

Talisman
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Merry Greetings!

For many of us, October ushers in our favorite time of year and one of our most beloved celebrations - Samhain (otherwise known as Halloween). This year at Talisman, we've decided to do things a bit differently. Because Halloween falls on a Friday, we know most of you will rush home from work in order to be out with your kids or home, handing out candy. And certainly, we'll have treats at the shop for anyone who wants to come by on the 31st. But our festivities will take place on Saturday, November 1st (10 am - 8 pm) when we will remember our beloved who have passed from us on "Los Dias de los Muertos" The Day of the Dead. In Mexico, the celebration lasts from October 27 through November 2, so we will incorporate different aspects of the tradition into a single day at Talisman. We will begin by setting up an altar in the front window, and now invite all of you to bring pictures of your beloved dead - human and pet - along with an index card sized note about the deceased. It is traditional to have a flower-strewn path from the front door to the altar as an invitation for the dead to come and visit. The purpose of Los Dias de los Muertos is to heal the sorrow of loss through active engagement, festivities, and remembrance. In Mexico, families set up picnics on the graves of family members and talk about them as they eat and drink their favorite foods. It is a way of keeping their memory alive and is not viewed as ghoulish or macabre.

Throughout Saturday the 1st, we will have refreshments and activities. Many of us are struggling through difficult financial times so there will be no charge. We are hoping this day will prove to be an opportunity for our community to come together. Bring your drum and take part in a drum circle at 11:30-12:00 and again at 7:00-7:30. Downstairs, we will set up a psychomantium which will be available in 10 minute increments (longer if no one is waiting!) on both Friday and Saturday. A psychomantium is an ancient form of mirror-gazing that has been popularized by Dr. Raymond Moody, MD. It has its roots in the Oracles of ancient Greece. Dr. Moody authored the 1981 book *Life After Death* and used the psychomantium in his research trialing 300 subjects. Dr. Moody viewed the room as a therapeutic tool to heal grief and bring insight. So, what are we talking about? A small dark curtained area containing a chair which faces a long mirror. A strobe light helps the brain waves to quickly enter into a meditative state. Before entering "the booth" you spend time focusing your thoughts on the one you wish to contact. You can hold an article of their clothing or other personal item while sitting in the chair facing the mirror. The Victorians, with their love of mysticism, constructed entire mirrored rooms which were used as psychomantiums. You may wish to "google" for more information beforehand!

New at Talisman: Beautiful goddess statues by Harry Leaf (www.harryleaf.com); we finally have a complete selection of VibesUp bracelets - although they are selling FAST; A small selection of 2009 calendars (I'll get more); tea leaf reading cup kits; beautiful handmade orisha and gypsy dolls and the fairy gourd houses now in the front window display, all made by our new California crafter Sylvia ("Magic Granny"); and I still have a nice selection of corn dollies for your autumn altar left

over from last year - now 20% off. I've had a little time on my hands, so I've been busy moving bookcases and re-organizing the shop (I told you all I had ADD!).

Events:

10/25 & 10/26: Stratford Halloween Festival at The Perry House 4pm - 8pm. Call (203) 247-0310 or visit www.sgra-media.org for more information.

10/17 & 18, 10/24 & 25, 10/31 & 11/1: Haunted event at Warsaw Park, Ansonia. 7pm - midnight. Talisman will have a tent offering tarot sessions with readers from the store - including Andrew, Donna, Gwen, Kim and (maybe? If I can abandon Roy and the kids for a late night out ...) Laura. Call the store for more information, this was a last-minute request and we pulled it together fast with very few details (Forrest Gumping it, as usual!).

10/31, 11/1 & 11/2: Haunted house at 260 Barn Hill Road, Monroe. Admission is free, nonperishable food will be accepted and donated to the Monroe Food Pantry. Children's tent for the little ones, with coffee and treats for all. Rain or shine. 7pm-10pm, Sun. 6pm-8pm.

10/4, 10/18: Tammie Barletta, licensed Massage Therapist, will have her chair parked at Talisman 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.

Announcement:

I am happy to say that the wait is over ... Andrew is setting up shop at Talisman! Dr. Andrew Neblett, Ph.D., will be offering his services at the shop by appointment on Sundays and weekday evenings. He will offer modalities for wellness of mind, body and soul - the physical, emotional and spiritual. These include Octoenergetics, Psysometric Kinesiology (highly accurate muscle testing), Clinical Hypnosis, Neuro Linguistic Programming, Process Coaching, Total Body Modification, Regression/Past Life, Energy Wellness Techniques, Spirit Work, Herbology, Aromotherapy. He will also offer intuitive counseling using the tarot, runes, pendulum, and muscle testing. See Andrew's website www.nebletonline.com or call Laura for more info.

With the election coming up fast it is important to educate ourselves on the candidates. I urge you to click on or visit <http://actionfund.defenders.org/palinvideo>. This site highlights the aerial hunting of bear and wolves (including sows and cubs) as promoted by Gov. Sarah Palin in Alaska. Even hunters have decried this as being anti-hunting as it is simply slaughter. Running an animal across the tundra with no means of escape, then when it is exhausted shooting the poor creature in its back, is outrageous and morally wrong. For us who love animals, we must make a statement and that statement must be made with our vote! PLEASE register to vote in this election - and make that vote count!

To that end, I wrote up a little objective analysis of the four candidates, based on their astrological charts (thank you Simon for providing the charts!). Remember, a person's sun sign reflects their true inner personality. Their rising sign is how they are viewed by others, and their moon is indicative of how they behave under stress or pressure - their emotional base. And don't

forget you can get your natal chart or a compatibility chart for you and a significant other for \$7.00 - we just need your birth date, time and location.

John McCain (8/29/36): Senator McCain is a sun sign Virgo. Conscientious and conservative, Virgos can be relied upon to be careful, efficient, and thorough. They take pride in a job well done. Their main flaw is that they can be petty and critical "My way or the highway!" unless things are done exactly as they feel they should be. He has Libra rising, which has him seen as expressing a spirit of cooperation, compromise, friendship and fairness. A moon in Capricorn will see him trying to carry the world on his shoulders and rarely asking for help. His stoicism is the stuff of legends ...and heroes.

Sarah Palin (2/11/64): Governor Palin is a sun sign Aquarius. Fair, intelligent, objective, rational - often lets her head rule rather than her heart. Strong convictions and feelings about fairness and equality and tries to live by these ideas - but her ideals about how people SHOULD treat each other doesn't always take into account human weakness, difference and needs. She has Libra rising, same as Sen. McCain, so like him she is seen as expressing a spirit of cooperation, compromise, friendship and fairness. Her moon is in Aquarius, so she can be curiously detached from her own and others' emotions.

As a team, these two will work well together, provided Sarah never tries to usurp John's authority or runs roughshod over his ideology. He will probably take a "kind grandfatherly" and amused view of her tendency to be less traditional in dress and speech, while she WILL conform to the conservative standards he abides by.

Barack Obama (8/4/61): Senator Obama is a sun sign Leo. Intensely individual and a natural leader, doing something well and being respected for it is extremely important to him. Barack will take great pride in always putting his best foot forward as Chief Commanding Officer, and would absolutely HATE to be viewed as unprepared or unpolished. He likes to be in charge and a catalyst for change, but doesn't share the leading role easily. He has Aquarius rising, so he is seen as a humanitarian - someone interested in humanity as a whole who clearly sees the vision of global community. A moon in Gemini has him shrinking from drama - he would much rather settle differences by talking things out reasonably and rationally. He has difficulty "taking the gloves off" and can give the impression of lacking passion and being unemotional.

Joe Biden (11/20/42): Senator Biden is a sun sign Scorpio. Fierce pride, courage, and emotional strength are the hallmarks of this sign. They are usually an excellent judge of character and tend to think, and react, straight from the gut rather than the head or heart. However, a slight - or perceived slight - will not be forgotten or go unpunished. He has Sagittarius rising and is seen as high-spirited, enthusiastic and exuberant ... sometimes, too much so! There is an unfortunate tendency to speak without thinking first. Others see him as being a good sport or good friend, but one who is not always consistent or reliable. And a moon in Taurus keeps him even-tempered and peace-loving, although he will stubbornly refuse to step away from his core beliefs no matter how much he is pressured to do otherwise.

As a team, Barack and Joe will do well as long as Barack remembers his VP needs to be allowed to shine from time to time. Joe will remain loyal to the end unless Barack points out or jokes about

one of his now-famous political gaffes. Joe will not tolerate being made to look foolish, as he expects loyalty - and nothing less - from a partner and a friend.

Here are the classes and readers for August. **Remember, classes are on Monday evenings from 7:00 pm - 9:00 pm (and usually run late!):**

October 13: Wheel of the Year- Sabbats and Esbats (\$15) Taught by Mandy and Bill Oram of The Circle of the Sacred Well. Learn the ancient concept of the Wheel of the Year and how it has evolved into today's Wiccan/Pagan ritual calendar. Discusses the history, lore and modern-day practice surrounding each Sabbat and Esbat.

October 20: Ghosts and Spirits (\$15) As we approach the season of Halloween/Samhain, what better time to speak of the "dear departed", and share in things that go bump in the night! Ghosties and ghoulies, entertaining and scary - Yes, some of us see "dead people," and we will share our tales of those who are in other dimensions, but stop by for a visit with us. We will discuss the differences between ghosts, spirits, elementals, and darker entities, and how to tell which witch is which! Taught by Gwendolyn Lord.

October 27: Hauntings, Possession and Exorcism - An Introduction to the Spirit World and the Art of Exorcism (\$20)

Ghosts, spirits and demons - what's real? Is a Ouija board safe to use? How can one tell if a possession is occurring? Who is qualified to do an exorcism and how is one done? Learn about this fascinating subject and put your fears to rest. However, you will leave with a newfound respect and caution for the spirit world and how to handle hauntings and possessions. Taught by Andrew Neblett.

November 3: The Goddess In Everywoman (\$15) Who is the Goddess, and how does She affect us in our mundane lives as women on the planet? Aspects of the Divine Feminine throughout history, cultural "Goddess archetypes" both ancient and modern, a pantheon of Goddesses to choose a "personal Goddess" from - these are just a few of the areas we will explore to find the Goddess in Everywoman. Taught by Gwendolyn Lord.

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

October 11: Elpida/Coffee Ground Readings 12:00-5:00 \$30/20 minutes

October 18: Herbal tarot with Donna 2:00-7:00 \$25/20 minutes

October 25: 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.

My dears, these are trying times and we are all being tried to our limits -- please, keep your spirits up and vibrations high so as to stay healthy and strong ... this too shall pass.

Goddess Blessings,

Laura and Roy

PS Please note that if you were inadvertently added to this email newsletter list, please send a request and your name will be removed. Somehow, all email correspondence seems to automatically go on the address list and I apologize - please know this mailing is sent "bcc" to ensure your privacy.