

# Talisman

Talisman ...

**A Unique New-Age Shop**

**150 Main Street**

**Monroe, CT 06468**

**(203) 261-0047**

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

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

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

**June 1, 2013**

Merry Greetings!

Regardless of our spiritual path, the Full Moon beckons to us all – as it always has, throughout Time. The Full Moon of June 23, 2013 is the closest and largest full moon of this year. At United States' time zones, that means the moon will turn full on June 23 at 7:32 a.m. EDT, 6:32 a.m. CDT, 5:32 a.m. MDT and 4:32 a.m. PDT. This particular moon is also being referred to as a “Supermoon” which occurs when the Moon is at least 90% of the way to its closest approach to the Earth at the same time it is full or new.

Since earliest times, the Moon has almost always been viewed as feminine since women's bodies respond to Lunar cycles, and moon energy seems so mysterious. In many cultures and the Witchcraft traditions, the Moon represents the three aspects of the Goddess: Waxing (Maiden/ Youth), Full (Mother/Fertility) and Waning (Crone/Age & Wisdom). I love the idea of “The Lord/God” and “The Lady/Goddess” being associated with the Sun and the Moon, respectively. Together, both the sun and the moon share equally in one 24-hour period (a single day) much as the God and the Goddess join together as The Divine One. I wrote at length on this topic in the September 2012 Newsletter – <http://www.talismanct.com/images/NL%20-%20Sept%2012.pdf>

Moon/Lunar magick ties powerfully into the energy of the moon, which changes depending upon the phase that the Moon is in. The energy of the Full Moon is amazingly strong; and we see people affected (any

police officer, hospital worker or bartender can attest to this) as evidenced by their lunatic or “looney” behavior!

There are two major aspects of Moon Magick: The type and the timing. The type of magick you do will be determined by the moon’s phase. When the moon is waxing (going from New to Full) we do magick/manifestation to draw things to us. When the moon is waning (going from Full to Dark), magick/manifestation is done to push things away, or banish. If you need to cast a spell for something like financial assistance, but you’re in a waning moon and can’t wait – then change the phrasing of your work. So, instead of bringing money in to you – banish poverty!

**\* Full Moon Magick \***

From the day before, the day of and the day after the Full Moon. Prime time for rituals for prophecy, protection, divination. Any working that needs extra power, such as help finding a new job or healing for serious conditions, can be done now. Also, love, knowledge, legal undertakings, money and dreams.

**\* Waxing Moon Magick \***

The waxing moon is for constructive magick - such as love, wealth, success, courage, friendship, luck and health.

**\* New Moon Magick \***

New Moon workings can be done from the day of the new moon to three days after. The new moon is for starting new ventures, new beginnings as well as love and romance, health or job hunting. This is when we place our intentions, or “New Moon Wishes”.

**\* Waning Moon Magick \***

The waning moon is used for banishing - for ridding oneself of addictions, illness or negativity.

**\* Dark Moon Magick \***

Many believe that you should not practice magick at all when the Moon is dark and no longer visible – the time just prior to the New Moon. This is the time when the Goddess is thought to have descended into the

underworld, and at rest. It is wise not to disturb Her during this time – however, if a grave injustice needs addressed proceed (with caution) to bring justice to bear.

**Happy Moon Gazing, Everyone!**

"Do not swear by the moon, for she changes constantly. then your love would also change."

- William Shakespeare, Romeo and Juliet

"We are all like the bright moon, we still have our darker side."

- Kahill Gibran

"Promises are like the full moon, if they are not kept at once they diminish day by day"

- German Proverb

"Under the full moon life is all adventure."

- Sigurd Olson

"When the storm is over and night falls and the moon is out in all its glory and all you're left with is the rhythm of the sea, of the waves, you know what God intended for the human race, you know what paradise is."

- Harold Pinter

"How like a queen comes forth the lonely Moon From the slow opening curtains of the clouds Walking in beauty to her midnight throne!"

- George Croly

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**NEW-AGE FAIRES HELD EVERY SATURDAY**

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

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

**June 1**

Gwen Lord, Tarot (past life recall)

Patty, Crystal Ball (Mediumship)

Rachel, Tarot (Mediumship) and Pet Communicator (Pets welcome or

photo)

Todd Pritz, Tarot

Yvonne McGarvey, Tarot (se habla Espanol)

Tammie - Massage, \$1/minute (5 minute min.)

**June 8**

Gwen Lord, Tarot (past life recall)

Mark Hoyt, Tarot (Mediumship)

Patty, Crystal Ball (Mediumship)

Pina, Angel Oracle (Mediumship)

**June 15**

Gwen Lord, Tarot (Past Life Recall)

Patty, Crystal Ball (Mediumship)

Todd Pritz, Tarot

Tim Bshara - Stone Sale! Wonderful selection of stones and gems to  
choose from!

**June 22**

Gwen Lord, Tarot (Past Life Recall)

Mark Hoyt, Tarot (Mediumship)

Patty, Crystal Ball (Mediumship)

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

**June 29**

Andrew Neblett, Tarot

Gwen Lord, Tarot (Past Life Recall)

Mark Hoyt, Tarot (Mediumship)

Patty, Crystal Ball (Mediumship)

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

Todd Pritz, Tarot

**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.**

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### **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).

**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!

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### **Classes & Workshops at Talisman**

**RSVP at (203) 261-0047 or email [lenhard@comcast.net](mailto: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.

**June 7 and June 21 Crystalline Consciousness Work** - Facilitated by Betty Sambula and Ronyah Ra. 6:30-8:30pm. \$25. **NOTE: In June and every month thereafter, this workshop will be offered the first and third**

**Friday of each month.** This workshop 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 phrase 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 3<sup>rd</sup> dimensional carbon-based bodies to 5<sup>th</sup> 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 (<http://crystallineconsciousnesswork.com/>). 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](mailto:bettythedrummer@aol.com).

**Wednesday, June 19 Connecting to the Divine Within.**

**Kundalini Workshop + Tantric Healing Circle** from 5:30 pm -

7:00 pm: Come join Jot Nivas Singh at Talisman on Wednesday June 19th 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](mailto:JKopac@me.com)).
- 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

**Workshop Details:** 11 Days after the new moon is a very powerful time. This is the day when we are in balance energetically between the

two moons. The glandular system re-adjusts itself on this day as well as your metabolism. 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!

"When a human acts under impulse, as an animal, that human shall never be redeemed. You have to act under intuition. If that is not developed, then you have to act under your spirit." - Yogi Bhajan

**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.
- A blanket if you want to cover yourself during deep relaxation.
- White / light head covering recommended. (beanies, scarfs, turbans, bandana, etc)

Yogi Tea & Kitchari (mung beans, vegetables + basmati rice) to be

served after the event. Kitchari cleanses toxins stored in bodily tissues as it restores systemic balance. Kitchari provides solid nourishment while allowing the body to devote energy to healing. You can safely subsist on kitchari anytime in order to build vitality and strength. It is one of the easiest foods to digest. Yogi Tea uses spices and herbs which in Ayurveda helps improve digestion, purify the blood, improve immune fitness, ward off intestinal parasites, and increase vitality

Jot Nivas Singh is a 21 year old kundalini yogi residing in Shelton, CT. He currently is studying under 2 world renowned kundalini teachers, Harijiwan & Tej. Having completed 150 of the 225 hours teacher training program, he will be one of the 2200 KRI certified teachers in July.

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### **THE CIRCLE OF THE SACRED WELL PRESENTS**

#### **Event: Open House**

Date: Friday ~ June 14th from 6 to 8 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**

Date: Tuesday ~ June 18th ~ Time: 7:30 p.m.

Location: The Undercroft at Talisman

Join us for this monthly Study Group, which is held on the third Tuesday of each month. This month, due to popular demand, we will be hosting a group meditation called a Spirit Canoe. Suitable for all experience levels.

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### **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 Currott, Lori Bruno, Jane Sibley and Ellen Evert Hopman.

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**Jessica & Jim Hunter of Hunter Healing Hands present:** June 2013 Events - *Contact Jessica at [hunterhealinghands@hotmail.com](mailto:hunterhealinghands@hotmail.com)* to RSVP your space for a Class, Workshop, or Drum Circle! Join us for a Drum event - our **Regular Monthly Drum**, a special celebratory **Summer Solstice Drum at Touch of Sedona**, or a **Crystal Healing Drum!** Robin Tesei will be returning to teach **Angel Card Readings**, and I will be teaching a Shamanic Workshop on the **Teachings from Trees**. Or join us for a **Reiki Share!** All event details can also be found on the website: [www.hunterhealinghands.com](http://www.hunterhealinghands.com). 215 Harbor Avenue, Bridgeport, CT 06605.

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### **Astrology Corner**

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

It's double your pleasure and double your fun at the beginning of June with a total of four bodies including Venus & Jupiter traversing the sign of The Twins, Gemini! That's twice as nice as both of these planets are considered benefics in astrology, so make the most of this influence by being genial and sociable. Gemini is the talker of the zodiac, so it's possible to use your verbal skills to your advantage very early in the month, but think in particular along the lines of how to create "win-win"

scenarios if you need to ask a favor or negotiate a deal of some kind because Venus and Jupiter suggest there be a **mutual benefit**. This should be a cinch as Gemini is a sign adept at perceiving both sides of an issue, problem, or story, so get in the headspace of being able to see the other side of the coin and this way everybody can come out a winner. There may also be multiple financial or love opportunities cropping up the first couple days of June for those with planets in the very late degrees (25-29) of the Air (Gemini, Libra, Aquarius) or Fire (Aries, Leo, Sagittarius) signs due the influence of these two planets. In other areas, Mercury has already migrated into Cancer at this point which denotes that our thinking becomes very subjective and easily influenced by our emotions now. If you need to strike a balance between idealism and realism to “tune-in” to what your feelings are really telling you on an issue, early June is good for this. This is also a good time for giving someone – perhaps a family member – the “straight dope” on an issue while still remaining sensitive and compassionate. Take advantage of this influence while you can, because a few days later Mercury will get snared by Uranus and Pluto in a T-square – this will generate considerable mental/emotional tension and it’s more likely that our perception of situations may be overly sensitive or that our mind and feelings may be dichotomous on an issue. We may also see jarring communications due people speaking from an emotional spot, so if you or someone you know is processing a lot right now, it might be a good idea to be aware and cut slack. This same astrological pattern also gets echoed by Venus from the 5th-14th, again highlighting family matters and it’s possible that a female relative may be in need of some support. The Gemini New Moon on the 8th is a mixed bag. Jupiter nearby can lead to big mouths or, alternately, big news and big ideas. It’s possible to see a matter related to a sibling magnified for good or ill at this time, and with the ruler of this Moon - Mercury – at odds with both Uranus and Pluto it’s possible that it could be shocking, unsettling news. If you have a tenuous relationship with any of your sibs, this might not be the best time for a get-together. Mars is also active in Gemini, upping the chance for conflict or for heated words, and because it will also be clashing with Saturn you can be sure that running your mouth in anger will have consequences. There’s a square between Mars and Neptune going on as well – it might be best to just pretend you didn’t hear any sharp, cutting commentary. It’s also worth pointing out that with these

two planets squaring one another there is a distinct possibility of lying or passive-aggressive denial about rude speech á la “Huh? I didn’t call you a liar – you must be imagining things.” “You’re nuts – I didn’t say that.” In contrast to this, we have the Full Moon in Capricorn on the 23<sup>rd</sup>. If you need to work out an underlying structural problem within your family dynamic, this is a pretty decent time to do so. Jupiter on the last degree of Gemini opposite this Moon favors talking it out, and while feelings do run deep about issues due the proximity of the Moon to Pluto, links to Neptune and Saturn suggest that as long as you can implement sensitivity in your approach and exercise a little restraint you should be fine. Other noteworthy happenings late in the month include Jupiter’s passage into the sign of Cancer, where it will stay for an entire year, and Mercury’s retrograde in Cancer. Both of these influences together suggest a good time for a family reunion or family vacation, so if any of these are on your docket this summer you may want to get it out of the way now as July into August may not be as favorable on an astrological level....More on this to follow in next month’s column, so stay tuned!

**\*\* 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](mailto:AHunt617@aol.com) and I’ll be happy to add your name to my list of recipients!**

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

**Laura Lenhard**