

Talisman Newsletter - November 5, 2008

Merry Greetings!

Now that the excitement of the election is over (and I couldn't be happier with America's choice!) we can truly begin working through the process of change. Change in our nation's governance, change in communication style, change in ... personal choices? attitude? lifestyle? A couple of weeks ago, a very dear friend and patron of Talisman came to me having just made the difficult decision to quit her job - a job she very much needed. However, when she accepted the position she was unaware that animal testing was done on-site, and part of her job would involve compiling data on laboratory tests performed on mice, dogs and primates. She was also expected to check ID badges on visitors because of the "danger" posed by animal-rights protesters. She found herself dreading going to work, and sick at her desk with the thought of animals subject to torturous conditions just a few floors below her. It took a very short time for her to realize that her personal moral stance on animal testing would not allow the hypocrisy of continuing at the job, and at that point she quit.

For many of us, identifying with an earth-based religion/lifestyle goes hand-in-hand with adopting "green" attitudes toward the environment and a protective stance on animal rights - it's how we live our Faith. And most of us have to work hard to determine where our guidelines are ... vegetarianism? no fur - but wear leather? household chemicals? recycling? And for most, the edges can blur and we find ourselves trying to balance the issues out against one another, i.e., "Well, I drive a gas-guzzler but I don't use chemicals on my lawn" or "I eat meat but all my pets are rescues". I don't know how many of us would quit a job we really need, in a bad economy, because of a moral dilemma but I am certainly awed by this particular type of "consciencious objector." Now, while we ponder and sort through these loftier ideals and goals, China and I have put together a few good recipes to help us go chemical free in our homes - an easier way to start so please, do try them!

#### Window Cleaner

1 Qt. spray bottle (supermarkets and drug stores sell these)

1/4 cup rubbing alcohol

Fill to top with white vinegar/distilled water (50% each)

#### Scrubbing Cleanser

1/2 Baking Soda

1/2 Kosher Salt  
1 Tablespoon ground lemon rind  
1 Tablespoon ground orange rind

#### Disinfectant Spray Cleaner

1 Qt. spray bottle  
Using a funnel, scrape off 1 Tablespoon  
from bar of Castille Soap into bottle.  
Add 2 cups very warm (heat in microwave)  
distilled water and 13 drops tea tree oil.  
Shake well - cleans everything except glass.

Talisman is gearing up for the holiday season, with a large book order pending from Llewellyn and building on inventory of our most popular items. I would like to introduce our newest local craftperson, Marylou Wagner, who has created a line of tree-themed jewelry. Her "Tree of Life" is circular pendant wire wrapped with leaves made of semi-precious stone chips hung on a leather cord. There is also a Weeping Willow, made of copper wire - very intricate and lovely. These can be customized with stones to suit your personal taste.

#### **Special Events:**

11/8: Tammie Barletta, licensed Massage Therapist, will have her chair parked at Talisman from 12:00 to 5:00 offering deep tissue massage with accupressure. A full 20 minutes will have your back, shoulders, neck, head, arms and legs nicely massaged for \$20. However, Tammie is happy to offer a 5-minute mini massage for \$5.

11/21: Drum Circle, 7:30 pm. 22 Fensky Road, Easton. Email for info:  
[Reiki@lucianawalker.com](mailto:Reiki@lucianawalker.com)

11/22: Donna Velardi, Pet Psychic - 11:00-5:00 - \$25/20 minutes.

#### **BIO - DONNA VELARDI/Pet Psychic**

I have been talking with animals my entire life starting when I was a child. Most people don't realize that children have the ability to talk with animals and most do, however most parents do not encourage this activity therefore this gift is lost. I was fortunate as my father not only encouraged me to talk to our pets he did so as well. I have communicated with many different species of animals and found most

to be very receptive. Some of the issues that I have encountered as a communicator ranges from people just wanting to know what is on their pet's mind, to finding out about their past. I have dealt with many specific behavior problems such as excessive barking, inappropriate bathroom issues, obsessive compulsive behaviors and finding out about people in the pet's life. A family of a missing man whose dog was the last one to see him before he disappeared has contacted me. These are just a few things that one can learn from their pet. I also help locate lost and missing pets. I have traveled all over the United States locating lost pets and have a good success rate. I am also a Certified Animal Massage Therapist. I do relaxation and sports massage on animals. I also do Reiki and gemstone and crystal healing on animals. I teach courses and seminars on Animal Communication, Animals and Intuition, What Causes Stress in Your Pets and How to use Gemstones and Crystals for Healing. I have a monthly column in Pets Press Newspaper. I have appeared Pet Talk on Channel 12, New London Pet Talk and the Third Eye. I have been in CT Magazine, New Haven Register, Meriden Record Journal and several other publications. [Zodiapet P.O. Box 5326 Hamden, CT 06518 203-387-9738\(ZPET\)](mailto:petastrologer@yahoo.com) Email: [petastrologer@yahoo.com](mailto:petastrologer@yahoo.com) [www.zodiapet.com](http://www.zodiapet.com)

11/29: Luciana Walker, Reiki with John of God crystal Bed - 11:00-5:00 - \$40 for 30 Min. Please call to reserve time slot.

**John of God Crystal Therapy** - John of God is a world renowned healer. His healing center Casa Dom Inacio is located in beautiful central Brazil. I have been blessed with meeting him several times over the past six years. On one of the trips I was given permission to bring back a Crystal Therapy unit to use with my Reiki practice. The Crystal Therapy is a unit comprised of specially cut and lighted quartz crystals. The unit suspends the crystals about 12" from the energy chakra centers in the body. Each crystal gently stimulates the chakras with light and color in an alternating pattern. The benefits of receiving Crystal Therapy are many: harmonizes the Chakras and subtle energy bodies, promotes self healing for body, mind and spirit, stimulates connection to our spiritual lives. Learn more at [www.lucianawalker.com](http://www.lucianawalker.com)

### **Classes/Readers**

Here are the classes and readers for November. Remember, classes are on Monday evenings from 7:00 pm - 9:00 pm (and usually run late!). Please RSVP as some of our teachers have to travel a distance and it isn't fair that they come to a

class and no one shows up! Or they don't have enough handouts to go around (a better scenario, but still frustrating!).

**November 10: Tarot 101 (\$10)** This is the class many of you have been asking for - the basics of reading tarot cards. Bring your favorite tarot deck and we'll go over the basics of cleansing, storing, and interpreting two of the most common spreads - the Celtic Cross and 4-Card layout. Taught by Laura (yup, it's me this time!). Don't forget your cards! RSVP to my home phone 402-9186..

**November 17: Manifestation - The Law of Attraction ... and More! (\$20)** It all boils down to four simple words - Your Thoughts Become Things! Learn the basics of how to use your intent to change your life and attract more of the people, things and experiences you would consciously choose. Taught by Cathy Kane.

**November 24: Fears and Phobias (\$20)** Andrew Neblett teaches what the root of fears and phobias really are and the many avenues available to remove them. Draws from years of fear and phobia removals (flying, heights, spiders, social, stage fright, etc.). This class will show there is hope and choices you can make to bring positive things into your life that you want.

**December 1: Beyond Tarot (\$15)** Gwendolyn Lord shows us a new way of seeing "what's in the cards" - Going beyond the cards themselves and finding out cross-cultural symbols that are timeless. These relate stories and myths which can provide direction and enlightenment for our daily lives. Tarot is the doorway, which we open and pass through, to find answers and guidance in classic and not-so-classic images. A brand new way of seeing things is guaranteed!

**December 8: Octoenergetics (\$20)** Introduces the Wellness Modality (and upcoming book) of Octoenergetics - The Eight Energy Balancing System developed by Dr. Andrew Neblett (Ph.D., Clinical Hypnotherapy). Do you have long-term health issues that just won't heal or mend? Are you depressed and don't know why? Do you get sick at the drop of a hat? Octoenergetics works with the four bodies and four minds to get to the source of the issue. Once the source is found, balance is achieved by correcting food allergies, emotional issues, structural alignment, blocked energy meridians, dehydration, etc. This is NOT homeopathy! This is a total wellness system that will get you back on the path of health and well-being.

### **Scheduled Readers & Special Events:**

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

November 8: Mandy/Oracle Board - Whole Life Reading 12:00-5:00 \$25/20 minutes

November 8: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

November 15: Elpida/Coffee Ground Readings 12:00-5:00 \$30/20 minutes

November 22: Herbal tarot with Donna 2:00-7:00 \$25/20 minutes

November 22: Donna Velardi, Pet Psychic - 11:00-5:00 - \$25/20 minutes.

November 29: Lucy Walker, Reiki with John of God crystal Bed - 11:00-5:00 - \$40 for 30 Min. Call to reserve time slot.

November 29: Tarot with Gwen 12:00-6:00 \$25/20 minutes

Wednesdays 6:00-7:00 pm: **Meditation Sessions** led by Simon (\$5) **Remember:** There is no obligation to attend these sessions regularly after initial sign-up, just drop in when the timing or the mood strikes you as right! Please, no children under the age of 12.

Wow! Another busy month - Please remember to take a few minutes to stop and remember all we have to be thankful for. Talisman's wonderful friends and patrons are at the top of our list!

Many Blessings,

Laura & Roy Lenhard