

# Talisman

Talisman ...

**A Unique New-Age Shop**

**150 Main Street**

**Monroe, CT 06468**

**(203) 261-0047**

**(230) 402-9186**

[www.talismanct.com](http://www.talismanct.com)

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

Facebook: <http://www.facebook.com/Talisman-A-Unique-New-Age-Store>

**May 1, 2012**

**Blessed Beltane - Happy May Day!**

Merry Greetings!

In many instances, women and men who had suffered abuse as children (particularly at the hands of grown men) are often initially drawn to Wicca because it felt more comfortable or "safe" to worship the Divine in a feminine form. Of course, Wiccans/Pagans almost always worship both the feminine AND masculine aspects of Divinity (ie Goddess/God) but sometimes emphasis is placed on the feminine to offset the unbalanced energy caused by the intense focus on the masculine by patriarchal religions (Muslim, Judaism, Christianity).

Since we celebrate Mother's Day in May, I thought it appropriate that we spend some time focusing on The Goddess - our spiritual Mother!

Growing up Catholic, my affinity towards Mary the mother of Jesus, began at an early age. Far from a punishment, walking to Church with my brother was an escape from the fighting and unpleasantness of home. Mary seemed so kind, loving and understanding - it felt natural to direct my prayers to her. To this day, I continue to collect and display Mary art and statuary in my home. For me, she is representational of the feminine Divine in the role of mother and healer - as is another beloved goddess, Kwan Yin/Tara. I'm not exactly sure at what point little-girl sadness turned to grown up rage, but I'm fairly certain it coincided with the onset of puberty and my leaving home at fourteen. And by then, mythical tales of warrior queens and goddesses, females who kicked ass and took names later - thrilled and compelled me; stories about virgin martyrs and saints could never compare!

In her book *"Celtic Women's Spirituality"* (Llewellyn, 1998) Edain McCoy notes that *at the time that Celtic society flourished, women had not been routinely starved, corsetted and given debilitating drugs to curb unfeminine ambition. These were not the emaciated models of our own time who make a living out of destroying their natural bodies for the sake of attaining a culturally approved appearance; nor were they fragile Victorian flowers who had to be carefully tended by their menfolk lest they wither - but women who were confident that they were the equal of anyone just as they were.* And so the Celts provide us with some of the strongest, most archetypically accessible images of strong women onto which we can focus our spiritual impulses - along with warrior goddesses such as The Morrigan and Scathach. The Celtic goddess known in Ireland as Brighid, in England/Wales as Brigantia and in Gaul as Brigindo - was a goddess of fire, childbirth, inspiration, fertility, medicine, music, animal husbandry, crafting, and the patron of warriors and children. While early churchmen tried to eradicate her worship by linking her to their made-up St. Bridget, Brighid's image as a Goddess of fertility is retained in Modern Ireland through the many holy wells that still bear her name.

But the Celts are not alone in offering inspiration for living in feminine power and strength. African spirituality sees the Creator as a mother goddess connected to the earth and human fertility; Ymoja (Yemaya), Oshun and Oya represent the forces of nature, the wisdom of the ancestors and dynamics of culture. When the estimated 20 million Africans were exported to the Americas as slaves, they were forced to worship the icons and saints of the Catholic Church. So the Africans identified their goddesses (and gods) with the saints and superimposed their images onto these - and in this way maintained vestiges of their mother culture and generated other spiritual traditions such as Candomble, Santeria and Voudoun.

The Horned Goddess (Hathor/Isis) is the oldest divine being in ancient Egypt, with rock images dating back 7,000 BCE (before the Common Era). In Mexico City, the Virgin of Guadalupe is honored at a sacred site - but long before Hernando Cortez marched on the Aztec Empire, a goddess named Tonantzin (Our Mother) was worshiped there, at Tepeyac. The Japanese religion "Shinto" has its roots in a shamanism practiced by women. Early Chinese civilizations saw female shamans mediate between this world and the world beyond; these female religious leaders did not survive into later historical times and a philosophy which sees the feminine as a passive force.

The goddess Sarasvati is invoked in the Rigveda (sacred hymns to Indian deities composed in approx. 1200 BCE). A goddess of bounty, wisdom, music - she "places the

fetus in the womb, but dashes to the ground those who hate the gods." The earliest Greek goddesses Hera, Artemis and Athena (roughly 1600 BCE) later became important figures in the Greek Olympian pantheon. And in Native American tradition, in Eastern North America women produced the crops and exercised a strong measure of control over the affairs of men. Clan mothers could veto any decisions made by the great civil chiefs if the women felt such decisions were not in their best interests. One of the Lakota's most sacred objects, the Sacred Pipe, was given to humanity by White Buffalo Calf Woman. A common theme among native spirituality, regardless of tribe, is that women are life-givers - the source of all that is alive and all that is sacred.

All this begs the question: What does your personal Goddess look like?

My devotion to Kali-Ma is constant; her shrine at Talisman has many visitors and monies collected are donated to The Bridgeport Shelter for Abused and Battered Women & Children. Kali is not a Death Goddess, nor does she request blood sacrifice. It is important to remember that she is responsible for the killing of demons who were bent on the destruction of the world – not humans. Rather, Kali causes the burning and destruction of all limitations, preconceived ideas, erroneous conceptions and illusions regarding our individual existence. She eradicates worn-out thoughts and beliefs that no longer serve us – and not always gently, as she uses a machete-like sacred sword to quickly do the job. Her specific action is necessary for protecting us from harmful impulses and for guiding us in spiritual growth. She is the Mother who purges us of fear, anger, jealousy and grief – then nurses us back to balance in the ultimate act of soul-healing. Kali represents embracing the shadow, facing fear head-on, and radically transforming your life. Beneath her frightening appearance lies the truth ... that life, sometimes fraught with suffering, is rooted in joy.

So then, I am proud and pleased to call myself a Witch - to believe in a religion that views women as powerful life-givers and the source of all that is sacred; and to find joy in the act of worshipping an aspect of divinity that wears a body like my own. To that end, let me share this video <http://youtu.be/5nI2ajUv-rc> along with my fervent hope that all of you, female or male, will find an aspect of the Divine Feminine within each of yourselves.

**Goddess Bless Us All !**

\*\*\*\*\*

**NEW-AGE FEST**

**Saturday, May 5th**

**12:00pm-6:00pm - (203) 261-0047 for appointments**

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

Andrew, Tarot  
Lattoria, Spiritual Healer  
Patty, Crystal Ball Readings  
Rachel, Tarot and Pet Psychic  
Tammie, Chair Massage (\$1/minute)

**Saturday, May 19th**

**12:00pm-6:00pm - (203) 261-0047 for appointments**

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

Gwen Gangi, Pet Psychic  
Jessie Shippy, Spirit Guide Drawings (\$40/40 minute session)  
Lattoria, Spiritual Healer  
Melissa, Tarot  
Patty, Crystal Ball Readings  
Sierra North, Shamanic Journey to find your Power Animal  
Tammie, Chair Massage (\$1/minute)

\*\*\*\*\*

**Workshops at Talisman**

**RSVP (203) 261-0047**

May 5: **Introduction to Huna** taught by Andrew Neblett, 6:30-8:30 pm - Cost \$20  
Huna - The Ancient Shamanic, Healing, Spiritual and Philosophic Principles of Hawaii.  
Come and learn about: Background of Hawaii; The Ten Elements that make up men and women; Different types of Mana – Life Force Energy; The “HA” Rite; How to build up Mana and use it for healing and charging; How to use Mana to BEND A SPOON; What is a Kahuna; How to “Pray” correctly and charge it with Mana; and The 7 Part Philosophy. You will leave this class feeling great, energized and quite possibly with a completely new outlook on life!!!!

Friday, May 11 **Prepper's 101** - Presented by Jon Nowinski, Director, The Smoking Gun Research Agency. 6-8pm. Donation.

Preparing yourself, and your family, for a disaster scenario is something everyone should take seriously. While most think of “prepping” as getting ready for some global end of the world event, an event on a local level can affect us just as much. How many people were wholly unprepared for the summer hurricane and the October snowstorm? These two recent events also showed us that people cannot rely on the state or federal government to be able to assist them right away. You may be left on your own for up to 3 days... or more. This presentation will include several possible scenarios – from local to global – that we could face in the next few months and years, and provide suggestions on how to be

prepared. We will also discuss and demonstrate items that can be purchased and stored for the event of an emergency, as well as things that everyone should keep in mind. Handouts will be provided to participants.

Friday, May 18: **Energy Clearing Techniques Workshop** 6:30-8:00pm \$10

Spring is the time of year that we all get out our dusters, mops, and brooms and finally get to all the cleaning that we have been too busy to keep up with over the winter. Spring is the season of renewal and new beginnings. It is the time for planting of the seeds of creation, both in the physical and in the spiritual realms. In order for those seeds to flourish and grow we need to do a little “gardening or spring cleaning” for our energetic bodies and environment. In this workshop you will learn many different techniques for clearing/removal of old and stagnant energies from your own aura and from your environment. You will learn about ancient Shamanic smudging techniques and tools, including which herbs are right for what circumstances. You will learn about the usage of sound, vibration, and color in energy clearing. Utilization of the proper techniques of energy clearing can have a direct impact on your overall physical, emotional, and spiritual health. You will feel lighter, more balanced and have a more optimistic outlook on your life circumstances and be in a much improved position to create positive changes in your life. Energy clearing techniques are also an integral part of all manifestation or law of attraction work as you need to make energetic space for the new seeds of creation to take root! All participants will get to experience all energy clearing techniques and will have plenty of practice time during the workshop. We are all teachers and messengers of spirit, so no level of training or ability is required. If you have a drum or rattle, please bring one with you. Wear comfortable clothing and bring a notebook, pen, and water to drink. Please refrain from wearing any perfumes or strong deodorants.

May 26 **Tarot 101** taught by Laura, 3-5pm, Cost \$10 (rescheduled from May 12 - the date of my daughter's senior prom!)

In this popular class, we discuss tarot philosophy and methodology - then take turns throwing cards and learning to read. Please bring your own cards with you, Laura has been reading tarot for over 25 years and designed this class for beginner/intermediate students.

June 9 **Healing at Talisman** by Tim Bshara/A Healing Hand, 30/60 min sessions by appointment

Now that “Energetic Expressions” has helped everyone learn a little more about the chakra system, A Healing Hand will be offering Energy Balancing sessions at Talisman.

This will involve a combination of: \*Reiki (focusing universal life energy through the hands), \*Sound Healing (utilizing tuning fork vibrations to balance your energy), and \*Crystal Healing (placing crystals on and around the body to align your energy with that of the crystal). At the very least, the session should be deeply relaxing – but as one’s energy field integrates with the physical, mental, emotional, and spiritual bodies a balancing sessions could have other positive effects on the client. Sessions can be 30 minutes for \$40, or 60 minutes for \$70 - appointments should be made, call (203) 261-0047.

Sunday, August 5 **Reiki I** taught by Cathy Kane, 10am-5pm - Details to Follow

August 25 **The Alchemical Tarot** by Rosemary Guiley, 10am-4pm, \$100 incl. deck and book

Learn a new perspective on the Tarot with one of the most powerful decks in modern usage, co-created by artist Robert Michael Place and Rosemary Ellen Guiley. *The Alchemical Tarot* opens subtle and profound insights with the symbolism of alchemy. The inspiration for the deck flowed out of dreams and visions experienced by Place and Guiley, and Place’s contact with the spirit of A.E. Waite, the Golden Dawn occultist who co-created the Rider-Waite deck.

The day-long workshop covers: the basics of Tarot; introduction to alchemy; immersion in the symbolic language of alchemy through meditational exercises; practical applications for spiritual and visionary work; reading formats designed by Place and Guiley. Cost of the workshop includes the deck and booklet, a \$30 value. Guiley is also co-author with Place of *The Angels Tarot* and is author of *The Mystical Tarot*.

September 8 **Unseen Warfare: Djinn, Shadow People and Extraterrestrials** by Rosemary Ellen Guiley, 3-5pm, \$25

The ET abduction phenomenon is not what you think. For several decades, reports of kidnappings by “grays” have featured “grays” who take people away for sexual and genetic manipulation, perhaps for a hybridization program. Rosemary Ellen Guiley presents a ground-breaking new angle based on her in-depth research of Djinn, Shadow People and ETs. The evidence has been hiding in plain sight for decades. She is the author of *Guide to the Dark Side of the Paranormal*, co-author of *The Vengeful Djinn*.

September 16 **Reiki II** by Cathy Kane, 10am-5pm Details to follow

September 22 **Mabon Celebration/Ritual** The Circle of the Sacred Well

September 29 **Ouija: Yes or No?** by Rosemary Ellen Guiley, 3-5pm, \$25

The Ouija talking board is the most controversial spirit communication device in popular use – and also the most feared. Is it really an automatic doorway to the demonic, or a harmless device that has gotten a bad rap? Rosemary Ellen Guiley has had extensive experience with the Ouija and has spent several years investigating its history, use, characteristics and phenomena. In 2007 she was selected by George Noory to participate in a live, on-air demonstration of the board on *Coast to Coast AM*, which generated intense reaction. She presents an objective and unvarnished account of the good, the bad and the shocking about talking boards. She is co-author of *Oujia Gone Wild!*

Sunday November 4 and 11 **Wicca University**, The Circle of the Sacred Well -  
Introduction to the history and practice of Wicca

Join us for this two-day workshop that covers all aspects of the Wiccan religion. We will trace 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 and provides an overview of the Wiccan belief system. It also discusses Wiccan concepts regarding the Divine and provides details about the Elements and the Elementals. There is an overview of the Wheel of the Year - Sabbats & Esbats included. The Wiccan ethical system and details of the concepts and methods involved in creating sacred space are also discussed, along with ritual construction and altar set-up. The class will conclude with an open discussion of the challenges of living the Wiccan religion in a modern world. **Cost: \$ 125.00 for the whole course** Includes all handout material, along with a binder with subject dividers in which to place the material. A great start to your Book of Shadows!

\* \* \* \* \*

### **Talisman's Regularly-Scheduled Readers**

**(203) 261-0047 for appointments (Cash payment requested)**

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

Mark Hoyt: Spirit Guided Tarot - Fridays 2-8pm. \$25/20 minutes. Reflexology treatments available by appointment.

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

Saturday, May 12: Whole-Life tarot readings with Gwen, \$25/20 min.

Saturday, May 26: Greek coffee readings with Elpida, \$30/25 min.

Introducing our new Sunday reader, **Kelly Oullette**, who will be at Talisman from 12-4pm beginning May 6th. She is taking this spot over from Starr, who will be launching her own

shop at Captain's Cove this summer - and we wish her the best of luck in her new endeavor!

Kristy Ouellette is a medium, clairvoyant and reads tarot cards. As a spiritual counselor she can communicate with both human and animal spirit. She has been certified as a Reiki healer which has enriched her energy work. Dedicating her life to helping people is her goal, she believes only we can help ourselves. Kristy's pastimes include creating culinary delights, spending time in the outdoors and other artistic endeavors. Her interest in religion and worldly spiritual practices has only grown in age. Early in life she was told she was sensitive and life seemed confusing dealing with people as an empath. She was blessed with a close relative who was also psychic and gave her guidance. In her late teens she bought her first deck of tarot cards while visiting Woodstock, New York and for the next few years experimented with reading for friends. Once interested she took some tarot reading classes at Danbury's Purple Moon where she later worked for almost a year before they closed a few years ago. After working at Purple Moon she worked for the PHD doing psychic fairs all over Connecticut. Currently she is Talisman's new tarot reader on Sundays; Fridays nights at Molten Java in a Bethel as well as available for private readings. Her feelings are strong that Tarot readings should not be abused - they are meant as a tool to help enrich and enlighten the lives of the person who seeks guidance. It is crucial that each individual lives their own life for themselves: Only we hold the key inside that will unlock any door that seems closed.

#### **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! Our party rates are \$60 an hour, plus gas/mileage. Please make all scheduling arrangements through Laura at (203) 261-0047.

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 takes her own special brand of healing massage/Reiki/journeywork/mediumship on the road, so to speak - "Have table/will travel!" - is a licensed aesthetician and 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.

Laura: I do special, in-depth readings by appointment. My 45+ minute private sessions include a chakra check up, a print out and review of your astrological natal chart, tarot and

palm reading, and more! (\$40). Call the shop for an appointment, as I schedule these when the shop is closed or after-hours. Yes, I still do \$5 readings but these are done in-between phone calls and waiting on patrons - you can't make an appointment, and I do get interrupted. As long as there are no other readers in the shop (because they drive in from a distance and it's not fair to them) I am always happy to peek at someone's palm or throw a few cards, so don't hesitate to ask!

\*\*\*\*\*

**The Circle of the Sacred Well at Talisman**

**Event: Wiccan/Pagan Study Group - Meditation Workshop**

**Date: May 15th ~ Time: 7:30 p.m.**

Join us for this monthly study group that covers various pagan and New Age topics. This month, we have a special guest speaker, Elena Lane. Elena will be facilitating a meditation workshop and providing tips and advice on how to get more out of your meditation sessions. There will be breathing and visualization exercises, as well as a guided meditation. This workshop is suitable for all experience levels.

**Event: Circle Open House**

**Date: June 8th ~ Time: 6:00 p.m. to 8:00 p.m.**

Join us for this semi-monthly Open House as we gather for a social evening of food and conversation. This event provides an opportunity to learn more about the Circle and its members and to spend time with like-minded people to discuss various pagan and New Age topics, as well as music, movies, etc. Refreshments are provided.

**Event: Wiccan/Pagan Study Group - 'Make Your Mojo' Talisman Workshop**

**Date: June 19th ~ Time: 7:30 p.m.**

Join us for this monthly study group that covers various pagan and New Age topics. This month, there will be a 'hand's on' workshop during which participants will get the chance to create their very own 'Mojo' talisman. This creative workshop will be a lot of fun. This is a 'Craft' workshop. Participants will be working with paint, glitter, feathers, beads, stones and more as they decorate their own personal Mojo talisman, so please don't dress up!

\*\*\*\*\*

**Community Events**

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. Our very popular Wednesday “Coffee Talks” are held from 7-9pm. Weekend hours vary depending on the SGRA’s outside events schedule. The events are open to anyone, whether you are a member of SGRA or not, and the cost is only a \$5.00 suggested donation per class, and those participating will have the opportunity to register for discounted preparedness items that will be presented and worked with throughout the series. You do not need to attend every workshop in the series, and there will be a few activities presented to cover past discussions in other formats. For more information feel free to contact us at [sgra@sgra.org](mailto:sgra@sgra.org) or (203)247-0310. You can also visit our website ([www.sgra.org](http://www.sgra.org)) or Facebook page (<https://www.facebook.com/SmokingGunResearchAgency>) for information. Talisman customers receive a 10% discount on any classes, events, or items from the SGRA, just mention where you heard about us!

\*\*\*\*\*

**A Day of Healing Workshops by A Healing Hand (May 12)**

As you can probably tell from the series of articles A Healing Hand has been writing for the Talisman newsletter, we believe wholeheartedly in helping people to maintain their energetic balance. As such, we hope you will join us for a wonderful event that we are hosting - A Day of Healing on May 12, 2012 in Shelton, CT. This event will involve 7 x 90-minute workshops throughout the day on various healing topics as well as intuitive readers, healers, and vendors on the other half of the room. The more workshops you sign up for, the bigger the discount on the admission fee – and the biggest discount is for a full-day pass! May 12 is the day before Mothers’ Day – why not treat your Mom to A Day of Healing? The full day pass + bring a friend option includes 2 x \$20 vouchers that you can use with the Vendors/Readers/Healers throughout the day. As a token of our appreciation to Laura at Talisman, and to you for reading the Energetic Expressions articles, you may use coupon code “**TALISMANFIVE**” at checkout to save \$5 off any registration.

<u>Start Time</u>	<u>Instructor</u>	<u>Workshop Title</u>
9:00AM	Andrew Neblett	<a href="#"><u>Intro to EFT and Energy Psychology/Medicine</u></a>
10:30AM	Karen Cote	<a href="#"><u>Intro to Shamanism &amp; Shamanic Healing</u></a>
12:30PM	Keri Uihlein	<a href="#"><u>Intro to Healing Meditation &amp; Archangel Raphael</u></a> <a href="#"><u>Guided Meditation</u></a>
2:00PM	Deana Paqua	<a href="#"><u>Intro to Crystal Healing</u></a>
3:30PM	Rachel	<a href="#"><u>Practical Intuition</u></a>
5:00PM	Sara Thornton	<a href="#"><u>Practical Intro to Healing with Herbs</u></a>
6:30PM	Tim Bshara	<a href="#"><u>Your Aura, Chakras &amp; Energy</u></a>

\*\*\*\*\*

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 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.

\*\*\*\*\*

Fairfield County has a wonderful new spiritual resource center - my friend Kim Hallas' shop "Mystical Parlours" which opened in February. Her vision is to offer a new paradigm in business where people will gather to explore alternative options of diet, energy work, exercise, meditation, nutrition, religion, spirituality & wellness - while selling products conducive to that end to explore and stimulate the body, mind & spirit. There is an incredibly broad array of classes, events & workshops – check the schedule (<http://www.mysticalparlors.com>). Mystical Parlors also offers a wide selection of retail items including: aromatherapy, art, over 500 books, candles, crystals, essential oils, over 70 herbs, incense, jewelry, music, statues, stones, tarot cards, and novelty & spiritual gift items. Conveniently located across from Klaff's - easy access from I-95 or just one block from the South Norwalk Train Station. 10% Discount to CWPN, Freemasons, Fire & Police Personnel, O.T.O., Seniors, Students, and Veterans with proper I.D.

\*\*\*\*\*

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!

\*\*\*\*\*

Veteran reporter (and good friend of Talisman!) Tony Spinelli has self-published a new nonfiction book on Scribd, his 7th on this popular self-publishing website. The book is entitled "Pressing On: Building Muscle Mass Past 50" and is a guide to weight training, nutrition, exercise and supplements for mature adults. In this book, he also describes methods of exercise from the Asian martial arts to compliment the weight training He is a Second Degree Black Belt in Korean Hapkido and a Master/Teacher of Japanese Ursui Reiki. He has also studied Yoga and meditation iwth instructors including the late Sri Chinmoy.

Tony lives in Seymour, Connecticut and his other interests include self publishing music. His latest indie album, "The Last Remake of Beau Geste," has spawned one No. 1 and two No. 2 singles on leading indie music station [www.hardcoremix.com](http://www.hardcoremix.com). For more information, or to order a copy of "Pressing On" email Tony at [www.tspin59@yahoo.com](mailto:www.tspin59@yahoo.com).

\*\*\*\*\*

### **Astrology Corner**

**By Alethea Hunt, Talisman's Resident Astrologer**

We have a very anchoring influence in play **twice** during May, once at the outset and then again mid-month with several bodies connected together via a series of Earth trines! This provides a pleasant mix of productivity combined with stability - perhaps you're attending to chores and small tasks, job or financial matters, yard work, or tweaking your diet in preparation for summer – these are all types of activities favored by the Earth signs and any of the above would certainly be beneficial ways to channel this energy.

A head's up to mind your mouth & manners at the beginning of the month as well - Mercury in Aries will be opposite Saturn and Libra and this will culminate around the 5th so there could be some unpleasant consequences if you pop off at the mouth and don't heed this warning. Avoid rudeness, swearing, saying things in a sharp or cutting manner, being loud, obnoxious, or confrontational, and also avoid a tendency to interrupt as these kinds of behaviors are likely to grate on others and you may wind up with a fight on your hands if you're not careful.

In other news, Venus entered Gemini last month and she'll be staying here until August courtesy of a retrograde. This is going to make for a very socially active summer full of backyard BBQs and local gatherings because Venus in Gemini loves to socialize and favors relating (a Venus keyword) in the neighborhood or in other local environments that can be reached via a quick car ride as Gemini has to do with our immediate locales. Venus also rules money, so expect to see people spending more money on short weekend trips than on extended vacations that require a flight since this is the sign of

short-distance travel. Think the Tri-State area, Mass, etc. as well as “staycations”, which will likely be quite popular this summer. Speaking of transportation, the retrograde period (which starts mid month) is **NOT** a great time to buy a new car or phone (which is ruled by Gemini as well) so do avoid this if you can.

In other areas, Venus in Gemini is naturally a chatty gal so you may hear a quite a bit of gossip floating around during her stay in this sign. Once this retro gets underway mid-month you can also expect people you’ve not heard from in a while to pop up, or perhaps it is you who will be trying to reconnect with others. Relationships with siblings and/or neighbors may be highlighted in particular during Venus’ stay here as both of these are Gemini’s turf. On a related note, as she turns retrograde this planet will be in a tight trine to Saturn in Libra and this will have people re-evaluating their commitments to others on a broad level. Gemini is intellectual and of two minds and this is actually a smart time to do this, because we don’t have long now until Saturn leaves Libra for good. Do not be surprised if under this retrograde someone backs out of a commitment, but if so it’s as it should be. You want your relationships to be nothing but rock solid as Saturn prepares to exit Libra and ambivalence is certainly no way to achieve this.

We have a Solar Eclipse occurring at the zero degree mark of Gemini late on the 20th. Solar eclipses happen at New Moons and as such they represent a super-charged new beginning, so set your intentions for clear thinking, improved communications, better relationships with siblings or neighbors, and/or to learn a new skill or improve on an existing one that perhaps has been taken for granted for these are all Gemini’s dominion.. This eclipse will also be tangling with Neptune so know in advance that you may have to rely on a synthesis of intellect and intuition to manifest your intention – you might want to try visualization, meditation, or prayer as you set it. I would also recommend verbalizing your intention clearly and/or writing it down so that the Universe hears you loud and clear on this – Gemini has much to do with talking and writing while Neptune can represent Spirit so don’t be afraid to hold a conversation with Divinity on this night. You may just get a message or news of some kind in reply.....

**\*\* 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!**

\*\*\*\*\*  
**Welcome to Energetic Expressions**

A Healing Hand welcomes you to our column in the Talisman newsletter that focuses on all things Energy. Having just wrapped up our introductory series on the seven chakras, we'd like to dive deeper into different ways you can balance them. These methods range from receiving assistance to self-work and from life path dedication to a half hour gentle kick-in-the-butt session. It does not have to cost an arm, a leg, and your first born child to balance your energy, but your experiences and training do have to start somewhere... and as great as books are, it does help to have an experiential component to your learning process.

### **Energy Healing Modalities**

Reiki, Therapeutic Touch, ThetaHealing, EFT, Polarity Therapy, Quantum Touch, Reflexology, Jin Shin Do, Healing Touch, Reconnective Healing, Energy Medicine, Sound Healing, Crystal Healing and the list goes on. What do all these techniques have in common? Their goal is to balance the energy flow in the body, and as you know from the previous series on chakras, imbalanced energy can potentially lead to a slew of personal roadblocks.

How does energy healing work? Good question. The human body is surrounded by an electromagnetic energy field (the aura) and science can easily substantiate its existence. Because this energy field emanates from the body, the two are intrinsically linked. You cannot affect one without affecting the other. A headache may be causing you physical pain but it is also causing a disturbance (usually) in the energy around your head, neck, or shoulders. By rebalancing the energy around your head, you can often wipe away the corresponding symptom in the physical body.

If you haven't yet discovered it, you will find that energy healing is highly versatile and wildly expansive. When one learns a system such as Reiki, often they are encouraged to practice, to explore, and above all to heed the wisdom of their intuition. Sometimes this entails the enhancement of the basic system that was learned, and renaming as something new. Reiki is rather famous for its vast number of flavors – there are *definitely* more flavors than Baskin Robbins has! Rainbow Reiki, Dolphin Reiki, Crystal Matrix Reiki, Shamanic Reiki... again, the list goes on.... One thing to keep in mind with all energy healing modalities – no one system is better or worse than any other. A person will find the right modality at the right time – and since each person is different, the same healing system will not resonate with everyone! As a practitioner, that is why I prefer to have multiple healing modalities in my 'bag of tricks' so that I can effectively help my clients.

### **Diagnostic Tools**

As an easy and fairly inexpensive way to check your chakras you can start with a pendulum. For those who don't know, a pendulum is a weight suspended from a pivot that can swing freely. In the metaphysical realm, pendulums are often made of wood, metal, glass, or crystal suspended from a chain of some kind. They can be used in divination but most of my personal experience with pendulums is from energy balancing. Not only can you use a pendulum to check the status of the chakras (open, closed, off balance, etc) but the pendulum itself can also act as a tool to balance the energy. A pendulum, assuming you've already 'made friends' with it, should listen to you and your intentions. You ask it "show me an open chakra" – and perhaps it shows you a clockwise circle. You ask it "show me a closed chakra" – and perhaps it shows you a counterclockwise circle. Note – these responses will vary from person to person and from pendulum to pendulum... hence the need to make friends with your pendulum before buying it. Once you know the signals you can hold the pendulum a few inches above each chakra and determine whether it is open or closed, or something in between. If a chakra is closed or blocked, you can balance it by sending your intention to the pendulum to spin counter-clockwise. The motion of the pendulum in the chakra will "spin out" the energetic debris and help to open the chakra. When the pendulum stops spinning, you know it is done extracting and you should balance the chakra by intending for the pendulum to spin clockwise. Pick one made from a gemstone and you're now wandering into crystal healing! Often, new forays into various energy systems are made as simply as that. Try it out – let me know what your experience is!

However, and I may be a bit biased, I believe the simplest way to assess one's energy field is with an aura photo. You can get just a head shot with older models or get a full body aura & chakra image with newer systems. With newer systems there is a LOT of information packed into it! Based on the size of your aura, the brightness, the colors and where those colors show up, we can tell you about the kind of person you are, your life path, and how people perceive you. Based on the status of your chakras we can give you insights into how your life experience is impacting your energy, and things you can do to bring your energy back into balance. The aura photo in itself is not an energy balancing, but it can bring to light the status of your chakras and help you connect the dots about various scenarios in your life. By bringing awareness to the situation and how it's impacting you, you can deal with it in a healthy fashion which will positively impact your energy field. Ultimately, the most effective healing comes from within – healers can help you along the path, but in the end it is your desire to change and to heal that will have the greatest impact.

\*\*\*\*\*

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

**Laura Lenhard**