



Talisman

Talisman ...

A Unique New-Age Shop

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

Facebook - Talisman: A Unique New-Age Store

October 1, 2010

Merry Greetings!

At this time of year, many people seek out Mediums or Spiritualists to attempt to contact their beloved dead. In fact, across cultures and throughout time, this season has been believed to be when the "veil" that separates the realms of the living and the dead lifts or becomes thinner, so that communication can be more easily facilitated. In many countries, this is celebrated in a festive and happy manner - rather than morose and sad. Indeed, at various times throughout the year, the dead are remembered all over the world: The Festival of Souls, called Obon or Bon, is celebrated in Japan; Mexico has Los Dias de los Muertos (Day of the Dead); The Chinese celebrate Ching Ming or Tomb Sweeping Day; Germany has Walpurgisnacht; The Philippines have an All Saints' Day Fiesta; in America's south, The Dumb Supper is an African-American tradition that honors the dead - and so on. So we need to ask the question - Do we

need special intercession to speak with those who have passed, or can we do this ourselves?

Well, let's go waaaaay back and consider the Celts of pre-Christian Europe (approx. 350 BCE) who were pastoral (raised animals) and celebrated four fire festivals, commonly known today as Samhain, Candlemas, Beltain and Lughnasadh. The themes of Samhain for the ancient Celts were divination and celebrating the dead. These people knew that interaction with dead loved ones would not hurt them, nor would their lives be impacted in a negative way. So perhaps we need to recapture the spiritual innocence that allowed the Celts to welcome the dead into their homes on Samhain.

What often keeps us from talking to the dead? Our fear, and often our guilt. Fear and guilt conspire with loneliness to deepen the grief process - an emotion that is completely alien to those who have made it over to the other side. The fact is, our ancestors visit us often, and enjoy being part of our lives. You do not need a special ceremony to call on them, but it is nice to have a sense of respect and a focal point that is kept sacred, such as an ancestral altar or shrine, to maintain that physical connection and recognize their continued importance in our day-to-day life. This can be as simple as a shelf or tabletop where a photo is displayed, along with mementos and offerings (such as a favorite candy) are set out as well. Creating such an intimate space recognizes and honors the fact that our loved ones' spirit lives on, and that death does not kill the vital essence of who and what we are. And that we continue to give our loving energy to someone we cared about.

I believe that our ancestors work alongside our angels, guides, and other light beings to protect and help us achieve our highest potential. But just as you wouldn't call up an old friend you have not bothered with for ten years to suddenly ask that person to help you move - it is disrespectful to suddenly request assistance from the Other Side without first making a connection from yourself through prayer, the lighting of candles, offerings, etc. Over the past several weeks, I have been listening to Papa Ce on Blogtalk Radio (Sundays at 4:00pm) who speaks quite eloquently on this very topic. Papa Ce's radio show can be heard at: www.blogtalkradio.com/papa-ce and if you have time, I highly recommend you listen in.

In Silver Ravenwolf's book **Halloween**, she lists the following Prayer and Ritual - which I believe would be a wonderful starting point to developing your own intimate relationship with your beloved dead.

Light a white votive candle. Lay an offering on your ancestral altar, or next to a picture of your special loved one. Call out the name of the individual you wish to contact and say the following prayer aloud:

*From the dawn of your birth
To the sunset of your death
I honor you.
From the missions you completed*

*To your duties left undone
I honor you.
From the seasons of your being
Through the cycle of your life
I honor you.
From your time beyond the veil
'Til your earth entrance back again
May the angels support you
May Spirit surround you
May my healing love reach you
From this moment until the end of time.*

So Mote It Be/Amen

New-Age Fest

Talisman's next New-Age Fest will take place on Saturday, October 2nd from 12:00-6:00pm. Andrew Neblett will be reading tarot, Pina will be doing Angel Oracle/Mediumship 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 energy healing sessions. Come try out a healing session that will combine Reiki energy, sound therapy, and crystals to balance your energy field. Whether you have an ache, a pain, or just want to feel like a million bucks - come try a healing session with Tim for just \$1/minute (at least 20 minutes recommended). Many people have tried Reiki, but adding sound and crystals brings the healing to a whole new level. Treat yourself to some balance! See for details about the different types of healing offered. Readings are \$25/20 min. or \$20 for a 20-minute healing session. (cash payment requested)

Andrew Neblett will be teaching a class, Healing with Oils, from 6-8pm (see description below).

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 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

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!

October 2: Talisman's Monthly New-Age Fest. 12pm-6pm

October 9: Elpida, Greek Coffee Ground Readings \$30/25 minutes

October 16: Christine Honeck - available all day, 1:00-6:00, by **appointment**. When you call for an appointment, please provide your birth date/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. 1:00pm-6:00pm;

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

October 23: 1:00pm-6:00pm; Gwen, Whole-Life Tarot (may include some past life aspects) \$25/20 min

October 30: Christine Honeck - available all day, 1:00-6:00, by **appointment**. When you call for an appointment, please provide your birth date/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.

12:00-5:00 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

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 House Events**

at

#### **The Undercroft at Talisman**

#### **September Open House**

**Second Friday each month - October 8**

**5 p.m. to 8 p.m.**

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Wiccan/ Pagan Study Group

Drum, Chant and Song Event

When: Tuesday ~ October 19th at 7:30 p.m.

Where: Undercroft at Talisman ~ 150 Main Street ~ Monroe

Join us this month as we celebrate the harvest using drum, chant and song. There will be time for drumming, as well as the opportunity to learn and sing or chant several popular pagan songs. If you love to honor the season and the divine using sound and music, this is the workshop for you! Bring your drum or rattle. There will be several extra drums and rattles for those who don't have their own.

EVENTS

Thursday, October 7: **New Moon Drum Circle** led by Doug. Bring your drum and join us (outside if weather permits, inside if not).

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HOWL-OWEEN CHARITY EVENT: Saturday, October 23 - 10:30-4:30pm (rain date 10/24) at the Riverwalk & Veteran's Park/Canal Street, Shelton. Bring you dog and join us for a howling good time! Dog Costume Contest & Parade, Canine Games & Displays, Dog Fun Matches (ribbons and prizes), Vendors, Music, Food, Silent Auction, Kid's Activities ... and so much more! Entry: \$5.00 (under 12 free). Well behaved canines (and humans) are welcome. All breeds and mixed breeds are eligible for all contests. For additional information: www.howloweenct.org or call (203) 922-2643.

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Sunday, October 31: **HALLOWEEN FAIRE** sponsored by A Healing Hand. Admission Free! 10am-6pm. Hotel Sierra, 830 Bridgeport Ave., Shelton.

* Readers * Healers * Vendors * Hourly Door Prizes

Psychic Medium-led spirit circle 6:30-8:00pm (tickets for spirit circle available on-line at www.ahealinghand.net. For additional information, email Tim Bshara at tbshara@hotmail.com

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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!

October 2 Healing with Oils, taught by Andrew Neblett, 6pm-8pm, \$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

Many of you have met Lina, or had readings with her. I actually thought I knew her quite well - but her extraordinary book (available for \$20) 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 16 Shamanic Practice for Personal Growth 2pm-4pm taught by Serena \$20

Shamanism is the oldest form of religious practice. It is not a religion itself, but a group of techniques that allowed the shaman to communicate directly with spirit and stay safe in the process. Join us and learn what shamans do, how to Journey, and how to contact your power animal.

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 16 Reflexology 101, taught by Mark Hoyt, 5pm-7pm, \$20

Reflexology is one of the most practical, efficient and effective holistic health practices today. The application of pressure, stretch and movements to the feet and hands affect corresponding parts of the body. By applying specific techniques, patterns of stress are released from other parts of the body. Reflexology promotes relaxation and may aid circulation as well as assist the muscular and nerve function, supporting the body's own healing process.

Participants in this class will practice reflexology techniques on a partner. While disinfectant/wipes will be provided, please come prepared to have your hands and feet touched and manipulated. If you are having any health issues affecting your hands/feet, please do not sign up for this class.

Mark Hoyt is a Registered Nurse. Trained in a variety of healing modalities, Mark received his training in reflexology at the leading center of holistic learning, The New York Open Center.

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!

Andrew has facilitated past life regressions at Talisman in the past, 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.

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!

December 11 A Touch of Tibet, taught by Cathy Kane, 2-4pm \$20

Sound and energy are perfect partners. In this class, an overview of some traditional Tibetan ceremonial instruments (singing bowls, gantas or singing bells, and tingshas) will be presented, along with some interesting and practical ways to use them for energy work. This includes "smudging with sound", finding energy blockages in the chakras, clearing negative or "stuck" energy, meditation, stress management and other practical purposes. You'll also get the opportunity to play a dragon bowl which tradition holds is good for long life, good health, good fortune and prosperity. This class combines theoretical knowledge with hands-on experience, and is helpful for people at all levels of experience with sound/energy work. If we have time, we'll also play the instruments as a group (if you have any of the above instruments, please bring them). Come prepared to learn something new and have fun!

December 18 Energetic Dowsing - Tools & Techniques, taught by Cathy Kane, 2-4 pm \$20

The world is full of energy-flowing, radiating, transforming. When you can tap into that energy and understand its many states, new possibilities open up to you! Come learn to use various tools (including your own body) and techniques for dowsing to

understand the energy fields around you; detect and clear "stuck" energy; find lost items; answer questions and other interesting and useful activities. This class is for all experience levels.

[Astrology Corner by Alethea](#)

Venus Retrograde

On the 8th of this month, Venus will appear to reverse her orbit against the backdrop of the night sky until November 18th when she will rise with the Sun and resume her forward motion once again. This movement is known as a **retrograde phase**, and in astrology these periods of time are considered significant because the energy of the planet in question is changed and becomes more internalized during this cycle. A Venus retrograde period is relatively infrequent as it only occurs about every 1 ½ years. Venus deals with how we relate to one another - it is the principle of attraction and governs love and relationships. It also represents value on both a literal and an abstract level as it concerns money and possessions as well as the less-than-tangible things that we place value upon. This particular retrograde phase of Venus coincides with Saturn's movement through Libra, the partnership sign of the zodiac. The combination of these two energies will likely have a lot of people scrutinizing their closest relationships at this time, as Venus retrogrades are a natural time of **reevaluation**.

When this planet reverses orbit, any differences we have with others seem to stick out more than usual. We often have experiences that ask us to weigh the cost vs. benefit equation in relationships. Disagreements are more likely to crop up; however, this cycle is helpful in allowing us to discern the relationships that are worth having from those that are not. If you want to reconcile with someone, now is a good time, however, if you feel you need to end a relationship, wait until **after** this planet goes direct. Retrograde periods are not typically a good time to act as they are symbolic of a change of perspective - remember that during this phase a planet only appears to move backwards from our perspective here on Earth. These periods also have a common effect of bringing someone back into our orbit who we may have been romantically linked to at one time or who may have left our social circle. A woman may make a reappearance in our lives in some way - whether this is a friend, an old co-worker, a family member, etc.

For those of us who are considering rekindling a relationship with a former lover or starting any relationship period, know that **relationships that begin when Venus is out-of-phase are often unsuccessful**. This is because our perceptions at this time are different than they normally are, leaving us to ask ourselves "What was I thinking?!" later on. The passion component is also ramped up during this cycle as Mars & Venus are currently traveling together in Scorpio, making things very hot-and-heavy at the outset of this period, so do not get intimate too quickly if you've just started seeing someone. On the material level, Venus also rules money and possessions so **now is a good time to look at our spending habits and to**

consider making a budget. It is **not** a good time to make any major purchases/investments, nor to splurge on luxury items or non-essentials. However, tag salers and flea marketeers rejoice, as you may be able to pick up some valuable items for a song **IF** you know the real value of the item you are buying. Sellers may not know what they are getting rid of, leaving you to profit if you are savvy. And no discussion of Venus retrograde would be complete without mentioning that our perceptions of beauty tend to be altered at this time, so now is **NOT** the time for a makeover, new haircut, or new clothes! And for safety's sake, do not get cosmetic surgery performed when this planet is out-of-phase either - better safe than sorry!

Blessings, Alethea

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Please know that I am sharing the letter posted below not to serve my own ego (ugh) but because I honestly love Johanny's music and am so happy to have her CD for sale at Talisman (\$10). Having such a magical and beautiful video dedicated to me was an unexpected but absolutely wonderful gift.

Hi Laura,

I wanted to say thank you, thank you, thank you very much for having my music album in your store and for the BEST reading I ever had in my ENTIRE life! Your reading really touched me very deeply. I wanted to let you know that I finally have my website up and running. I also wanted to dedicate a You Tube video I made a long while ago about my music album. I made it hoping to dedicate it to the right person one day. I have found the right person and I want to dedicate it to you! Please view your dedication video on my website: www.johanydemarco.com Make sure you open it in full screen to get the full effect. I've made a total of 2 You Tube videos. The first one that I dedicated to you is very "light." If you look at the second one I'm warning you that it is a little bit dark.

Take care and I'll talk to you soon.

Jo

Johany,

You've moved me to tears. Deeply and profoundly - honestly, while I love the sentiments and theme behind the video you dedicated to me - I am not sure which of the two moved me more. The second reminded me of a conversation I had with Andrew Neblett about a year ago, when we were talking about partnerships and how, for those of us who walk between the worlds, such a thing as a true partner is almost an impossibility. I told him we are like unicorns, in the sense that we are so scarce and can easily spend our lives searching for a mate that does not exist. It can be a lonely life, this one of healing and magick. This makes the moments when one is understood and appreciated (rather than avoided or feared) and the friendships formed therein - so much more precious. Talisman is as much a refuge for me as it is for almost everyone else who seeks it out.

From the first time I met you and your sister I knew we would develop a wonderful friendship - and I have not been disappointed. "Reading" for the two of you has been a pleasure and a privilege because I honestly learn as I go, and rarely does a reading not impact or teach me as well. I've always said I am no one's guru - I have made and continue to make mistakes, I just try and learn something from them so I can try to help others (thereby turning a loss into a win-win).

I genuinely love your music - please, please move forward and share your gift with this world. Audition, as your teacher has urged you to. We are so in need of beauty, something amazing and ethereal to lift us up during the dark, disappointing and lonely times. And I will share the videos along with your website in the October newsletter - because it is a siren's song, sung - no, really, wrung out from the soul - and the lonely people who are all around us will understand it at this soul level.

Much love & light,

Laura