

Talisman
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December 2, 2008

Merry Yuletide Greetings!

The Season is here ... in all its frenzied spendor! But does it have to be like this? I have found myself simplifying more and more each year, despite our four kids (ranging in ages 15 through 4). While "simplify" doesn't necessarily mean "spend less money" that certainly seems to be the mantra in today's economic climate. In the book Sticks, Stones, Roots & Bones the author notes that "The holidays should be a heartwarming comfort, yet often they are marred by conflict, anxiety, and tension. The most anxiety-inducing aspect of the holidays is the focus on commercial enterprise with its attendant advertising and solicitation. This builds a whirlwind of negative emotions within us: need grows into desire and quickly spirals into greed. The desire to please can overwhelm the positive aspects of giving." One of our Readers has already informed her extended family that donations to favorite charities will be given in lieu of gifts this year - and as they themselves have no needs, please no gifts. This allows the luxury of focusing purely on decorating, cooking, and entertaining - instead of frantic trips to the mall, she and her husband and teenage daughter will enjoy evenings at home together with their pets and much-loved farm animals. As for myself, I like to select large baskets (I usually find these at Goodwill) and fill them up over time with personalized collections of items I find at art fairs, eBay, trade shows, estate sales, antique shops, etc. Naturally, there is always a bar or two of "our" Goatboy Soap, books, candles, maybe a magazine subscription ... and of course, a few special treats from Talisman! Collections are great to add to - or, how about starting one for someone? Children love to collect stones - and we have a great selection of tumbled stones as well as carved animals, hearts, geodes and small fossils.

Here are some gift suggestions:

For an animal lover, a pet charm to be worn on their cat or dog's collar (VibesUp \$9.99). We have incense kits and sets priced from \$5-\$12. Our VibesUp

bracelets at \$19.99 keep selling out, and are a very special way to let someone know you care about their well-being. A glass "wish manifesting" pyramid (\$12-\$14) is a unique gift, as would be a set of Peruvian Worry Dolls (\$3.50), Mojo Bag (\$4) or a handcrafted Lakotan item from the Pine Ridge Reservation. Someone new to meditation and/or Reiki would probably LOVE a Tibetan singing bowl (\$16-\$75), tingshas (\$26), bronze water basin (\$55 & \$98), a string of Buddhist prayer flags (\$18) or carved Buddha, Kwan Yin or Ganesh. We have a few fairy doors by Tara and Jeremy of The Crooked Woman (www.thecrookedwoman.com) - quite popular in England, these are mounted on the baseboard of your home in any room you want to invite house fairies to set up residence. So charming! And of course we have a large selection of handcrafted jewelry, most of which is made by area artisans.

Special Events

Sunday, Dec. 7th: Open House/Holiday Show at Barn Hill Studio, 20 Barn Hill Road (corner of Rt. 110/Barn Hill) from 1:00-5:00. Admission is free. Laura (yup, me again!) will lead a Winter Solstice Ritual at 12:30 to be followed by the Open House. This could be a wonderful opportunity to purchase some holiday gifts, also Talisman's own Donna Golias will be there doing Herbal Tarot readings. And if you have never participated in a ritual then by all means, please do come -- I would be most appreciative of your support (and you know me, the more the merrier!). If you cannot attend on the 7th, the Art Barn's holiday show takes place on Dec. 6 & 7 and 13 & 14 from 1:00-5:00 pm. For more information see www.barnhillstudio.com or call 268-4225.

Classes/Readers

Here is the class (last one!) for December. Remember, classes are on Monday evenings from 7:00 pm - 9:00 pm (and usually run late!). Please RSVP at 261-0047 before we close at 8 pm on Saturday 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!). If no one calls, I will cancel the class.. We'll start up again next March or April.

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

December 6: Mandy/Oracle Board - Whole Life Reading 12:00-5:00 \$25/20 minutes

December 6: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

December 13: Elpida/Coffee Ground Readings 12:00-5:00 \$30/20 minutes

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

December 20: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

December 27: Herbal tarot with Donna 2:00-7:00 \$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.

And from our Home to Yours, warmest wishes for a glorious Holiday and all good things in 2009!

Blessed Be,

Laura & Roy Lenhard