

Talisman

Talisman ... A Unique New-Age Shop

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September 5, 2014

Merry Greetings!

About two weeks ago I had a reading with a very intelligent, kind and good-looking young man (mid-20's) who is completely in love with a woman suffering from depression and addiction issues. His biggest concern was that she might hurt herself, and also how he might "save" her from the destructive path she is on. The answer was "yes and no" in that yes, she might in fact hurt herself – and no, he really couldn't help or stop her.

Likewise, a couple years ago a different young man came in one day to talk about his experience in "helping" homeless addicts. He told me that having been an addict himself at one time (and now clean) he felt compelled to bring food and blankets to homeless addicts as a sort of penance. In one instance, he told a young couple who were living in a tent during the winter that they should sleep in his car, which would offer better shelter than a tent in the snow. The next day, they were gone – as was his car stereo and some expensive electronic equipment he had stored in his glove compartment. When he came to the shop he was furious, just couldn't believe they would repay his kindness with theft. I asked him, "By any chance did this couple ask you if they could sleep in your car?" to which he replied, "No! But I don't wait for people to ask – I am there to help them!" "But how do you know whether that cold, miserable experience might have been what finally broke them and forced them into rehab ... tell me, what do you think they did with your stereo and other items they stole?" "Oh, they hocked them and used the money to buy more drugs – I completely enabled them!"

So – let's talk about the differences between helping, healing and enabling.

If you are one of my regulars - buying crystals, oils, books, taking part in workshops – odds are that you are naturally inclined to help others. And most of us are empathic to some degree, that

is to say we pick up on the emotions of others very easily – and it is natural to want to heal or help them. In fact, we often tend to be magnets for people in need. One question I asked the first young man was, “Are you the person in your circle of friends who is always the one they all call when there is a crisis, when someone’s car breaks down, or when there has been a fight or breakup – are you their 'go to' guy?” He laughed and said, “Of course I am!” “So, tell me – who takes care of you when you are sick or tired or sad – where are your supports?” He smiled a sad smile and said, “No one. I am usually left on my own when things go wrong for me. Nobody even wants to hear about my problems, it seems”.

Shamans, or medicine men/women, are the oldest known healers. And it is generally accepted that they are born, not made. All over the world, pretty much since the beginning of time, the indigenous people have had THEIR “go to” man or woman, who would heal them when they were sick, deliver babies, and administer to them when they were dying. In other words, they maintained the well-being of the tribe. And their shamanic methods were strikingly similar the world over, even when the cultures were different. The tribe’s shaman worked selflessly – but due to superstitions around where their “powers” came from, it meant that if they fell ill or when they were dying – they were strictly left alone.

If we reflect on the fact that we all come here to “Earth School” in order to learn lessons and grow from them, we can see that in many cases our unsolicited “help” is actually often enabling and thus serving to delay the growth of that person we so desperately want to help or fix. Sometimes the hardest (but best) thing we can do is to stand back and allow someone to fail utterly – “tough love” it is called – but for many, it isn’t until they hit rock bottom that they can finally pick themselves up and make real change occur for themselves in their own life. But that is so much easier said than done – when it is your own child, for example, standing back and watching as they crash and burn is excruciatingly painful.

But you know, we aren’t raising children – as my mother would say, if you are doing that then you have got it ass backwards ... because we are supposed to be raising adults. And adults really shouldn’t be spending their days (or nights) on the couch or in bed, watching TV or playing video games. Or drinking and smoking pot. And the ones who have ventured into Talisman to carefully explain to me how smoking pot helps them meditate or open their minds to enlightened “downloads” (or some such shit) know my feelings on the subject. I won’t repeat them here because it isn’t kind and it sounds a little like I have Tourette’s Syndrome when I respond. But I don’t coddle my own kids, so I damn sure won’t coddle anyone else’s. But in order to grow, you have to do the hard work – so stop looking for a crutch to lean on! Yup, I said it - CRUTCH!

In fact, one effect that Saturn’s astrological transit through Scorpio has had on me, personally, is

that my own readings have become much more unfiltered and raw. A sign of the times, I suppose. I think that these days, we need our Truth straight up, not watered down or diluted. Certainly, that is how it is being delivered to me. You can read the March newsletter for details of the Saturn transit here: <http://www.talismanct.com/images/NL%20-%20Mar%2014.pdf>

Listen, if it sounds as if I am on a rant this month – that’s because I am. We are ALL changing and growing, and those changes are difficult and painful right across the board. None of us is immune. And I will go ahead and speak up on behalf of all the healers and the helpers out there: We are tired of people mistaking our kindness for weakness. As I have often said, anyone who wants unconditional love should get a puppy or find Jesus ... but people with self esteem have conditions! There are no vows, no promises of eternal love or parental bonds that equate to allowing abuse, disrespect or neglect. And it is more than okay to say “You may NOT speak to me like that – you may NOT treat me like that – I will NOT ALLOW you to do that”.

Say it loud, and say it proud – and mean it. Tough love, baby. And know that sometimes we solve our problems by closing the door on them ... and walking away.

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>

September 6

Gwen Lord - Whole Life Tarot (past life recall)

Mark - Tarot or Reflexology (Mediumship)

Pina - Angel Oracle (Mediumship)

September 13

Gwen Lord - Whole Life Tarot (past life recall)

Mark - Tarot or Reflexology (Mediumship)

Todd - Tarot

Nicole - JourneyBoard

September 20

Mark - Tarot or Reflexology (Mediumship)

Pina - Angel Oracle (Mediumship)

Rachel - Animal Intuitive & Tarot (Mediumship)

September 27

Andrew Neblett - Runes, Tarot

Gwen Lord - Whole Life Tarot (past life recall)

Mark - Tarot or Reflexology (Mediumship)

Randy - Playing Cards

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

Tuesday: Gwen Lord: Whole Life Tarot 12-7pm \$30/30min

Friday: Mark Hoyt: Spirit Guided Tarot - Foot Reflexology Treatments 2-8pm. \$30/30 minutes. .

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).

Numerology Reports: Many have been asking for books or information on Numerology. Numerology has been used for thousands of years to provide deep insights into one's personality, intimate relationships, and the important influences that affect one's daily life. Now, with the Numerology Report, you can examine your life in a unique way to take advantage of unexplored opportunities, confirm talents that in your heart you know are there, or simply to figure out where to go next. You'll see all the diverse parts of your personality and how they uniquely come together to make the person you are. Through this report, you'll be able to make the most of your life in a way that wasn't possible before. There are three different Numerology Reports available - each of these providing you even greater insights into your life as well as your *romantic* relationships. An explanation of all three reports can be emailed to you directly - just hit "reply" to this newsletter with a request. Cost per report: \$15 emailed; \$18.95 printed. Laura has her own numerology report as a sample, if you'd like to see it. :

Laura: I do special, in-depth readings by appointment. My 45+ minute private sessions include 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. Yes, I still do **\$5 readings** on **Wednesday & Thursday** 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!

Classes & Workshops at Talisman

RSVP at (203) 261-0047 or email lenhard@comcast.net

Saturday, September 27 - **Past Life Regression Session** led by Andrew Neblett. 6:30-9:00pm \$25. (Limited: 30 attendees). These sessions are so popular we are holding them quarterly – next will be in August. 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 and open up the floor to share our experiences (on a voluntary basis - no pressure!). Dress comfortably. Bring folding lounge chair, your own cushion, 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. I have taken this class twice myself and will happily share my experiences with anyone who wants to learn more - call Laura at Talisman (203) 261-0047.

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 PRESENTS

Event: Wiccan/Pagan Study Group - Craft Workshop

Date: September 16th - Time: 7:30 p.m.

Location: The Undercroft at Talisman

Join us for this monthly study group that covers various pagan and New Age topics. The Study Group is held on the third Tuesday of each month. This month, popular Craft Workshop coordinator, Elena, will be facilitating a workshop on crafting altar tiles. You can decorate your tile for seasonal ritual use, or feature a craft symbol such as a pentacle or god/goddess on it, its all up to you as you work to personalize your tile! This workshop is suitable for all experience levels.

Event: Mabon Sabbat & Celebration

Date: September 27th

Time: 2:30 p.m. on - Ritual about 5:30 p.m.

Location: The Undercroft at Talisman

Join us for a fun and meaningful harvest celebration! There will be a harvest cooking demonstration, a craft workshop, kids activities, a Mabon Ritual and a potluck feast, as well. This event is open to families. Cost is \$10 per person. Under 12 free. Please bring a dessert to share. All other food and beverages provided. This is an alcohol-free event. Please visit our website www.thecircleofthesacredwell.org for more information.

Event: Circle Open House

Date: October 10th - Time: 6 to 8 p.m.

Location: The Undercroft at Talisman

Stop by any time during the event for some social time with Circle members and other pagans of like mind. If you have questions about Wicca, paganism or the Circle, this is the place to come! Refreshments.

Event: Wiccan/Pagan Study Group - Find Your Totem Animal

Date: October 21st - Time: 7:30 p.m.

Location: The Undercroft at Talisman

Join us for this monthly study group that covers various pagan and New Age topics. The Study Group is held on the third Tuesday of each month. This month, we will be taking a journey to the Otherworld to find our Totem Animal. A Totem Animal is a spiritual being of a species that resonates with you. The characteristics attributed to the particular species of your Totem Animal can either reinforce or embody or some of your own, compliment them, or provide strength in weak areas. Your Totem Animal can help you with both your spiritual journey and your everyday life by acting as a spiritual guide and 'life coach'. Some people have one Totem Animal that is with them all their lives and never have another. Others have one main Totem Animal, and others that come to them through the years to help with specific issues. Join us for a journey to either discover your very first Totem Animal, reunite with your existing Totem Animal, or meet another who will help you with this phase of your life! This workshop is suitable for all experience levels. Please avoid caffeine for at least 3 hours prior to the workshop.

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.cwpn.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. Some of our past guests have been: Janet and Stewart Farrar, Gavin Bone, Margot Adler, Ted Andrews, Dr. Leo Louis Martello, Tzipora Klein, Laurie Cabot, Raven Grimassi, Donald Michael Kraig, Phyllis Curott, Lori Bruno, Jane Sibley and Ellen Evert Hopman.

Saturday, November 1st: The CWPN would like to invite you to our 25th Year Anniversary of the Witches' Ball and Samhain Celebration! Come descend into the Underworld to celebrate Samhain, the Witches' New Year! Dance, feast and drink while we honor our ancestors! As we count down to the stroke of Midnight, known as the Witching Hour, join us for an epic Samhain Ritual! This event is for 21+ only. Costumes and/or Masks are encouraged.

Fly on over to: www.witchesballct.com

Omni Hotel, New Haven, CT

155 Temple St, New Haven, CT 06510

Valet Broom Parking Available

Special Room Rates for those not Flying Home

FEATURING

- EPIC Midnight Ritual
- Ancestor Temple
- Dinner & Dessert
- We Buy Your First Drink*
- FREE Tarot Readings
- Costume Contest
- Dance and Count Down to the "Witching Hour" with DJ Rob Krush

TICKETS

- \$70 CWPN Members PREPAY
- \$75 Non-members PREPAY
- GROUP RATES
- \$95/\$100 AT THE DOOR

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/>

The Healing Loft: Mediumship, Angel Intuitive Guidance, Reiki Healings, Workshops and Lightworker mentorship offered in Hamden, CT. Mentorship is a class offered to those who wish to develop, or deepen, their own abilities, as well as their spirituality and healing. ALL will be covered in this class. It is an ongoing class and requires a commitment to attend.

There are two series available:

Beginning and Intermediate Mentorship — these are 6 month commitments (each) of meeting every other week. We cover such topics as grounding, protecting, meditation, connecting to our own higher self, enhancing your intuition, connecting to the angels, limiting beliefs, EFT and other healing modalities, chakra balancing, practicing with our abilities & metaphysical tools and so much more! In between each in person meeting, I remain available for your questions and assistance via email, texting and Facebook. You will not be asked to attend meetings and then left to “fend for yourself” ~ I will be with you every step of the way! <http://www.thehealingloft.net> or (203) 506-8822.

Shen Yun Symphony Orchestra: October 11 1pm and 7pm. Carnegie Hall, NYC. In Chinese, "Shen Yun" means the beauty of divine beings dancing. As part of Shen Yun Performing Arts, the Shen Yun Symphony Orchestra aims to revive authentic Chinese culture. For more information: <http://www.Symphony.ShenYun.com> or (800)818-2393. Listen to samples of shen Yun music at: <http://www.ShenYun.com/music>

Crystal Sale at A Healing Hand: Saturday, 9/20 - In addition to the load of sparkly new

inventory we have available for you to peruse, you can book an aura photo or healing session. Appointments are required. Bring your friends! Email Tim@AHealingHand.net or call (203) 429-0202 to make your appointment, and if you do so before September 14, you'll get 10% off your highest priced purchase item!

The Coven of the Winding Willow is pleased to announce its first open house! Are you interested in Wicca or Paganism and have questions? Would you like to network and socialize with other like-minded people? We would be happy to have you join us. The open house will be held on either the first or second Sunday of October based on RSVP and what works best for all, at 1 p.m. For location details and to RSVP to the event, please contact Ivy at witchyivy@gmail.com. Blessed be!

Astrology Corner

By Alethea Hunt, Astrologer

With summer winding down, it seems the astrology is mellowing, too. We enjoy a pleasant trine between the Virgo Sun & Pluto in Capricorn at the outset of September, which seems to be putting us into “taking care of business” mode where we can make an easy transition between those lazy, hazy days & getting back into the swing of things. The beginning of the month is a really good time for dramatic transformations – either to our routines or to our priorities - so we can reap the benefits of this grounding, productive influence. If you need to make a job change, this is a great influence to consider putting your resume out with a headhunter and for making contacts with influential people through current or former co-workers - the Pluto influence should also be helpful for keeping your job search off the radar of your present employer if you know you want out of where you are but haven’t found a new job quite yet. It’s also a grand time to make significant shifts to our exercise or dietary routines to be healthier; specifically if we find ourselves in need of greater willpower and/or structure. In general, remember that at this time even small tweaks can have profound effects when laying the groundwork for a major renovation, so don’t be afraid to take things step-by-step to reach you goal - whether this your health, your career, or anything else. We have to start somewhere!

Speaking of grounding, we get further anchoring from Saturn during the Pisces Full Moon on the 8th. The Pisces Moon can sometimes literally have us mooning over a situation or person, but Saturn is there and helping to “keep it real”, even when reality isn’t entirely pleasant. I would say, though, to be extra-careful regarding love & money situations as Venus is opposing Neptune at this time and heightening idealization of these matters, so we really do benefit from any Saturnian “reality checks” we may get now. All this aside, this will also be a snazzy lunation for so-called “practical magic” , specifically if you’re gearing it toward breaking down or dissolving a wall or

obstacle somewhere in your life that has been hindering the transformation process OR for creating effective barriers against unhealthy situations/persons. With Saturn in Scorpio, it's also important to address any psychological fears that surround our ability to let go - especially if it's something that's been physically or spiritually "toxic" to us. Absorb the spiritual lesson(s) and work on it from the etheric level, but also take practical steps to help your prayers & wishes along.

There is the potential for some communication weirdness or breakdowns for a few days between the 8th & the 13th as Mercury tangles with Pluto & Uranus. Conversations between partners can go awry, or normally congenial neighbors, siblings, or co-workers may become unexpectedly agitated or uncooperative. It can generally be a challenge to get others to agree with you under this kind of astro-influence & people may be disinclined to placate, so it's smart to pick your words with consideration and avoid any contentious topics of conversation that fail to elevate the level of discourse. This is a time when FB posts & internet forums can get extra squirrely, so do beware of trolls. While we're on the subject of the interwebz, do watch your internet usage at work as well between the 16th & 18th if you want to be looked upon favorably as an employee. With Venus approaching a pow-wow w/ Saturn at the end of the week, a good work ethic is attractive & we benefit from staying in authority figures' good graces - especially if we should need to pull some strings or ask for a favor.

The week of the 15th we should be wary of launching a crusade *for* or *against* something as Mars in Sagittarius moves into a square with Neptune in Pisces. There can be a tendency to identify with our beliefs, religious & political ideologies, & philosophies so strongly that we wind up taking an action that only winds up backfiring & hurting our cause. This energy peaks on the 21st, so if you feel an impulse to "convert" someone, resist it & instead look within to try & understand what that's all about. Many times this comes from a place of frustration, where we feel impotent/helpless in some way & this is what we're really raging against. The idealism within us is stoked, but it can be in a misdirected way, so we must also be careful that we're practicing what we're preaching because it's real easy under this influence *not* to see when we're verging on hypocrisy.

We arrive at the Autumnal Equinox on the 22nd when the Sun enters Libra, and just a couple of days later we have a Libra New Moon occurring on the 24th as well. This puts an emphasis on partnerships, and more specifically, on new beginnings within partnerships. There seems to be a theme of solidifying commitments in relationships or deepening the level of commitment within an existing union, because we have this lunation in loose contact to Pluto in Capricorn while the ruler of this Moon (Venus) also makes contact to Saturn in Scorpio. This is definitely not a featherweight pairing, that's for sure! The effects of this lunation could move those who are "just

dating” into bona fide “couple” status, it could signify an engagement, or a decision to have children & take on the joint responsibility & experience of co-parenting together.

We finish the month on a high note as Jupiter in Leo closes in on a trine to Uranus in Aries. The heat is on with 2 out of 3 fire signs involved, and the combination of these energies can lend itself to sudden, out-of-the blue opportunities manifesting from seemingly out of nowhere. It’s also great for opening the heart center in a way that facilitates beneficial, self-directed change – this is definitely the time to carpe diem! The fiery mojo only increases as we approach October and Mars in Sagittarius joins the party, so get enthused and start positioning yourself to incubate a big change in order to make the most out of this influence!

*****A note to readers: If you would like to receive my FREE monthly newsletter via email which is packed full of information & astrological insights, simply click [HERE](#) or send an email to Alethea@EmpoweredDestiny.com & 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 Lenhard