

**Talisman ...
Unique New-Age Shops
150 Main Street
Monroe, CT
&
180 Post Road East
Westport, CT
(203) 261-0047**

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

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**December 1, 2011
Merry Yuletide Greetings!**

I honestly cannot believe that I am sitting here, in front of my computer, writing the December Newsletter. Where the hell did 2011 go? Not that I want it back, mind you – this year has been a roller coaster ride of epic proportions for myself and most everyone I know or speak with at Talisman. I personally have seen amazing professional growth this year, having had new writing/lecturing opportunities in addition to opening seasonal shops at Captain's Cove this past summer and now a satellite shop in Westport ... while at home, I dealt with two family members' struggle through heartbreaking addictions to a current state of sobriety. They're maintaining it – one day at a time. Across the board, there were so many deaths this year; unexpected departures and suicides which left us aching with the unfairness of it all. There are dozens and dozens of you coping with grief and loss. Then there were the baffling weather patterns, storms and disasters both manmade and natural. Growing unrest in the Nation, as mounting anger over the lack of jobs and widening gulf between the have and have-nots culminated in the Occupy Movement.

Elation and Growth. Heartbreak and Redemption. Disappointment and Ultimatums. Frustration and Revolution. Self-Destruction and Ascension.

So ... let's talk about Transitions (because we are obviously betwixt and between).

I'm choosing to look at this year in review as an amazing learning opportunity. While it seems we are not so much being ushered into 2012 as hurled at it, the fact remains we are standing on the brink of something far greater than ourselves. The problem is, we are running out of time to make mistakes – we are meant to really learn these lessons, and move on. Not wallow and repeat. We are losing the luxury of spare time.

It is not my intent to add to the fear mongering concerning the whole 2012 phenomenon (and I'll talk more about that in next month's newsletter). This is about embracing change, remaining flexible, using your intuition and tuning into a higher vibration as a protective and safety mechanism. This is not a time to isolate – it is time to find your tribe, keep your children close and surround yourself (and them) with people you love, trust – and can count on.

And don't for one second undervalue the importance of being able to count on people other than yourself. Love is easy – dependability, usually not.

You see, we are transitioning into a reality shift of unknown proportions. We all feel it. Change is literally in the air. Talisman is transitioning too – and while I am spending less time in Monroe, you can call the shop and they will reach me (no phones at The Center yet) or call my home and we'll connect (203-402-9186). You can email, or better yet, come visit me in Westport! Please know that I am still available – just working through some transitions myself.

Meditate. Pray. Lose bad habits – pick up some new good ones. Watch less TV and get outside more. Begin living intentionally, in a spiritual manner. If you ever wanted to learn any of the healing arts, now is a good time to educate yourself. Remember to try and see the god and goddess in everyone you meet.

Quiet, calm and centered – I'm convinced that's the approach to take as we exit 2011 and enter the dragon's lair ... 2012, the Year of the Dragon. As a Chinese Wood Dragon person myself, I have to admit that I'm pretty excited about the whole thing!

New Hours

Talisman On Main
Talisman On The Post

Wednesday & Thursday: 11am–7pm

Friday & Saturday: 11am – 8pm

Sunday: 1pm–5pm

Closed Monday & Tuesday

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MONTHLY NEW-AGE FEST

Saturday, November 5th AND Saturday, November 19th

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.

Saturday, December 3rd – Readers (\$25/20 minutes – please, cash only):

Andrew Neblett, Tarot

Melissa, Tarot

Rachel, Pet Psychic (all pets welcome, or bring a picture)

Sierra North, Shammanic Journey to find your Power Animal

Starr, Angel Reader

Tammie, Chair Massage (\$1 /minute)
Tim Bshara, Aura/Chakra Photography (\$40, photo and 23 page report)
Yvonne, Tarot

Saturday, December 17th – Readers (\$25/20 minutes – please, cash only):

Barbara DeLong, Cosmic Deck of Initiation
Gwen Gangi, Animal Communicator
Melissa, Tarot
Pina, Angel Reader
Tammie, Chair Massage (\$1 /minute)

[Talisman's Regularly-Scheduled Readers](#)

[\(203\) 261-0047 for appointments \(Cash payment requested\)](#)

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.

December 3rd and 17th: New Age Fest, 12–6pm (variety of readers/healers)

December 10: Elpida, Greek Coffee Ground Readings 1pm–6pm, \$30/20 min. Fluent in Greek and English

Available by Appointment ...

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!

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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**Event: Meditation Workshop**

Date: December 7th ~ Time: 7 p.m.

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

**Event: Circle Open House Event**

Due to the Holidays there will be no Open House in December

**Event: Full Moon Circle ~ Yule Celebration**

Date: December 18th (changed from 11th) ~ Time: 7:30 p.m.

Join us for a Full Moon Circle Yule Celebration. 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.

**Event: Wiccan/Pagan Study Group ~ Yule & Winter Solstice**

Date: December 20th ~ Time: 7:30 p.m.

This month, join us for a discussion of Yule and the Winter Solstice. We will talk about the origins, history and practices of this ancient holiday season. Join us as we attempt to put the 'Sol' back in Solstice!

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[Astrology Corner by Alethea](#)

**\*\* A note to readers: If you would like to receive my FREE monthly newsletter via email which is 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!**

Our last month of the year is going out with a bang – we'll have a Lunar Eclipse in Sagittarius and several planets turning direct once again after long retrograde periods. December has Mars hotting things up for most of the month while it begins an 8 month long stay in Virgo. Right now Mars is on a mission to GET STUFF DONE – stand in its way and you're likely to get mowed down or told off! There's normally a

lot of hustle-and-bustle this time of year anyway due to the holidays, but this is even more so this year due Mars' stay in this sign. Further complicating this is the fact that the Sun and Mercury are currently in jolly, fun-loving, procrastinating Sagittarius – a sign incompatible with Virgo's efficient, no-frills, "[wo]man-on-a-mission" attitude and conflict can ensue due this. Sadge wants Virgo to lighten up & not sweat the details – forget polishing the silver and worrying about everything being "just so", it wants to have some FUN! Meanwhile, Virgo is likely to be annoyed that she seems to be the only one planning and executing all of the necessary prep work that goes into making a successful holiday happen – she wants Sadge to realize that if everything keeps getting put off 'till "later" and no one attends to all the minuscule details on the list there won't BE a holiday to enjoy!

It's also worth noting that Mercury is having a hard time through the 1st half of this month – it is retrograde and in the sign of its detriment (Sagittarius) to boot. Watch out for "hoof-in-mouth" moments and general misunderstandings during this time and do try to purchase your techie gifts after it goes direct. This planet will also quarrel intermittently with Mars, Neptune, and Chiron. Watch what you say to co-workers, employees, and at work in general this month because chances are you may irritate someone with an offhand comment if you're not careful. Be on your best behavior at the company holiday party and watch your alcohol intake! We'll also have a strong Venus/Saturn theme playing out from about the 12th to the 20th when both planets will occupy each others' signs & come to make contact with one another. Showing good form and manners will earn you high marks, but if you slip up expect that you'll have some 'splainin' to do!

Remember that stress levels will be running high this month with Mars in Virgo. If you screw off and leave someone else to pick up your slack, expect there to be conflict. Get yourself organized and have some sort of game plan going forward, because just "winging it" is not likely to fly. On the other hand, you may also benefit from utilizing a little of Sagittarius' "big picture" perspective from time to time. Not everything has to be PERFECT in order for everyone to enjoy themselves and have a good time, and if you stress yourself out so much that you're irritable most of the month you won't enjoy the holidays at all (and neither will those around you)! Be willing offer help when others need it but also remember to ask for some as well if you need to – there's plenty of work to spread around so don't take on too much. Remember that the holidays aren't just about doing, but being present in the little moments that allow you to savor all the joy and wonder that are part of the season! Sometimes we're so focused on the trees that we can't take in the beauty of the whole forest, so going forward try to temper your understanding with this little tidbit and you'll be fine.

At mid-month during the Full Moon Lunar Eclipse in Gemini this will come to a climax. We have focus not only on trivial details, but also on communication, siblings, and kin. If you plan on celebrating the holidays at Sis' house or Cousin Steve's place, make it a point to keep the lines of communication open and offer to help them out by shouldering some of the burden because it will certainly be appreciated even if this isn't overtly stated. Perhaps you can cook something or offer to pick up Grandma at the airport – you get the idea. Demonstrating your love by taking on some responsibility is going to earn you points with others courtesy of Venus & Saturn. Be the clinch player and show them you are someone that can be relied upon because Santa is watching & will applaud your efforts by the time of the Capricorn New Moon at Christmas!

**BIG NEWS:** I've started a Meetup group for those who are interested in coming together to study and explore metaphysical subjects including astrology, tarot, and related topics – you can learn more about this group and join the community by visiting <http://www.meetup.com/Metaphysical-Study-Group-of-Western-CT/>

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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.

#### **Don't Cry for Me Argentina: The Heart Chakra**

Imagine you are 5 years old and you're being dropped off for your first full day session of Kindergarten. You are scared, nervous, and feeling abandoned. Then, all of a sudden, another child comes up to and offers to share his/her toy with you – and WOH! It just happens to be your favorite toy! You start to realize, school isn't sooooo bad and you've just made a friend. You know now that it's OK to form relationships with people outside your family circle and that comfort and strength can be found in bonding with another person. Fast forward – you're 12 and your first 'boyfriend/girlfriend' tells you that something you think or feel is STUPID. This has quite the opposite affect on your Heart Chakra – now you think that your opinions and feelings don't matter and you might even change your thinking so that this other person will 'love' you. Fast forward. It's your wedding day. You've found someone who has helped you work through traumas of your lower chakras and shown you true love. To find someone willing to help/support you working through your 'baggage' is a rare and wonderful find – but in the end your relationship will benefit from both of you feeling secure, connected, confident, and full of love.

The fourth chakra, or Heart Chakra, is all about your emotional connection to other people and how that affects you. Therefore, it is where issues reside related to forgiveness, compassion, and Unconditional Love (both giving and feeling worthy of receiving it!). It is located at the chest / sternum and its principal element is Air and as such is the balancing force between the physical energies of the lower chakras (Earth) and the spiritual energies of the upper chakras (Sky/Spirit/Ether). In Hindu, this chakra is called Anahata (unstuck) and is represented by the 12-petaled lotus. Travelling up the rainbow light bridge from the yellow Solar Plexus Chakra, this light vibration of the Heart becomes more radiant and fluid... we perceive the color as Green (or sometimes Pink).

Eastern Body, Western Mind by Anodea Judith suggests the Heart Chakra develops from the age of 4 to 7 years. After developing our autonomy, we are now able to work at forming peer and family relationships as well as a persona. So long as the child is allowed to socialize with others and express emotions freely, the Heart Chakra should develop in a healthy manner. Parental recognition of a child's empathic ability is also important in the development of the Heart Chakra, especially in the current generation of Indigo/Crystal children being born. Traumas such as rejection, abandonment, shaming, abuses to the lower 3 chakras, death of a loved one, conditional love, sexual/physical abuse, or divorce can cause damage to the fourth chakra. These traumas can adversely alter the developing chakra but can also severely damage the adult chakra.

### **How to assess your Heart Chakra**

A person with a *balanced* Heart Chakra is able to love self and others unconditionally, express compassion, and seeks peaceful and spiritual connections.

A person with an *overactive* Heart Chakra may behave jealously and express excessive attachment. Love may be conditional and withheld when the individual is displeased. Individual may give too much via acts of service to others, causing them to neglect their own needs.

A person with an *underactive* or *blocked* Heart Chakra might be hypercritical, lack empathy, or feel isolated / lonely. Individual may fear intimacy, feel unworthy of love or even display narcissism.

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

Affirmations: I love myself and all those around me. I see God in all things. I am human and I forgive myself and others. I offer compassion and grace to all in need. I am lovable just the way I am.

Helpful Crystals: Green Aventurine, Emerald, Malachite, Rose Quartz, Rhodocrosite, Jade, Moldavite. 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 F, tuning forks, or singing bowls tuned to F or close to it (e.g. Solfeggio tone 639 hertz). The seed sound of the Heart Chakra for toning is "YAM" (pronounced Y-AHHH-M), and flute/wind instruments resonate well with this chakra.

Meditation/Visualization: Sit in a comfortable chair, relax your muscles (consciously, if necessary), and take 3 deep breathes. Close your eyes and visualize yourself seated in front of a great big wooden doorway, as you might find in the Great Hall of a castle. As you contemplate the door, you know that what's behind the door is something that has been preventing you from realizing the Unconditional Love that you so deserve. Stand up from your chair and walk toward this door. Open the door. There is some effort needed, as emotional issues are never easy to resolve... but as you open the door you can see a symbol representing the Heart Chakra issue you most need to work on right now. This symbol could be a person, an object, a feeling – anything that helps you bring the issue to the forefront of your consciousness. Once you observe the symbol, acknowledge it with words – it could be a simple “thank you” or “namaste” and close the door. Sit back down in the chair, and open your eyes. Journaling the

symbols you receive could prove helpful over time and this exercise can be repeated as many times as necessary, asking for more clarification to get to the root of a problem.

Color Therapy: Bring more Green and/or Pink 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@ahealinghand.net](mailto:tim@ahealinghand.net). For upcoming classes and events, visit [www.ahealinghand.net](http://www.ahealinghand.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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**Gallery Style Spirit Circle**

**hosted by A Healing Hand**

Location: [Hotel Sierra](#), 830 Bridgeport Ave, Shelton, CT

Date/Time: Saturday, Dec 3, 2011 – 7:00PM – 9PM (arrive by 6:45!)

Cost: \$25 per person ahead of time, \$30 at the door

Psychic Medium Barbara DeLong will facilitate a Gallery Style Spirit Circle. A medium is a psychic who has fine-tuned his or her extrasensory perception and can interface with the spirits in other dimensions. They are able to feel and/or hear thoughts, voices or mental impressions from the spirit world. Have you ever seen the TV Show "Crossing Over" with John Edward and wanted to participate in an event like that? Here is your chance!

Purchase your tickets to the Gallery Style Spirit Circle by going to the A [Healing Hand website!](#) When you check out, don't forget to list the names of the people who will be attending. Hope to see you there!

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**Finding Feathers Spiritual Center presents:**

**"Coping with Changes" & "Coping with Grief & Changes Through the Holidays"** – This 2 part event is focused on healthy coping skills & controlling how we react to change & life's unexpected changes.

**Friday, December 2nd at 7pm:** Cost: Free

**Saturday, December 3rd at 7pm: Healing Circle** – A combination of therapies are used to restore the natural flow of energy to the body. Cost: \$75

Location: 395 Commerce Drive, Fairfield (203) 916-7887

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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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I received so much positive feedback from an earlier newsletter in which I discussed the Ascension Process, I thought I'd share this youtube video with you: <http://youtu.be/rKoQ3INIRFA>

**Namaste, my friends –  
"The Divinity within me perceives and adores"**

the Divinity within you"

Laura Lenhard