

Talisman

Talisman ...

A Unique New-Age Shop

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June 1, 2012

Merry Greetings!

I trust I am not the only one amazed at the speed in which 2012 is zipping along -- we're almost halfway through the year, wow! And in honor of Father's Day, I'd like to discuss The God; which also makes things fair as May's newsletter was devoted to The Goddess in honor of Mother's Day.

Neopagans and Wiccans often focus on the Goddess, in part to bring balance to our patriarchal society. But it would be a mistake to ignore or diminish the very real power of the Masculine Divine. I am most certainly a daughter of Apollo, loving the brilliant sun just as much as the mysterious moon, and enjoy greeting him early each morning when I am out feeding my chickens with a big wave and "Good Morning"! It is not unlike the casual (but loving) relationship I shared with my own human father. On my altars I also have images of Chango and Shiva - very masculine, very sexy. I'm not sure if any Christians, Jews or Muslims view their masculine god as virile but it is definitely the way I view my own!

But, I was raised Catholic. And while I always felt a pull to Mary, and it was to her I directed my prayers, I do have an affinity and love for Jesus. I may view him differently - as an Ascended Master, rather than THE Messiah - but that doesn't mean I do not have respect for his teaching. In fact, Jesus always felt like a spiritual brother - so very kind and accepting of everyone he met. There is reason to believe He spent seven years in India, studying Buddhism, and what is written of him appears to support this. Certainly, His teachings bear a marked resemblance to the Buddhist path.

Author Phyllis Curott wrote in her book ***Witch Crafting*** (Broadway Books, 2001) a better overview of the Masculine Divine than I could ever hope to research and pull together! Actually it's a brilliant book, one you should have in your personal library if you are so inclined. I am going to quote the book directly, straight from the chapter entitled "The God", rather than reinvent the literary wheel (so to speak).

Going outside and into Nature is a sure way to experience The God. But in our culture, we've almost completely forgotten about the God who dwells in Nature. The Green Man is a mystery to modern folk, but he's one of the most ancient and magical Gods. The Green Man is the God of Vegetation, the life force embodied in the plant creatures of the natural world. He wears a leafy crown and his image is found all over the churches and cathedrals of England and Europe, a surviving reminder of the Old Ways. His energy is gentle, patient and joyful - and like the Mother Earth, He nourishes.

The pre-biblical cultures of the Middle East honored the Sun as the fertilizing partner of the Great Mother Earth. The Egyptians called Him Ra, the Greeks Helios, the Romans called Him Sol, the African Yoruban tribe called Him Shango, and the Scandinavians called Him Baldur. He is also an ancient embodiment of spiritual fire and wisdom. The early Pagan appreciation of the Sun's energy as the force that draws forth the Earth's capacity to bear life is a powerful model for men seeking to retrieve their own power and to create positive, dynamic relationships with women. If the Green Man is the God of Growth, the Sun is the power that makes the Green Man grow. His energy is powerful, invigorating, wise and illuminating. The Sun God teaches you the natural movement of energy - expansion followed by contraction followed by expansion. Learning to attune your psyche to the Sun's great energies enables you to make magic that can fertilize and empower your spells ... and your life.

The Horned God is almost as ancient as the Great Earth Mother. He is the God of Nature, the Lord of the Forests and the Animals. He dances upon the walls of the prehistoric caves of Lascaux, France - part man, part stag. Surrounded by the animals upon whom life depended as much as the plants of the Earth, He is the God of their life force. His figure, as God or shaman, is painted upon the walls of this deep cavern, for He is also a force of fertility. Horned Gods are Gods of animal power, of sexuality and strength, freedom and instincts, wildness and the body (embodying these qualities in ways that you won't find in the Green Man and the Sun God). He is the stag or antlered God called Herne or Cernunnos amongst the Celts and the British; and He is depicted as a bull by the Greeks, Romans, and the Egyptians as Dionysus (and the Minotaur); Poseidon, Neptune, Apis, and Osiris. And He's the randy Goat-Foot God, and Pan, known all over the pre-

Christian world and bearing no resemblance whatsoever to the Biblical demon Satan (but His goat image was misappropriated by the Church to depict Satan, as a way of demonizing the Pagan God). The Horned God is the power of our instincts, our ability to "smell" danger, and to immediately know all we need to about a situation or person. The world is full of magic, but we need our animal selves to sense and enjoy it.

Perhaps one of His greatest blessings is the "fire in the belly," for the Goddess may be the belly, but the God is the fire within it. The "fire in the belly" is the power to create, engage, analyze, and assert. It is the power that breaks down barriers and brings forth a new vision of life. It is also the power of unbridled lust and sexuality (interestingly, it's the "male" hormone testosterone that gives women their sex drive). The God is the fuel to your fire, and the fire that burns within you. The God restores to women the power to do all the things we were told good girls don't do, and all the things the culture wouldn't let us do: The power to be smart, funny, loud, outrageous, badly or devastatingly dressed, fat, skinny, strong, athletic, independent, passionate, pissed off, visionary, difficult, easy ... and yourself. And doesn't it feel good?

A man, or woman, who has drawn in the God as Horned God, Sun God, Green Man, or any other form will be forever changed. You must be prepared to have Him shatter the confining constraints that society has placed upon you, whether you are a man or a woman. A living, present God grounds you in the magic of your life, your emotions, your desires, your impulses (both creative and destructive), your instincts, your body, and your sexuality. Invite Him into your life, and He will come playing pipes and dancing in wild and estatic welcome. Leave your home, walk out into Nature, and He is everywhere. Look into your life, and you are His magic. The God dwells dancing within your life. When you live it fully, joyfully, and courageously, you are expressing His power and His presence in yourself and in the world.

May The Gods Always Smile Upon You!

NEW-AGE FEST

Saturday, June 2

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

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

Lattoria, Spiritual Healer

Leah Joy, Palmist *

Patty, Crystal Ball Readings

Melissa, Tarot

Rachel, Tarot and Pet Psychic

Tammie, Chair Massage (\$1/minute)

Introducing: LeahJoy started professionally reading palms in 2006 by “chance” when her boss needed a last minute replacement for a one time event. That event led to many others, including private parties, proms and corporate events throughout the Los Angeles area. It was during this time that LeahJoy rediscovered her childhood hobby and opened a door that had been closed for way too long. LeahJoy has a ripe curiosity of all divination tools and enjoys using the pendulum, muscle testing, astrology, tarot and oracle cards. She uses them as gateways into the great intuitive ocean of information. Her intention is to help individuals discover aspects about themselves that will help them to heal, deepen their wholeness, learn and attune themselves to the loving essence of life and humanity. She is also a certified Riki practitioner.

Crystal “Trunk Sale”: Tim Bshara of "A Healing Hand" will be teaming up with Talisman on Saturday, June 2 to offer a wide variety of crystals for sale. Choose from our 90+ varieties of tumbled stones, or pick up a fabulous quartz or smokey quartz pyramid, labradorite freeform, chrysanthemum stones, chakra balancing kits, Buddha blankets, chakra banners, sacred geometry crystal sets, multiple types of crystal candle holders, AND some hard-to-find items like Moldavite and Green Tourmaline! Stop by and peruse the selection!

Saturday, June 16

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

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

Barbara DeLong, Cosmic Deck of Initiation

Gwen Gangi, Pet Psychic

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

Wednesday, June 6: **FREE Reiki Drumming (by appointment)** with Sierra North. Time: 5-7pm. 15 Min. sessions. You can choose to receive shamanic reiki drumming or a mini reiki treatment..

Saturday, June 9: **Healing Sessions 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.

Friday, June 15: **Ceremony and Ritual for the Solitary Practitioner** - by Jessica Hunter. \$15.

Ceremony and Ritual are the personal and beautiful ways that we connect to the divine through our own expressions and practices. This workshop will encompass basic aspects of Ceremony and Ritual from the perspective of a solitary practitioner in pagan and shamanic earth based traditions. An overview of how to perform Ceremonies and Rituals will be discussed from an open perspective that appreciates all paths and traditions, in addition to an overview of the major holidays – the Equinoxes and Solstices, Cross-Quarter days, Lunar Cycles, and Esbats. A basic foundation of Ceremony and Ritual practice will be outlined so that participants will be able to create and personalize their own Ceremonies and Rituals for personal practice. All levels of practice and paths welcome to attend!

Saturday, June 30: **Reiki Share at Talisman**, hosted by Jessica & Jim Hunter, from 12:00-2:00pm.

From 12-1pm, practitioners will share amongst themselves; then from 1-2pm we will give **free** 10 minute “sample sessions” to the public. So if you have never experienced Reiki before, this is a great opportunity to do so! Practitioners, please note the guidelines below. Let’s gather together and share, give and receive Reiki! All Reiki levels and Lineages welcome to attend! There are no fees for these Reiki Shares ~ this is a great way to practice, receive and meet others without expense! Let’s share the gift!

Reiki Share Guidelines: 1. If you are attending a Reiki Share to participate as a Practitioner, you must present a copy of your Reiki Certificate to participate. If you are planning on attending multiple shares, you will only need to provide it at your first share. This is out of respect and fairness for all Practitioners who are participating who have

invested the dedication, discipline, and investment in their Reiki Training.² Any participants must be respectful and non-judgmental towards all participating members. As this is open to all levels and lineages, participants will be coming from different backgrounds and training. As Practitioners may use different techniques, I am encouraging participants to share and exchange these amongst themselves without judgment. If anything, participants can learn from each other and expand their practice of Reiki, and that is what is encouraged!³ Above all, make friends, have fun, learn & grow! Any questions, please email Jessica at piscesenchantress@hotmail.com or call Talisman at (203) 261-0047 to RSVP.

Saturday, July 7: **Past Life Regression** with Dr. Andrew Neblett, 6:30-8:30pm. \$25. You will be introduced to various ways of attaining 'State' and regression methods. Learn why energy is so important and how past lives affect our current energy. We will do a past life regression and open up afterward to share our experiences (on a voluntary basis only). No pressure here! Dress comfortably. Sit on a chair, bring a beach lounge/bean bag/mat -- wear comfy clothing. Just come, get relaxed and enjoy!

Since birth, Andrew has lived a natural/metaphysical lifestyle due to his mother raising him with natural cures and living in several haunted houses. These influences have taught him to trust his "gut" instincts and to conquer fear. He is a practicing demonologist/exorcist for over 27 years and an ordained minister and uses these gifts in C.O.R.P.S.E. (CT Offices of Respectful Paranormal/Spiritual Examinations www.corpse-usa.org). He is a natural health consultant, certified and CT Registered Hypnotist (HYP.0000114), herbalist, creator of Octoenergetics, author (Octoenergetics, Foundation Book 1, 2009 and Book 2 and 3 currently being written along with two other books), certified Neuro-linguistic Programming Instructor, Hypnosis Instructor, and teaches Continuing Education Classes in Southbury, CT, and certification classes in Hypnosis, NLP, Octoenergetics and Psysomatic Kinesiology nationally. He also practices meridian therapy (think needleless acupuncture) aromatherapy, reflexology, radiesthesia, E.F.T., hair analysis and iridology. He uses the combination of hypnosis and other alternative health modalities in his practice, Neblett Hypnosis & Wellness Group, L.L.C., with locations in New England and New York. For more information on health services, please visit www.nebletonline.com.

Sunday, August 5 **Usui Reiki I** taught by Cathy Kane, 10am-5pm. Cost \$125 (includes book). RSVP with prepayment required.

Reiki I gives you the ability to help yourself or others within a foot of you. Includes book, handouts and hands-on practice time as well as Reiki history, introduction to guided

healing, healing and first degree attunements, meditations, aura reading/scanning, hand positions, how to give a Reiki treatment to self or others, and more. (Date and cost for Reiki II to follow). Reiki (also known as Usui Reiki) is an energyworking system originating in Japan, involves using a divine pool of energy to remind and support the body in using its own natural ability to heal itself. Reiki has other uses (such as manifestation), and has built-in safety measures that protect the practitioner from doing harm or depleting himself in the process. Angelic Reiki (originally channeled to Kathie Valentine) is an enrichment of the Reiki system and is offered at no additional charge as part of all Reiki classes Cathy teaches.

Catherine Kane has been a teaching master of Reiki since 1996. She loves to teach, especially things like Reiki that have made her life and the lives of so many others better. In her classes, you'll get demonstration and practice, as well as theory, and she continues her availability post-class to answer questions. For more information, contact Cathy at we_are_foresight@yahoo.com or Laura at Talisman.

Saturday, 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*.

Saturday, 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*.

Sunday, September 16 **Usui Reiki II** by Cathy Kane, Usui Reiki, Level II. 10am - 5pm, Cost \$200.

You must have taken Level 1 Usui before this class, but students of other teachers are perfectly welcome. Reiki is an energyworking system that originated in Japan. It uses a divine pool of energy to support the body's natural ability to heal itself. Reiki has other uses (such as manifestation) as well as built-in safety measures that protect the practitioner from doing harm inadvertently or depleting himself in the process. Angelic Reiki (originally channeled to Kathie Valentine) is an enrichment of Usui, and is a part of all of Cathy's Reiki classes. This class includes 2nd degree attunement, 5 Reiki symbols (including one that works across distances and forward/backward in time), distance healing, Reiki goal empowerment and a lot more.

Catherine Kane has been a teaching Master of Reiki since 1996. She loves to teach, especially things like Reiki that has improved her own life and the lives of others so much. In her class, you'll get demonstration and practice, as well as theory, and she continues her availability post-class to answer questions. For more information, please contact Catherine Kane at we_are_foresight@yahoo.com

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

Saturday, 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.

Kristy Ouellete: Sundays 1-5 (will be away on June 3)

Gwen: Saturday, June 30 (whole-life tarot)

Quick note from Laura: We do things a bit differently at Talisman. You pay AFTER the reading is finished, and if you are not happy you don't pay. NO READER can read EVERYONE successfully and everyone who works at Talisman is aware of this fact. Know that it is acceptable after the first 5 minutes of a reading, if you are not "feeling it" to say something like, "I'm sorry, what you are saying just isn't resonating with me. I would like to stop the reading now, but thank you for your time". If you do not hear something amazing in the first five minutes, or if it just isn't right ... don't expect a reading to get better as it goes on. Readings go off track for a number of reasons - but the point is, you shouldn't pay if you are not happy. Please, just be courteous and respectful. Complaints are rare because every reader has had to pass the "ultimate interview" ... they must sit and read ME (and I've been reading over 25 years myself) and tell me something about my past/personal life, my children, home, or business that they could not possibly have heard or learned someplace else. But every reader has their unique gift and their own style, it is NOT one size fits all. Personally, I don't think anyone should get a reading more than once every 6-8 weeks (and prefer you allow at least 3 months between readings ... you don't

want to become a psychoholic, right?) and I WILL discourage you from this behavior! My goal is to see people leave an "intuitive counseling session" (because that is really what we do) feeling validated, uplifted and hopeful regardless of the situation or challenges they may be facing. That is the true measure of a "good" reading!

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: 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 or (203)247-0310. You can also visit our website (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!

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. Located at 17 Washington St., Norwalk CT (203) 810-4491; website www.mysticalparlors.com. Mystical Parlors 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. There is an incredibly broad array of classes, events & workshops - listed below is just ONE of the many wonderful workshops being offered - and when you stop by, please say "hi" to Kim for me!

Women's Self Defense Workshops: What would you do if you needed to defend yourself? Physical self defense is damage control, and no damage control is better than prevention. Are you willing to use lethal force to protect yourself? An answer of "no" still means you are responsible for prevention. This class will be taught in six sessions over three weeks. The first hour of the class will focus on avoiding being attacked in a number of different circumstances. The second hour will require physical activity as we go through basic strikes. Instructor Selina Rifkin holds a third degree black belt in Kempo Karate and a first degree in Hapkido. She also is a certified pistol instructor with the NRA. Comfortable clothes highly recommended. Cost of \$125 covers total of 6 each, 2 hour classes. Time is 12:00-2:00 PM on: June 12, June 14, June 19, June 21, June 26, June 28

JourneyDance with Joanne Keane is getting great reviews - let this practice transform you! "A funky, divine, exhilarating movement experience which builds power, passion and focus". Tuesdays at 9:15-10:30am and 7:30-8:45pm. Drop-ins welcome. \$15 per class. Graceful Planet, 7 Berkshire Rd., Newtown. (203) 994-2834.

Astrology Corner

By Alethea Hunt, Talisman's Resident Astrologer

June starts out with a big-ticket item on tap - a Lunar Eclipse on the 4th in Sagittarius at the 14 degree mark of this sign. This eclipse is irritable with Mars in Virgo and has even

drawn Venus into the fray as well, so among other things male-female interactions may be stressed around this time. We have Mutable signs involved in this equation so there's a heightened emphasis on communication - use this energy to talk it out if you find yourself at odds with others. Don't be glib and insincere, rather a good heart-to-heart has the ability to smooth some ruffled feathers and put everything back in perspective. A Sagittarius Moon magnifies feelings – add a Lunar Eclipse to the mix and it's easy to blow things out of proportion. If you can manage to avoid coming off as critical, a know-it-all, or condescending you can transcend whatever difficulties there are. Try to let go and don't sweat the small stuff – ask yourself if it really matters and keep your eyes on the Big Picture because it's unlikely that details will escape your notice. It's worth mentioning also that Mutable signs (Gemini, Virgo, Sagittarius, Pisces) will be the most strongly affected by this, so if you have planets around the 10-18 degree mark of any of these signs this Full Moon Lunar Eclipse will be a direct hit.

At the 19th we have the second Gemini New Moon in a row -"Can you hear me now?" This particular Gemini New Moon is in better shape than last month's and it actually catches support from both Neptune and Saturn this time around helping to create a mental balance between realism and idealism – you could say that it may help imbue your mental and communicative faculties with a bit of "practical magic" so capitalize on this if you can. There's a sticky note here, though. Although the New Moon itself is supported the rest of the sky is showing some conflict around this time. Venus and Jupiter are buddies around together like two peas in a pod but they're also squaring Neptune so be wary of inflated and unrealistic ideas specifically surrounding love & money. Also, the square between Uranus & Pluto is exact for the first time around the end of the month. If you're a subscriber to my personal newsletter and have been following along with the recent series of articles I've written on this subject, you already know what a big event this is. To distill this down into a nutshell, I will say that it's possible a situation may arise near the end of the month that will upturn the status quo and ask you to adapt somehow. If you have planets around the 6-10 degree mark of any of the Cardinal signs (Aries, Cancer, Libra, Capricorn) you may feel this event more acutely than others. Remember that although it may feel destabilizing, it also holds the capacity to liberate you.

**** 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 and I'll be happy to add your name to my list of recipients!**

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

