc. with the Mars in Sagittarius

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involvement. Analytical Mercury touching this lunation also emphasizes discernment and separating fact from fiction.

Lastly, a Libra New Moon takes place on the 30th – there may be new beginnings in relationships and love may be growing due this Moon's proximity to Jupiter, but we do have to check our fantasies because the likelihood is high that we're not seeing the situation or a person clearly with Neptune factoring into this lunation as well. Further reinforced by a dreamy, romantic link between Venus & Neptune, we may find anything messy or ugly easy to gloss over, but we may also be confronted with a reality we can't exactly ignore since both Mars & Pluto in Capricorn add their influence. Partnered folks should be aware there's an especially vampy vibe to this lunation that can have us checking out and fantasizing about a tempting morsel if an existing union seems to have soured, so the best bet is to straightforwardly address any problems rather than pretend they aren't there.

\*\*\* 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 ([@EmpwrDstny](#)).

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

### **Talisman**

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