

Talisman

Talisman ... A Unique New-Age Shop

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www.talismanct.com

Facebook: <http://www.facebook.com/Talisman-A-Unique-New-Age-Store>

Spellcraft by Talisman product

listing: <http://www.talismanct.com/images/Talisman%20Product%20List.pdf>

January 1, 2016

Happy New Year!

For the past few years, I have used January's newsletter to discuss my philosophy about divination and "Readings" as well as introduce new readers. Anyone who would like to read more on this topic, please visit our website www.talismanct.com and click on "news" to view the archived newsletters. The January newsletters all are themed on this topic. Enjoy!

Here we are in 2016 – all shiny and new! - and I'd like to address some of the concerns that I hear almost on a daily basis at the shop in the hope we can learn some new ways to manage through and then move on to new ideas and new actions. The first is the perception of the terrible, terrible tragedy of being an "empath". Now, I did discuss this in the March 2015 Newsletter - <http://www.talismanct.com/images/NL%20-%20Mar%2015.pdf>. But obviously, more needs to be said! First I want to congratulate all my fellow empathic people on HAVING empathy – because it means you are not a narcissist, psychopath or sociopath as the lack of empathy is a hallmark of those conditions! We almost ALL are empathic! And this is very good news as empathy is what keeps us from doing awful things to one another, because we understand how WE would feel if someone did that awful thing to us. But this sense of helplessness at a perceived "over abundance" of empathy is dealt with by, simply, dealing with it. And I am going to start using the phrase "you are allowing ..." more and more often. In this case, you are allowing the emotions of another person or persons to flood your being. It is unnecessary. I sit with between ten and thirty people every day in readings, in addition to all those I meet as part of simply leaving my house! And I assure you, NO ONE becomes a better intuitive by being more empathic! The same way you do not have to plunge your entire hand into a pot of boiling water to test if the pasta has finished cooking. No one does that! You gingerly tease out a single piece and use your finger to press it or bite it.

Here is another truth I have come to understand: The kindest people are quite empathic and serve as a beacon to others. CASE CLOSED! Since I was a little girl, I could go into the ladies' room turn to the person to my right to ask for a paper towel and two hours later I would still be listening to her telling me about her problems, family, pets, you name it. On and on. Does that make me angry? Absolutely not! But am I somehow indebted to listen and offer help because I am an Empath? Absolutely not! And I have found that more often than not, my being willing to listen did NOT mean the person expected or even wanted my "help" or advice. They simply wanted an earpiece. So what I find myself doing NOW is using my wonderfully developed sense of empathy to determine if in fact this person is truly in need ... or truly in need of an earpiece, and I allow myself permission to act accordingly.

And here is another Truth I have come to understand: With the exception of yourself and your own children (I suggest age 12 and younger) you are most likely influencing an individual negatively when you offer unsolicited help or advice. Every single one of us has come to "Earth School" to learn and grow as a spiritual being. Each one of us has our own reality that may or may not be in alignment with another person's reality. In other words, what works for you may not work for them – and there is no fast track to enlightenment. I have found it better to try and live in a manner so that I am not in anyone else's way, but can serve as an example (whether good or bad!) by my lifestyle and behavior. Too often kindness becomes enabling, giving without boundaries results in entitlement, loving acceptance of another's faults turns into abuse. If you want unconditional love, find Jesus or get a puppy. Anyone with self-esteem WILL set boundaries: "You cannot treat me like that" "I will not allow you to speak to me like that" "I will not accept your behavior in my home/office/etc."

Manifestation is about the alignment of energies coupled with the faith (not belief, FAITH) that our needs will be met and our higher good will be served. Every spiritual practice has its own way of aligning energies. Praying a Novena is one way that Catholics do this. Fasting, ritual, the lighting of candles are others. Likewise, the carrying of stones or wearing of amulets for protection vary – no one thing is better than the next. One person will feel very protected by wearing a cross over their heart chakra; another person may want to wear a stone and for someone else a medallion or pentacle. Anything that helps us to maintain a higher consciousness or higher vibration is working toward our higher Self – and that is good. But if the object is not in keeping with your energy it is not going to help. Likewise, the best designed vision board is NOT going to move you forward any faster if you are not aligned with your higher Self. Ask yourself "What am I drawn to?" and allow yourself to be attracted accordingly. It's that simple - what is authentic will resonate, and vice versa.

The work comes in taking the time to consider what the best version of yourself looks and acts like. Where does it live? How does it live? How does it earn a living? What path results in your living in a state of Joy? This is how we find our way to our Higher Self. And again, there are no shortcuts. It can (and should) take a lifetime! And while we can find ourselves bound to a negative person, we can also be bound to our own ideas of what constitutes a "good" life or success. Listen, I have lived in a studio apartment in Bridgeport and a private community in Monroe ... guess which one of these saw me living in a state of joy? Hint: It had nothing to do with square footage because living in a state of joy, for me, has everything to do with personal freedom.

But that is MY reality. My truth. It doesn't have to be yours.

Does this mean your life will be perfect? Of course not! But our challenges generally come through interaction with others, especially until we learn that "What we allow is what will continue". So we are back to the whole "allow" thing. Many of us live with integrity, and when we give our word we keep our word – and treat others as we wish to be treated. I am personally still shocked when people do NOT do the same! But I have come to understand that this is because MOST people also want to live with integrity ... it is much the same way that truly horrific news shocks and jars us internally because it is NOT the norm. Be assured that more and more people ARE searching for their Higher Self, and an absolute energetic shift IS occurring. Talisman will be NINE years old in April 2016 and we wouldn't have made it this long were this not the truth!

So, here is one final "new" thing: Last month, my sister-in-law Kim brought to my attention videos featuring a channeled being from another dimension named Bashar. He has spoken for the past 26 years through channel Darryl Anka, offering information that explains in detail how the universe works and how each person creates their own reality. His story and information is compelling and I have shared a couple of links, below. With regard to manifestation, Bashar's guidelines are simple: ***Trust the how to the higher Self – stop thinking and worrying about it. Synchronicities will continue to pop up as a matter of course. All tools, rituals, techniques - if they align with your belief system and allow you to give yourself permission to be more authentic, great. Otherwise they are just permission slips. Excitement tells you what you are best capable of doing. If something excites you, it excites you for a reason. There are no extraneous creations, no accidental interactions.***

<http://www.bashar.org/aboutmessedarryl.html>

<http://www.quantumisland.com/Bashar.html>

<https://youtu.be/7u0gD0Cpde8>

<https://youtu.be/fJ9HYkPpNV0>

One of the greatest acts of spirituality that you can possibly achieve is to simply live your physical life to the fullest that you can.

- Bashar

NEW-AGE FAIRES HELD EVERY SATURDAY

12:00pm-6:00pm - (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:

<http://www.talismanct.com/images/Readerslist14.pdf>

January 2

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

January 9

Andrew - Tarot or Runes

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Pina - Angel Oracle (Mediumship)

Whitney - Seated energetic healings for people & pets (\$20/20min or \$30/30min)

January 16

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Pina - Angel Oracle (Mediumship)

Susan - Tarot (Mediumship)

January 23

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Pina - Angel Oracle (Mediumship)

Whitney - Seated energetic healings for people & pets (\$20/20min or \$30/30min)

January 30

Gwen Lord - Whole Life Tarot (Past Life recall)

Mark - Tarot or Reflexology (Mediumship)

Susan - Tarot (Mediumship)

Note: Rachel will return on February 2nd.

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.

Talisman's Regularly-Scheduled Readers

(203) 261-0047 for appointments - Cash payment requested

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 25 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:

Talisman's readers are available for parties and events. You can pay by the hour or allow us to set up and have your guests/attendees pay individually. We do our best to be flexible and fairly priced. Our party rates are \$70 an hour, plus gas/mileage OR guests can pay if they choose to get readings at \$1/minute. Please make all scheduling arrangements through Laura at (203)

261-0047. We also book private parties at the shop, with readers of your choice. Just ask!

Reflexology Fridays with Mark: This ancient healing art uses hand/thumb pressure corresponding to the body systems. The practice stimulates/relaxes stress signals resulting in relaxation (who DOESN'T love having their feet rubbed?), pain reduction, and rejuvenation of tired feet -- helping you stand tall in the world! Come in after a hard week of work and treat yourself in Mark's chair (\$30/30 minutes).

Laura: I do special, in-depth readings by appointment. My 45+ minute private sessions includes a chakra check up, a print out and review of your astrological natal chart, tarot and palm reading, and more! (\$50). Call the shop for an appointment, as I schedule these when the shop is closed or after-hours. I am also doing private half hour sessions (\$30) before hours and on weekends. Phone sessions are \$20 for a half hour, so many people live far away and are asking. Yes, I still do **\$5 readings** on **Wednesday, Thursday and Sunday** but these are done in-between phone calls and waiting on patrons - you can't make an appointment, and I do get interrupted. These mini-readings usually last about 10-15 minutes. As long as there are no other scheduled readers in the shop (they drive in from a distance and it's just not fair to them) I am always happy to peek at someone's palm or throw a few cards, so don't hesitate to ask!

January Events/Workshops

RSVP (203) 261-0047

Past Life Regression Session: Saturday, January 9 from 6:30-9:00pm. Led by Dr. Andrew Neblett. \$25. (Limited to 30 attendees). These popular sessions are held quarterly - next will be in April. You will be introduced to various ways of attaining "State" and regression methods. Learn why energy is so important and how past lives affect our current energy. We will do a past life regression, moving back through at least 2 past lives. When we are finished, there is an open discussion to share our experiences (on a voluntary basis - no pressure!). Talisman has held this workshop many times, and we have found that those who cannot move back into past lives are usually individuals who struggle with meditation and calming their mind in general. They tend to leave this event grateful because they learn a new way to meditate – and after attending another session, manage to recall a past life. In other words, it MAY take more than one try!

Dress warm & comfortably. You can use our chairs or bring a folding lounge chair, your own cushion, bean bag, pads, etc. The floor is HARD! Come, get relaxed, and enjoy! These sessions are very popular and fill up quickly. If you have ever wondered what it would feel like to "go under" this is a great, informal and fun (albeit emotional) way to find out. Andrew Neblett is a

certified hypnotist (CT. REGISTERED HYPNOTIST, HYP.0000114), Natural Health Consultant, Energy Kinesiologist, TBM practitioner (Total Body Modification), instructor, Hypnosynergetics instructor, Intuitive Counselor, Herbalist, and a Process Coach. He also practices aromatherapy, reflexology, homeopathy, radiesthesia, E.F.T. and iridology. Learn more at

<http://www.integrativenaturalwellness.com/about-us/>

THE CIRCLE OF THE SACRED WELL

Event: Shamanic Sunday - Meditation Workshop

Date: Sunday ~ January 3rd ~ Time: 6:00 p.m.

Location: The Undercroft at Talisman

Meditation workshop held first Sunday of each month. This month, join us for a "Change" meditation. There will be grounding and centering exercises also. Requested donation \$5.00

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: <http://www.cwpm.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.

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 <http://www.hunterhealinghands.com>. Contact 203-916-8381 to register for an event!

Finding Feathers – A Spiritual Center located at 395 Commerce Drive, Fairfield. (203) 916-7887 or

email shaktidas@findingfeathersfairfield.com. Calendar: <http://findingfeathersfairfield.com/event-calendar/>

Astrology Corner

By Alethea Hunt, Astrologer

The New Year begins with a somber Sun/Pluto conjunct in in Capricorn dominating the astro-scape...while this can have quite the melancholic edge to it, there's nothing quite like this pairing to help us get our shit together, LOL! Under this energy, we stop making excuses and can intensely commit ourselves to whatever we deem a priority...a square from Uranus may tempt us to break our own rules, but it can also helps us to realize that we have to be the change we wish to see if we want to shift our energies and empower ourselves. Circa the 5th-11th, Venus creeps toward a conjunction with Saturn, and for a positive financial change this is a good time to get real about money matters and to curb excess expenditures. With Uranian energy beaming over to this pair, it's time to innovate and to see how a having a financial plan can not only benefit us, but also free us. Let's skim the budget to see where we can conserve and also think about automating certain transactions - whether that's bill payments or deductions from our paycheck to a savings/retirement account – to save us time as well as cash. This energy also favors looking at our commitments to others to see where we might free up more time for ourselves or make things more fair by liberating ourselves from any undue burdens there might be. Mercury turning retrograde from Jan 5th – 25th may see us renegotiating the terms (verbal or written) of many of our “contractual obligations” and I think if we've been carrying an excessively heavy load due a promise of some sort, this Rx could actually help us re-adjust the load or even back out. Know this “breaking commitments” theme is the strongest in the days around the 25th as Mercury is turning direct.

The Capricorn New Moon on the 9th is great for any kind of intention to banish/purge negative influences in our life thanks to its close proximity to Pluto. A nod over to Jupiter in Virgo indicates keeping our overall health in mind (physical OR emotional) and Capricorn energy is great anyway for conferring self-restraint and limiting the intake of anything that isn't adding to our wellbeing. This lunation's contact to Uranus also signifies that it's time for the breakup of rigid habits and other self-imposed restrictions that hold us back on our evolutionary path. If you're not clear about what needs to go, tap into the intuitive healing wisdom of Chiron in Pisces by praying or meditating on it.

Around and after the New Moon, Mars in Scorpio closes in on a trine to Neptune in Pisces, marking a good two+ week period for acting on any intuitive hunches. This is also über magickal mojo, so if you have any New Moon intentions or just want to imbue your actions with some extra

enchantment, this is a great waxing Moon phase for taking this kind of proactive initiative to help things along. It's also a super excellent time to merge physical activity with a spiritual focus, so think of picking up something like yoga or qi gong if you are so inclined...!

Watch again for a possible tendency for something upsetting to come flying out of our mouths as Mercury re-enters contact with Pluto and Uranus between Jan 17th-Feb 3rd. This same formation occurred just before the Winter Solstice, but lasts significantly longer this time due to Mercury's slowed speed near the end of its retrograde phase. Think back to around the first day of winter to see if there was indeed a situation that surfaced where you felt you needed the aid of a verbal straightjacket, and just be aware this is a period that makes it much more likely for things that were suppressed and left unsaid to come off their chain now. Freudian slips are big with this influence, as is an overall aura of "Eff you, I won't do what you tell me!" (*channeling a little Rage Against the Machine there, LOL*) so be mindful of any conversations that have gnarly power/control dynamics inherent in them because these are the kinds of dialogs most likely to erupt and turn ugly. In other words, definitely don't tell your boss where to go – unless you're good with being cut loose – and do also watch who you say certain things to because an "ally" could actually prove to be a double agent.

Due this aforementioned resistance to verbal exertions of "control" or "power", discussions between parents and adolescents can also become iffy so if you have to have a challenging chat with a teen, try not to clamp down too hard because the likelihood of them bucking in response is higher than normal. This is good advice anyway ahead of the Leo Full Moon on the 23rd – matters concerning children are highlighted around this time and due the polarity of the Aquarius Sun opposite this Moon, the kiddos could be feeling a little rebellious! That aside, there is a lot of creativity inherent in this lunation, but it may be expressed in an unconventional way...such as through a digital medium, for example. Feed your creative side around this time, and definitely don't be afraid to be experimental.

Lastly, a fusion of Jupiter in Virgo with the Moon's North Node at the end of the month is an ideal time for a macro-focus on wellness matters. There may be something chronic that's either not seen or willingly ignored/denied with asteroid Chiron on the South Node opposite Jupiter. Especially if it involves escapism in one form or another, and it could be very subtle. Addictive tendencies need healing at this time – while this is easier to see with things like alcohol or substances, it may be blurry if it involves taking something "healthy" to excess, such as diet, exercise, etc.

***** 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 ([@EmpwrDdstny](#)).

**Namaste, my friends -
"The Divinity within me perceives and adores
the Divinity within you"
* Laura ***