



# Talisman

***Talisman ...  
A Unique New-Age Shop  
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**[www.talismanct.com](http://www.talismanct.com)**

**<http://blog.ctnews.com/lenhard>**

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September 1, 2010

Merry Greetings!

Just before leaving for a mini-vacation the last week of August, I grabbed a handful of books from the Talisman shelves to catch up on my reading. I was really rushed, running late (big surprise, huh?) and I quickly grabbed "*The Lightworker's Way*" by Doreen Virtue; "*Super Charged Taoist*" by The Barefoot Doctor; "*U-Turn*" by Bruce Grierson; and "*How Meditation Heals*" by Eric Harrison (odd one out, and I never got to it anyway). With the exception of the last book, all these focus heavily on mid-life transformations - the type which set one off on a 180 degree turn into completely new and uncharted territory. For example, *The Lightworker's Way* is pretty much the story of Doreen Virtue's life, pre-angelic fame (and she is commonly thought of as THE angel expert) ... and I was surprised at some of the similarities we share in terms of our respective earlier lives (hint: the life-changing stuff!). Chapters Two and Three of *Super Charged Taoist* are respectively titled "Opening Up to Whom I Was Becoming" and "No Turning Back Now". And right on the cover, under the title, author Bruce Grierson of the book *U-Turn* asks the question **"What if you woke up one morning and realized you were living the wrong life?"**

Socrates said "An unexamined life isn't worth living" but damn, this is heavy stuff! Because it ain't easy, not necessarily fun and usually comes at a high cost - often both figuratively and literally. It's no small thing to change careers at mid-life, and a significant drop in income is often the end result (at least initially). Divorce comes with the same high costs, emotionally and financially, both for oneself, spouse, children and often the extended family. Not something to be taken lightly - and in daily readings at Talisman, I have sat and listened to some of you agonize aloud over these very issues. Happiness can come at such an excruciatingly high price. According to U-Turn, the "Grand U-Turn" is not all that common, but it is common enough. Every day, in almost every field, individuals perceive themselves to be on the wrong side of a divide. The "second brain" in their gut - that ten-billion-nerve knot - tells them their life must change. And, on moral, or at least deeply personal grounds, they jump the gap. When these kinds of epiphanies happen to real people, their lives change very quickly. You watch through your fingers the U-turner on a course of self-reinvention - which can, in the moment, look an awful lot like a course of self-destruction. But reversers don't want sympathy. For the price paid is worth it, because the U-turner is now, at least, living an authentic life.

The author goes on to ask a greater, more provocative question: ***What would it take to make us turn, not merely 15 degrees or 30 degrees, as a course correction, but 180 degrees - all the way around? If we were put under enough pressure, what are the odds that some fundamental fraudulence would be exposed? Are we really acting in a way consistent with our value system? Have we thought deeply enough about it - ever? And if we realized we needed to change, could we?*** In a later chapter, it is noted that *"if we think someone has changed for no reason - or at least no good reason - it's only because we don't have enough information about his interior life, the ground that has been preparing for weeks, or months, or years, or decades. To deny what you are, to deny who you are, to deny what you want, to live a life of hypocrisy, has got to have an ongoing effect of self-loathing"*. Note: I think this is what differentiates the Grand U-Turn from a mid-life crisis. To quote a Rwandan proverb: You can outdistance that which is running after you, but not what is running inside you

The book U-Turn further explores the phenomenon of the distress signals being sent by our planet itself, which many of us are picking up on. *The collective awakening - a fusion with the universe, if you will - is the result of a number of individual awakenings, a proactive mass movement that kindles change subtly, gradually, and peacefully. No single charismatic leader drives the agenda, because when people have transformed their minds, they will naturally transform the society. In Judaism, this is referred to as tikkun olan, the restoration of the world.*

I believe we are due for a radical change. The fact is, the bulk of the world's wealth is owned by 3% of its population - "the system" only works for a relatively tiny group of people. Most of us are little more than worker bees, going about our day to day, supporting the system and those who run it. Consistently overestimating how happy, say, a new plasma screen will make us is what keeps a consumer capitalism humming along - it depends on the very disillusionment it produces (so you will buy something ELSE to make you happy, you see?).

Ah, but it gets MORE interesting! From [www.AstroDispatch.com](http://www.AstroDispatch.com) - The Full Moon of August 24 is known as the Full Sturgeon or Ripe Berries Moon. To followers of

astrology, this is simply the Full Moon in Pisces ~ that time of the year when we seek to balance our everyday life with the hopeless abandon of handing control over to the unknown, the "mystery." The sturgeon is found around the world. It's practically a dinosaur, covered with bony plates, and is especially sacred to the Native Americans of the Great Lakes territory. Like the salmon, the sturgeon swims upstream to spawn. Needless to say, it's an arduous task rife with the possibility of death as an end to the journey, if not before, and a necessary part of the continuum of life. You've been there ~ metaphorically ~ right? Taking steps toward something that can signal the end of life as you know it and that holds the promise ~ the possibility ~ of a new life once those steps are completed. It's a sacrificial journey, but the reward is monumental, life altering. Pisces is, indeed, associated with "prisons," but they don't have to be the county jail or life without parole. We each have the capacity to build our own Inner Prison from which we must eventually break free.

I will leave you with this, again excerpted from U-Turn: *Where once the world's sharpest minds spent as much time and energy on tackling spiritual problems as we do on curing cancer, today such pursuits are considered just so much screwing around on the margins - not the domain of the best and brightest, but the refuge of the ethereal, the eccentric, and the damaged (Note: He just described most of us at Talisman!). Thus, there is no one to remind people of the conclusion pretty much all the sages of the ancient world arrived at: There IS a secret answer at the back of the book. The way to some measure of peace and happiness is not so mysterious. Consider the interests of others as equivalent to your own, and act accordingly. The notion is that, in the end, it's not what you acquire, or what you learn, or even what you believe: **It's how you live your life that will save you.***

### **New-Age Fest**

Talisman's next New-Age Fest will take place on Saturday, September 11th from 12:00-6:00pm. Andrew Neblett will be reading tarot, Elpida will be reading Coffee Cups, Rachael will be doing Pet Readings and Tammie will have her chair set-up for massage. Please view the Talisman website for individual bios of the readers. Tim Bshara will offer aura/chakra photography (which includes a 23 page report). Readings are \$25/20 min. or \$40 for Aura Photography (cash payment requested).

Aura Photography by Tim Bshara of A Healing Hand. A session lasts 20 minutes and includes a verbal discussion of the aura and chakras plus the client takes home a 20+ page report. \$40 (appointment recommended 261-0047). Tim, a Reiki Master, also does crystal healings for the chakras and aura - following your session, please ask him for more information (additional charges apply).

Chair Massage by Tammie, licensed Massage Therapist, from 12:00 to 6:00 \$1/minute. While you are sitting in the specially designed massage chair, Tammie can work on legs, arms, back, shoulders, neck - five or ten minutes spent in Tammie's chair will leave you relaxed for the rest of the day ... everyone who tries it comes back again and again!

[Talisman's Regularly-Scheduled Readers](#)

(Cash payment requested)

Daniel: Wednesdays - Tarot 4:00-7:00 \$25. Daniel is a trained Traditional Wiccan with a background in some Native American and Southern Hoodoo, and is now working toward his Mastership in Reiki. Personal freedom, self-expression and healing (especially through laughter!) are key themes in Daniel's personal search for enlightenment. "Se habla Espanol".

Meditation: Drop in sessions every Wednesday from 6pm-7pm, led by Leafweave. \$5. A variety of styles and visualizations are offered, for all levels of experience!

Starr: Thursdays - Angel Readings 4:00-7:00 pm (or by appointment) \$30 or ask question \$1/min. Among Starr's gifts is that of telemetry, or the ability to "read" an object through touch. If you would like to connect with someone who has passed through a piece of jewelry or clothing, a toy, a letter, etc. please bring these along to your session.

Barbara DeLong: Fridays by appointment (call 261-0047) \$40/30 min; \$75/60 min. Her website [www.barbaradelong.com](http://www.barbaradelong.com) is a teaching site with spiritual material and predictions for the energies of every day in the year. Check out Barbara's Blog Talk Radio Site: [www.blogtalkradio.com/night-light](http://www.blogtalkradio.com/night-light)

Mark Hoyt: Fridays 2pm - 7:30pm. I'm pleased to introduce Mark Hoyt as part of the Talisman intuitive/healing team! Mark's readings include channeling/mediumship as well. The same as all the shop's readers, Mark did read for me as part of the "interview" process and I must say I was quite impressed with his abilities. In addition, his extensive background in Energy Work, Reflexology and Massage (trained at the Palmer Institute in Salem, MA) will eventually lead to his being a very familiar face at Talisman as we move ever-closer to our goal of becoming a full-service Healing Center. \$25/20 minutes.

Lina: Sundays - Intuitive Counseling by appointment (261-0047) \$50/45 minutes. Lina uses her gifts of mediumship, palm reading and angel cards in a reading that can extend as much as two years into the future. Her accuracy is legendary ... everyone loves Lina!

September 4: 12:00-6:00; Pina, Angel Oracle readings/mediumship \$25/20 minutes

September 11: Talisman's Monthly New-Age Fest. 12pm - 6pm

September 18: 1:00pm-6:00pm; Gwen, Whole-Life Tarot (may include some past life aspects) \$25/20 min.

September 25: Christine Honeck - available all day, 12:00-8:00, by **appointment**. When you call for an appointment, please provide your birthdate/time/place so she can incorporate aspects of your astrological chart into the reading. Prior to the reading, at her home, Christine prepares to meet each individual by meditating/journeying and using automatic writing techniques. Christine reads with The Heart of Fairy Oracle cards - when I sat with her, I found her reading to be unique and accurate. \$30/30 min.

12:00pm-8:00pm; Mark Hoyt, Tarot/Channeling \$25/20 minutes.

12:00-5:00 Tammie Barletta, Chair Massage, \$1/minute.

## **NEW HOURS**

School is back in Session as of Monday, August 30th – Beginning in September, Talisman's hours will change as follows:

Tuesday-Thursday: 11:00am-3:00pm and 5:00pm - 7:00pm

Friday: 11:00am-3:00am and 5:00pm - 8:00pm

Saturday: 11:00am - 8:00pm

Closed Sunday and Monday. Please know that the scheduled daily reader will often be present in the shop (after I leave for my "break") and available to conduct readings - so call and schedule an appointment before stopping by. And I want to say "Thank you" - ALL of you - who have never complained as I run eternally late rushing from home to Talisman to school bus stop back to Talisman to home ... running four kids ages 6 through 17 (thank GOD the oldest can drive and help out now! And can you believe little Roy was only two years old when we opened Talisman?) to sports, meetings, events, etc. I met with a realtor last week (again!) to try and find a new location closer to home. Hope springs eternal.

Available by Appointment ...

Laura: Almost everyone knows that I'm happy to throw cards/read palms for five dollars. As a courtesy I don't do this when there are scheduled readers working that day, many of whom drive a distance to get to the shop and it's not fair to them. People ask - Why only five dollars? Because you have to catch me between customers/phone calls and even then I am apt to be interrupted by the business of running the shop - so \$5 seems fair to me! However, I have been getting requests for private readings for some time now ... and so, if you would like a private appointment on Sunday-Tuesday (when Talisman is closed) I will come to Talisman and sit with you, in an uninterrupted reading, for \$25. Also, most of Talisman's readers - and myself - are available to read at home parties or events for three or more people. Call me (261-0047 or 402-9186) to schedule.

Healing massage/Reiki with Kim: Most of you have met Kim, my best friend and sister-in-law, as she has watched the shop from time to time. She has dressed candles, done house cleansings, and sat in on healing/reading sessions at Talisman as well. Kim is now (finally!) taking her own special brand of healing massage/Reiki/journeywork on the road, so to speak - "Have table/will travel!" and is available for at-home sessions for \$85/hour. Of course, I am biased ... but the feedback I have been getting is that she is providing a truly unique and wonderful experience. Call 261-0047 for more information.

## **The Undercroft at Talisman to Host the Circle**

The Circle is pleased to announce that we now have a permanent 'home' or covenstead, located at Talisman in Monroe. The space has generously been made available by Laura Lenhard, owner of Talisman, which is a unique New Age Store -

and so much more! The Circle has long had a close relationship with Talisman, and with Laura, as we share many of the same goals regarding helping to create and serve the pagan and New Age community here in western CT. After almost 10 years of a nomadic existence for the Circle, it will be wonderful to have a permanent space, where we can meet and also welcome the community to join us on any of the dates below, as and when you can, to learn about the Circle, to meet Circle members and to help us dedicate our new space.

There is no cost for attending any of the Open House events. Adults and children are welcome. Come when you can and stay for as long as you like! These are family-oriented events. Adults and children of all ages are welcome to attend. These are great events at which to socialize and meet others of like mind. If you have heard of the Circle, but want to find out more before attending a formal event, these Open Houses are the place to do so! Contact Mandy at 203-922-2643 if you have questions.

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**Open HouseEvents**

**at**

**The Undercroft at Talisman**

**September Open House**

**Second Friday each month - September 10**

**4 p.m. to 8 p.m.**

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**Monthly Study Group**

The Wiccan/Pagan Study Group, formerly held at the Unitarian Universalist Church, will begin meeting at The Undercroft at Talisman effective August, 2010. The Study Group is held on the third Tuesday of each month at 7:30 pm.

**CLASSES & WORKSHOPS**

**RSVP (203) 261-0047**

I want to start by making a quick request - please, if you register for a class or workshop and find you cannot attend - call and let me know ASAP. Many presenters travel a distance to get to Talisman and I am going to have to begin collecting pre-payments for all classes if the trend of no-shows continues. Thank you!

**Saturday, September 4 (1-2pm) and Thursday, September 9 (5:30-6:30)  
The Advanced Pulse Technique, facilitated by Stephania, suggested  
donation \$5**

The Advanced Pulse Technique was developed by Jo Dunning, as a new way to make changes in your life. During a group session you will have the opportunity to address several items that you would like changed. These items can be in any area of life, they can be things happening now or things that happened in the past, they can be beliefs about yourself or about life, or anything at all that you do not like experiencing.

The exciting new Quick Pulse™ works similarly to the Advanced Pulse, using energy to clear the things we do not like experiencing, to allow for more of what we do want to flow easily into our lives.

Stefania Stewart is a Certified Practitioner of the Advanced Pulse Technique™ and the Quick Pulse™ (also developed by Jo Dunning). She has been participating in Jo Dunning's events and trainings for close to four years now and has assisted many people with these powerful techniques. What began as a compelling need to find physical and emotional healing became an unexpected spiritual journey. As a result of participating in Jo Dunning's magnificent, life-changing events, Stefania is discovering a whole new way of being in the world.

Jo Dunning is a unique and truly amazing Spiritual Teacher and Master Healer. People around the world are noticing astonishing changes in their lives as a result of participating in her events and trainings. She also offers many free events. To find out more, visit <http://www.jodunning.com>

Groups are limited to 12 people and pre-registration is required. As part of her training to work with groups remotely and in person, Stefania is offering several group sessions, by suggested donation. This workshop is an important part of the certification process for Stefania, so please do not sign up if you are uncertain about your ability to attend whichever session you choose.

After signing up you will receive an email with some information for the session. Call Talisman to register (261-0047) or for more information please contact Stefania by email at [stefaniastewart@yahoo.com](mailto:stefaniastewart@yahoo.com)

**September 18 Introduction to Chinese Medicine 2pm-4pm, taught by Andrew \$20**

This class will introduce the student to the concepts of Chinese Medicine, its foundation of the five elements, meridians, acupuncture, acupressure, KO and SHEN cycles, hot, cold, damp, dry, yin and yang, different types of Chi (or life energy) and how everything works together. This class is a great introduction and primer to the theory of Chinese medicine and how it can help you.

**September 18 Your Road Map to Health and Well-Being 5pm-7pm, taught by Serena \$20**

How many of us feel good? Not just "ok," but vibrant and energetic? Health and well-being is your birthright, but this gets lost to stress, injury, and poor eating

habits. Once you feel ill, in pain, or exhausted, it is hard to know where to turn for help. Some treatments will help in the short term but cause more problems down the line. So how do you know what to do?

Every person has their own unique path for healing, and each person is their own best health advocate. Complementary and alternative therapies are just beginning to be studied in the formal style of Western science. This means there is a vast array of healthcare options that have no backing from the western analytical model. Some complementary care practices are so new that actual studies have yet to be done. Or a healing technique may have been around for years, even millennia, and is only recently being assessed with clinical trials. Often there is disagreement in the scientific community as to the value of a given therapy. For someone seeking to improve their health, this exploration becomes a search for personal understanding. This class will present how to find your path including, which issue to tackle first, how to tell good information from bad, and the importance of a holistic approach.

Selina Rifkin, L.M.T., M.S., has been a massage therapist for ten years and has a Master's in Nutrition with a focus on traditional and organic foods. Her spirituality is expressed through both her practice as a massage therapist, and as a martial artist, and she enjoys the dynamic tension between the two arts. She works for Cherry Hill Seminary, the only Pagan theological school currently in existence.

### **October 2 Healing with Oils, taught by Andrew Neblett, 5pm-7pm, \$20**

This class will introduce essential oils and their healing properties. Proper guidance will be given on how to use oils for healing and balance. A recommended emergency oil kit will be introduced and how to use it. No previous knowledge of oils is required. If you are looking for a solid foundation in essential oils, this class is for you. Handouts and a recommended reading list will be provided.

### **October 9 Book Signing - "Through My Eyes She Saw" by Lina 11am-4pm \$20**

Many of you have met Lina, or had readings with her. I actually thought I knew her quite well - but her extraordinary book reveals so many things she has never shared with us. Her family history, details of Lina's close relationship with her grandmother (which certainly did not end when her grandmother passed away at a very ripe old age - far from it!) personal information as well as life lessons we can all benefit from. Lina's grandmother went through physical and emotional trials most of us can probably not even imagine surviving, yet she always remained optimistic in the face of relentless hardships, and worked tirelessly to heal anyone who came to her for help no matter how much physical pain she was in. Her earthly work apparently is not finished, as Lina swears that the book itself is a healing tool - placing it upright so her grandmother can "look" from the hardcover onto your home/family brings peace and happiness to all she sees.



Whether you buy a book or not, please come and meet Lina and listen to her talk - an inspirational and spiritual experience is promised ... because everyone loves Lina!

**October 9 Healing with Herbs, taught by Andrew Neblett, 5pm-7pm, \$20**

This class will introduce herbal remedies and how to create your own basic healing kit. Various herbs and their healing properties will be discussed as well as how to prepare them. This is a great introduction to learning how powerful herbs can be and the students will be shown how several common ailments can be healed easily with them.

**October 23 Past Life Regression, led by Andrew Neblett, 5pm-7pm, \$20**

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!

**November 7 & 15 (Sunday classes) Wicca University 9am-5pm, \$125  
taught by Bill & Mandy Oram/Circle of the Sacred Well**

Join us for this two-day workshop that covers all aspects of the Wiccan religion. The class traces the cultural and religious traditions and individuals that have influenced the modern religion of Wicca, as all as other NeoPagan religions. It explains many of the common terms associated with Wicca and provides an overview of the Wiccan belief system. It also discusses Wiccan concepts regarding the Divine and provides details about the Elements and the Elementals. There is an overview of the Wheel of the Year - Sabbats & Esbats included. An overview of the Wiccan ethical system and details of the concepts and methods involved in creating sacred space are also discussed, along with ritual construction and altar set-up. The class will conclude with an open discussion of the challenges of living the Wiccan religion in a modern world.

NOTE: This class is very extensive and is a great way to learn about this spiritual path. This is a very popular class and seating is limited. **Advanced registration is necessary.** Register early to secure a seat. Payment is required upon registration. Includes: All handout material, along with a binder with subject dividers in which to place the material.

**November 13 Introduction to Hypnosis, taught by Andrew Neblett, 5pm-7pm \$20**

Learn the history/application of hypnosis, which is medically known as hypnotherapy and metaphysically called "trance" - and referred to as stage hypnosis for entertainment. You will learn what hypnosis is, how it works, and its benefits. Learn how to successfully use self-hypnosis for positive change. Be prepared to be amazed!

### [Astrology Corner by Alethea](#)

#### [Uranus Revisits Pisces](#)

Even though Uranus has been retrograde since early July, it only recently passed back into the sign of Pisces and many people are asking what this means. My belief is the re-entry of Uranus into Pisces serves as a collective reminder that before we can invite change and new beginnings into our lives we must first bring certain elements of our lives to a close and tie up any loose ends that we may have left hanging. Think back a few months ago to May when Uranus first entered into Aries. Have you felt like there's been a development or progress along new lines in an area of your life since then? As Uranus slips back into Pisces we must remind ourselves to close any doors we may have left open to the past, to take pause and see if there's something we may have left undone that could potentially inhibit our fresh start. When Uranus re-enters Aries for good in March of next year we will want to be sure that we've emotionally, physically, mentally, and spiritually prepared for the new cycle about to commence, and in the meantime this means taking a step back and looking at ourselves and our lives objectively to identify anything that could work against our chances of future success.

With the opposition of Uranus and Saturn still in effect (yet thankfully waning in intensity!), these loose ends may pertain to the relationships we have with others. Perhaps we've recently made the decision to end a relationship of some kind, determined to put the past behind us and move on but not really bothering to make closure with ourselves or the other party. We must be careful that we haven't left something unsaid or undone that would prevent us from truly moving onward. We should take the time to figure out what went wrong and address it - at least to ourselves if not the other party - before going forward. It is also important to take note of whether or not we've unintentionally carried any leftover baggage with us so that we don't accidentally sabotage a new relationship from the start or wind up repeating history all over again. This is sound advice on a more general level - to make sure we are utilizing this time effectively by going back and revisiting any chapters of our lives that we are trying to close the book on. This way we can make sure the slate is cleared and that any breaks we need to make are clean so that we are truly getting a fresh start in the days to come.

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Well, you can count on the fact that over the next many months I will be exploring aspects of the 2012 phenomenon. This month, I submit the following regarding the Akashic Records and their role in the shift of consciousness we may experience as 2012 draws ever-nearer:

#### **What do the Akashic Records have to say about 2012?**

## **By Linda Howe**

Linda Howe, a blogger on [www.AstroDispatch.com](http://www.AstroDispatch.com) writes the following:

When we speak of 2012, to what are we referring? December 21, 2012 is the final date at the end of the Mayan Calendar, the Long Cycle. Every quarter of this Long Cycle Calendar has been marked by a dramatic shift in the planet itself, in the form of floods and earthquakes. As we approach the calendar date of 12.21.2012, we are under the influence of the energies converging to facilitate a significant transformation. There is some speculation that it is the end of the world. It may well be the end of the world as we know it. The I Ching also recognizes the significance of this date as a time of great change. Edgar Cayce, the "sleeping prophet," of the 20th century United States, saw this time from the perspective of the Akashic Records. He saw this time as one where the magnetic poles of the planet would change.

We do not know the exact form this revolution will take. We do see that we are already being influenced by the acceleration of time, the intensification of internal urging to grow and change and the external disturbances in the status quo. Even if we do not subscribe to ancient ideas or spiritual prophecy, it is hard to ignore the fact that life as we have known it for the past few hundred centuries is already changing. There have been many times throughout history of radical change and transformation. These range from the discovery of the wheel, the mastery of fire, the codification of laws, the steam engine, the printing stage of consciousness of humanity, "as within, so without." Human beings are self-aware and as we become conscious of ourselves at increasingly deeper levels and as our relationships with our inner selves expand, we see corresponding growth and development in the world around us. One of the major purposes of life on the earth plane is to see the Divine Presence in physical form. We are challenged to experience the demonstration, the manifestation of the essence of the Divine through the physical.

There are a few matters significant about this 2012 transformation. Because of our sophisticated communication and information technologies, this age shift will be known by many, shared by many. It is the most conscious, aware age shift ever.

More people know about it, observing and participating. This is radical and is the most inclusive and diverse age change yet. The inclusive, democratic nature of the internet, TV and other forms of electronic communication is an expression of the awareness of humanity for itself as a group. This is not a shift for an exclusive, elitist group of white men. Hardly. This is a change for everyone present on the planet; including women and racial minorities....all really does mean all.

This suggests that we as humans are now aware that we are here on the planet with others. Although we may be naturally self-centered, we recognize that we are not here alone and are interdependent with others. What is most significant is that we are challenged to examine ancient understandings, all old ideas and assumptions we have considered sacred, immutable truths. In this transition, we in the Western culture are being given the opportunity to explore the foundation principles of the Judeo-Christian tradition which has formed and governed the growth of our consciousness for the past 2500 years. Some of the most basic notions, like "God is good and people are bad," or "God punishes the bad guys," "God is on our side but not our enemies side," or "God wants us to suffer," or "God

will love us if we are good," (but not if we are bad.) All of these and more are up for review.

We actually have the opportunity to step away from the degrading aspects of these traditions and can make conscious, deliberate choices about what we know to be true from our own experiences. There are two parts to this. One is that for the first time in about 2500 years, our cultural assumptions do not have to be rooted in ideas that are demeaning, limiting and untrue. This is the essence of the "New Age." It really is a "new age." It is a new age of self-awareness, of knowing the truth of who we are and a new age of knowing the essential truth of others as well. It is also outrageous that this is the first time in history where the change is organic at a global level. This shift is occurring within individual of all classes, socio-economic groups, races and genders. It is moving from within individuals out into the world. This is not the result of a papal edict, a military victory or a political coup.

**No, this is the time of each individual recognizing their own identity as an expression of the essential Divine and the same for all others. This is a time of personal responsibility and personal authority, of becoming aware of oneself as the choice maker of our experience.**

As a student and teacher of the Akashic Records as a spiritual resource for empowerment and consciousness development, I encourage learning how to work in your own Records and those of others to support your navigation of this amazing time. We are in a time of liberation from the limiting aspects of religions. Religions were originally set up as external organizations, practices and structures through which we humans hoped to experience the Divine reality, and avoid ostracisms. In contrast, the Akashic Record is an internal beam of light through which individual people can access the Divine Presence. The Akashic Record is the perfect resource for our time.

The imperative of the 2012 transformation is that individuals find a way to be in conscious contact with the Divine. Through this conscious relationship with the essence of Life, each will transform according to their own needs, for their own good and the subsequent good of all. It is a curious thing that we have great attention on this time period as a time of collective change. That is true. The collective change is a result of a sea of individuals transforming internally, then, this huge collection of transformed individuals form the collective. Nothing will happen to "the collective" as a group. This is also another radical departure from the past ways of change. This is from the inside out, one individual after another, after another, rather than imposed from above or outside by an outer force, imposed upon the group.....the collective no longer seen as a blob but the congregation of individual persons that it is.

It looks to me that we are moving toward one world religion....known for inclusion and diversity. Free from the fearful degrading ideas of the past. This time is the passage away from isolation to cohesion without coercion, from addiction to the illusion of separation to harmony with the reality of our oneness with the divine and one another. I believe that any system, method or way that supports you in the experience of the divine reality is the ticket for our times. We are leaving the age of knowing about god and moving into the age of knowing god. This requires examining our own ideas of god, putting them to the test....is this a god worth

trusting, letting go of the nonsense, moving beyond the limiting beliefs our tribal leaders put in place to keep us in place. This is the time to actively seek the face of god in your day, put god to the test, demand to see the life of god, not santa claus, but god. Look. Challenge. If your god is too fragile for your challenges, fire that god and get another.

The more each of us has direct experience of divine life, the easier it is to let go and release the lesser parts of ourselves. When we have a sense of the certainty of god and love, we can do anything. In order to get to the age of outrageous possibility, we have to walk through the discovery of the reality of the divine.

The Akashic Record does not conflict with any religion, does not impose itself, does not coerce. The Akashic Record is a spiritual resource that allows, it is a dimension of consciousness, and it's a sanctuary, a safe place to be as you allow yourself to know your true nature more than ever.

We see in this transition that each of us is responsible for our own experience. Other people can support and encourage us, but we can only go to that place within on our own. We support and encourage others knowing that they will go there as well. We can be there for each other not because we are spiritual cripples propping one another up through life. Rather we can really be available to each other because we do have the potential to know the divine truth within ourselves and to see it in others. As we do this we will naturally express our magnificence, naturally live in peace with others naturally contribute to the well being of others. When we touch the divine experience our heart, and minds will transform from fearful clinging to books of rules and regulations for behavior to the generous, gracious adults we are designed to be. The Akashic Record is the space of judge not, resist not, fear not. It is the space of unconditional regard. The space holds us as we release the negative myths about ourselves and others and grow.

Into the amazing truth of who we are.

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And truthfully, we are ALL amazing! Collectively, we can and will change the world. If not us, who? If not now, when? Questions well worth contemplating.

Yours in Love and Light,

Laura