

Talisman ...
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September 1, 2011

I just finished a fascinating book by Karen Bishop, entitled "Heart in the Night". She juxtaposes the Ascension process against the story of a fictional character named "Laura" (coincidental – no connection to me!) and her story of great loss and ultimate arrival at an entirely new life. I do not carry this book at the shop, if you'd like to order it you can do so at www.gamabooks.com. You can learn more about Karen Bishop simply by searching her name, she has written several books and her former newsletter was entitled "Wings".

So ... let's talk about The Ascension Process. If you search the internet, you will find a plethora of posts, articles and blogs on the subject. I began to fixate on elements of Ascension when many of my intuitive counseling sessions ("readings") began to present common themes across a wildly diverse group of people. And while there are many "symptoms" pertaining to Ascension, I will focus only on those I have personally experienced or which have been described to me over and over on a first-hand basis.

But first – what is "The Ascension process" anyway? The phenomena refers to the experience of a mental, physical and spiritual leap in consciousness in conjunction with the metaphysical evolutionary process of the entire planet – a leap to a higher vibration, and creation of a new world and new reality.

So let's address an obvious question: Why does the world need a new reality? Frankly, because our current reality doesn't work! Three percent of the earth's population holds 97% of its wealth and power. There is simply no excuse for the unchecked starvation, disease, greed, pollution, human and animal rights violations that are our global reality. Unless you have been living under a rock, you must realize that far too much is out of control - and that balance, compassion and integrity have fallen by the wayside. Both dark and light are required for balance (think night and day here) – but an evolved energy, one consisting of love, caring, respect and unity – is necessary to counteract our current state of apathy, listlessness and fear. Ego and arrogance challenge this process greatly. About a year ago, I actually sat in a reading and was told "Listen, Laura, I don't know about this 2012 stuff but if everything is going to change and I

can't live my life the way I do now, doing the things I enjoy – hell, if I have to live in some kind of commune where we grow our own food and share meals and that sort of thing – well, I just hope a meteor or whatever the hell is going to happen lands right on my house and kills me because I am NOT going to live that way!” I smiled and said, “Well, there is this thing called self-induced prophecy – and I assure you, if you don't want to live that way, you most certainly won't be forced to!”

Many people seem to have the idea that “Ascension” means we will go back to horse and buggy days, or maybe the renaissance period of “ye olde goode tymes”. I really don't think so. Nor do I associate Ascension with the biblical Rapture in any way shape or form (then again, I am not a Christian. Or a “fluffy bunny” pagan). I honestly am not certain exactly HOW things will turn out, only that a cleansing is apparently required to restore balance to our gravely wounded Mother Earth – and she seems quite intent on waking up and “rebooting” our entire state of existence. Because my personal faith is rooted in a Divine Mother and Father (Goddess and God) who love and cherish us, I do not believe we are being punished – however, our collective unwillingness to participate in a higher vibrational state of being necessitates a global action. There is almost always an easy way or a hard way to do anything – and as a species, humans have apparently chosen the hard way. Sadly enough ... but so be it.

On a personal level, the changes listed below indicate you are changing for the better; heading for a life of deeper fulfillment and purpose. Change and growth are taking place; the discomfort you experience is increased by resistance. Know that all is exactly as it should be, let go and roll with it (often easier said than done, yes, I know because it feels as if you are going CRAZY). For many, these changes started becoming palpable in 2007 – yes, the year I opened Talisman. Smile, and consider yourself validated!

Emotional rollercoaster: You may find yourself on the verge of tears more often than usual. Crying at the drop of a hat over the news or a display of sentiment that you would not have cried over before is common. You may also find yourself to be more aggressive or angry with people. Some days you will feel depressed and other days full of joy. You truly feel the full range of emotions and yes it is draining, but it's happening for a reason. Stay present in your emotions, feel them fully and they will pass. In your dealings with others, try to operate from a place of kindness without allowing others to take advantage of you. Learn to walk away - sometimes for an hour, sometimes for good.

Stronger connection to nature: Previously your attitude to nature may have been “take it or leave it”. Now, you have a deep appreciation for all of nature, feel connected to seasonal changes and welcome them. You may also start to enjoy animals, wild and domestic, seeing them integrate into your life and personal spaces/dreams as never before.

Changes in energy levels: One day you are bouncing off the walls, another day you can't even get out of bed! There is something called the Triad Sleep Pattern that occurs for many - you sleep for about 2-3 hours, wake up, go back to sleep for another couple of hours, wake again, and go back to sleep again. Eat healthily and try not to stress or feel

guilty, it will stabilize.

A feeling that something has changed within you: You simply feel different, you may not look any different but you know something has changed internally. Your old ways are falling by the wayside and the real you is starting to emerge. You may have been living out the same old patterns for decades but suddenly you become aware of it. You may realize that you always destroy what you create, always pick unavailable partners or always attract dependant people - the list is endless. This is great, becoming aware is the first step in eradicating it. A deep yearning for meaning, purpose, spiritual connection, and revelation. An overwhelming desire to search out, find and connect with your soul mate or twin flame – to the point others may wonder at your apparent desire for self-destruction or willingness to lay ruin to your current life. And you may.

A desire to break free from restrictive patterns, life-draining jobs consumptive lifestyles, and toxic people or situations: You feel a compelling need to "find yourself" and your life purpose -- NOW! You want to be creative and free. You might find yourself drawn to the arts and nature. You want to unclutter yourself from things and people that no longer serve you. Your material needs have been met and there is still a longing for more. You may start to question who you really are and start to see that your current life may not have been a conscious choice and is more of a by-product. Before you can consciously choose you may find yourself stripping away layers to reconnect with YOU ... the spiritual you.

An increase in occurrences of coincidence: Better known as synchronicity, favorable people and beneficial circumstance start to appear with exactly what you need. Answers to questions are revealed to you through signs and messages. Synchronicity is a sign you are on the right track and that you are aware of these miracles happening around you. The more you notice and take heed, the more they appear so show appreciation for the guidance you are receiving. Notice how numbers appear synchronistically in your awareness. Everything has a message if you take the time to look.

Speedy manifestations: Spiritual awakening raises your vibration; this involves a release of blockages which allows abundance to flow to you. Being in alignment with a higher vibration results in quicker and more beneficial manifestations to be received by you. Be aware of your thoughts so you get what you really want or better. "Teachers" appear everywhere with perfect timing to help you on your spiritual journey: people, books, movies, events, etc. Teachers may appear to be negative or positive when you are trapped in polarity thinking, but from a transcendent perspective, they are always perfect. No one is out to "get you" some lessons are just harder to learn than others. Just take what you need to learn from the experience and MOVE ON. By the way, we never get more than we are ready to master. Each challenge presents us with an opportunity to show our mastery in passing through it.

Vivid dreams: Sometimes the dreams are so real that you wake up confused. You may even have lucid dreams in which you are in control. Many dreams may be mystical or carry messages for you. And in some dreams, you just know that you are not "dreaming" -

- that what is happening is somehow real.

Life altering events: Events that completely change your life - death, divorce, change in job status, loss of home, illness, and/or other catastrophes ... sometimes several at once! Forces that cause you to slow down, simplify, change, re-examine who you are and what your life means to you. Forces that you cannot ignore. Forces that cause you release your attachments. Forces that awaken your sense of love and compassion for all. You finally understand what it is to be part of the collective consciousness. Allow that to comfort you. You are never alone.

A perception that time is accelerating: It seems that way because you have had so many changes introduced into your life at an unprecedented rate. The number of changes seems to be growing. Try not to panic, meditation can help with this.

A sense of impendingness: There is a feeling that something is about to happen. This can create anxiety. Also impatience – you know better, but sometimes you can't help it. You want to get on with what seems to be coming your way. Uncertainty is not comfortable.

You find a spiritual track that makes sense to you and "speaks to you" at the most profound levels: Suddenly you are gaining a perspective that you would never have considered before. You hunger to know more. You read, share with others, ask questions, and go inside to discover more about who you are and why you are here. You are moving through learning and personal issues at a rapid pace. You sense that you are "getting it" quite readily. Try not to lose patience with others who cannot keep up with you because it is not a race but a process.

Amplification of the physical senses: In terms of sight, this may manifest as blurry vision, shimmering objects, seeing glittery particles, auras around people, plants, animals, and objects. Some report seeing formerly opaque objects as transparent. When you close your eyes, you no longer see darkness, but a redness. You may also see geometric shapes or brilliant colors and pictures when eyes are closed. Colors appear more vivid -- the sky might look teal or the grass an amazing green. You may see grids running across the ground. As you become more sensitive, you may see shapes or outlines in the air, especially when the room is almost dark. When your eyes are open or closed, you may see white shapes in your peripheral vision (these are your guides).

Hearing may be increased or decreased. Other symptoms are hearing white noise in the head, beeps, tones, music or electronic patterns. Some hear water rushing, bees buzzing, whooshing, roaring or ringing. Others have what is called audio dyslexia-- you can't always make out what people are saying, as if you can no longer translate your own language. Some hear strange voices in their dreams, as if someone is hovering near them.

Enhanced senses of smell, touch, and/or taste. You may now smell and taste chemical additives in some foods in a rather unpleasant manner. Other food may taste absolutely wonderful. Some people report feeling surrounded by beings at night or having the

sensation of being touched or talked to. Often they will wake with a start. Some also feel their body or bed vibrate. The vibrations are caused by energetic changes after emotional clearing has taken place. Electrical and mechanical malfunctions - when you are around, light bulbs flicker, the computer locks up, or the radio goes haywire. Heart palpitations - A racing heart usually accompanies a heart opening. It only lasts for a few moments and means that the heart is re-balancing itself after an emotional release. Note: Please see a medical professional to determine you are not having an actual medical emergency!

Increased integrity: You realize that it is time for you to seek and speak your truth. It suddenly seems important for you to become more authentic, more yourself. You may have to say "no" to people whom you have tried to please in the past. You may find it intolerable to stay in a marriage or job or place that doesn't support who you are. You may also find there is nowhere to hide, no secrets to keep anymore. Honesty becomes important in all your relationships. There is a feeling that you are somehow different. A disquieting sense that everything in your life feels new and altered, that you have left your old self behind. You have. You are much greater than you can possibly imagine. You are exactly where you are meant to be. And there is more to come ... !!!

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Workshops (203) 261-0047 RSVP

Sunday, September 4th: **The Crone and the Cauldron**, presented by Christopher Penczak. 1:00 - 3:30 PM, \$15. This workshop is filling FAST so call in your reservation now!

This is a last-minute but very welcome addition to Talisman's workshop lineup! Join us for an intense and entertaining exploration of the dark Goddess as the Underworld Mother stirring the cauldron of inspiration, abundance, healing, transformation and initiation. We shall explore the mythology of cauldrons and their spiritual purpose as well as their application in modern magick, and look at the Goddesses (and some Gods) most closely associated with them, including Ceridwen, Branwen, Morgana, Baba Yaga and Hecate. Learn how to seek the inner world vessels for yourself and find the teaching Goddesses who guard them.

Saturday, September 24: **Unmasking the Djinn** presented by Rosemary Ellen Guiley. 7pm-9pm, \$20 or \$35 for lecture & book. The Djinn are a little-known race of beings who live in a parallel dimension and have great supernatural powers -- and a keen interest in human beings that at times may be not so friendly. Rosemary Ellen Guiley explains why the entity we often dismiss as the genie in the bottle is a powerful being behind many of our paranormal experiences and contacts, from angels and fairies to demons, ET=s, Shadow People and even cryptids. Learn about the origins of Djinn, their characteristics, and how to recognize and respond to them.

CT resident Rosemary Ellen Guiley is a leading expert on the paranormal. She is the author of 47 books and hundreds of articles on a wide variety of topics, including *The*

Vengeful Djinn: Unmasking the Hidden Agenda of Genies, and The Encyclopedia of Demons & Demonology. Guiley conducts original field investigations and research of haunted and mysterious places; spirit communications; and entity contact experiences. Her websites are www.visionaryliving.com and www.djinnuniverse.com.

September 23 - 25: CWPN's Harvest Gathering, Danbury Plaza Hotel and Conference Center, 18 Old Ridgebury Road, Danbury. Please visit <http://www.cwpn.org> for registration information and directions. Let us now gather together to celebrate and give thanks for the harvest that will sustain us through the dark months ahead. Join us for a gathering celebrating community, family, home and the harvest.

Harvest Gathering this year will be an indoor event, which promotes the celebration, knowledge, spirituality, enlightenment, family and fellowship. By virtue of its very name, we embrace the collective spirit of our kindred. Together we plant the seeds of our future and together we shall enjoy the fruitful harvest of our collective efforts.

This event is being held on Friday, September 23 through Sunday, September 25, 2011. The Opening Ritual will be held on Friday at 8:00pm in the Candlewood Ballroom. The Closing Ceremony will begin on Sunday at 12:15pm in the Candlewood Ballroom. Our numerous vendors will be situated in the Candlewood Assembly room which is located in front of the Candlewood Ballroom.

You must pre-register to attend this event. Walk-ins are not permitted; however, due to our change of venue we will be offering a day pass for Saturday which will include the Fantasy Masquerade Dinner/Dance and an option to attend only the Fantasy Masquerade Dinner/Dance. Please refer to our registration page for details and registration times. The weekend will consist of approximately 30 classes and workshops with World Renowned Authors, nightly drumming circles, vendors and a *"Come as your Favorite Fantasy Character"* Masquerade Dinner/Dance featuring live D.J. music.

The Danbury Plaza Hotel is located in Danbury, CT right off I-84. The Danbury Plaza has stylish accommodations and a host of refreshing amenities, including a heated indoor pool and 2 eatery establishments located on site as well as others within minutes of the hotel. Harvest Gathering is both honored and privileged to offer a variety of well-known and respected speakers from various disciplines including: Witchcraft, Celtic Studies, Shamanism, Thelemic and Ceremonial Magic, Norse Spirituality and more. I am thrilled to be included in this group, and will be teaching Tarot 101.

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Captain's Cove

Talisman II and Talisman III are open for business through the end of September. Wow - did the season speed by! If you've never been, please stop by for a visit - located at One

Bostwick Avenue, Black Rock (Bridgeport). Visit their website at www.captainscoveport.com to view the boardwalk shops, lineup of events and all that Captain's Cove has to offer! Bring the family (child and dog-friendly) and come on down!

Our schedule is as follows:

Tuesday - 12-5, Starr/Angel Readings
Wednesday - 12-5, Patty/Crystal Ball Readings
Thursday - 12-5, Patty/Crystal Ball Readings
Friday - 12-5, Patty and/or Starr & Chair Massage by Tammie
Saturday - 12-8, Starr/Angel Readings & Mark Hoyt/Guided Tarot
Chair Massage by Tammie
Sunday - 12-8, Laura, Lina, Starr, Mark and other "guests"
throughout the day
Chair massage by Tammie

[NEW AGE FEST](#)
[\(203\) 261-0047 for appointments](#)

Talisman's next New-Age Fest will take place on [Saturday, September 10th from 12:00-6:00pm](#). Readings are \$25/20 minutes. Tim Bshara of A Healing Hand will offer aura/chakra photography sessions \$40 (includes a 22 page report) or healing sessions, \$20/20 minutes. If you have a unresolved health issue, please just sit and talk with Tim, and see if it's something he can help with. Tim is now contributing to Talisman's monthly newsletter via his own section called "Energetic Expressions" (see below).

Talisman's Regularly-Scheduled Readers
(203) 261-0047 for appointments (Cash payment requested)

Gail Gorelick - Tuesdays 5-7pm \$50/45 min. Shamanic Tarot (by appt).

Barbara DeLong: Cosmic Deck of Initiation, Third Wednesday of each month 11:00-7:00 \$25/20 minutes: Call for Appointment.

Starr: Thursdays - Angel Readings 3:00-7:00 pm \$30.

Mark Hoyt: Spirit Guided Tarot - Fridays 2-8pm. \$25/20 minutes.

Lina: Sunday mornings - Intuitive Counseling by appointment (261-0047) \$50/45 minutes. Fluent in Italian, Spanish and English.

September 3: Patty, Crystal Ball & Psychometry Readings 1pm - 6pm \$25/20 min.

Patty has been reading for over 40 years. She began her formal study under Grace Birch, a Rosecrucian who taught Psychometry. Psychometry is a psychic ability in which a person can sense or "read" the history of an object by touching it. Ms. Birch was also a Town of Trumbull librarian for many years (and the reason behind all the new age and esoteric books that can be found there!). Patty uses a crystal ball to do personal readings; but she also can use her gift of Psychometry to read objects. She receives impressions from an object which can be perceived as images, sounds, smells, tastes - even emotions. Psychometry is a form of scrying - some people can scry using a crystal ball, black glass or even the surface of water. With psychometry, this extraordinary vision is available through touch. So by all means, bring jewelry - old toys - any object you would like to have "read" by Patty.

September 10: Monthly New Age Fest

September 17: Elpida, Greek Coffee Ground Readings 1pm-6pm, \$30/20 min. Fluent in Greek and English

September 24: Gwen, Whole-Life Tarot 1pm-6pm \$25/20 min.

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 and 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 when Talisman is closed I will come to Talisman and sit with you, in an uninterrupted reading, for \$40. This 45+ minute session will include a chakra check up, a print out and review of your astrological natal chart, tarot and palm reading, and more!

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.

Talisman's readers are available for parties and events. You can pay by the hour or allow us to set up and have your guests/attendees pay individually. We do our best to be flexible and fairly priced!

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Gail Gorelick 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.

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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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September 7th: Drop-In Meditation Session (\$5)  
7 pm to 8 pm

Join us for this monthly meditation workshop facilitated by Leafweave, who is an experienced and popular meditation and shamanic journey teacher.

September 9th: Open House  
5 pm to 8 pm

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.

September 18: Full Moon  
The Harvest Moon (\$5) 7:30 pm

There will be a ritual in the Eclectic Wiccan Tradition, followed by a potluck meal. Please bring a potluck item to share. Donations are being sought for Presents 4 Pets. Items needed include: collars, leashes, dog and cat food and treats, toys, bedding, towels and cat litter. All donations will be distributed to local animal shelters and rescue groups.

September 20: Wiccan/Pagan Study Group (\$5)  
7:30 pm

This month, join us in a shared Shamanic Journey to the Underworld using the spirit canoe technique.

October 2nd & 9th  
9am - 5pm  
Wicca University

Join us for this extensive workshop that covers all aspects of the Wiccan religion. Traces the cultural and religious traditions and individuals that have influenced the modern religion of Wicca, as well as other neoPagan religions. It explains many of the common terms associated with Wicca, an overview of the Wiccan belief system, Wiccan ethnics, concepts regarding the Divine, details about the Elements and the Elementals, the Wheel of the Year - Sabbats and Esbats, creating sacred space, ritual construction, altar set-up, and will conclude with a discussion of the challenges of living the Wiccan religion in a modern world.

Tuition for this two-day workshop is \$125, payable in advance. Includes lunch for both days and a binder for workshop handouts. For more information, visit <http://www.thecircleofthesacredwell.org>

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**Astrology Corner by Alethea**

September is going to be toned down quite a few notches from August and most of us will be enjoying the respite! We start out the month with a pleasant leftover from last month – the continuation of a Grand Trine in the Earth element. This formation consists of the Sun & Venus in Virgo linking arms with Jupiter in Taurus and Pluto in Capricorn and this acts like a ballast in many ways. If you've felt tossed around by the ups and downs that happened over the summer this may help to put you on a more even keel if your chart is being directly touched by this formation. Those who have planets from 3-11 degrees in the Earth or Water signs stand to benefit most directly, however all may reap the benefits of increased productivity and can have success when attending to business and practical, mundane matters such as getting organized and prepared for the beginning of the school season. Sliding back into this routine can be hard, but this formation should help ease the transition. It won't be all boring chores and work-related things to attend to, though – the first part of this trine involves the Sun & Venus which amps up the pleasure quotient. All the Earth signs are very sensory-oriented so consider this a celestial "thumbs-up" to go ahead and indulge in some end-of-summer fun by piggin' out at a BBQ or country fair during this period!

After the Sun & Venus move out of the picture, industrious little Mercury will move in to take their place. He'll help keep your busy schedule manageable & your life meticulously organized. Virgos will be getting a big boost from August into September - particularly those born at the very end of August or within the first 10 days of September. Having your birthday during these Grand Trines leaves a beneficial imprint on the year ahead, so consider this a nice little birthday gift from the cosmos! Later born Virgos may still get some love, though, if they have other planets located within that 3-11 degree "sweet spot" of this sign.

We will continue to have some minor snags in communication still with Mercury set to oppose Neptune again though the first half of the month. Since Mercury is no longer retrograde and has resumed forward motion, this will once again bring it within range of Neptune until about the 15th. Wishful thinking, deliberate deception, and being inattentive to key facts or details are the main hazards here, however if you're able to moderate between attending to the mundane and practical while still letting your imagination soar, recognize that there's a middle ground somewhere between critical thinking and blind faith, and strive to reach a balance that allows you to trust both logic & intuition this can be a very inspired period.

Just after mid month we'll hit a bump in the road with a T-square involving Venus, Uranus, and Pluto. This will be tough on friendships, money, and partnerships of all kinds through the end of September. Watch who and what you invest in because chances are high that risky gambles don't pan out well during this event. When Venus leaves the picture, the Sun & Mercury move in to take its place so be prepared to air any difficulties that arise at this time. If there are difficult or hurt feelings don't let them fester and turn into resentment – this will only undermine the relationship anyway. Be true to your feelings, and if a break comes as a result of this than it's still going to be better in the long run than continuing to

invest in someone you can't depend upon.

**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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## **Welcome to Energetic Expressions**

A Healing Hand welcomes you to this new column in the Talisman newsletter that will focus on all things Energy. We'll talk about Energy, Energy Healing, and related topics. The first set of articles will revolve around doing self-assessments of the chakras.

### **Why is it important to be aware of your body's energy field?**

Each of us is surrounded by a fuzzy bubble of energy called the aura. Science has proven its existence and thereby confirmed thousands of years of intuitive/observational knowledge. The body, mind, emotions, and spirit are intrinsically linked to your energy field - you cannot affect one without affecting the other. By becoming aware of your energetic status, you can gain insights into your personality, behavior, and interactions with the world. For some people, accessing this inner wisdom is easier to do with energy as a guide, kinesthetically, rather than a purely mental approach.

### **Entering the Light Column: The Base Chakra**

Imagine you're a gladiator in ancient Rome. You step into the arena and summon all your strength and physical prowess for one purpose - your physical well being and more importantly your survival depend on it. If you are unclear in your assertion that you have the right to live, you have no chance. If you allow your opponent to take your legs out from under you, disrupting your root, you are as good as shish-kabob.

This example illustrates one of the primary purposes of the root chakra: Survival/Existence. Another aspect of the root chakra is the connection to your tribe - your family and close friends, who you depend on for survival and support. It assists in cleansing your entire energy field through the process of grounding.

The Root Chakra is located at the base of the spine, and points downward to Mother Earth. If your root chakra is not balanced, your Column of Light is on a shaky foundation - it will affect all aspects of your life from relationships to spiritual connections. Its principal element is, surprise surprise, Earth. In Hindu it is called the Muladhara and it is symbolized as a 4-petaled lotus flower.

Eastern Body, Western Mind by Anodea Judith suggests the Root Chakra develops from the 2nd trimester until the age of 1. So long as the child's physical needs are being met and he feels secure in the love of his parents, the child's Root Chakra should develop in a normal, healthy manner. Traumas such as Neglect, Feeding Difficulties, Abandonment, Physical/Sexual Abuse, Birth Trauma, or Incubation can cause damage to the Root Chakra since it is developing in a state of imbalance.

## **How to assess your Root Chakra**

A person with a *balanced* Root Chakra is comfortable in their body. They feel that all their basic needs are met. Not to say that they don't daydream about winning PowerBall, but they recognize that they have the right to exist and can tell the difference between needs and wants.

A person with an *overactive* Root Chakra has difficulty making changes, or is afraid of changes. They might be overly concerned with material things, or overdo it when it comes to physical activities like smoking, drinking, eating, etc. In a broader sense, this aspect can mean overconfidence in one's ability to survive - think "Jackass: The Movie". Extreme example: Sloth, one of the 7 deadly sins.

A person with a *blocked* or *underactive* Root Chakra fears for their safety even when they are perfectly secure. They may be unable to maintain financial security or be disorganized, self-destructive, or anxious. Extreme example: suicidal tendencies.

## **What to do about an unbalanced Root Chakra**

**Affirmations:** I am safe in my world and at home in my body. I have all that I need. I belong here. I respect and honor the physical needs of my body.

**Helpful Crystals:** Black Tourmaline, Ruby, Garnet, Jet, Red Agate, Hematite, Onyx, Smokey Quartz. You can keep them in your pocket during the day, under your pillow while you sleep, or in your hands while sitting/praying/meditating.

**Sound:** Music written in the key of C, tuning forks, or singing bowls tuned to C or close to it (e.g. Solfeggio tone 396 hertz). The seed sound of the Root Chakra for toning is "Lam".

**Meditation/Visualization:** Grounding Exercises! Imagine yourself sitting in a grassy field, with your back up against a tall, strong tree. Allow yourself to sink into the tree until the trunk of your body and the trunk of the tree are one. As you sometimes put your consciousness into individual parts of your body, put your consciousness into the trunk of the tree. Reach upward and feel the warm sun shining on your leaves to provide you nourishing energy. Then reach downward into the deep cool ground, using your roots to find refreshing water as a balance to the sun's rays. If you wish, you may consciously send "excessive" or "blocked/stuck/negative" energy into the Earth through your roots, and the Earth will accept and recycle it for you.

**Color Therapy:** Bring more Red into your life! Stones/Crystals, Candles, Clothing, Jewelry, anything else you can think of!

I encourage each of you to use the assessment tools and information provided to delve into your inner wisdom. You may also come to Talisman's New Age Fest every first

Saturday of the month to meet me and get an Aura/Chakra Report ([Sample Report](#)). It never hurts to have a little validation, of what you've been thinking/feeling, right?

Feedback/comments appreciated. Suggestions or questions for future topics welcomed. [tim@ah Healinghand.net](mailto:tim@ah Healinghand.net)

For upcoming classes and events, visit [www.ah Healinghand.net](http://www.ah Healinghand.net).

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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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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. Note: Some of Talisman's patrons have taken Ann's class and the reports coming back have been excellent!

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October 28th: The First Annual South of Salem Witches' Ball, 7:30-Midnight in Wrentham, MA. This will be a formal masquerade with a renaissance theme. For more information, see <http://www.southofsaalem.com>

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Sunday, Oct. 30th: Second Annual Halloween Psychic Fair, 10am-6pm at Hotel Sierra, 830 Bridgeport Ave, Shelton. Spirit Circle from 6:30-8:00pm. Event features readers, vendors and healers (Reiki, Energy Healing and Massage). Free admission plus hourly door prizes! Learn more at <http://www.ahealinghand.net>

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Creative Arts Workshop, located at 80 Audubon Street in New Haven, is offering the following classes. RSVP (203) 562-4927

**Modern Goddesses**

PT20FA11W

Iconography of Goddesses exists in all cultures, past and present. As women, we all contain a bit of the divine. This workshop is for women who want to explore the history of Goddess totems in different cultures. We will shape simple or intricate Goddess sculptures using clay and embellish them with stains. Sculptures will be fired, and a date to pick up will follow a few weeks later. High school aged girls also welcome.

Instructor: Violet Harlow

Sunday, 1 - 5pm, Oct 23

Cost: \$45; members: \$41

**Discover Yourself in Clay**

PT21FA11W

This workshop is an opportunity to create a self-portrait bust sculpting with one of the most forgiving mediums. Over coffee and tea, we will look at images of sculptural and two-dimensional works created by master artists for our inspiration. Come have fun and discover the artist in yourself. Sculptures will be fired, and a date to pick up will follow a few weeks later. This workshop is for adults with little or absolutely no artistic experience.

Instructor: Violet Harlow

Sunday, 1 - 5pm, Nov 6

Cost: \$45; members: \$41

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“Here’s to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... the ones who see things differently — they’re not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can’t do is

ignore them because they change things... they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do."

**Steve Jobs, founder of Apple**

**Namaste, my friends -**

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

**Laura Lenhard**