

Talisman ...
A Unique New-Age Shop
150 Main Street
Monroe, Connecticut 06468
(203) 261-0047

www.talismanct.com

<http://blog.ctnews.com/lenhard>

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October 1, 2011
Samhain Blessings!

There is something so very magickal about October, isn't there? Really makes one long to "get their witch on" ... oh, what's that? You say you've been getting conflicting information as to what makes one a legitimate witch - or not?

Well, let's talk Witchcraft - and, at the very least, answer the question of "Which Witch is which?"

Wicca is only one of many religions grouped under the umbrella of Paganism. Pagan translates into hearth or home dweller, generally meaning a country person. Wicca (aka the Old Religion, Witchcraft, the Craft of the Wise) is basically a religion of nature worship, and its adherents have an intimate connection with nature and seasonal rhythms, which are celebrated with festivals to mark certain points in the agricultural calendar or Wheel of the Year - these are known as Sabbats. Rituals are also held at other times of the year, usually during a full moon, and these are known as Esbats. Rituals are held within the sacred confines of a magick circle. There is a saying that goes "While every Wiccan is a Witch, not every Witch is Wiccan". Various paths of Witchcraft include the British Traditionalist (Gardnerian, Alexandrian), Celtic, Dianic, Eclectic, Faerie, Hecatine, Hedgewitch, Hereditary, Kingstone, Norse, Pictish, Seax, Solitary, Strega, Teutonic - to name but a few. Modern Wicca originally evolved from an eclectic mix of influences including freemasonry, ritual magic, theosophy, folklore, woodcraft and traditional witchcraft.

While every Tradition of Witchcraft has its unique theology, there are certain constants: All Wiccans/Witches respect nature, both animate and inanimate; seek connection with the divine creative forces in the form of Goddess and God; and believe in a positive morality that emphasizes responsibility for personal actions and self-development. In short, calling oneself a "Witch" does not make a Witch - but neither does heredity itself, or the collecting of titles, degrees, and initiations. A Witch seeks to control the forces within him/herself that make life possible in order to live wisely and well, without harm to others, and in harmony with Nature.

A major point of contention is the belief in The Threefold Law, part of The Wiccan Rede, which holds that whatever you do, you get back times three (*"Mind the Threefold Law you*

should, Three times bad and three times good"). Thus, you would not often encounter a Wiccan willing to take on the karmic kickback of sending forth negative or dark magick ... whereas others hold to "An Eye for an Eye" - the idea that you're justified in giving back exactly what you've been given. This topic has been the source of lively debate at Talisman, and I will leave it to each individual to make their own choice in the matter! Know that while Wiccans "self police" this does not mean they allow themselves to be attacked or victimized. They will act to prevent themselves or their family from being harmed.

I never get tired of listening to the stories of how individuals found their way onto their unique path. It almost always begins with a love of nature at a very young age - collecting shells, rocks, feathers, pinecones and other gifts from Mother Earth. There is a sense of stewardship toward Mother Earth, Gaia, and all her creatures (both two and four legged). Many had otherworldly experiences as children or adults, and exploring their meaning led them to an earth-based spirituality. Most of us have a tremendous collection of books, and can remember that pivotal day when we first read about Wicca/Witchcraft, and the relief we felt upon recognizing a Belief System that truly "fit" and felt right in every physical, mental and spiritual aspect.

Moving forward from that point, you find a tradition or path which will hold meaning for you, connect to the Wheel of the Year, and search for the God/Goddess within and around you. In addition, you need to learn how to work ritual and magic; methods of raising, containing and releasing power; how to work with the energies of sun, moon, and earth; as well as principles of sympathetic magic upon which most witchcraft magic is based. Becoming a Witch means valuing yourself as a unique being - a difficult task if you were raised to belief self-denial and blind obedience equal goodness.

A big question for those new to Wicca/Witchcraft is "Should I tell anyone?" I am very publicly and openly a Hedgewitch - as the owner of Talisman, I've been on the radio, TV and interviewed or quoted in quite a few newspapers and magazines in addition to lecturing, teaching and writing ... but it isn't that easy for everyone. And I did lose a few friends when I opened my shop - I didn't realize (because I have long celebrated Universal Spirituality, or the belief that all paths lead to The One) that I associated with people whose viewpoints were so narrow. As a child, raised Catholic, I distinctly remember directing most of my prayers to Mary and I still collect images of her and The Magdalene. My worship of the Goddess began in high school, which is also when I began reading tarot. In my mid-twenties, I decided to use a tremendous pile of bricks the neighbor gave me to create a formal herb garden. While researching the history and types of herb gardens, I learned about Caprilands Herb Farm in Coventry, CT and its owner Adelma Simmons. Adelma, who would dramatically lead garden tours of the property wearing a long red cape, also wrote wonderful books on the magical, mysterious yet practical world of herbs, plantlore and seasonal celebrations. I was immediately captivated by the idea of herbs, plants and trees having nutritional, healing and magickal properties - and the ability to access this energy was something I connected with very quickly. From plants to stones to oils to candles ... I kept reading, collecting books and eventually found my way to Magik Mirror in Milford, where so many of us in southern

Connecticut ultimately landed to further our education, buy our wares and have a place to meet and talk. Thanks to Beverly Safko, owner of Magik Mirror, who continues to share her knowledge and friendship so freely with us all - Goddess bless you, Bev!

Let me explain my own chosen path, that of the Hedgewitch (also known as a Kitchen Witch, Green Witch or Ditch Witch). This Tradition is devoted essentially to the practical or working end of the Old Religion, with emphasis on the use of plants and spells for such things as protection and healing. This Tradition may come closest to the generally understood meaning of what a Witch is and does, and it was apparently practiced by the Neolithic inhabitants of most of Western Europe. This is also one of the Traditions most easily practiced by Solitaries, since the required education can be self-taught or learned from others. In keeping with my chosen path, I am naturopathic, raise chickens and garden, keep a stocked apothecary at home, gave birth to three of my four children naturally (my last was an emergency c-section) and avoid all drugs and alcohol, choosing instead to live as naturally and close to the earth as possible. My private rituals are done in the woods behind my home, up next to the 30 foot waterfall that bisects the property. And this is what daily living as a Witch means to me.

Going back to the topic of "to tell or not to tell?" it all boils down to "who needs to know - and why?" Wiccans, Witches and Pagans do not proselytize - we don't go door to door, asking strangers if they know that the Goddess loves them and seeking to convert them into our groups or covens. It is an honorable tradition of The Craft to "keep silent". Like one's sexual orientation, your religious affiliation can be as open or closed as you choose it to be - and that decision does not make you any more, or less, of a Witch. Ordinarily you cannot tell whether the person next door is a witch, but many witches do wear a Pentagram or Pentacle, a five-pointed star which is a protective symbol of the five elements of nature, earth, water, air, fire and spirit. When you wear a pentacle, expect to get bold stares and comments - some of which may be negative or downright mean. The two pieces of jewelry I never take off are a sterling ring which says "witch" and a sterling bracelet of tiny pentacles.

All that being said, there is real kinship among our own and it is great to be able to gather and talk openly about our experiences. Talisman is a meeting place for The Circle of the Sacred Well, and they have a permanent Covenstead downstairs www.thecircleofthesacredwell.org. Their events are always listed in my newsletter. The Connecticut Wiccan/Pagan Network (CWPN) is another tremendous resource, I think next year marks my 10th as a member, and they are also listed in this newsletter each month - learn more at www.cwpn.org. If you are searching online, please start with the Witches' Voice at www.witchvox.com as they have a huge database of information (Talisman is a sponsoring member). On Witchvox, you will find every shop and open coven listed in a wide geographic area, making it an ideal place to begin. Noted authors (and friends of Talisman) Christopher Penczak and Raven Grimassi offer their own unique online courses, visit their sites at www.christopherpenczak.com and www.ravengrimassi.net for more information.

If you want to learn more NOW, then look no further than "Wicca University" being taught

this weekend and next by Mandy and Bill of The Circle of the Sacred Well at Talisman. This is an exhaustive study - be prepared to learn a LOT, as those individuals who took the course last year were absolutely overwhelmed by the depth and breadth of the materials presented. Just cursor down to the listings below for The Circle of the Sacred Well, and if interested sign up very quickly as class starts this Sunday!

Whether you choose to follow a path that leads to a coven, or a solitary path - I believe you will ultimately find, as I have, that being a Witch speaks to a deep, emotional part of our inner self, something that crosses the gulf of thousands of years, and connects us to the everyday lives of our ancestors. Wicca is a peaceful and loving religion, and these concepts are incorporated into our rituals and daily lives. The tenet "Love is the Law and Love is the Bond" is fully understood by all practitioners of Wicca/Witchcraft. Blessed Be!

Charge of the Goddess
Traditional by Doreen Valiente, as adapted by Starhawk

Listen to the words of the Great Mother, Who of old was called Artemis, Astarte, Dione, Melusine, Aphrodite, Cerridwen, Diana, Arionrhod, Brigid, and by many other names: Whenever you have need of anything, once a month, and better it be when the moon is full, you shall assemble in some secret place and adore the spirit of Me Who is Queen of all the Wise. You shall be free from slavery, and as a sign that you be free you shall be naked in your rites. Sing, feast, dance, make music and love, all in My Presence, for Mine is the ecstasy of the spirit and Mine also is joy on earth. For My law is love is unto all beings. Mine is the secret that opens the door of youth, and Mine is the cup of wine of life that is the cauldron of Cerridwen, that is the holy grail of immortality. I give the knowledge of the spirit eternal, and beyond death I give peace and freedom and reunion with those that have gone before. Nor do I demand aught of sacrifice, for behold, I am the Mother of all things and My love is poured out upon the earth. Hear the words of the Star Goddess, the dust of Whose feet are the hosts of Heaven, whose body encircles the universe: I Who am the beauty of the green earth and the white moon among the stars and the mysteries of the waters, I call upon your soul to arise and come unto me. For I am the soul of nature that gives life to the universe. From Me all things proceed and unto Me they must return. Let My worship be in the heart that rejoices, for behold, all acts of love and pleasure are My rituals. Let there be beauty and strength, power and compassion, honor and humility, mirth and reverence within you. And you who seek to know Me, know that the seeking and yearning will avail you not, unless you know the Mystery: for if that which you seek, you find not within yourself, you will never find it without. For behold, I have been with you from the beginning, and I am That which is attained at the end of desire.

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MONTHLY NEW-AGE FEST
Saturday, October 1st AND Saturday, October 15th
12:00pm-6:00pm - (203) 261-0047 for appointments

Talisman's monthly New-Age Fest has become so popular we've decided to make it bigger and offer it twice each month, on the first and third Saturdays. Following the Fest on October 1st, Laura will lead a meditation at 7pm. All are welcome. Free - please bring a cushion if you would like to sit on the floor, dress comfortably.

Saturday, October 1 - Readers (\$25/20 minutes - please, cash only):
Andrew Neblett, Tarot
Barbara DeLong, Cosmic Deck of Initiation

Gwen, Tarot
Melissa, Tarot
Patty, Crystal Ball
Rachel, Pet Psychic (all pets welcome, or bring a picture)
Tammie, Chair Massage (\$1/minute)
Tim Bshara, Aura/Chakra Photography (\$40, photo and 23 page report)

Saturday, October 15 - Readers (\$25/20 minutes - please, cash only):

Gwen, Tarot
Melissa, Tarot
Patty, Crystal Ball
Rachel, Pet Psychic (all pets welcome, or bring a picture)
Sierra North, Shammanic Journey to find your Power Animal
Tammie, Chair Massage (\$1/minute)

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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).

Starr: Tuesdays & 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.

October 1st and 15th: New Age Fest, 12-6pm (variety of readers/healers)

October 8: Elpida, Greek Coffee Ground Readings 1pm-6pm, \$30/20 min. Fluent in Greek and English

October 22: 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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October 5th: 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.

October 14th: 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.

October 16: Full Moon  
The Blood 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.

October 18: Wiccan/Pagan Study Group (\$5)  
Halloween & Samhain - Myths and Truths  
7:30 pm

This month, join us as we trace the roots of the modern 'muggle' holiday of Halloween, as well as its relation to the pagan Sabbat called Samhain. We will discuss the history, influences and ancient and modern practices of both holidays. Please bring a story to share about your practices during this holiday season.

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**

Happy Fall, all! As we begin October, we have a collection of planets currently occupying the sign of Libra including the Sun, Mercury, Saturn, and Venus in this sign. This highlights the 4 Cardinal signs (Aries, Cancer, Libra, Capricorn) early on in the month and due this if you have your Sun or other planets occupying any of these signs then the outset of October is going to be especially active for you! Since we're talking about Libra planets, this puts a natural focus on partnerships and many of you will be receiving important news about a relationship matter during the beginning of October be it for better or worse. The sky is set in such a way that this news can go either way, though it is important to note that the Sun and Mercury are going to be under some heavy pressure from both Pluto & Uranus - if the hand isn't played right this can also be a setup for a collapse. In one sense this can be a blessing, because why build a commitment upon a flimsy house of cards? At least this way you'll know what you're dealing with and when it is time to cut your losses.

With an emphasis on Libra planets there can also be so much focus on "Us" and "the Other" that people sometimes forget they are individuals with their own desires. Consideration for the Other Fellow is a wonderful thing by itself, but not if it means you lose yourself in the process! Luckily, we also have an opposition to Uranus in Aries and a sextile to Mars in Leo in play - with conditions like this you have people much more willing to assert their individuality and not being afraid to call attention to what they want. If you have to deal with a sticky problem in a relationship, close personal friendship, or partnership of any kind, you stand a good chance of igniting some kind of positive spark from the other person if you try to detach, remain on your best behavior, and talk things out. The more upset/emotional you are about the issue, the harder it may be to do this but if you really want to work things out and make progress then this is the tack you'll want to take.

Toward mid-month we may also see some disputes about money popping up around the Full Moon with Venus moving into Scorpio. Curb your spending around then if you can,

and if you're in a committed relationship make sure you talk purchases over with your Significant Other first you may wind up in some hot water later! Libra planets plus a Scorpio Venus stresses consideration for the other person and remembering that it's really "us" and "ours", not "me" and "mine". While it may be tempting to hide a purchase you know your partner won't be pleased with, this robs you of an opportunity to jointly re-examine your perspectives on financial matters on a fundamental level so that you can reach some kind of compromise on how to handle matters like this in the future. Don't cop out, because you have a real opportunity here to fix something that can otherwise continue to be a thorn in your side if you don't.

You'll be glad you followed this advice by the end of the month - around the New Moon on the 26<sup>th</sup> we will also have a highly irritable Fixed T-square involving Mercury, Venus, Mars, Neptune, & Chiron in the sky. If you've been less-than-upfront about anything in your relationship (particularly financial matters) it may come to a head now, and quite dramatically. The potential also exists to for there to be some deep healing in your relationship, but it won't be easy. My best advice is to deal directly with the problem at hand, recognize when you are angry and clearly identify what it is that's upsetting you, and be willing to hash it out if you want to improve your relationship. Don't turn this into a power struggle, however – Fixed signs are involved and heels may be dug in, but T-squares create a pressure that you can't just ignore. Use the energy created by this pressure to transform the framework of how you handle money matters together – "me" and "mine" vs. "us" and "ours". Be willing to budge and restructure your perspective on this and you'll do fine!

**\*\* 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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### **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.

#### **Diving Into the Waters: The Sacral Chakra**

"Imagine you're a deer." You are munching on some particularly delicious raspberry bushes and all of a sudden you sense something. In the pit of your stomach you sense danger. RUN! As you turn to flee you see something out of the corner of your eye - a human behind a nearby tree. He's looking at you funny, holding a long metal tube. You bolt into the brush, running away from the loud BOOM coming from the human. Your heart is pounding, but you are safe.

This example illustrates one of the often overlooked purposes of the sacral chakra: Gut / Physical Intuition. Many people refer to intuition and immediately think of the Third Eye (6th Chakra), but that is a spiritual level of intuition that comes from the Divine. The knowing you receive as a physical sensation - a pit in your stomach, achy joints / nervous tension, an inexplicable pull toward someone/something - rather than an idea that pops into your head. Other aspects of your 2nd chakra include creative expression and physical connections with others. Bear in mind that physical connections encompasses everything from intimate encounters to personal space and boundary issues.

The Sacral Chakra is located at the navel and extends forwards and backwards from the spine, and its principal element is Water. The chakra's primary purpose is movement and connection, just as water flows and connects with other water. In Hindu this chakra is called Swadhistana, which translates to "sweetness," and is represented by a 6-petaled lotus flower. Travelling up the rainbow light bridge from the red Root Chakra, the light vibration of the Sacral Chakra becomes slightly less dense and we perceive the color as orange.

Eastern Body, Western Mind by Anodea Judith suggests the Sacral Chakra develops from the age of 6 to 24 months. After establishing our grounding, stability, survival, and structure, we can then freely cultivate our feelings, explore our surroundings, and seek out pleasure. So long as the child is allowed to explore his surroundings through touch and stimulation in a safe manner, play, and have their emotional experiences validated by loving parents, the child's Sacral Chakra should develop in a normal, healthy manner. Traumas such as sexual abuse, emotional abuse, neglect, coldness, rejection, emotional manipulation, overuse of playpen (restriction of movement), physical abuse, alcoholic families, and religious/moral severity (anti-pleasure) can cause damage to the Sacral Chakra. These traumas can adversely alter the developing chakra but can also severely damage the adult chakra.

### **How to assess your Sacral Chakra**

A person with a *balanced* Sacral Chakra is able to trust and express emotions in an appropriate manner. This person would have healthy boundaries, fluid movements, and the ability to care for self and others. The individual is at home in their body, is able to express themselves creatively, and indulges in life's pleasures in a tempered manner.

A person with an *overactive* Sacral Chakra may express addictive behaviors and fail to recognize boundaries. This person may tend to have swings or emotional outbursts. They may be excessively sensitive and have tendencies toward

manipulation. Also, This can manifest as someone who has an abundance of creative ideas that are not being expressed via some outlet (e.g. music, art, manifestation).

A person with an *underactive* or *blocked* Sacral Chakra might be rigid and exhibit strict personal/physical or emotional boundaries. They might have difficulty expressing themselves emotionally or creatively, and might experience feelings of guilt without cause. They may feel blocked in a creative sense, and uncomfortable expressing themselves intimately.

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

**Affirmations:** I have a healthy relationship with pleasure in my life. I am able to connect and relate to others and maintain my autonomy. I am graceful and comfortable in my body. I honor my feelings and those of people around me.

**Helpful Crystals:** Carnelian, Orange Calcite, Amber, Copper, Moonstone, Sunstone, 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 D, tuning forks, or singing bowls tuned to D or close to it (e.g. Solfeggio tone 417 hertz). The seed sound of the Sacral Chakra for toning is "VAM" (pronounced V-AHHH-M), and stringed instruments resonate well with this chakra.

**Meditation/Visualization:** Hold your dominant hand over your Sacral Chakra and your other hand over your Heart Chakra. Feel the fiery, creative, passionate energy that radiates from the Sacral Chakra and connect it with the energies in your Heart Chakra. Visualize the energy circling through your body, from one hand to the other, synchronizing your emotional and physical bodies. Do this until you experience a feeling of contentment, then take a deep breathe and open your eyes.

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

~If anyone can email me within 24 hours of the newsletter being mailed out, and tell me what movie the above quote ("Imagine you're a deer...") comes from, you'll get a free gift from A Healing Hand!

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 Curott, 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.southofsalem.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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### **Samhain or Halloween Superstitions**

If you hear foot steps behind you on this night, don't look back. It may be the dead following you. Turning back could mean that you will soon join the dead.

Tying a knot into a handkerchief wards off evil.

Carry a lump of bread in your pocket when walking in the dark. It will serve as an offering to ghosts.

If you do not want to be haunting a graveyard any time soon, be sure you do not look at your shadow in the moonlight. Doing so on All Hallows Eve will guarantee your death within a short span of time.

Girls who carry a lamp to a spring of water on this night can see their future husband in the reflection.

If you see a ghost, walk around it nine times, and it will disappear.

If a candle lighted as part of a ceremony blows out, it is a sign that evil spirits are nearby.

If you hear 3 knocks and no one is there, it usually means someone close to you has died. The superstitious call this the 3 knocks of death.

When a good life was lived, flowers will grow on the deceased's grave. But if the deceased was evil, weeds will grow.

The old Celtic custom was to light great bonfires on Samhain, and after these had burned out to make a circle of the ashes of each fire. Within this circle, and near the circumference, each member of the various families that had helped to make a fire would place a pebble. If, on the next day, any stone was out of its place, or had been damaged, it was held to be an indication that the one to whom the stone belonged would die within twelve months.

Never slam a door. You might hurt a ghost, who'll haunt you for the rest of your life.

Kill a black cat on Samhain and you'll have seven years of bad luck. (This one should read any cat.)

Thunder following a funeral means that the dead person's soul has reached heaven.

If a bat flies into a house it is a sign that ghosts are about and maybe the ghost let the bat in.

You will have bad luck if you do not stop the clock in the room where someone dies.

If you hold your breath while you drive by a cemetery, evil spirits can't enter your body.

If bats come out early and fly around playfully, then it is a sign of good weather to come.

If a bat flies around a house 3 times, it is a death omen.

If a black cat meows on your porch or near a window, a death will soon occur in the family.

Peel an apple from top to bottom. The person with the longest unbroken peel would be assured the longest life. If you threw the apple peel over your shoulder, the initial it forms upon landing is the initial of your future mate.

Don't point at a grave or your finger will rot off.

When bobbing for apples, it is believed that the first person to bite an apple would be the first to marry.

If you go to a crossroads at Samhain and listen to the wind, you will learn all the most important things that will befall you during the next twelve months.

A person born on Samhain or Halloween can see and talk to spirits.

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