

Talisman ...
A Unique New-Age Shop
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<http://blog.ctnews.com/lenhard>
Facebook: Talisman A Unique New Age Shop

April 1, 2011

Merry Springtime Greetings!

I was recently gifted with a beautiful rose quartz Merkaba pendant by my friend (and Talisman's newest reader/Shamman) Gail Gorelick. After completing a brief protection ritual at the shop, Gail felt compelled to give me this Merkaba to wear; then later that same day, I came home to find an email from Montserrat announcing her newest candle design (you guessed it!) Mer-ka-ba. Ah, synchronicity ... always letting me know I'm on the right track!

So, let's talk about Sacred Geometry. I often quietly invoke Archangel Metatron before I do a reading, asking for his help to ensure what I say resonates with truth for the highest good of all – and spraying a little "Metatron Water" by Gypsy Goddess Alchemy (www.gypsygoddess.us/ and/or "Friend" them on Facebook!) raises this energy even higher. Metatron, who records everything in the Akashic Records, also holds and ministers the sacred geometry patterns of the Universe. These patterns are used in the design of everything in our reality, most often seen in sacred architecture and sacred art. The basic belief is that geometry and mathematical ratios, harmonics and proportion are also found in music, light, cosmology. This value system is seen as widespread even in prehistory, a cultural universal of the human condition. It is considered foundational to building sacred structures such as temples, mosques, megaliths, monuments and churches; sacred spaces such as altars, temenoi and tabernacles; meeting places such as sacred groves, village greens and holy wells and the creation of religious art, iconography and using "divine" proportions. Alternatively, sacred geometry based arts may be ephemeral, such as visualization, sand painting and medicine wheels. By connecting with these, a believer contemplates the Great Mysteries, and the Great Design. By studying the nature of these patterns, forms and relationships and their connections, insight may be gained into the mysteries – the laws and lore of the Universe. Merkabas are tetrahedrons, made by the intersection of two, three-sided pyramids. Merkabas are wonderful for amplifying any intention/energy work, for meditation, to brighten up the energy in a room, or with energy grids. Merkabas are great tools for working on your spiritual transformation, which some believe is the whole purpose of our existence. Merkabas are believed to form a spiritual shield around the holder. In upper dimensions, the geometric shape of the human energy field is said to be in the shape of a Merkaba. Thus, meditating with a Merkaba helps us to connect with our higher self. In ancient Egyptian, the literal translation of Merkaba is broken down by syllable to mean: Mer–rotating fields of light, Ka–spirit, and Ba–soul. One of the Sacred Geometry forms, The Merkaba is believed to achieve

transformation on all levels of existence. In Hebrew, Merkaba literally means "Chariot". The Merkaba literally becomes a vehicle for ascension.

I love the energy of the Merkaba (which I now wear almost constantly) and I am expecting a small order of carnelian and rose quartz Merkaba pendants to arrive shortly; also hoping to pick up more at this weekend's gem and mineral show. Don't worry – I'll make sure there are plenty to go around before I am done!

Oh! Were you aware that April 15th marks the four-year anniversary of Talisman? Can you believe it? When Talisman opened in April 2007, little Roy was only two years old and just starting to talk – now he is a big first grader! Daughter Daisy, age 12, now routinely helps out behind the counter and is looking forward to doing more of the same at "Talisman II" this summer. And so in appreciation for your loyal patronage, I am running a one-day sale on April 15th, with **everything in the shop 10% off** just my little way of saying "thank you".

NEW AGE FEST

(203) 261-0047 for appointments

Talisman's next New-Age Fest will take place on Saturday, April 2nd from 12:00-6:00pm. Readings are \$25/20 minutes and aura photography is \$40 – cash only, please. Andrew Neblett will be reading tarot, animal psychic Rachel will be at the shop after 2:30pm (pets are welcome; pictures work too); Sierra North, Shaman, will also be available – experience a journey to find your power/totem animal. 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.

Talisman's Regularly-Scheduled Readers

(203) 261-0047 for appointments

(Cash payment requested)

Sierra North: Tuesdays 5-7pm: Journey to your Animal Spirit – \$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.

April 2: Talisman's Monthly New-Age Fest. 12pm-6pm. This month featuring Andrew, Sierra, Rachel and Tim Bshara.

April 16: Elpida, Greek Coffee Ground Readings 1pm-6pm, \$30/20 min.

April 23: Gwen, Whole-Life Tarot 1pm-6pm \$25/20 min.

April 30: Barbara DeLong, Cosmic Deck of Initiation, 12-4pm, \$25/20 minutes.

Chair Massage by Tammie, licensed Massage Therapist, here on Saturday 4/2 and 4/16 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!

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 (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.

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**

**April Open House**

**Second Friday each month – April 8th**

**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 Windy Moon (\$5)**  
**April 24 – 7:30 pm**  
**Unitarian Universalist Church, Stratford**  
**Collecting non-perishable food items for food bank**

**Wiccan/Pagan Study Group (\$5)**  
**April 19 – 7:30 pm**  
**Undercroft at Talisman**  
**This month: Ritual Construction and Altar Set-Up**

**Drum Circle (\$5)**  
**First Sunday each month – April 3**  
**Undercroft at Talisman**  
**Bring your drum or rattle – and a friend!**  
**All Levels Welcome: Extra instruments available to share**

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

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.

Sunday, May 21: **Western Sex Magick**– Given the variety of “disciplines” pertaining to this topic, we will use an eclectic approach in discussing some of the more interesting parts of sex magick and ritual. Some of the topics we will attempt to discuss are sexual alchemy, solitary practice, rituals for couples, altered states of consciousness, cultural taboos, alternative lifestyles, and preparation & use of elixirs, oils, & powders. If the “lab” is also being given, the second part of this class will be devoted to the co-creation of an “Alphabet of Desire” based on the works of Austin Osman Spare.

*(YOU MUST BE 18 OR OLDER TO ATTEND). **John M. Boye**: John has been a practicing witch for over twenty years. He has practiced within both an eclectic and a traditional format. He is a Thelemite, and an initiate of the Caliphate OTO. He is a 32nd degree initiate of Freemasonry, as well as being a Past Master. John is the Ipsissimus, and one of the founders of Temple Of The Serpent Flame (a Thelemic organization*

currently located in New York). John is also one of the founders and Co-Chair of Harvest Home Gathering. John has appeared as a guest speaker on the television show Sacred Circles. In 2004 he was interviewed by the late Marion Weinstein for Radio Free America. He spoke on the subject of Paganism and community. John has been published in Green Egg Magazine, The Wiccan Read, & WitchVox. He was also published in German for WurzelWerk; an Austrian website for Pagans. John has lectured at CraftWise, Harvest Gathering, and AkashaCon. He occasionally lectures at local high schools and universities on the subject of Paganism. In addition, he lectures to private spiritual groups on a wide range of topics. John received his Master's Degree from Norwich University, and he received his Baccalaureate from SUNY New Paltz. He can be contacted at [johnboye777@yahoo.com](mailto:johnboye777@yahoo.com)

Saturday, May 28 from 1pm–4pm, Cathy Kane will be signing copies of her new book: **Your Destiny Is In Your Hands ... And You Can Have A Hand On Your Destiny**. In the ancient art of Palmistry, the signs in your hands tell of past, present and future; revealing love, money, adventure, adversity, talents and needs. As you change the direction of your life, your palm shifts to reflect that new path. Reading palms can empower and enlighten you, with the information you need for the Adventure of Life; and let you help others as well. And, it can be a lot of fun. “Adventures in Palmistry” is the book that will put the power of palmistry in your hands. Note: When autographing books, Cathy will take a peek in the person's hand first and do a custom signing based on their palm!

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 6/12/11, 1:00– 2:30pm **Pagan Parenting: How do we deal with our children and those around them?** As a pagan parent there are a number of issues that face our families when dealing with others. How do you deal with family members who are not pagan? What about schools, teachers and other organizations that may not understand your faith? What do we say to your children if they are having conflicts? Come and join us in this open discussion about ways to deal situations that may arise because our families follow the ancient ways.

Mary Kimball has been an active member of the Pagan Community for more than 20 years and is a mother of 2 adult children. She has dealt with a number of these situations with her own children as well as others for over 19 years.

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

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**Astrology Corner by Alethea**

Well, folks – it's heeeeeere! The planetary pileup in Aries (aka the Aries Stellium of 2011) has arrived! We have the Sun, Moon, Mercury, Venus, Mars, Jupiter, and Uranus all visiting this sign of the zodiac during the course of this month and as a result the elemental theme is strongly Fire. In order to give you a better "feel" for this energy, I will incorporate some symbolism from the RWS Tarot into my column along with my astrological perspective for some added punch. Aries is associated with the element of Fire and therefore the suit of Wands as a whole. In the Tarot the energy of this suit is action-oriented, symbolic of enterprise, concerned with beginnings, struggle, and is chock full of creative power. From the potential that arises out of the Ace, to the exhaustion and burnout of taking on too much as shown in the 10, these themes run right in line with the loaded-for-bear Aries energy we have on tap this month. April really starts out with a bang – Mars enters the sign of its own dominion, Aries, on the 1st joining the Sun, Mercury, Jupiter, and Uranus which already occupy this sign. This is quite a potent position for Mars as it will bring personal desires to the forefront. This creates a veritable cacophony of planets shouting "Me, me, ME!" all at once, which can understandably create the potential for conflict, competition, and naked aggression. However, the one plus you'll see at play here is that any of the conflicts that arise this month are much more apt to be right out in the open where you can deal with them quickly and in a straightforward manner. Tip-toeing or dancing around a problem isn't going to get you very far right now – best to take a cue from the Tarot in the form of the 5 of Wands and meet your problem(s) head-on. Be prepared to be in the thick of the action where others' desires will likely be in competition with your own.

All this will really amp up on the 3rd when the New Moon arrives in the sign of Aries – there's bound to be some tempers a-flarin' with this New Moon! This may be a time when we are very much trying to get something off the ground and go after what we want in life, which may run us into conflict with others. Mind you that along with all this Aries energy about, we also have some serious counterweight provided courtesy of Saturn in Libra which will oppose these Aries planets. This will likely put tension on partnerships of all kinds if we don't pause and consider the other party's wants and needs as equal to our own. This provides further emphasis on the idea that in many respects this Aries energy is saying "Every man for themselves!" and when no one stops to consider the effects this has upon the Other, fallout is bound to ensue on both sides. Try and be willing to put yourself in the other fellow's shoes to help mitigate problems like this.

In fact, a very good model for the right balance of these two energies can be found in Trump 4 of the Major Arcana – The Emperor. This card has long been associated with the sign of Aries, but more than that there's an element of social responsibility, control, and structure inherent in the Emperor that I believe gives him a distinctly Saturn feel as well. There's an orderliness to him that we don't often find in raw, impulsive, "Go-for-it" Aries. This ruler is a man who carefully considers the ramifications of his actions. He does not let this prevent him from getting what he wants in life, but at the same time he's careful not to provoke opposition by wantonly stepping upon others. I see this card as being very much about the "right" use of action and desire to build something lasting in your life – controlling and taming that natural inner "fire" and directing to an effective purpose so that it yields the results you are looking for. The Emperor may be the one calling the shots, but at the same time he's very aware that if he doesn't follow the rules of society, fails to exercise proper self control, and doesn't direct his desires responsibly it can all come crumbling down around him in a heartbeat. This is especially true with Pluto in Capricorn also squaring the majority of these Aries planets.

One of the other things to watch for this month is that the pace will be quickening à la the 8 of Wands. Many of us will have a lot going on in April for a variety of reasons and it's sure to get hectic FAST. I'm

going to recommend keeping things as simple as possible and to be careful of having too many things up in the air at once. Try keeping a day planner handy so that you don't double-book yourself or spread yourself too thin. Taking on too much at once will only lead to burnout as depicted in the 10 of Wands. That's a heavy load he's shouldering, but he always has the option of asking for help or breaking it down into smaller, more manageable piles. This is often a card of not knowing your own limits – of making a Herculean effort to handle something and realizing that you may have bitten off more than you can chew. By trying to carry the whole bundle at once, it's almost inevitable that something will get dropped along the way.

Part of the problem will be due to the fact that all this Aries energy will have people embarking upon new endeavors and enterprises of all kinds, which is right in line with the infinite creative potential signified by the Ace of Wands. Many of us will be feeling as if "All systems are go" and will be eager to get things started, but know that it's not enough to simply get the ball rolling and hope that one little push alone will carry it to its destination. You'll need to work at sustaining your momentum for the long haul so be sure to bear this in mind. This applies to anything – from work, to projects around the house, to social commitments. However, with a little caution, consideration, and forethought, this month stands a chance of being highly productive for many of us – may you use this energy well!

**\*\* 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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### News & Notes

Allow me to introduce Gail Gorelick, who will be reading tarot at Talisman beginning in May on Tuesdays 5–7 pm. Gail connects using a Shamanic Tarot form of Divination and Healing. Symbols speak to the subconscious mind – in Shamanic Tarot a three card spread is used, with each card representing or holding space for a person or facet of the issue needing healing. A constellation is created, with the cards as representatives which is based on the Family Constellations work brought through by Bert Hellinger. Breath work, rattling, and ceremony are all incorporated in the session to create a healing resolution for the querent's situation.

Gail Gorelick has been offering shamanic healing for many years in Connecticut, Florida, and at the Omega Institute in New York. She has eclectic training in her Celtic and Italian ancestry, Yoruban, Asian, Native North and South American shamanic practices and has studied core shamanism with Dr Michael Harner. Gail is a registered Jin Shin Do acupressurist. She is also a Usui and Karuna Reiki Master and teaches them both emphasizing their shamanic origins. For more information please visit her web site at [www.CrossingRainbows.com](http://www.CrossingRainbows.com).

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**The Smoking Gun Research Agency** operates their Library & Research Center at 284 Racebrook Road in Orange, CT. The Center is open to the public Tuesdays through Fridays from 12pm–6pm, and evenings on Wednesday and Fridays. Weekend hours vary depending on the SGRA's outside events schedule. The Library features over 3,000 materials from books to DVDs covering a wide range of subjects from paranormal phenomena, to psychic abilities, to government controversies. The materials are available for research to anyone, a members of the SGRA can check-out items just as they would at a public library. The library is also searchable online through the SGRA's website at [www.sgra.org](http://www.sgra.org). Visit the website for

information on upcoming events and information. Talisman customers receive a 10% discount on any classes, events, or items from the SGRA, just mention where you heard about us!

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**The Connecticut Wiccan Pagan Network (CWPN)** Inc. is a 501(c)(3) not-for-profit educational and networking organization dedicated to meeting the needs of the greater Wiccan and Pagan community in Connecticut and surrounding areas. The goal was, and is, to help provide a forum for Wiccans and Pagans to meet others of "like mind" and to come together and worship in a safe environment. Our hope has been to construct a sense of "community" in which we can all share with and learn from one another. Membership is open to all Wiccans, Pagans, and those with a serious interest in learning more about our religion. If you are under 18 years of age you may join with written parental consent. We reserve the right to refuse or terminate membership of anyone who we feel may be harmful to our organization or to the Wiccan/Pagan Community. Learn more at our website: <http://www.cwpn.org>.

The CWPN hosts monthly networking meetings throughout the state, open Sabbat circles, coven and study group referral service, classes/work-shops, various social events and lectures with well-known members of the Pagan community. Some of our past guests have been: Janet and Stewart Farrar, Gavin Bone, Margot Adler, Ted Andrews, Dr. Leo Louis Martello, Tzipora Klein, Laurie Cabot, Raven Grimassi, Donald Michael Kraig, Phyllis Currott, Lori Bruno, Jane Sibley and Ellen Evert Hopman.

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The New Haven Mineral Club presents the **38th Annual Gem & Mineral & Jewelry Show** on April 2 & 3, at Amity Regional School – Sheffield Road (off Rt. 34) in Orange, CT. Donation \$5, children under 12 free.

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**An Evening of Harmonizing** Monday April 4, 7–9 pm, Location: 256 Post Road East, Suite 203, Westport CT 06880. Come LAUGH, have fun and learn how to harmonize your body and others to allow for a focused, energized, magnified universal energy to flow through you. This workshop is open to ALL; Reiki practitioners/students, Soft Touch Massage Therapists and Anyone that would like to learn this method of synchronicity. Sync is a state of total ease and total relaxation – free flowing with complete freedom of movement. Jeffrey Zimmerman ([www.jeffreyczimmerman.com](http://www.jeffreyczimmerman.com)) is a Licensed Acupuncturist and Doctor of Oriental Medicine. Jeff has also become a master practitioner in the ancient Chinese healing art of Qigong (“chee Kung”). This class will be filmed for a DVD and will require you to sign a waiver. Class limit 20. Contact: Tori Bensussan 203.445.8240 or vbensus@aol.com. \$40

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Lucy Walker holds a **Reiki Drumming Circle** the third Friday of each month at 7:30pm at her home – 22 Fensky Road, Easton. No need to register, just drop in (\$5 donation). Also there is still room for one or two more in these Reiki classes: Reiki I Sunday April 3 (\$150); and Reiki II Saturday April 17 (\$150). See more at [www.lucianawalker.com](http://www.lucianawalker.com)

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**Sunday, April 3 at 8pm** – **The Ridgefield Playhouse presents James Van Praagh**. Take a journey between life and the afterlife with one of the world’s most renowned and respected spiritual mediums working

today! MEET the original Ghost Whisperer – and ask the questions you’ve always wanted to ask! Join us in the lobby at 7pm for a FREE wine tasting (Compliments of Benziger Family Winery). Fans of the popular television show *The Ghost Whisperer* will be able to spend an evening with the original medium himself, James Van Praagh. Have you ever wanted to ask a question of someone who has passed on? Communicate with the afterlife? Now is your chance. In a one-night-only event James Van Praagh will get the audience to participate in this interactive performance that demonstrates his incredible abilities. An expert in the subject of life after death, James Van Praagh was a consultant for the popular television show “The Ghost Whisperer”, which was actually based on his gifts. He is also the author of many bestselling books including: *Ghosts Among Us*, *Talking To Heaven*, and *Unfinished Business*. Mr. Van Praagh will be doing a book signing. You can go to Books on the Common(404 Main Street, Ridgefield) and purchase his books now – or buy them in the lobby after the show. Ticket Price \$75. Meet and Greet Tickets are available! For tickets call 203.438.5795 or log onto <http://www.ridgefieldplayhouse.org/venue.asp?eventID=1184>

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**The Trumbull Community Women's (TCW) annual "Tidy Up Trumbull" event** will take place on Saturday, April 9. Cleanup projects will take place from 9 am to noon, followed by a celebration at one of the town parks. Traditionally held later in April, the TCW moved the date up to not conflict with school vacation or the start of little league season. TCW is inviting any church, school, business or community groups that are interested in participating to join them that day to clean up and beautify our town. Led by TCW, the group receives assistance from the Parks Department, the Department of Public Works, the Beautification Commission, Trumbull police and the First Selectman.

Here’s how you can get involved:

1. If you know of an area you would like to work on, TCW will put it on the master schedule to eliminate site duplication and to assure proper trash disposal.
2. If you don’t have a work site or project in mind, TCW can recommend one or have you join another group.
3. TCW can assist in coordinating several groups on one larger project.
4. TCW will offer a \$25 matching grant to the first eight groups that want to do planting.

You don’t need to be part of a group to participate. TCW welcomes interested individuals to help with a variety of projects. This is also a great opportunity for teens to earn community service hours.

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**Roland Comtois**, Internationally acclaimed Spiritual Medium and Channel, will be at my friend Denise’s Spiritual Center "Finding Feathers" in Fairfield on Tuesday, April 19, 6:30–8:30 pm, \$75.00. Seating limited to 40 persons max, everyone will receive a message from Spirit. Roland has helped thousands of people receive messages and communications from their departed loved ones. Learn more at [www.rolandcomtois.net](http://www.rolandcomtois.net) Please come for an amazing evening of spiritual communication and the knowledge that love never dies. It is advised that you bring a personal item from someone you wish to reach. Finding Feathers is located at 395 Commerce Drive, Fairfield – call (203) 362–9578 for reservations.

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**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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### **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 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 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, commercial or wedding industry. Attended Hallmark Institute of Photography, Turner Falls Massachusetts. 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. Contact Rachel [pinkpopcorndream@aol.com](mailto:pinkpopcorndream@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. I have to work nights which narrows it down a bit. Email [witchgirl@att.net](mailto:witchgirl@att.net)

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This is the transcript of an article/interview, taken from the Winter Issue of CWPN's "The Wiccan Read". Funny, how my "plans for Talisman's future" have changed since January! Instead of a larger shop, I am opening up a second smaller one this May – and yes, I AM working on the book! I guess it's got to be "Book first, pub second" (sigh) since there just aren't enough hours in the day! If any of you would like to see the original article (and its accompanying pictures) just email me and I'll forward it on to you. I can't say enough nice things about The CWPN and the support they have shown to Talisman, but the quarterly "Wiccan Read" alone is reason enough to want to join this group!

### ***What was your goal with opening up Talisman? Do you feel that you met that goal?***

Over the years, many of my friends from Europe and South America had described their respective local pubs. Unlike the “bar scene” here in America, in many countries pubs are wonderful places where people gather after a hard day’s work or on weekends after watching a futbol game, with kids and dogs playing while the grownups talk, eat and drink. I wanted to create a unique shop with that same comfortable laid-back attitude, in which pleasant company and stimulating conversation would be the norm. I have provided the location and I’m thrilled to say Talisman’s patrons have provided the rest!

### ***How do you feel Talisman has affected peoples lives?***

I’m from Southern California, where most cities have new age shops, yoga studios and holistic practitioners on practically every corner. And having been raised in a very spiritually and politically “open” environment, I tend to forget that in many places these topics are still considered taboo, or at the very least in bad taste, to talk about. The tri-state area is very focused on higher education, and for whatever reason, metaphysical interests are often insultingly equated with being uneducated. Thankfully, modern quantum physics is bridging the gap between science and spirituality! But it does seem that natural curiosity, where spirituality is concerned, is repressed. It is quite bittersweet when a person walks into Talisman and tells me they have never had a person or place to go to, where they felt comfortable talking about their paranormal experiences, dreams, metaphysical abilities and so on. I mean, when someone has been repressing their intuitive gifts from childhood, not able to share these sometimes frightening experiences – that’s tragically sad. Many gifted psychics I know and work with struggled with alcoholism and addiction issues when they were younger, for just that very reason. But people come to Talisman, and listen in as very normal-looking and intelligent people talk, laugh and share information without fear of prejudice or ridicule. And then someone makes a coffee run and the conversation turns to another topic and that new person just beams and joins in.

Being a Journalism major, the dissemination of information is very important to me. The Talisman monthly newsletter is being sent to over 1,400 email addresses and forwarded all over the world. In addition, I am a blog writer for the Hearst-owned Connecticut newspapers (CT Post, Greenwich Times, Danbury News and others) on the topic of Metaphysical Musings. In April, I lectured at Yale Divinity School on the topic of the changing face of spirituality, and I continue to get calls from Yale students who are writing papers and looking for additional reference material. People’s perception of what constitutes “religious belief” is changing dramatically, and I’m seeing an open and receptive attitude to the earth-based spiritualities. Now we’re seeing places like Barnes & Noble offer discussion groups on metaphysical topics – how amazing is that? These are exciting times, and I’m so happy to be a part of it.

### ***What’s the most memorable moment in Talisman’s history?***

Last year’s Midsummer Celebration was incredible. Pulled together almost last-minute, we had hoped to gather enough people to create sacred space and raise healing energy to direct toward the gushing well in the Gulf of Mexico. After spending the day fasting and praying in the woods behind my home, I had thought that maybe 25 people would show up – instead, over 75 gathered behind the shop that evening. People who had never taken part in Circle before came to me in the days that followed, asking if anyone else had seen what looked to them like a little cyclone in the center (vortex); others reported seeing

Native Americans (in spirit) across the creek and in the woods behind the shop. It was a magical night, and I'll remember it always. I think the only thing that could possibly surpass it will be the planned collaboration between the CWPN and Talisman for THIS year's Summer Solstice!

***What's your favorite item you sell?***

Kaitlyn Keyt, also from California, has become a dear friend and her "Vibes Up" line of jewelry/energy products is just amazing. She truly runs her business from her heart, with integrity and attention to quality, and the products often sell as quickly as I unpack them! Literally, people buy them right out of the box. I love crystals, and my quartz points are "planted" in an old cement birdbath filled with rose quartz pebbles. It's fun when one of these connect with the person they are meant to go home with! This year, we also began production of a line called Talisman's Own" which includes mojo bags, incense, oils, flower essences and spell kits – all handcrafted by the witches of Talisman. I try very hard to buy from local artists – jewelry, music, even the Goatboy soap – and I don't consign, I pay cash for what I carry. My sterling silver and pewter is American made. Other items are from country of origin, and I have a personal relationship with all my wholesalers. I've known Greg, who travels to Mexico six or more times a year to purchase Mexican folkart, for over 15 years. Elizabeth of Nimba Traders travels to Thailand yearly, so I know that the Buddhas are carved or made by Buddhists. Nothing is from China except the feng shui and a few items I cannot get from any other source – but even most of these come from an American company, China Star, owned by two Chinese American women who carry products made in China by women-friendly companies.

***What has been the reaction by non pagans to your shop?***

The community has been wonderful. Monroe is rather proud of the fact it has an actual witch, Hannah Cranna, whose colorful story is documented on the Historical Society's website. I probably received the nicest compliment of my life from a patron during this year's holiday shopping season. After apologizing for not having stopped in for almost a year, she went on to say, "Laura, I have to tell you something. Everywhere I go here in town – the supermarket, the library, the pharmacy – you name it, I run into people who are talking about you. And absolutely everyone is saying the same things, about how nice you are, how much they love your shop, how happy they are that you have stayed open all this time." I was almost moved to tears.

***Who has been your favorite speaker here?***

Castalia, an Alexandrian High Priestess and musician from Canada, came down two years ago while on tour – she was simply dynamic. Christopher Penczak and Raven Grimassi both presented this year, and enjoyed an enormous turnout at Talisman. Locally, our own Andrew Neblett and Cathy Kane both draw a wide audience with their popular workshops. The Circle of the Sacred Well has their own meeting space downstairs, and co-founders Bill and Mandy Oram teach an intensive "Wicca University" which is fascinating in its academic depth.

***How has Talisman changed your life?***

I'd always been a very private person, and I didn't realize when I opened the shop that I'd be opening my personal life and beliefs up to public scrutiny as well. It still feels odd, when I'm out and about, to be introduced as "the witch who owns that shop I was telling you about ...". It is strange, because at these times I am actually defined by my spirituality, and thus I have an opportunity to alter public perceptions – and that comes with a certain responsibility and weight attached to it. However, in return I have gained a tremendous support system and watched an entire community emerge from my dream of a homey little new-age shop. I have indeed been deeply blessed.

***What are the plans for Talisman's future?***

Well, currently I am under contract with World Audience Publishing and writing a book called "The Talisman Grimoire & Historium" which will detail the story of Talisman plus serve as a metaphysical resource guide. For well over a year now, I have been looking to expand into a larger space that would also provide a more private outdoor area, allowing the creation of a true spiritual center and metaphysical spa. A small group of us have been putting together plans for a public-access television show "Talisman After Dark". In my spare time, I daydream about opening a little European-style pub that has already been named "The Blue Dragon".

All in all, I am happy to say that between the shop and home, where I am mom to four kids, ages six to seventeen (and let me now give a shout out to husband Roy who holds the homefront together when I am running perpetually late at the shop) there is never a dull moment in my life – thank Goddess!

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

**Laura Lenhard**