



Talisman

Talisman ... A Unique New-Age Shop

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February 1, 2011

Merry Imbolc!

I know February is supposed to be about Romantic Love, but instead I am thinking about Spiritual Love.

So ... let's talk about Buddhism!

The first lesson of Buddhism is reverence for every living being - every leaf, every flower, every animal, every blade of grass. Everything having the sacred life force is to be respected, for every living thing has a soul. And just as we're reborn as people, we can easily be reborn as animals, plants or trees. In this shared life journey, all living beings seek but two things: to escape suffering and to achieve happiness. It is in this quest, in this seemingly endless cycle of birth, death and rebirth, that we seek escape from samsara, or mortal prison, which keeps us from ascending and becoming fully awakened beings of light.

So far, so good. Not too hard, right?

Buddhists also believe that much of what happens in our lives is due to karma. Karma is the idea of action and reaction, that every action we make, every decision we take, resonates in eternity and ultimately affects us. That all choices eventually return to either help us or haunt us. And that nothing goes unnoticed on the path and practice of Dharma, known as the way of life. Did you open that door for that stranger who was struggling with boxes outside your building? Did you pick up that piece of trash in the park, the one that blew right past your feet? Did you make a call on Mother's Day and wish your mom well? Look at your clothes, your shoes - did any living beings die or suffer so you could wear those clothes? Your dinner, did any living being suffer so you could eat? Your transport - did any living beings die so you could conveniently move about at your will? Karma is all these things and more.

Hmmmm an ominous note, here. Might not be so easy!

The effort to remove our accumulated karma and free ourselves from the

suffering prison of samsara occurs along what Buddhists call the Wheel of Life. In the Wheel of Life, we embark along a journey. It is a path to enlightenment along three upper quadrants and three lower quadrants. Buddhists feel that all our acts during life, both good and bad, are measured at the time of our passing. Upon our death, at the judgment, the lord of death, named Yama, measures our actions on a set of scales. Good deeds, or merit, become white tablets and are placed on the left side of the scale. Bad deeds, or sins, become black tablets and are placed on the right. Arguing to and fro, pleading with the judge of the soul, are the White God and Dark Demon. Each side asks - hopes - that their side of the scale will be heavier. When the scales are filled, the lot is cast and the person is sent to either an upper or lower realm.

Yikes. A little too familiar here!

To escape the prison of samsara, we must take hold of three animal vices at the center of the Wheel of Life. To conquer and master the Wheel, we must defeat the rooster (signifying greed) the snake (representing hate) and the pig (symbolizing ignorance). Only by taming our animal nature will transcendence be assured.

Let me interrupt and offer my apologies to these three fine animals, especially my beloved roosters. We are talking metaphorically, here - nothing personal.

Buddhists often talk about the riddle of attachment in the journey of life. But the riddle is actually quite simple. One of the fundamental tenants of Buddhism is releasing attachment. To be happier, we must release our attachment to things, outcomes, events and people. But what does this mean? Letting go of attachment is based on the understanding that to liberate yourself from suffering, you have to let go of the delusion that happiness comes from outside you rather than from within. In our journey down the hallways of samsara, we must make choices. We either choose things that take us toward our goals or away from our goals. We must understand that obtaining the next thing or doing the next thing will not make us happy. This means we let go of things, events, and goals as we realize that these things will not bring us happiness. If we are happy already, we will not be disappointed by an unexpected event or outcome. And that whatever we do, the most important things in life are to show compassion, express joy, and be kind. That's the riddle of attachment: that you gain so much more by giving up so very little.

The four noble truths of Buddhism:

1) Life is about suffering. Throughout our lives, we encounter situations that are difficult and challenge our concepts of right and wrong. But there must be good and evil in this world, there must be conflict, because in that conflict we are able to make choices. How do we react? Do we fall after seeing the acts of the unjust, participate in the cycle of suffering, and thus give up our sacred path?

2) Suffering comes from attachment. We suffer because we want - we desire things, houses, goods, control, success - and we believe that happiness comes when we obtain these objects of our desires. But this is wrong. This type of happiness is illusory and fleeting. True happiness comes only from within.

3) Suffering can be ended. We only suffer because we choose to ignore the path to enlightenment. We choose to shut our eyes to the great destiny for humanity. Our future is to be enlightened beings, and our future is to one day travel the stars. This is our shared dream: to succeed and triumph over suffering.

4) Transcendence comes from following a path of moderation. We must avoid the demons of self-indulgence and self-imposed hardship. We must liberate ourselves by practicing right worldview, motivation, speech, actions, livelihood, effort, mindfulness and concentration. Liberation is opposite to gluttony. And the path to liberation is not about guilt. We love to feel guilty. "Woe is me" we say as time is spent feeling bad about ourselves and our failures. But our karmic mission in life is not to feel guilty and thereby experience more suffering, our mission is to be joyful, so we may uplift others on the path. Most important of all, no one else can liberate you. You must liberate yourself.

Now, not everyone can be a monk. All have roles to play in the Wheel of Life, Our world needs bakers, politicians, kings, weavers, farmers, sailors and shipbuilders. But if you want liberation from the cycle of samsara, if you want to be an ascended being, then act like you're already liberated. Live with compassion. Show love and devotion to your fellow human beings. The key is always love and compassion. This has not changed since the time of the first Buddha. That is how we heal our planet. Love and compassion for all sentient beings - the trees, the flowers, the fish, the animals, and all living things. Reverence for all living things, that is how we begin the path to Enlightenment. With compassion and purpose, we can touch the

superconscious and the infinite mind of the Divine. But we must remain grounded and purposeful in this world.

The key to peace is having inner peace. And the key to peace is love.

NEW AGE FEST

(203) 261-0047 for appointments

Talisman's next New-Age Fest will take place on Saturday, February 5th from 12:00-6:00pm. Readings are \$25/20 minutes and aura photography is \$40 - cash only, please. Andrew Neblett and Mark Hoyt will be reading tarot, Pina will doing Angel readings, and Jamie Jennewein, Shaman, will also be there. As always, Tammie will have her chair set-up for massage (\$1/minute). Also Tim Bshara of A Healing Hand will offer aura-chakra photography sessions \$40 (includes a 22 page report) or healing sessions, \$20/20 minutes. I'm sorry I didn't talk more about Tim's healing talents in my last newsletter - but if you have a unresolved health issue, please just sit and talk with Tim, and see if it's something he can help you with.

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. I have been told by many people that Tammie had done more to help them in 15 minutes than chiropractors and others who have spent hours on them. My 11 year old daughter Daisy loves her Tammie sessions - such a nice treat for a child!

Talisman's Regularly-Scheduled Readers

(203) 261-0047 for appointments

(Cash payment requested)

Jamie Jennewein: Tuesdays 5-7pm: Animal Spirit Readings - \$25/20 minutes. By appointment.

Starr: Thursdays - Angel Readings 3:00-7:00 pm (or by appointment) \$30.

Barbara DeLong: Fridays by appointment (call 261-0047) \$40/30 min;
\$75/60 min.

Mark Hoyt: Tarot - Fridays 2-7:30pm. \$25/20 minutes.

Lina: Sunday mornings - Intuitive Counseling by appointment (261-0047)
\$50/45 minutes.

February 5: Talisman's Monthly New-Age Fest. 12pm-6pm. This month
featuring Andrew, Mark, Pina, Jamie Jennewein, and Tim Bshara.

February 12: 1:00-6:00pm; Starr, Angel Readings \$30/30 min.

February 19: Elpida, Greek Coffee Ground Readings 1:00-6:00pm, \$30/20
minutes; and Tammie Barletta, Chair Massage, \$1/minute 12:00-5:00.

February 26: 1:00-6:00pm; Gwen, Whole-Life Tarot \$25/20 minutes

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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

--- If coming from a distance, please call ahead of time. Winter weather is
always an issue ---

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/Monday
(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 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. She also does Reiki, manicure & pedicures on Tuesday, Thursday and Saturday at Sona Bella Salon & Day Spa, located at 189 Coram Ave., Shelton (203) 922-1425. <http://www.sonabellasalonandspa.com>.

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.

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The Undercroft at Talisman

The Circle of the Sacred Well has a permanent 'home' or covenstead, located at Talisman in Monroe. The Circle has long had a close relationship with Talisman, and 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 to meet. We welcome the community to join us on any of the dates below.

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**The Undercroft at Talisman**

**February Open House**

**Second Friday each month - February 11th**

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

There is no cost for attending the Open House events. 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 or visit <http://www.thecircleofthesacredwell.org> for more information. Also Facebook: The Circle of the Sacred Well CT.

**Meditation: Drop-In Sessions (\$5)**  
**Every Wednesday from 6:00-7:00 pm**  
**Undercroft at Talisman**

**Full Moon (\$5)**  
**February 20 - 7:30 pm**  
**Unitarian Universalist Church, Stratford**  
**Collecting non-perishable food items for food bank**

**Wiccan/Pagan Study Group (\$5)**  
**February 15 - 7:30 pm**  
**Undercroft at Talisman**  
**This month: Dieties (Gods & Goddesses) Around the World.**

**Drum Circle (\$5)**  
**First Sunday each month - February 6**  
**Undercroft at Talisman**  
**Bring your drum or rattle - and a friend!**

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**Events & Workshops - RSVP (203) 261-0047**

Saturday, February 12: Book Signing 1-4pm, Angels in Connecticut (\$9.95). Come and meet the author! **Susan Pettella** is a Licensed Massage Therapist and Reiki II Practitioner. She is dedicated to helping and healing through her skills and spiritual beliefs. In her first book, *Angels in Connecticut*, she shares personal experiences that have helped her overcome obstacles by keeping her faith strong. Her goal in publishing this book is to inspire readers to believe in a higher power, along with divine intervention, and simply, angels. *Angels in Connecticut* features stories from real people whose lives have been touched by angels. They are people who realize that there are no coincidences in the universe. They truly believe that everything happens for a reason. They have seen the signs and heard the unspoken words. Now, they share their stories with you.

Saturday, March 5: An Evening of Mediumship with Barbara DeLong and Pina Martello. 7-9pm, downstairs at Talisman. \$20, pre-registration necessary, 30 person max. This has been an enormously successful event in the past - lots of fun, tears and laughter. Fills quickly!

Saturday, March 19: Tim Bshara, Crystal Healing Workshop by A Healing Hand. 4pm-6pm. \$20. Attendees can bring any crystals they have at home that they want to work with, crystals will also be available for practice/purchase. Each person will receive handouts for later reference, hands-on practice connecting with the energy of the stones, a basic crystal grid layout they can use at home (layout only - stones can either be purchased or they can use their own) and basic pendulum techniques. Bring your pendulum! Questions can be sent to [tim@ahealinghand.net](mailto:tim@ahealinghand.net).

Saturday, March 26: Pocket Shrine Workshop with artist Nici Derosier. 4pm-6pm. \$20, all materials provided. What is a pocket shrine? Like a shrine of any other size, it is a container or receptacle for sacred relics; a reliquary. A shrine can honor or celebrate a particular deity or loved one, or any other meaningful theme. By using a small container,(in this case, an empty altoid tin) and a host of creative supplies, we can explore a new way to infuse everyday objects with personal meaning. We will use imagery, words, art materials and small items, all tucked away in a closable, portable shrine. We'll provide everything you need, but feel free to bring your own small objects, images or texts to be included in your shrine! An example of one of Nici's can be seen here: <http://i52.tinypic.com/5y7vwk.jpg> and will also be on display in the shop!

Saturday, April 30: Barbara DeLong presents The Cosmic Deck of Initiation. 4pm-6pm. \$40 includes Deck. Join Barbara DeLong, the creator of the Cosmic Deck of Initiation, as she leads a beginning workshop on the meaning of the cards and how to use them for reading yourself and others. No prior knowledge of tarot is needed, this deck is completely different in its use and intent, It is a light energy deck with a most spiritual focus and can be used with experts and children.

Sunday, June 19: Midsummer/Solstice Event co-sponsored by The CWPN and Talisman. Hold the date - details to follow!

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## Other News

Jewelry, Gem & Mineral Show & Sale, March 5-6, Maloney High School, Gravel Street, Meriden. \$5 admission adults, Seniors & Students \$4, Children 12 and under Free. Visit [www.lmscc.org](http://www.lmscc.org) for additional information. These are fun events and they just love kids!

A fun site! Visit [www.confessionsofapagansoccermom.com](http://www.confessionsofapagansoccermom.com) and/or Facebook at MrsBsConfessions. Solid information served up with wit and humor via yet another sexy witch (aren't we all?) - Oh, I just love it!

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## Astrology Corner by Alethea

Saturn is not a planet that we associate with speed in astrology, however, its motion over the last month or so virtually crawled to a halt as it prepared to turn retrograde on January 25th. Have you found it harder than usual to make and stick to that New Year's resolution this year? If so, you have probably been feeling the effects of this planet as it made ready to turn retrograde! Saturn represents our capacity for self-restraint and self-discipline - when this planet appears to reverse orbit it can be harder for us to stick with it and go the distance. It is often harder for us to keep our "eyes on the prize" so to speak, as we may find ourselves asking, "What's the point?" However, this phenomenon does not give us all permission to slack off and quit trying!

If you are having trouble reaching your goals, now may be an ideal time to review how realistic and achievable they were in the first place. Did you think you were going to be able to quit smoking cold turkey? How about lose 20 lbs. in a month? The issue with Saturn retrograde is that if we stumble a little along the way, we are more inclined to throw our hands up and deem something a failure rather than keep at it and persevere. We all falter, but ultimately we need to get back in the saddle instead of making excuses for ourselves, which is all too easy to do during this phase. So, in going forward, I think this a good time to review our progress. It may be that we need to re-work our plan or tweak our goals a little and it is time to conduct a realistic appraisal of the situation and our efforts, and if necessary, take baby steps in order to get to where we want to be. Don't give up - stick with it even if the

going is slow!

**ALSO:** A friendly "head's up" in preparation for tax season! Mercury is going retrograde in March - please be sure to gather all your tax documents EARLY this year and if at all possible do file your taxes in advance of this retrograde. This is because these periods tend to make us sloppy with details and can increase our chances of a math error, typo, or other mistake happening - especially if we wait until the last minute to get things done. Please take a second look over the final numbers on your return, and if you notice they are way out of line from what they normally are, do take pause and investigate. The days around April 15th will also see Mercury opposing Saturn - this combo has about a 1 in 6 chance of winding up in the financial sectors of your chart. Typically, I'd prefer **not** to see an aspect like that going on during this time because to me it raises the possibility of an audit occurring if it falls in this axis of a chart. I don't want to make anyone nervous in saying this - I simply want to remind everybody to perform their due diligence in preparation for this event and encourage folks to be proactive.

**\*\* A note to readers: If you would like to receive my FREE monthly newsletter via email which is packed full of information and astrological insights, simply send an email to [AHunt617@aol.com](mailto:AHunt617@aol.com) and I'll be happy to add your name to my list of recipients! This month's edition features an in-depth response to all the recent hysteria in the news about how people's zodiac signs have supposedly "changed"....Email me if you would like to read all about it and understand why this is NOT the case!**

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**Situations Wanted**

If you'd like to be added next month, just reply and send me your name, email address, qualifications and position desired. And if you have a reason to contact an individual listed, please know that they will be someone I have met personally, and I anticipate they will be spoken to and treated respectfully. You may certainly call me first if you have any questions (203) 261-0047.

Jen Dubay, Nanny: I received certification for babysitting in 2000 from the American Red Cross and have been babysitting for 10 years for children between the ages of 2 months to 11 years. I worked at Appletree Daycare for a year and a half from '06-'08 and also spent the summer '09 working at Camp Jewell, a sleep-away camp for boys and girls ages 7-16. I enjoy doing crafts with children and allow them to explore their creativity, I also think it's very important to keep children active and engaged, I try to go outside for atleast a little while everyday (weather-permitting). I spend alot of time reading with children and don't often allow t.v. watching. I am certified in infant and child CPR and First Aid by the American Red Cross. My rate is \$15/hr and I have references available upon request.You can reach me by e-mail at [jen.dubay@hotmail.com](mailto:jen.dubay@hotmail.com) or my cell phone 203-278-2511.

Rachel Fabelinsky, personal and commercial/product photographer: Looking for a full time freelance position as photographer's assistant or second camera in the fashion, commerical or wedding industry. Attended Hallmark Institute of Photography, Turner Falls Massachusetts. Certificate of completion, 2002. This curriculum schedules two years worth of schooling, but we complete the schooling in ten months. We learn Portrait and Commercial Photography which consist of in-studio and on-location photography. Other courses include Business, Public Speaking, Studio Operations, Visual Arts, and Retouching by hand and by Adobe Photoshop CS. Experience includes Apple Box Studio November 2003 till Jan 2006 (full time photo assistant 2nd camera), Sears Portrait studio November 2003 till 2004, Commercial studio assisting Larry Clarnio as well as Kvon, Eddie Berman, Paul Johnson, Peter Tepper, Paul Mutino, 2003 till now (Freelance only) Creative Touch Digtial studios (freelance only), Picture people, LifeTouch. I have taken pictures for Monroe Monthly our town magazine. I have assisted for two photographers in three weddings two with Andy Matcoccia and one with Dan Rosen. Contact Rachel at [pinkpopcorn dream@aol.com](mailto:pinkpopcorn dream@aol.com)

**Sasha Grace:** Pagan, young woman who is great with kids/babysitting, housecleaning, or retail sales. Has car. Looking in the Monroe/Shelton/Trumbull area. Email: [xsheswaitingx@aol.com](mailto:xsheswaitingx@aol.com)

**Darcy Greene:** Certified Phlebotomy Technician, approved and Accreditation by the National Healthcareer Association and the State of Connecticut Department of Higher Education. National Certification through NHA. Overall

grade average 98% with 108 hours of classroom theory and 100 successful venipunctures, 40 hour internship at Griffin Hospital. Anatomy and Physiology, OSHA regulations; infectious disease/prevention; universal precaution procedures; equipment and supplies; special collection procedures; complications; professionalism; quality assurance; legal issues; and health law; overview of blood pressure; dermal puncture and EKG administration. I hoped that they would've put us up with a job when we were done, HELL NO! Nobody wants to hire you if you don't have that much experience, even though I worked for Quest Diagnostics for 13 years (not doing Phleb). I have to work nights which narrows it down a bit, the only place i can really do that is jails and hospitals. Both are fine with me, i am not picky! Email: [\*\*Witchgirl@att.net\*\*](mailto:Witchgirl@att.net)

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**Namaste, my friends -**

**"The Divinity within me perceives and adores the Divinity within you."**

**Laura Lenhard**

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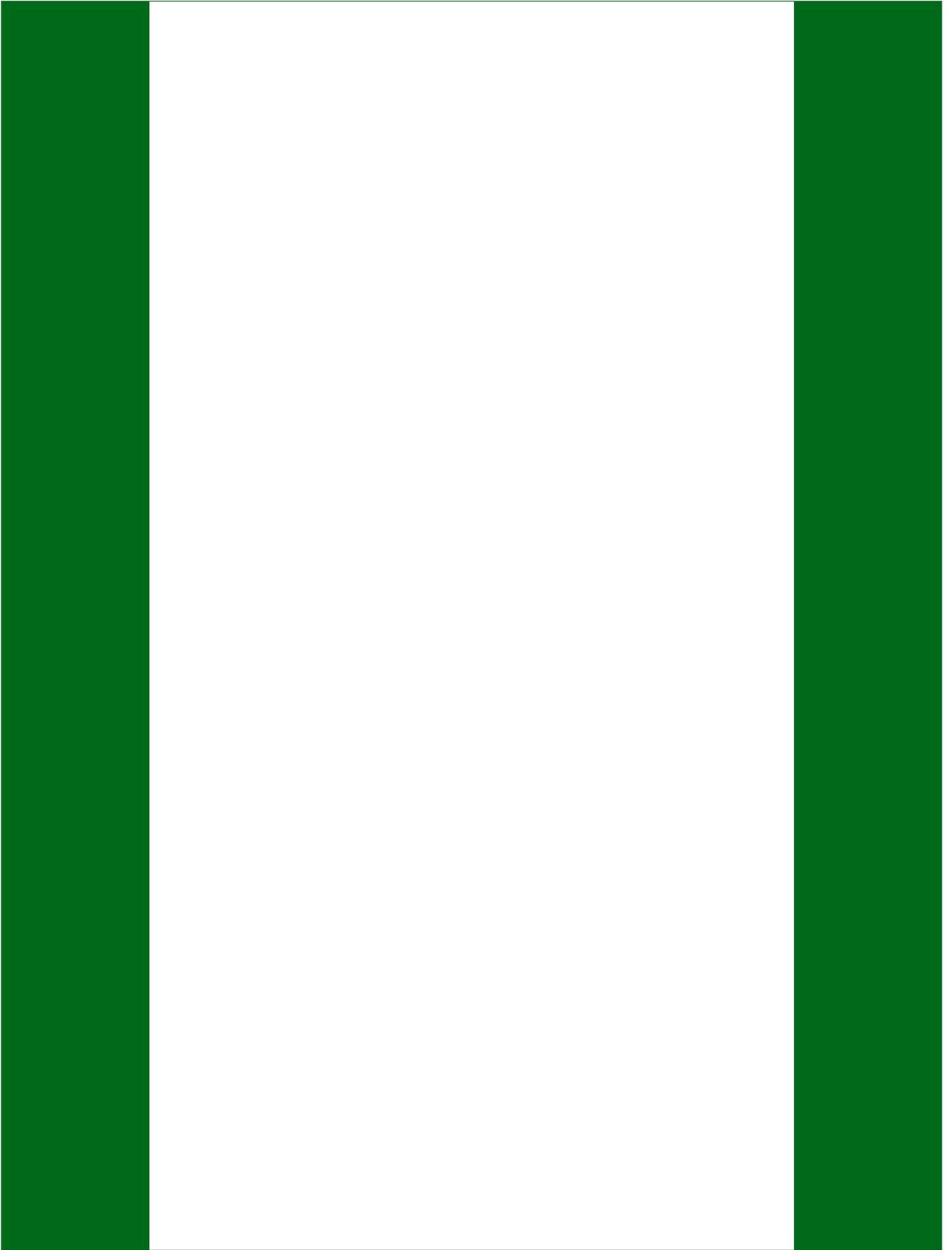
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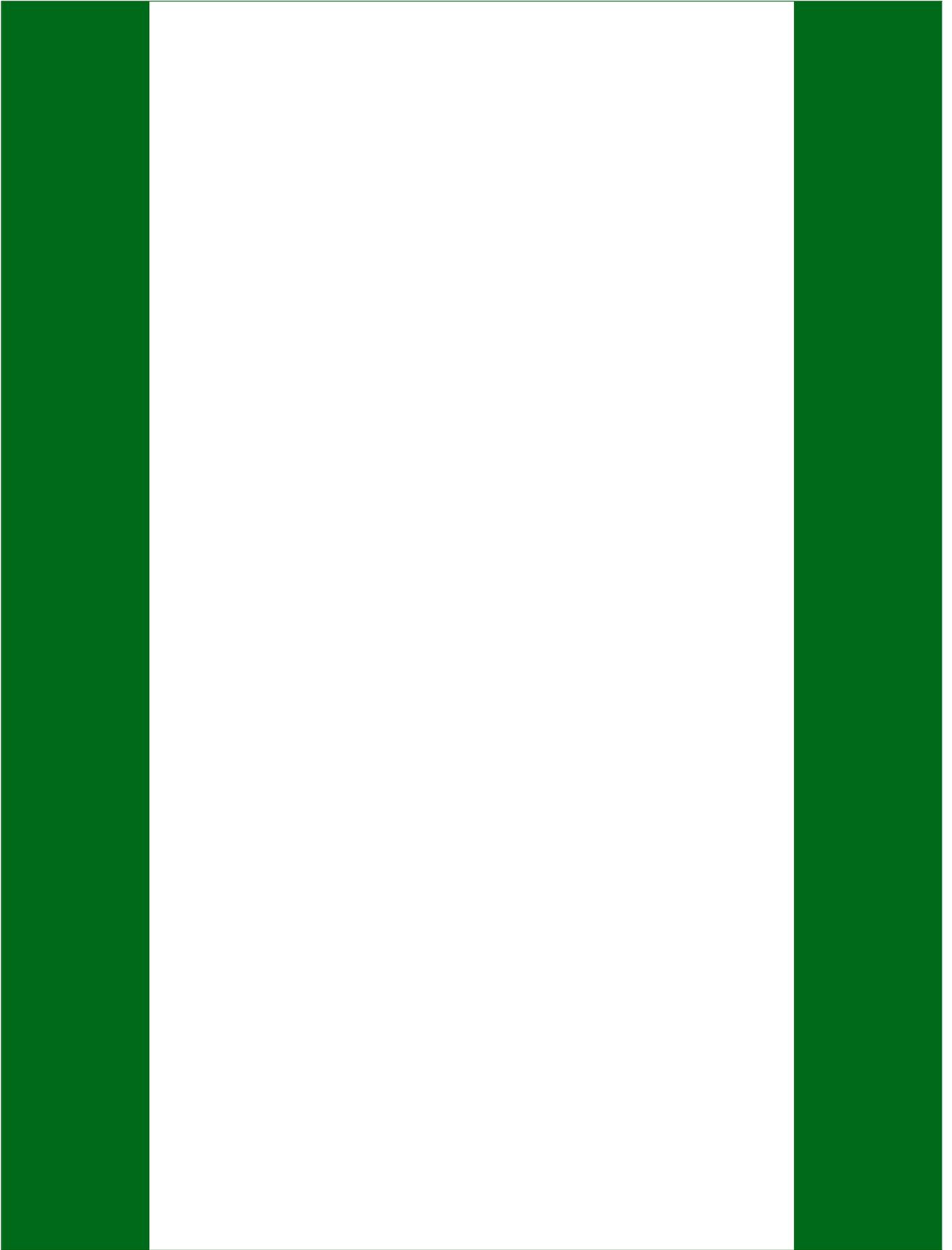
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