

Talisman

Talisman ... A Unique New-Age Shop

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October 3, 2013

Merry Samhain Greetings!

For the October 2011 newsletter I wrote a piece entitled “Which Witch is Which?” that helped answer the question “What makes one a Witch?” (<http://www.talismanct.com/images/NL%20-%20Oct%2011.pdf>). This year, I want to delve into the roots and meanings of Samhain (aka “Halloween”) which is possibly the most beloved and yet misunderstood of all the Pagan Sabbats. To begin - Sabbats are celebrations within the Wheel of the Year, in which each festival is honored with a seasonal ritual. The Wheel of the Year is the cycle of the seasons; witches/pagans align themselves with this seasonal cycle. The Pagan/Wiccan Year traditionally starts at Samhain, which was the Celtic New Year. To the Celts, Samhain signaled the end of summer and the beginning of the dark half of the year. In Wicca, Samhain is the time when the veil separating the worlds is at its most transparent, and we honor our beloved dead. Because there is a sense that Samhain represents “time outside of time” as the old year ends and the new one begins, it is also viewed as an ideal time for divination/prophecy. Historically, this Sabbat dates back roughly to 6,000 BCE – way back to Paleopagan practices of dividing the year into a light half and a dark half, marked by the grazing of domestic animals in open land then bringing the herds/flocks to safe haven as the days got shorter and darker. It is also when animals were slaughtered and meat prepared for winter storage (along with the last harvest) to provide for the long lean cold months ahead. So Death certainly permeates more than one aspect of Samhain.

But when did this turn ugly and evil? It began when the early Celtic pagans welcomed Christianity in to their lands (as they welcomed the beliefs of other people) but the early Church had problems with the Celts as they did not willingly give up their holidays or folk practices. St. Patrick led the systematic murder of the Druids, but the ensuing patriarchal religion forced down the throats of the people did not go down easily – the Celts practiced

equality between the sexes. And while nearly every single ancient world religion honored both men and women and allowed both to hold high station within the respective hierarchy – Christianity absolutely did not. Christianity began as a male-dominated religion taken from the Roman practices of the day. Clearly Christ did not support male domination (we see this in both His teachings and His actions) but his followers had different ideas and twisted Christ's teachings. This explains why there is no "Book of Mary Magdalen" in the Bible ... we have every reason to believe that she was either Christ's closest confidant or wife (or both) her presence and importance in his life would usurp the patriarchal aspect of the new religion.

The denigration of women began with the Roman Empire and was accepted by the early Christians. A Roman father could kill any of his children and had complete rule over his home. Later, during the Dark Ages, the church sought to eradicate Pagans and wise women (who were the midwives, healers - from which the word "Wicce" or Wise One is derived) so it could amass power and property. It taught that women had no souls, helpless to fight their wanton desires, were wholly responsible for man's descent from grace due to their trickery in Eden ... and were not important. Bear in mind that up until the 1300s healers (wise women) and diviners were used by the church and nobles alike. However, once you have made a group of people inhuman, then you remove the guilt of murder – a theme sadly repeated throughout history, most notably in Nazi Germany's Holocaust. The Celtic women were the stronghold of the family environment and the Celts were free-thinking people – and the church was NOT into "free thinking". Since anything that did not follow church doctrine was "evil" and Samhain was the primary festival of the Celts – the church determined that Samhain was evil and the association between witches and Halloween was thus born.

During the 15th and 17th Century, the persecution of innocent people through torture and execution was condoned and sanctioned by the church. By the time the religious fanatics were through, the female population had dipped to an alarming rate and almost no wise women or healers survived. While the early church would have been delighted to have destroyed Samhain, they were forced to accept it in a restructured form (All Hallows Eve) sanctioning the long-standing custom of remembering the dead to meet the needs of the social structure of the time.

It wasn't until 1736 that Witchcraft ceased to be a crime punishable by death in England and Scotland. In 1952 England repealed the last of the Witchcraft laws – meaning it was no longer a crime to practice the religion of Witchcraft in that country. Halloween made its debut in the upper crust of American society in the early 1870s. Viewed as a quaint

English custom, the Victorian focus was placed on entertaining games, parties and (believe it or not) communicating with the dead. By 1910, the new American holiday of Halloween was focused on children – so divination fell by the wayside. In the mid to late 1990s certain radical Christian groups declared the holiday Satanic – and the amusing fallout is that these fanatics campaigned to put the “harvest” back in Halloween and urged their followers to practice harvest-like celebrations rather than the American Halloween. So in an ironic twist, fundamentalist Christians managed to bring Samhain full circle ... as it began as a harvest festival, it returned this Sabbat to its proper pagan roots!

For myself and most of the Pagans/Witches I know, Samhain is a quiet introspective celebration. Certainly, decorating our homes, providing treats to visiting children, carving pumpkins ... all add a festive nuance to the our personal celebrations. In addition, we may spend time preparing an ancestor altar and prayerfully ask for their blessing and support throughout the upcoming year. Later in the night (after visitors and trick-or-treating children have departed) scrying or other forms of divination, offerings left in ritual on outdoor altars, gathering around a roaring bonfire (or smouldering cauldron or fireplace) –

I leave it to each of you to follow your hearts in the celebration of this most sacred and mysterious of the holy Sabbats. For more information, please read Silver Ravenwolf's "*Halloween*" and Edain McCoy's "*Celtic Women's Spirituality*" two books I borrowed from in writing the above.

Samhain Benediction

**It is time to bid farewell
As this Samhain passes slowly
Soon the dawning will embrace us
And the sunset portal close
Until the turning of the year
We must part for just a while
Yet I know there is no ending
And the golden thread spins outward
To that place where you are going
Until I travel there to meet you
Or you return upon the autumn
On that sacred night of Spirits
When we shall meet again**

Blessed Be.

David O. Norris

NEW-AGE FAIRES HELD EVERY SATURDAY

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

Readers (\$30/30 minutes - please, cash only)

October 5

Pina - Angel Oracle (Mediumship)

Mark -Tarot (Mediumship) and Reflexology

Mehndi Tattoos (henna) by Lera

Tammie - Massage (\$1/minute)

Tattoos are drawn free-hand, sample book available for ideas. Last up to 3 weeks. Wrist/arm bands (\$12); full hand (\$15), Symbols (5 min/\$7); Foot (\$15); and Back (\$18/up).

October 12

Gwen -Tarot (Past Life Recall)

Randy Ouellette - Tarot

Todd Pritz - Tarot

October 19

Andrew Neblett - Tarot & Runes

* Michelle Tierney - Angelic Readings

Rachel - Tarot (Mediumship) and Pet Communicator (Pets welcome or photo)

Tammie - Massage (\$1/minute)

October 26

Gwen -Tarot (Past Life Recall)

Rachel - Tarot (Mediumship) and Pet Communicator (Pets welcome or photo)

Mark - Tarot (Mediumship) and Reflexology

Todd Pritz - Tarot

* INTRODUCING MICHELLE: I am all about letting the light in, seeking balance, understanding and self empowerment. I believe we are multi dimensional beings having a human experience and surrounded by a network of celestial beings, Angels, guides and teachers. I was raised in a household of extremely intuitive/clairvoyant women; and visions, visitations, dreams and the like were discussed with understanding and light-heartedness. Jesus was a constant as well as Mary, the Saints and Angels. As a child I sought solace and a deep rooted connection in the thick of the woods, conversing with the

nature spirits who guarded the woods. I am clairaudient (receiving of messages in thought form from another frequency or realm). I am adept at reading tarot but prefer my Angel and Archangel cards because of my lifetime connection to them. There is a hierarchy and order to The Angelic Realm (every Angel representing and responsible for that which they were put in charge - Health, delivering messages, ect) and loving unconditionally they work endlessly to communicate to us that which is for our greatest good. I use my past experiences in combination with my Angelic connection to help others understand more clearly what surrounds them so that it can be beneficially utilized in growth, healing, self worth, empowerment and well being. I look forward to beginning my journey at Talisman ... Blessings of Light & Love to all~ Michelle

Please note that the designation of "mediumship" is NOT a guarantee that your loved one(s) will present themselves in the reading - it means the channel is open and a particular reader is skilled at recognizing and then relaying information when it comes through.

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

Mark Hoyt: Spirit Guided Tarot - Fridays 2-8pm. \$30/30 minutes. Foot Reflexology treatments EVERY FRIDAY \$1/minute.

Nicole, Journeyboard and Cards - Sundays 12-4 \$30/30 minutes

Naima Provo, Intuitive readings, Spiritual Counseling, Reiki, and massage Therapy \$120/hr, \$230/2 hrs (saving \$10), \$340/3 hrs (saving \$20). Buy a package of 5 sessions and get one free saving \$120. Appointments Sunday, Monday & Tuesday.

We do things a bit differently at Talisman. You pay our readers 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 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? 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 OR guests can pay if they choose to get readings at \$1/minute. Please make all scheduling arrangements through Laura at (203) 261-0047.

Reflexology Fridays with Mark: This ancient healing art uses hand/thumb pressure corresponding to the body systems. The practice stimulates/relaxes stress signals resulting in relaxation (who DOESN'T love having their feet rubbed?), pain reduction, and rejuvenation of tired feet -- helping you stand tall in the world! Come in after a hard week of work and treat yourself in Mark's chair (\$1 minute).

Numerology Reports: Many have been asking for books or information on Numerology. Numerology has been used for thousands of years to provide deep insights into one's personality, intimate relationships, and the important influences that affect one's daily life. Now, with the Numerology Report, you can examine your life in a unique way to take advantage of unexplored opportunities, confirm talents that in your heart you know are there, or simply to figure out where to go next. You'll see all the diverse parts of your personality and how they uniquely come together to make the person you are. Through this report, you'll be able to make the most of your life in a way that wasn't possible before. There are three different Numerology Reports available - each of these providing you even greater insights into your life as well as your *romantic* relationships. An explanation of all three reports can be emailed to you directly - just hit "reply" to this newsletter with a request. Cost per report: \$15 emailed; \$18.95 printed. Laura has her own numerology report as a sample, if you'd like to see it. :

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! (\$45). Call the shop for an appointment, as I schedule

these when the shop is closed or after-hours. Yes, I still do \$5 readings on Wednesday & Thursday 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 scheduled readers in the shop (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!

Classes & Workshops at Talisman

RSVP at (203) 261-0047 or email lenhard@comcast.net

Naima Provo presents Chakra Bellydance EVERY Monday from 6:30-8pm. \$20/class, \$70/4 classes (saving \$10), \$135/8 classes (saving \$25). Bellydance Buddy Card allows you to bring a friend for free once. Everyone in attendance on May 6th gets one to bring a friend another time. Each time you buy a package of 8 classes you get a Bellydance Buddy Card. Wear dance shoes, sneakers, Qi Gong shoes, etc. bring a yoga mat or something to lay on. Hip scarf or any material to tie around your waist is optional. **RSVP Necessary!**

[naima.provo@facebook.com](https://www.facebook.com/naima.provo)

Friday, October 18 - Connecting to the Divine Within. Kundalini Workshop + Tantric Healing Circle. Come join Jot Nivas Singh for a Kundalini Yoga workshop as taught by Yogi Bhajan. Cost - \$20 / person. If anyone would like to join & is unable to attend financially, please contact me so you don't miss out. - JKopac@me.com

- Healing Circle Focus: Emotional Balance
- Open your mind to the infinite possibilities available to you
- Remove subconscious blockages obstructing your path
- Upgrade your electromagnetic field to handle the increased Aquarian energy shift

During the course of this workshop we will be doing various Kundalini Yoga techniques which until 1968 were a secret to almost all of mankind. These techniques will turn off your subconscious mind, allowing you to connect to the real you. Your inner most being. Expect to do some gentle kundalini exercises, a warm up kriya, and a tantric group healing circle which utilizes the power of intention to direct and flow energy. Anyone can join this powerful event! The healing circle can be used to generate and direct tremendous healing energy towards any person: a member of the circle, someone at a far distance, or

someone located in the center of the circle. Both givers and seekers are enclosed in the tantric healing ring where powerful healing intentions and cosmic vibrations work together to repair, restore, and preserve health, happiness and holiness. Everyone becomes immersed in the radiant healing energy of the universe!

What is Kundalini Yoga? Kundalini is known as the yoga of awareness and the mother of all yogas. It's the whole pie, not just one of the 22 pieces like other yoga systems. Kundalini combines postures (asana), breath work, (pranayama), and chanting (mantra). It accelerates the energy of the body / mind to create an elevated state which causes deep relaxation with clarity and alertness.

What do I bring? Wear loose or exercise clothing. (white or light colored cotton preferred); Bring a yoga mat, & or pillows to sit on and/or a blanket if you want to cover yourself during deep relaxation; White / light head covering recommended. (beanies, scarfs, turbans, bandana, etc); Bottle of water.

Saturday, October 19 - Hexes and Curses taught by Andrew Neblett. 6:30-8:30pm \$20.

"Double, double toil and trouble;
Fire burn, and cauldron bubble.
Cool it with a baboon's blood,
Then the charm is firm and good." - From Act IV, Scene 1 of Macbeth by William Shakespeare

This class will teach you how hexes and curses work, whether you have one on you, how to break them, and how to create them. Be warned, you will be taking responsibility for the information given and what you do with it. This is a fascinating topic that has much mystery and fear surrounding it. Find out the truth, what to fear and what NOT to fear! You will also learn how to protect yourself from them.

Friday, October 25 - Crystal Skull/Crystalline Consciousness Workshop, facilitated by Betty Sambula and Ronyah Ra. 6:30-8:30 pm. \$25.

Note from Laura: Before reading the description, I just want to say that everyone who has taken this workshop (which we have offered bi-monthly for some time now) has simply been blown away by the energy. It has actually altered the energy of

Talisman by opening a stargate - This is an amazing experience!

This dynamic energetic work is an ordering, upgrading, restructuring and activation of our multidimensional DNA resulting in a transformed consciousness and highly beneficial changes in the mind, body and spirit. It is the state of the new paradigm where only love vibrates. At this time we are in an accelerated phase of growth on the planet Earth. Mother Earth is being bombarded by an unparalleled influx of Light. Humanity has an extraordinary opportunity to utilize these higher crystalline frequencies to transform our 3rd dimensional carbon-based bodies to 5th or higher dimensional crystalline light bodies. The CCW assists us in the Divine Alchemy of transformation by raising the frequency of our cellular structure and DNA to take advantage of the 5th dimensional crystalline solar light frequencies that are now flowing into the planet. These new energies assist in restructuring our dormant DNA strands that contain the blueprints/imprints of ourselves as divine and fully conscious beings. We consciously use grids of crystal skulls in our work, which are carved from sacred stones and crystals from Mother Earth. The skull carving allows for conscious energetic beings to connect and consciously direct crystalline frequencies throughout space and time. These beings working through crystal skulls assist us in countless ways: they help us to merge with our Divine higher selves/higher aspects, give us energetic support when we offer service to Mother Earth, they gift us with crystalline healing allowing us to become crystal clear in our own healing, they help us to open to our multi-dimensional aspects and benevolent connections/star families, and much more. By allowing the sound/energetic/subtle frequencies of the crystalline in all of its manifestations to flow through our bodies and all parts of us we help our bodies to retain more light and to also become more elastic/flexible with these ever changing times that we live in currently.

Crystalline Consciousness Benefits: Clearing of energy field; Clearing of chakras and energy centers; Grounding; DNA upgrades; Strengthening of Crystalline Light Body; Rising of our consciousness to higher levels; Reawakening to our Soul's purpose.

What to Bring: Water is a must with this work as it helps in the crystallization process; A blanket, as this work has been known to lower the temperature (after all, it is crystalline!).

Bio: Betty Sambula received her training as a Crystalline Consciousness Facilitator at the Crystalline DNA Dynamics Light School in Saratoga, CA under the tutelage of Aravel Garduno, founder of the Crystalline Consciousness Work and Crystalline DNA Dynamics Light School. She also received training as an energy healer under the guidance and instruction of Jacqueline Kos. Ronyah Ray, co-facilitator, was also trained as a CCW Facilitator at the Crystalline DNA Light School under the tutelage of Aravel Garduno in Saratoga, CA. For more information on this fascinating healing with with the Crystal Skulls,

contact Betty at bettythedrummer@aol.com.

Saturday, November 23 - Past Life Regression Session led by Andrew Neblett. 6:30-9:00pm \$25. (Limited: 30 attendees)

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 the floor to share our experiences (on a voluntary basis - no pressure!). Dress comfortably. Bring folding lounge chair, your own cushion, pads, etc. The floor is HARD! Come, get relaxed, and enjoy! Andrew has facilitated past life regressions at Talisman in the past, these sessions are very popular and fill up quickly. If you have ever wondered what it would feel like to "go under" this is a great, informal and fun (albeit emotional) way to find out. I have taken this class twice myself and will happily share my experiences with anyone who wants to learn more - call Laura at Talisman (203) 261-0047.

THE CIRCLE OF THE SACRED WELL PRESENTS

Event: Open House Social Evening

Date: October 11th ~ Time: 6:00 p.m. to 8:00 p.m.

Location: The Undercroft at Talisman

Join us for this semi-monthly social and networking event, which is held on the second Friday of even-numbered months. This is the place to learn more about the Circle and to socialize with area pagans and other like-minded individuals. Please come along any time within the above time window and visit for however much time you wish. Refreshments will be served.

**Event: Wiccan/Pagan Study Group - Topic: Energy Work & Stress Relief/Healing
Meditation**

Date: October 15th - Time: 7:30 p.m.

Location: The Undercroft at Talisman

Join us for this monthly study group that covers various pagan and New Age topics. The Study Group is held on the third Tuesday of each month. \$5 suggested offering/donation.

Community Events

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.

Hunter Healing Hands: Located in Black Rock, Jessica and Jim's October events include Reiki Share; monthly drum circle; classes and so much more. For details, cost, etc. please

see: http://web.mail.comcast.net/service/home/~/?auth=co&loc=en_US&id=821461&part=2

Astrology Corner

By Alethea Hunt, Astrologer

We encounter some challenging astrological terrain at the outset of October as the Libra Sun enters into contact with mover/shaker duo Pluto & Uranus, potentially upsetting the delicate equilibrium in all 1-to-1 relationships with regard to cooperation, consideration, fairness, & the ability to be nice get along. This is particularly true in partnerships, be they business, romantic, or your BFF. The long-running square between Pluto & Uranus signifies the breakdown of structures that ensnare evolution on an individual level. Such frameworks threaten to hold our independence and autonomy hostage, so if you do find yourself contending with relationship upheaval during the beginning of the month know that the hidden blessing is that it will prompt you to check that relationship's relevance in your

life. Don't be afraid to question a relationship that keeps you from "boldly going where no man has gone before" – the root of the relationship must be a functional, supportive one if it is to survive and *not* one that would keep you trapped due security fears! The Libra New Moon on the 4th brings these issues to a point where there has to be some kind of breakdown or a breakthrough, because it will become apparent that the so-called "status quo" is no longer functional. This configuration pushes us to adapt – things have to change – and although it may feel scary to leap into the unknown we'll not progress if we remain hiding in a sheltered cave forever. We need do things that are new and strange and that challenge us now if we are to survive, otherwise we may find the walls of our enclosure entombing us rather than protecting us. During the time of a New Moon it's often helpful to set an intention of some kind, so if you need things to change in a relationship this is a good lunation to send that mojo out into The Universe. You can do this however you would like – through meditation, prayer, or simple mindfulness for example. But do make sure you follow your intention up with some kind of action. Remember, The Universe will support you, but you have to be willing to do some of the "heavy lifting"!

Speaking of heavy, if you need to have an in-depth, serious conversation (or perhaps a "come-to-Jesus" talk) with somebody, circa the 8th would be a good a time to lay it out on the line thanks to Mercury & Saturn rubbing elbows. Choose your words carefully and to maximum effect and you may experience an unexpected development that can break things out of whatever stagnant, unworkable rut they may be stuck in with Uranus giving these two planets a prodding shove. There is a capacity for healing and acceptance here with Saturn & Mercury nodding at the asteroid Chiron, so even if talking it out doesn't fix everything and put Humpty Dumpty back together again, this moment does present an opportunity to bless & release rigid or just plain non-functional ways of communicating & thinking that do not serve us. It can be thought of as a purging of sorts, where we work to root out a systemic failure in how we've been handling our internal & external dialogs, and the process can be cathartic if we provide a safe container for the things that have been locked up and festering to get some much-needed air. If you find yourself engaging someone on a level that's just plain not working or find yourself in the same old thinking that drags you down and that facilitates being stuck, stop, drop, & roll, baby! Time to do something different for a change! If you miss the chance to do any of the above early in the month, don't worry – Mercury comes into contact with Saturn twice more in the weeks ahead thanks to his upcoming retrograde in late October. I also want to put out the blanket advice that it's a good idea to stop and listen to the subtext of what's NOT being said in **all** of your conversations this month, including the things you may not be telling yourself (but should be)! Reading between the lines may be a tough lesson to master, but it's a skill we might make use of when Mercury & Saturn join up in Scorpio.

In other areas, Venus contacting Neptune around the 10th concerns self-deception involving love & money matters. Venus has moved into Sagittarius at this point and as such we may be inclined to be overly optimistic about the state of our finances and/or relationships. This lack of realism can appear pleasantly innocuous, and it can seem fun to escape into a fantasy sometimes, but in the end hiding the truth from ourselves only sows the seeds of our own undoing. Whatever you do, don't lie to yourself about such matters and don't let your largesse come back to bite you later – this can include overspending or giving more than we have to give out of guilt or in a way that enables. Our judgment is inclined to be off-kilter at this time, and for best results we might want to avoid alcohol & other substances when making choices related to either as this would only impair it further.

Mid month, Mars moves into Virgo and this is normally helpful for getting plenty of productive work done & taking healthy initiatives, but we have hazy Neptune muddling things a bit & generating a more *laissez-faire* attitude on such matters for a good two weeks. Neptune's influence tends to make us forgetful and prone to daydreaming, so it wouldn't be unusual to space out on an appointment or forget about that Dr.'s visit you scheduled with this opposition in play. Take a little extra care to check your day planner & to write things down, because it can be easy to forget something when there's a million little things to do on the docket! This opposition can also create conflict between people who are busy and trying to get things done vs. people who are considerably more lax and who would rather just "chill", so try to avoid being on the far end of either spectrum. Whether it's being too uptight over trivial things or too relaxed and spacey with no sense of urgency, both are apt to be equally irritating in their own ways now and you can be sure people will be quick to criticize and point the finger rather than look at which end of this they are acting out. If you're normally the high-strung type, make it a point to take a "time out" and integrate some yoga, meditation, or plain "relaxation time" into your day to help unwind. At the very least, make sure you're getting some good sleep. If you're typically more lackadaisical, try to be a little more attentive to detail and understanding of others' frustrations when they're busy. Checking out on someone when there's a task that needs immediate attention can generate friction, especially in the workplace!

The Aries Full Moon on the 18th highlights the polarity between self-assertion & compromise, so know the difference of when it's appropriate to push the envelope in self-interest and when to make accommodations that consider & include other people. This will be important as the Moon transitions into Gemini on the 21st and people find themselves with a need to talk about their feelings. With the Moon square Mars, people may be

irritated by little things and find themselves in a tug-of-war over whether it's healthiest to say something or to try and transcend those feelings to avoid pettiness. Try and keep perspective on what is genuinely "small potatoes" when you might be best served by letting go of minor annoyances, but if this approach feels a little too much like "sweeping it under the rug" then by all means vocalize. However, if you opt to go this route, DO couch your grievance in a manner that displays sensitivity and try to soften any criticism you may have to give. Lastly, as "Trick-or-Treat" time ramps up at the end of the month, have you thought about possibly making some small tweaks to restructure such a candy-laden holiday in order to make it a little bit healthier? An endeavor such as this is favored by Mars in Virgo contacting Pluto in Capricorn, and you don't have to eliminate the sweet stuff entirely— you can simply try shifting the form or vehicle of delivery so that it's a little bit better for 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 click [HERE](#) or 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