

Talisman ...  
A Unique New-Age Shop  
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Facebook: Talisman A Unique New Age Shop

March 1, 2011

The month of March is named after Mars, the Roman God of War. Mars is portrayed as a warrior in full battle armor, wearing a crested helmet and bearing a shield. His sacred animals are the wolf and the woodpecker, and he is accompanied by Fuga and Timor, the personifications of flight and fear. His Greek equivalent is the god Ares. In astrology, Mars is the ruler of Aries. The sun enters the sign of Aries on March 21, the vernal equinox, and it heralds the season of spring when everything awakens after the dormant winter months. Aries is the leader, the first sign of the zodiac wheel. Mars is the planet of energy, action, and of lust and passion. It is the survival instinct/the animal nature of man. It is an active, initiating sign and its element is fire - bringing enthusiasm, chi, and the spark of life. With Mars, there is no contemplation before action ... the drive is self-assertion rather than assertion of the will; it is raw energy rather than creative energy.

Well, all that being said I'm going to assume that Mars is quite pleased with our current world stage. Revolution, upheaval and angry protests are taking place in countries all over (including the U.S. - hello, Wisconsin?). As Alethea points out in her Astrology column below, passivity just isn't cutting it anymore.

To quote, "These are the times which try men's souls". Suitably enough, given the historic ill foreboding felt around the date of March 15th, otherwise known as the Ides of March. The warning was first given to the Roman Emperor Julius Caesar, whose empire stretched throughout the known world. As Caesar's power grew, so did the number of his enemies who secretly plotted the emperor's fatal comeuppance. The date they chose was March 15th, the Ides of March 44 BC. The word *ides* comes from a Latin word that means "to divide" and marked the halfway point in Roman months. "The ides", then, is simply the middle of the month. It was only in 44 BC that dark clouds began to form around the middle of March as the famous plot to assassinate Caesar drew near. Today, historians think the plot had already begun to buzz around Rome when soothsayer Titus Vestricius Spurinna famously warned Caesar ... "beware the Ides of March." The terrible forecast, therefore, may have been based more on Rome's worst kept secret than any special psychic powers on the part of the seer. Alas, at the end of the day it didn't matter. A swaggering, over-confident Julius Caesar met his terrible fate when he ignored the advice. The moral of the story? Abuse of power has its pitfalls, with a day of reckoning just up ahead.

I find it strangely fascinating to watch as the reign of entrenched dictators such as in Libya, Tunisia, and Egypt - reach the tipping point of abuse to their citizenry and inevitably fail. The story of Tunisia's "last straw" is particularly heartrending, as it is thought to have been sparked in February of this year by the suicide of a young man who could not find a job and was barred from selling fruit without a permit. Police confiscated the contents of his homemade produce stand when the man was unable to provide required paperwork. Distraught, he committed suicide in the public square. After 23 years of iron-fisted rule, the president of Tunisia was driven from power by violent protests over soaring unemployment and corruption. Virtually unprecedented in modern Arab history, the populist uprising sent an ominous message to authoritarian governments that dominate the region.

But revolutions take place internally - personally - as well as in public or political forums. With increased frequency, during readings people are telling me about personal situations they are finding unbearable. The status quo (such as staying in a miserable job because it has good health benefits or remaining in a sad marriage for "the sake of the kids") simply isn't working out for many people right now, it seems. Peace at any price apparently comes at a very high price, indeed. Especially when an individual longs to spend his/her days engaged in work that is creative and fulfilling - or when someone pines to be with another, because there is no connection with their current partner on a soul level.

I think we all have our own internal tipping point, a place we are driven to (or not) at which time every fibre of our being screams "enough!" and an abrupt break is the only viable option. This moment can arrive after a singular event or years of abuse - it doesn't really matter, because in these situations the destination is more important than the vehicle which got us there. Validating the level of frustration for the person sitting across from me is honestly all I (or any other ethical intuitive) can do to help. However, I will pass along the advice which my grandmother, Lillian McGlynn, gave to me at a time I was trying to make a difficult decision. She said, "I'm not going to tell you what to do, Laura, you have to decide that for yourself. But I will say that whatever you do, don't look back in five or ten years and ask yourself 'what if I had gone the other way, how would my life be different?' Make the best choice you can and move forward, but never look back. Regret will ruin your life."

Years later, when my grandmother was dying from COPD, against the advice of physicians and family members who warned it would "destroy my home life" I brought my grandmother to live with me while under the care of Hospice. To this day, I cherish the memories of caring for someone I loved so much - and it makes me smile to remember Derek and Devin fighting over who would get to bring up her breakfast tray each morning because she always managed to slip them a candy or dollar - never realizing I was in on the secret as I listened via the baby monitor (she shared a room with baby Daisy). And later, my heart would break when I overheard her telling Daisy that she loved her, and hoped she'd remember her after she died although she knew she was too young and would forget her. Following my grandmother's death soon after, my then-marriage reached its tipping point fueled by disinterest and a lack of compassion, at a time I was both emotionally and physically spent.

I guess that's the challenge we are presented with - when we have nothing left to give, we either give up in despair or fight for autonomy and the right to redirect the course of our life. Or in other words: "Courage is as often the outcome of despair as of hope; in the one case we have nothing to lose, in the other everything to gain". ~Diane de Poitiers

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NEW AGE FEST

(203) 261-0047 for appointments

**Talisman's next New-Age Fest** will take place on Saturday, March 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. 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.

Following our "Fest" we will hold **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. Everyone hears from Spirit. Advance registration required - Fills quickly! Call to RSVP (203) 261-0047.

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**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.

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

March 12: Elpida, Greek Coffee Ground Readings 1pm-6pm, \$30/20 min.

March 19: Gwen, Whole-Life Tarot 1pm-6pm \$25/20 min.

**Chair Massage by Tammie**, licensed Massage Therapist, here on Saturday 3/12 and 3/26 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 12 year old daughter Daisy loves her Tammie sessions - such a nice treat for a child!

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## 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 March Open House Second Friday each month - March 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 - The Storm Moon (\$5)**  
March 20 - 7:30 pm  
Unitarian Universalist Church, Stratford  
Collecting non-perishable food items for food bank

**Wiccan/Pagan Study Group (\$5)**  
March 15 - 7:30 pm  
Undercroft at Talisman  
This month: Energy Raising Techniques

**Drum Circle (\$5)**  
First Sunday each month - March 6  
Undercroft at Talisman  
Bring your drum or rattle - and a friend!  
All Levels Welcome: Extra instruments available to share

**Ostara Celebration**  
Saturday, March 19 from 2pm - 5pm  
Bring Your Family & Join us at Talisman to Welcome Spring!  
Ostara Egg Hunt - Prizes - Egg Coloring - Refreshments - Ritual  
\*\* No Cost \*\*

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

**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 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 9:** 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@ahalinghand.net](mailto:tim@ahalinghand.net).

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.

Thursday June 9, 7-9:30 PM, Christopher Penczak presents *The Witch's Heart*, a Workshop and Book Signing (\$25). Learn the mystery of the Witch's Heart, a practical and mystical approach to love, romance and sexuality. Love is one of the great mysteries of the Witch, as witches are said to be blessed with "success in love" by the Goddess. Explore the use of spells, potions and charms to attract and maintain love and romance, and the spiritual principles that guide our quest for love. Look to the underlying patterns of thought, word and deed through healing and self-esteem. Experience a meditation to the Temple of Venus and seek the deities of love for your own revelation and healing. Find the mystery of love magick in the principle of Perfect Love and learn to bring these practices into your own relationships.

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

**Lunchtime Tai Chi** - Thursdays from 12-12:30 (Stress Reduction Qigong) 12:30-1:00 (Tai Chi). American Institute of Tai Kwon Do, 380 Monroe Tpk (Jennie's Pizza Plaza). Taught by Ann Sullo, Certified Instructor. \$20/month Qigong only; \$30/month Full Class. No experience necessary! For Info call (203) 606-9354

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### Astrology Corner by Alethea

March is shaping up to be an intriguing month - we have a Pisces New Moon on the 4th and with it comes a collection of planets that will inhabit the early and middle degrees of this sign at the same time, thus creating a concentration of Piscean energy at the outset. The Vernal Equinox will bring with it a shift of energy during the latter half of March and well throughout April as this large group of planets moves out of Pisces and into the fiery sign of Aries. Pisces energy is about bringing things to conclusion and tying up our loose ends, and this will be especially true in this case because things will start moving forward at a rapid pace once all these planets hit Aries.

New Moons are perfect for reflection and setting our intentions. With the Pisces New Moon, this presents an ideal moment for us to mull over the things that might be holding us back from moving forward. This can be in many respects - personally, professionally, psychologically, and/or in our relationships with others. Pisces energy asks us to also consider the role we play in hindering our own progress as it has long been referred to as the sign of self-undoing. It requests that we metaphorically recognize when we need to "sweep up our own side of the street" rather than assigning fault or blame to external persons or circumstances when we feel defeated. This is especially so with Saturn in Libra forming an inconjunct to the Sun and Moon on this date - we can't escape our social responsibility by ignoring or failing to accept our own culpability in the matter even though it may not be easy.

With a prevalence of Piscean energy abound early in the month it can be easy to see ourselves in the role of the victim. However, this attitude just won't fly when all these planets enter Aries. Aries is a "take-charge-of-the-situation" kind of sign and lamenting about how we've suffered won't do at all. This sign hasn't the patience for that and would much rather just kick us in the pants than listen to us whine. There's a sense of urgency in the air; it becomes very important that we get our affairs and ourselves in order prior to the end of this month so that we're ready to go when the starting gun goes off. Aries energy is action-oriented and favors tackling a problem head-on. Get comfortable with the idea that you're probably going to have to take the reins if you want to make any real progress and resolve your problems for good. Watching and waiting will go out the door - passivity will keep you stuck when all of these planets hit Aries. If you have been feeling like you've been imprisoned in some way, be prepared for the possibility that you may be shaken loose from your confines rather roughly and vigorously by this shift in energy. Pisces asks us to ponder if the walls of our cell aren't of our own making - Aries asks that we take action and kick down doors if we want to get out.

**\*\* 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!**

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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 at least a little while everyday (weather-permitting). I spend a lot 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. You can reach me by e-mail at [jen.dubay@hotmail.com](mailto:jen.dubay@hotmail.com) or my cell phone 203-278-2511.

**Rachhel Fabelinsky, personal and commercial/product photographer:** Looking for a full time freelance position as photographer's assistant or second camera in the fashion, commercial 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 Digital 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 [pinkpopcornream@aol.com](mailto:pinkpopcornream@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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Courage is not the absence of fear, but rather the judgement that something else is more important than fear. ~Ambrose Redmoon

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. ~Winston Churchill

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow. ~Mary Anne Radmacher

It is curious that physical courage should be so common in the world and moral courage so rare. ~Mark Twain

Sometimes even to live is an act of courage. ~Lucius Annaeus Seneca, *Letters to Lucilius*

Courage is doing what you're afraid to do. There can be no courage unless you're scared. ~Edward Vernon Rickenbacker

Courage is not simply one of the virtues, but the form of every virtue at the testing point. ~C.S. Lewis

The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy. ~John F. Kennedy

Courage is the power to let go of the familiar. ~Raymond Lindquist

I'm not funny. What I am is brave. ~Lucille Ball

To him that waits all things reveal themselves, provided that he has the courage not to deny, in the darkness, what he has seen in the light. ~Coventry Patmore

Perfect courage means doing unwitnessed what we would be capable of with the world looking on. ~François, Duc de La Rochefoucauld, *Maxims*, 1678

Courage is almost a contradiction in terms. It means a strong desire to live taking the form of readiness to die. ~G.K. Chesterton

Courage is never to let your actions be influenced by your fears. ~Arthur Koestler

Courage is a kind of salvation. ~Plato

In the beginning of a change, the patriot is a scarce man, and brave, and hated and scorned. When his cause succeeds, the timid join him, for then it costs nothing to be a patriot. ~Mark Twain, *Notebook*, 1935

I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin but you begin anyway and you see it through no matter what. You rarely win, but sometimes you do. ~Harper Lee, *To Kill a Mockingbird*

Have the courage to live. Anyone can die. ~Robert Cody

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**Namaste, my friends -  
"The Divinity within me perceives and adores the Divinity within you"**

**Laura Lenhard**

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