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Merry Lammas Greetings!

Amazing ... we finally get some real summer weather - and summer is more than half gone! Lammas (July 31/August 1) is the sabbat which marks the first grain harvest, a period of abundance and thanksgiving. Every year, at the beginning of August, the ancient Celts celebrated Lughnasadh (loo-nah-sah) and the date is still marked in Ireland today. The current Irish gaelic for the month of August is Lunasa. The holiday was a celebration to mark the start of the harvest and the sacrifice that went with it. These days, most of us do not actually harvest grain - however, symbolically Lammas marks the beginning of the culmination of a year's work - whether that work has been magical, spiritual or physical. We acknowledge sacrifice, whether of time or effort, that has to be made if any project is to come to real fruition. Reflect on those things that you may have had to give up or leave behind over the last year in order to get where you are today. Consider how your own harvest is progressing ... are you happy with what you have achieved so far? At Lammas, Wiccans celebrate the fruitfulness of the Goddess, while at the same time acknowledging the sacrifice of the God.

For the past four months, we've been working our way through the Chakras and now come to the Fifth, or Throat Chakra. Remember that on the Talisman website you can find archived newsletters if you want to read about the chakras we have discussed so far. The Throat Chakra covers the area of the external and internal throat and neck as well as the mouth, teeth, jaw and ears. It rules communication. Its color is turquoise blue; essential oils are blue chamomile, gardenia, ylang ylang; crystals are turquoise, blue agate, aquamarine; animal is the sparrow hawk; and angelic presence is Archangel Gabriel, who brings the Word of God. The Throat Chakra is often blocked with suppressed feelings, revealing unspoken emotions and unexpressed ideas - and this in turn prevents energy from rising to the upper centers. Clearing this center requires a deep commitment to the truth, as well as living from integrity. When it is healed, strength flourishes and directs the life

force toward creativity and self-expression. The qualities expressed by the Throat Chakra are creativity, willpower, the truth, communication and personal integrity. When this Chakra is functioning optimally, people will take stands for what they believe in. They are seldom dependent on others to give them permission to express their feelings. This Chakra develops later in life (age 35-42) when a person has maturity to know what really matters. Clearing out family suppression and unexpressed emotions takes many years of inner work. This Chakra holds memory and energy of all that went unexpressed. It is deeply affected by substance abuse, gossip, lying and lack of personal integrity.

I want to focus on the Throat Chakra a bit more than I did the previous four chakras. Many of you know I am happy to check your chakras for blockage using the tingshas (Tibetan cymbals). Without a doubt, this is the Chakra I see most often being impacted or shut down. As part of today's economic reality, many people are afraid to "open their mouths" so to speak, both at work and at home, for fear of loss of job/marriage/security and the financial devastation that accompanies such a loss. But unexpressed emotion and suppressed communication come at a cost. The energetic leaks of a dysfunctional Throat Chakra are experienced as fatigue, weakness, or weakened immune system. And of course, you may be suppressing feelings that could indicate a need for change. Tuning into your higher truth helps conserve willpower for the challenges that really matter. I know all too well that this is hard to do. While you ponder the challenges in front of you, you can experience relief through physical activities such as yoga, cranio-sacral therapy, tai chi ... or hey, sing along REAL LOUD to the radio playing as you drive (to heck with embarrassing the kids!) or that good old standby - the primal scream. Drive to a deserted parking lot, roll up the windows - and let 'er rip! Scream as loud and as hard as you can - it's a temporary fix, but it really helps.

Speaking of yoga, just yesterday I met Vince Adams of MyYogaPlace in Monroe. Vince and his wife Maryanne opened MyYogaPlace a little over a year ago and I was so happy to sit and talk with Vince, and learn more about their shared vision of healing. His journey from fast-paced executive to yoga teacher is fascinating, to say the least! MyYogaPlace is located at 494 Main Street, phone 459-9642 or [www.myyogalace.org](http://www.myyogalace.org). Classes are 75 minutes and cost \$18 for drop-ins, \$9 for students/individuals under 25. They have a special rate of \$20 for 10 days of unlimited classes. They are currently interviewing licensed instructors.

## **Upcoming Events**

**Saturday, August 1st:** New-Age Fest at Talisman 12:00-6:00 Tarot & Pet Psychic Readings \$25/20 min. or \$40/aura photography or spirit guide drawings.

Appointments recommended 261-0047 (cash payment requested):

1) Tarot Reader - Debbi Atwood: A former Wall Street Trader, she is a staff Member of the Smoking Gun Research Agency as a Intuitive Investigator/ Case Manager in the field of Parapsychology. A Reiki Healer/Intuitive reader, she utilizes the Tarot of The Moon Garden deck as well as regular playing cards. She has studied with members of the Micmaq Tribe, Big Cove New Brunswick CA., as well as some Lakota Influence. Her native name is Mistydawn. (\$25)

2) Pet Psychic - Rachel of Raven's Whisper: An animal communicator, she doesn't need the animal present (although they are certainly welcome) because "while it's nice to meet the animal, the physicality can be distracting when I read. I use simple information from the person to communicate with the animal's higher intelligence. Usually the name, age and breed are all I need. I do ask for questions as a way to direct the session. After a simple meditation, I basically have a chat with them. I can get all sorts of interesting details that comes in the way that particular animal communicates - through words, pictures or feelings. I can talk to pets living or deceased, domestic or wild, asking anything the animal would know ... it's from their perspective". (\$25)

3) Spirit Guide Artist Jessie Shippy: Sit for a reading with Jessie and learn about your Spirit Guide - when the guide entered your life, for what purpose and how to call upon your guide for help and strength in times of need. Also learn what your totem animals and power colors are. You will leave this reading with a detailed colored sketch of what your guide looks like. A memorable experience! \$40 (appointment recommended 261-0047)

4) Aura Photography by Tim Bshara of A Healing Hand. A session lasts 20 minute and includes a verbal discussion of the aura and chakras plus the client takes home a 20+ page report. Tim was a huge hit at our last event, every single person who participated just loved the experience. \$40 (appointment recommended 261-0047)

5) Chair Massage by Tammie, licensed Massage Therapist, from 12:00 to 5:00 (\$1/minute). Note: Tammie is AMAZING - I highly recommend a five or ten minute massage - you will feel better all day!

**Saturday, August 15th:** Book signing & Presentation by Dr. Andrew Neblett, author of the just-published "Octoenergetics Book 1 - Foundation". This is the introduction of the new wellness modality based on the "eight energies" the 4 Minds and the 4 Bodies. When we have an issue, an imbalance occurs in one or more of the 4 Minds and 4 Bodies leading to a disharmonious state. By using Psysomatic Kinesiology and energy techniques, the cause of the imbalance(s) can be found and corrected. Octoenergetics blends well with all other modalities and stands on its own. Dr. Neblett will present two (2) 45-minute overview sessions at 1:00 pm and 4:00 p.m. For additional information, visit [www.neblettonline.com](http://www.neblettonline.com). If you are able, please come and celebrate with our good friend Dr. Drew!

### **Exciting News!!!**

Talisman and the Smoking Gun Research Agency (SGRA) have combined efforts to create a Center for the exploration of metaphysics and paranormal topics! By bringing together the resources and expertise of the SGRA, with the knowledge and services offered through Talisman, this Center will provide a place for the community to seek out information and answers in a way that cannot be provided by any other source. The Research Center will be located at Talisman, downstairs, and will provide many features to the public. Among these: A library of materials for public use; a reading room and research area; a workshop and meeting space; a free discussion group meeting open to the general public every Friday 6pm-8pm; expert SGRA staff to assist with questions; computer access for research purposes; multimedia items such as DVDS and CDs. For more information visit [www.sgra.org](http://www.sgra.org) or email [sgra@sgra.org](mailto:sgra@sgra.org) or call (203) 247-0310. And if you are free on a Friday evening, stop by for a little paranormal chat!

### **Smoking Gun Research Agency (SGRA)**

Every Friday - Coffee Talk - 6pm-8pm

Special Guests:

August 7 - Psychic/Medium Barbara DeLong

August 14 - Mandy & Bill Oram of the Circle of the Sacred Well

(Ages 14+, no registration or obligation, come enjoy open discussion with likeminded people!)

**Sat. Aug. 8**

6pm-8pm

Metaphysical Movie Night

- "Déjà Vu" (2006) - A Paradox of Time Travel

Sat. Aug. 15

5pm-6pm - August Meeting

Open to anyone interested in the SGRA

Sat. Aug. 15

6pm-8pm

Tarot 101 class

(\$10 per person with your own cards, \$25 per person if you'd like a Tarot Kit, must preregister by Aug 10)

If you wish to purchase a Tarot Kit, contact the SGRA @ [sgra@sgra.org](mailto:sgra@sgra.org) for details

Sat. Aug. 22

Metaphysical Movie Night - The Paradox of Time Travel

(To Be Voted On August 8)

- "Frequency" (2000)

- "The Philadelphia Experiment" (1984)

- "A Sound of Thunder" (2004)

Sat. Aug 29

6pm-8pm

Spirit Voices Electronic Voice Phenomena Class (\$10)

Explores the theory and methods of EVP, recording spirit voices to audio devices.

In depth coverage of the history, means, and possibilities that EVP holds.

### **Introductions:**

You may have noticed a couple of new faces behind the counter at Talisman ... Frank Olivia and Csilla (pronounced Chee-lah) Hlacs, who have been opening the shop for me on Mondays - what a blessing! They bring a wonderful combined energy along with metaphysical knowledge. Csilla and Frank have been close friends for the past seven years (they met at Old Navy, where they were both employed) and either of them can do readings - just ask! Here is their background, in their own words:

## Frank:

Hi Everyone! When I first walked into Talisman, I think the best word to describe me would have to be "lost". I had been reading tarot, runes, and oracle cards for a year prior and had an uncanny knack for them; it all just came naturally to me. However, reading was pretty much the extent of my spirituality. I was completely lacking any sort of path, just blindly feeling my way around. When I stumbled my way into Talisman and was greeted by that smile of Laura's we all know and love, I felt as though things were falling into place. I didn't know how things were falling into place, I'm not even sure if I would've described it the same way back then, I just knew things were about to change for the better. I came to love those chats we all have with Laura, about seemingly random things that always end up making us think about things long after we've left the shop. Months went by and I was beginning to find myself spiritually, slowly but surely. Finally, Laura uttered 6 words that changed my life more than any other words have yet to: "You have to believe in SOMETHING." At that moment the final pieces began falling into place. I've found my path, and I haven't been happier. Now, over a year later, I'm working at Talisman and hope that maybe one day I'll be able change someone's life the way Laura's changed mine. So, if you're ever in the area on Monday feel free to stop by for a chat or an oracle card reading!

## Csilla:

*I am a Wiccan, however, I use other forms of magick as well. My roots stem from Hungary - many moons before I was born parts of my family were known as "cigany", the Hungarian word for "gypsy". The cigany are travelers that migrated from India and settled down in various villages in the country of Hungary. The other half of my Hungarian family stems from the vampire world, Transylvania. (Before the war Hungary was part of Transylvania. Many vampire families are settled in Hungary now.) There is a story in my family that real vampire blood runs in our blood from past generations.*

*I have been reading people all of my life, but I have been reading professionally for about 4 years now. I offer a variety of readings ranging from spirit guide and animal totem drawings, tarot, oracle, and intuitive. I do a lot of different types of spells ranging from love (familial and romantic), increase in finances, relief from depression, self confidence, and many more. My favourite thing to make are my ornate spell bottle curios. These bottles consist of an intricate range of herbs, gemstones, oils, talismans and scrolls. They can be kept anywhere from your own personal altar, to your bedside table. They are all one of a kind and very unique. Please see Laura for more information. Please know that I will not cause harm, sadness, anger, or any other negative emotion on a person. I will not "bind" someone to you (as I believe in free will). I work in the white light and only send white out :)*

Well, Frank makes me blush - but he's awful sweet. And Csilla - there's a lot of depth there, secrets yet to learn. I would be remiss not to also introduce Sadie, Talisman's happy-go-lucky calico cat! After Puck passed, I really didn't want another cat at the shop ... at least, not for awhile. He left some very big paws to fill. In fact, his only flaw was the occasional tendency to get over stimulated and whack things (ankles, etc) with those big paws/claws of his. I really thought "Wow, if we ever do get another cat here it will have to be de-clawed, there is a liability issue here" and let it go. And a few weeks later, I got a call about a cat who had been found starving on the side of the road in Newtown. A sweet female with gorgeous lemon-colored eyes who loves having her tummy rubbed - Sadie's foster family would have kept her except their old cat didn't accept her and decided to show it in most unpleasant ways (as only a cat can!). So Sadie has a new home at Talisman with lots of petting and love in store for her. She already has quite a collection of toys from new devoted fans!

And did I mention? She is de-clawed ... I didn't do it, she came in that way. Without a doubt, the Universe is always listening - so remember to always speak your truth!

Yours in Light,

Laura & Roy Lenhard

P.S. If you enjoy the newsletter, please check out my weekly blog through the Connecticut Post at <http://blog.ctnews.com/lenhard> and feel free to comment - thanks!