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January 5, 2017

Welcome 2017 - Possibly the kookiest entrance into a New Year that I have ever experienced!

The last quarter of 2016 was contentious and raw. Everything was exposed - the good, the bad and the ugly. Forget about crossing our bridges as we came to them - people were projecting, information was not forthcoming OR utterly skewed. Quite frankly, with all the cheating, lying (and accusations of cheating and lying) - it was like living in a dark comic book. Perhaps "Spy VS Spy"? And most of those awful jokes just wrote themselves.

For quite some time now, I've noticed that many self-described Lightworkers and Angel-based Spiritualists want to talk about and focus ONLY on the good, the light and the positive. As part of the whole "manifest positivity" mindset, because if you only think positively then only good things or "high vibrations" will ensue - right?

Ah, if only life would cooperate along those lines, eh?

I belong to a few closed/secret groups, where a frequent theme (as a kneejerk reaction to all the "lightworker" talk and sparkly memes for sure) is embracing and working with one's shadow side. Why embrace your shadow? Because my sweeties, it is there for a reason and regardless of whether you acknowledge it or not -- it ain't going anywhere! It is, to be sure, a powerful place in one's psyche. To embrace your shadow is to recognize that dark side of yourself that maybe isn't so pretty or easy, the side kept hidden so no one suspects you are capable of such ugly thoughts or actions.

The thing is - you ARE capable. We all are. Instead of dark and light -- think in terms of low and high vibrations. Personally, I have a vicious temper. This is my shadow - I can lash out both physically and verbally in a way that is deadly. My grandmother used to say I had a tongue like a knife, and I should never speak when I was angry because I could cut and cause deep wounds with it. I had two ex-bosses (I was an executive assistant for many long years) who used to say they could just take one look in my eyes and know whether or not to broach a subject. Again, these were my BOSSES - and they knew when to back off! These days, few people sense this in me because I have learned to work with my shadow and channel anger into locomotion. It's like jet fuel, and I pull from that vibration (which is always on reserve!) when I need to sustain the energy and stamina to make things happen NOW - both on the physical and metaphysical level. Think about that - and how you might work with (and channel) addiction, jealousy, insecurity? At a low vibration, jealousy takes the low road into stalking - insecurity, sinks into bullying. Addiction may be the hardest but I have never met an addict who truly loved themselves. How would you raise these energies, channel them constructively? Where is the high road, here? And for your own shadow?

Look, the fact is I am not a "forgive and forget" kind of person. I tend to the "deal and move on" way of thinking. But keeping in mind that every Act of Will is an Act of Magick (Crowley) our thoughts and actions consume energy. You can, therefore, literally be consumed by your own rage, jealousy or fear. But when we fail to deal with predatory or parasitic individuals or environments, we can be consumed by them as well. Sometimes, when they don't get attention they lose interest and go away on their own - and so yeah, we don't want to lend energy. let them go. But

many of these are not the kind you just brush off ... they come back at you, over and over. Like the bullies that they are. How often does "forgive and forget" enable the perpetrator, huh? The worst of these require a restraining order (and as any cop will tell you, it's just a piece of paper) but legally and energetically it sends the message "leave me alone" and that is important. If you are afraid - get one, please.

Every individual has a line they could potentially cross given the right circumstances. It's best not to deny this fact, as you truly never know how you will react until a situation presents itself. You may never cross the line but the line is still there and it's better to accept it as part of who you are than to deny you will ever be capable of crossing it.

How to deal? As always, clear and cleanse (and if you reply to this newsletter via email and ask for my cleansing and salt bath papers, both of which contain various ways to do this - I will forward them to you). Protect your heart chakra - that is the space on your chest where your hand would be placed when doing the flag salute. Wear a pendant over that spot for protection - a cross, pentacle, stone, medallion - something to block your most vulnerable chakra.

Our current national environment has emboldened some people to freely express their true feelings on very sensitive subjects. Personally I'm glad for this, as people are choosing to expose their authentic selves - and now that I know, I can choose to remain friends, do business with or even whether I want to communicate on social media platforms. In previous newsletters I have talked about products like our "Mirror Reversal Spell Kit" "War Water" and "Don't F**k With Me Powder" which reverse, establish an aggressive response and/or move individuals away. Create boundaries and set wards. Any entrance into your home, office or cubicle can be protected with a line of sea salt, black salt or brick dust. Just a pinch and run a line across the threshold. So many people have neighbors that give them problems, I set property boundaries using railroad ties as wards. If someone is "stepping over" onto your property establish a line with a cup of chamber water (first morning urine) added to a bucket of water. At dawn, pour this water along the property line that separates your properties. Do this work every Tuesday for three weeks in a row. If you have a shop or restaurant and suddenly business has fallen off and you suspect someone

is preventing customers from coming in - do this same thing, same day/ time on the front steps leading to the front door. This re-asserts your energy over whatever has been projected or placed on your property.

If this all sounds very negative to you, feel free to sprinkle some glitter and send blessings of light 'n love towards those who would hate or hurt you simply because you ARE. But don't forget what I said earlier about being consumed by shadow emotions. Set the ward, establish the boundary, do what you need to do ... and let it go. Where "The Secret" (ugh) suggests you manifest by focusing, focusing, focusing on what you desire - I am saying DO NOT do that. Do not let those thoughts consume you - deal, and move on.

We are entering interesting times, my friends. Interesting times indeed ...
Blessed Be -
Laura

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NEW-AGE FAIRES HELD EVERY SATURDAY

Faire time 12-6pm. (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 Bios](#)

January 7

Pina - Angel Reader/Oracle (Mediumship)

Sandy - Soul Portraits and/or Tarot

Sherri - Tarot with Astrological Spread

January 14

EstaRa - Twinflame & New Paradigm Divine

Gwen Lord - Whole Life Tarot (Past Life recall)

Pina - Angel Reader/Oracle (Mediumship)

Sandy - Soul Portraits and/or Tarot

January 21

Gwen Lord - Whole Life Tarot (Past Life recall)

Pina - Angel Reader/Oracle (Mediumship)

Rachel - Tarot (Mediumship), Pet Intuitive (pets/photo)

Sandy - Soul Portraits and/or Tarot

Sherri - Tarot with Astrological Spread

January 28

Andrea - Tarot/Mediumship

Pina - Angel Reader/Oracle (Mediumship)

Rachel - Tarot (Mediumship), Pet Intuitive (pets/photo)

Sherri - Tarot with Astrological Spread

January 29 (Sunday)

Andrea - Tarot/Mediumship

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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) 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: 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.

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Our own China (who is always at the shop on Tuesdays and most Saturdays) also makes the sage water spray, Four Thieves products, soaps, salt baths and many of the oils. She is a gifted artist as well, please visit her at **One Handy Witch: The Art of China Mayhew**

[Facebook](#)

[The Website](#)
[Online Store](#)

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 58 River Street, Milford, CT 06460 203-693-1050

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!

Astrology Corner
By Alethea Hunt, Astrologer

January begins with Mars in contact to Neptune; an excellent vibe for all restorative or meditative activities! Dreams can become very active with this influence as well so make sure you get good zzz’s while identifying anything that might be conflicting with your ability to rest, as this combination can also generally indicate a “tired & cranky” sort of vibe. Though an Rx sleep aide may be tempting, you might wish to attack the issue through a more gentle, natural means while being proactive in addressing anything that can also potentially interfere with circadian rhythms (particularly alcohol or other substances) - perhaps it’s just time for a new mattress!

That aside, if we're feeling angry for any reason this astro can tend to push it into our subconscious by having it play out in our sleep. This may manifest as anything from tossing-and-turning insomnia to conflicts being reflected in our dreams. Music in particular draws this emotion out of us now, so be mindful of your playlist – do these feelings need to be drawn out during the day with the appropriate ambient tunes so they can be released, or would it be more helpful just to placate these feelings with more serene tunes right before bed? Perhaps a combination of both. Think about the kind of soundtrack that would be most helpful to you to this end & apply it thusly, being careful not to get yourself cranked up with fight songs that don't ultimately help you to let it all go. If your aim is to draw the anger out, hype yourself up with a good playlist and go sweat it out doing something very physical - take it out on the heavy bag at the gym! The Mars/Neptune conjunction is also tricky for passive aggression, or genuinely imagining an offense where none exists because we're sensitive, and for angry outbursts potentially surfacing in self-defeating ways - get thee to the yoga mat, meditate, or pray if struggling with any of these expressions.

Mercury resumes direct motion on the 8th after weeks of retrograde movement. As it halts movement in the sign of its detriment (Sagittarius), it's a good policy to censor our mouths a bit around this time rather than just blurt things out indiscriminately – especially if we are tempted to “talk some Truth”. There may also be some rethinking of our philosophy (political, moral, etc.) around this time; perhaps more specifically our career or even parenting philosophies with Mercury's close proximity to a parental and business-minded Saturn. More generally, it is particularly important not to lose context under this influence and to also make sure that we're looking at all situations over a long enough timeline.

The Cancer Full Moon on the 12th is a mega-stressed lunation that's locked in a Cardinal Grand Cross with Pluto, Jupiter, & Uranus. Familial support may be tough to come by around this time and power struggles are possible – especially w/ parents and authority figures. If you struggle with feeling like your family has your back around now, this would be a good time to turn instead to your Ancestor Altar and pray for spiritual support/guidance from ones further back in your lineage. Know as well this Moon can prompt an unexpected relocation/change of residence.

With 4 bodies traversing through Pisces this month (Neptune, Venus, Mars, & Chiron) it will be important to be aware of the various ways we may be harboring escape fantasies. It's easy to tune out under this astro, and we can potentially be swept up in addictive behaviors which may run the gamut from substances, to daydreaming that someone will come riding in on a white horse to save us, to retail "therapy", to losing ourselves in a relationship. It's understandable if we long for a respite, but with most of these bodies running into a square with Saturn we may need to hold our horses, as this essentially represents a big Reality Check.

The Aquarius New Moon ionizes the air around the 27th thanks to its electric vibes! Though this lunation makes no major contact with other celestial bodies, its ruler Uranus still opposes Jupiter while making a square to Pluto (and Mercury) which can create unrest for stale social paradigms. If you find your "crew" isn't aligning with you, this would be a good time to set an intention to meet a different crowd with more harmonious views and beliefs. So on that note, think about attending a few meetup groups or generally just getting outside of your standard, confining "comfort zone" for connecting w/ others – perhaps around the time of the Leo Full Moon in February, which presents a more opportune time for socializing.

*** 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 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 ****