



Talisman

Talisman ... A Unique New-Age Shop

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December 1, 2010

Merry Yuletide Greetings!

So, Yule (Christmas) is upon us at last and the general consensus from the folks I am meeting is that most are ... underwhelmed. I think the general lack of expendable income for gift-buying has resulted in people really opening their eyes and SEEING, maybe for the first time, just how commercial and overbloated this season has become. I mean, c'mon - it is no longer shocking see Christmas goods on display one aisle over from the Halloween stuff!

Yet this can be a wonderful opportunity - if we allow it - to regain focus on the ones we love (family, friends, pets) and let the other crap just go away. The irony of the American Christmas is twofold: One, blatant greed is no way to celebrate the birth of ANYONE much less the son of God; and two, historical data indicates Christ would have been born in the spring, anyway. The cause for celebration, whether it be the birth of The Son or the birth of the new sun (Winter Solstice) is a matter of spiritual choice. But the fact remains that this is one of the few festivals that are celebrated in many of the same ways by Christians and Pagans/Wiccans alike. We decorate with evergreens, wreaths, gold candles, and lights. The Yuletide Season is marked by feasting, drinking and general merriment. Fires and candles are lit in both Christian and Pagan homes, acknowledging the life-giving power of the returning sun or the "Sacrificial God" as symbolized by the light and warmth of the flames. In fact, the decorations in many Pagan homes are virtually indistinguishable from that of a Christian.

But there is a difference: Christians remember and celebrate the singular event of a virgin birth and arrival of the Messiah; Pagans revel in the annual cycle of seasonal change. Yule falls on the shortest day of the year - it is the longest, darkest night; a time of completion and the death of the old year. It is also the night on which the Goddess gives birth to the new Sun, beginning a restoration of light, life and warmth to the land. From this point onward the days lengthen and the sun's power increases until it reaches its peak at the midsummer solstice.

I think that knowing this helps one to understand better the meaning of an "earth-based" (pagan) religion. As Yule is one of the great turning points of the year, it is an ideal time for rituals of purification, contemplation and preparation. Again, a commonality between Christians and Pagans. And I say this not to homogenize these two very different faith paths, but rather to educate so that understanding and true tolerance may emerge. A Christian Witch makes about as much sense (to me) as the Jews for Jesus movement ... but if we can understand and appreciate one another, we can work together to bring about a better world for those loved ones (family, friends, pets) I wrote of earlier. No matter what face or name we assign our respective Diety(ies), and regardless of our spiritual path, wouldn't that be the very BEST gift in honor of The Divine?

What's New at Talisman?

I am currently working with a Publisher and writing a book: It's good that I finally found a use for those pesky hours between 1am and 6am, which I had previously been simply frittering away, sleeping! The book is titled "*The Talisman Grimoire & Historium*" and it will include the background of the shop and how it came to be (including advice for would-be shopkeepers); a reference guide with chapters on the stones, herbs and oils; a chapter on divination; my own spiritual philosophy with excerpts from the blog, newsletter and other writings; and chapter on Talisman's Spells and Magical Formulas.

And on this last, I am asking your help. While this book is being written by me, it truly belongs to the friends and patrons of Talisman - the ones who have sustained and helped it grow. So I am asking anyone who is willing, to share their favorite or much-used spell, formula or recipe for inclusion in the book. You can send it to me at lenhard@comcast.net. For each submission, note how you want to be named/credited - or, if this was something passed down through a family member, how you want that person named. Please know I am not asking for proprietary family secrets! But if you would like to share and be named in the book, I would deeply appreciate your contribution. We plan to begin final editing in early January, so I would ask you send this information ASAP. Oh ... think you don't know any spells or formulas? Guess again! What about your children and pets - any special trick (or treat) you have to comfort or heal? Let's not forget what you cook up in the kitchen, what about sharing your favorite "feel good" food or drink recipe - something you serve when you need to raise someone's spirits? In these troubled times, comfort food might be some of the best magick of all!

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Talisman's next **New-Age Fest** will take place on Saturday, November 6th from 12:00-6:00pm. Readings are \$25/20 minutes - cash only, please. Andrew Neblett will be reading tarot, Pina will be doing Angel Oracle/Mediumship readings, Rachel will be doing pet/animal readings; and Tammie will have her chair set-up for massage (\$1/minute). This month, I'm adding Jamie Jennewein - a Shaman who will conduct power animal retrieval sessions, allowing you to identify and connect with your spirit animal (see Jamie's bio and background under the "regular scheduled readers" section below). Also, Tim Bshara will offer aura-chakra photography sessions \$40 includes a 22 page report.

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)

Meditation: Due to the busy-ness of the season, Wednesday's Meditation sessions are temporarily cancelled and will resume sometime after the New Year (mid-January).

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. Mark's tarot readings include channeling/mediumship as well. 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!

December 4: Talisman's Monthly New-Age Fest. 12pm-6pm

December 11: Elpida, Greek Coffee Ground Readings 1:00-6:00pm, \$30/25 minutes

December 18: 1:00pm-6:00pm; Gwen, Whole-Life Tarot (may include some past life aspects) \$25/20 minutes; and Tammie Barletta, Chair Massage, \$1/minute 12:00-5:00.

12/4 and 12/11 from 1-6pm: Christine Honeck - available 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 (which is why an appointment is necessary, and I can't just schedule her in for the monthly fair). Prior to the reading, at her home, Christine prepares to meet

each individual by meditating/journeying and using automatic writing techniques so please allow 24-48 hours for her to prepare for the reading. 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.

Tuesdays 5-7pm: Animal Spirit Readings (\$25/15 minutes) by Jamie Jennewein of Starlight Healing. Animal Spirit Readings, or power/totem animal retrieval is a shamanic technique designed to reconnect you with your personal animal spirit. Many traditions acknowledge that a person is born with a specific power/totem animal that becomes their healer, guide and protector. Over time, if this animal is not recognized the power and protection can be lost. A power animal retrieval is a method in which a practitioner finds your animal spirit through a shamanic journey and restores the connection and bond between you and your spirit animal. As you develop this relationship with your totem, you are aligning yourself with powerful archetypal energies and reconnecting your spiritual ties with Mother Earth.

Bio: Jamie is a Shamanic Practitioner, offering power animal retrievals, soul retrieval, extractions, healing journeys, cleansing ceremonies, sacred space creation and Munay-ki rites. Her practice has strong Native American and Celtic influences, although she also studies and incorporates the traditions of many other cultures. She is a Reiki Master of the Usui Shiki Ryoho tradition. Jamie has a B.A. in Psychology from St. Bonaventure University. Jamie has taught several workshops for the New England Society of Shamanic Practitioners to encourage strong relationships and understanding of animal spirit guides and how to incorporate that relationship to enrich their everyday lives. Jamie has a deep connection with animals, both in the physical and spiritual realm. She is a licensed wildlife rehabilitator and worked at Earthplace, the Nature Discovery Center as a wildlife technician for 10 years. Her soul purpose is creating awareness of our deep ancient connection with Gaia, our Mother Earth by awakening compassion in our hearts for all beings. She assists us along this journey by strengthening our connection with animal and nature spirits and shares the knowledge of the ancient shamanic traditions to allow us to recognize the rhythms of the heartbeat of all beings.

NEW HOURS

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 December 25th and January 1st, limited hours 12/24 & 12/31

----- If coming from a distance, please always call ahead of time -----

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.

Reflexology with Mark Hoyt: Call Talisman for details, but people are raving about his talents in this healing arena. Mark has an extensive background in Energy Work, Reflexology and Massage (trained at the Palmer Institute in Salem, MA). Hour-long sessions (\$100) can take place at your home or Talisman, whichever is most convenient and relaxing for you.

The Undercroft at Talisman

The Circle of the Sacred Well now has a permanent 'home' or covenstead, located at Talisman in Monroe. 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 is wonderful to have a permanent space, where we can meet. We welcome the community to join us on any of the dates below.

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### The Undercroft at Talisman

**December Open House**  
**Second Friday each month - December 10**

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

There is no cost for attending 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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**News & Notes**

In preparation for holiday shopping, I will have a fresh selection of singing bowls coming in next week. Also a shipment of new books - and I finally got my flower essences bottled up (it only took 6 months!) these are available in 2 oz. dropper bottles for \$9.99. Finally, not so much for my regular patrons but rather those who live too far away to come in, I have added on-line shopping to the website for the "Talisman's Own" product line as well as readings by yours truly! Check it out - [www.talismanct.com](http://www.talismanct.com) and yes, I need a new picture ... my hair is much lighter these days!

A few shops down from Talisman, the used book shop is under new management and is now known as "Tattered Pages Book Shop." You can turn in your old books (in very good, used condition) for credit you can use towards future book purchases. Paperbacks are 50% and hardcovers are 66% off the cover price, plus there are hundreds of sale books for just \$1.00. Tattered Pages is looking to expand their New Age section, so if you have books that you want to exchange please stop by. Even if you don't, drop in and say hello! Questions? Give them a call at (203) 261-6745 or check them out at [www.tatteredpagesbookshop.com](http://www.tatteredpagesbookshop.com).

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I have had many inquiries about Naturopathic care, and am very happy to be able to pass along the following information about the University of Bridgeport's Naturopathic Medical Clinic - one of the best-kept secrets in Fairfield County! To begin, visits are generally 2 to 2 1/2 hours long. Students (usually a team of 2-3 and you can request 4th year) take vitals and gather all information from patient, then meet and consult with attending Natropathic Doctor or Homeopathic Doctor. They all come back sometimes 25 minutes later to discuss findings and next steps. Although this may be subject to change, first visits are \$35 for all this attention, follow-up visits are \$15. There is also a teaching dental school for dental hygenists on 5th floor but it is medical not holistic dentistry. Still

inexpensive and they take insurance. They are off exit 27 I-95 or Exit 1 off Rte 25 heading south toward 95). University of Bridgeport Naturopathic Clinic web page:

<http://www.bridgeport.edu/pages/4412.asp>.

The teaching clinic of the College of Naturopathic Medicine offers team-based medical care with a focus on patient education and the use of natural and preventative diagnostics and therapeutics. Clinical supervisors are Connecticut licensed naturopathic doctors who, with the assistance of student interns, provide patients with comprehensive naturopathic care. Naturopathic doctors (NDs) are trained in medical sciences, naturopathic philosophy and the prescription of natural medicines and are licensed to diagnose and treat disease. A naturopathic assessment will take into account the physical, as well as mental, emotional, social and environmental aspects of your health issues. Treatments are safe, naturally based and designed to meet each patient's unique needs. The naturopathic team will take into account any relevant medical and pharmaceutical care and can collaborate with other health care providers as necessary. Working as a clinical team, licensed Clinical Supervisors and student interns provide naturopathic medical care for patients of all ages, from pediatrics through geriatrics. The whole family can be seen for medical exams including men's and women's yearly exams, well child visits (CT state school physical exams are NOT included), and orthopedic assessments as well as acute care for minor illnesses. Naturopathic medicine is optimal for preventative care and the treatment of chronic illness at any age. For patient convenience, we offer an on-site Laboratory and X-ray facilities and a dispensary. Open to the general public, the Dispensary offers natural medicines including professional line supplements, herbal medicines, homeopathics and more. In addition to basic naturopathic care, the Naturopathic Medical Clinic offers specialty clinical shifts in classical homeopathy, mind-body medicine and physical medicine. These services may require a referral so please inquire about these at your initial naturopathic care visit. Additionally, the teaching clinic houses hydrotherapy and physiotherapy rooms, which may be recommended by your clinical team. Acupuncture is also available.

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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!

**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.

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**Astrology Corner by Alethea**

Astrologically, December promises to be an interesting month with Mercury set to go retrograde December 10th and a Full Moon lunar eclipse on the day of the Winter Solstice! This is a particularly noteworthy eclipse as it falls in the very last degree of Gemini. The last degree of any sign is considered a culminating point, and with a Full Moon Lunar eclipse this is doubly so. This eclipse forms a Mutable T-square in the sky with the Sun, a retrograde Mercury in Sagittarius, and Jupiter/Uranus, which are in Pisces. What does all of this mean? Well, for starters, if you have plans to travel for Christmas I would be on the lookout for travel delays - particularly so if you're going to be flying. I'm thinking the possibility of weather-related issues will likely be high, and combined with the abnormally high volume of traffic in the air and on land just before the Christmas holiday it could be a mess out there! I recommend capitalizing on all that Mutable energy on tap by remaining flexible and adaptable - if you're flying around this date, make sure you have the airline's phone number on hand in case you need to re-book a cancelled flight, know the phone numbers for area hotels, and come up with a "plan B" in case something like this happens. If you're driving, watch out for traffic and the potential for dicey road conditions. If bad weather is forecasted for your area, be willing to adjust your travel dates accordingly. Take it slow and try to relax as best you can - having your nerves on edge and rushing around can lead to accidents.

Another scenario I see cropping up with this eclipse can be an increased likelihood of disputes arising with others, particularly with neighbors, siblings, and other relatives like cousins, uncles, or aunts. If you're going to be attending any holiday parties around this date, do watch what you say and try to lay off the booze as a good rule of thumb. Sagittarius is a sign known for bluntness/candor, and with Mercury and the Sun there both squaring Jupiter and Uranus, I would especially leave topics like politics and religion off the table. Try not to make any jokes or remarks that could be construed as racially or culturally insensitive, either. We should use this T-square as an opportunity to adjust our thinking on matters like this, as you never know who you might unintentionally offend with an off-hand comment. The slightest remark may cause you to come across as intolerant or prejudicial, and that's certainly not the kind of fallout you want to deal with during the holidays - it's just easier to be mindful of this ahead of time and to watch what you say. Also, try not to engage in gossip or talk negatively about others around this time period. The chance that the individual you're talking about could catch wind of this conversation is higher than normal, and you certainly don't want to invite angry words or hurt any feelings through the careless flapping of lips!

Blessings,  
Alethea

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**Sending Yuletide Blessings from our Family to Yours -**

**Laura & Roy Lenhard**

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