

Talisman

Talisman ...

A Unique New-Age Shop

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February 1, 2013

Merry Imbolc!!!

Last month, I received an email from a dear patron (short version below) and in responding, I realized I'd written the February newsletter! The questions posed are the same ones I hear very frequently at the shop. In addition to emails and phone calls, I have a constant flow of the people who come into the shop, wide eyed and shining, who tell me that *"I have just found my "way" and I love ALL of this! The stones, the crystals, the oils, the energy ... ALL of it!"*

Thank you! And I love you ... ALL of you!

Then I find out that in a recent reading(s) they were told that they were absolutely meant to either: 1) Be a "healer"; 2) Write a book; and/or 3) Open a spiritual center. I touched on this topic in the April 2010 newsletter (<http://www.talismanct.com/images/April%2010.pdf>). And before I go on, let me say for the record I truly believe everyone has intuitive gifts and talents, everyone is meant to be a healer, and everyone has a great book inside - just waiting to be written!

Hi Laura,

I really enjoy the newsletters! Perhaps you can help guide me to the right path. Since I was 5, I have seen and heard the other side. The past few years I have lost the fear of it and accepted it as a gift. I have also seen very bad things, I am highly empathetic. After many years of

working at a career which had become toxic, I finally left. I have been writing and love it, first book published. But there is something off, I am still stuck. Can't seem to get to the next rung on the ladder. Financially, emotionally and physically. I meditate and hear "Them" say all the time I am not utilizing my gift and until I do what I was sent here to do, I will stay stuck in the mud.

I want to further this gift now. Hone it in, learn more about it and where I fit in this world. I see, hear and feel them, their death at times also. I have learned to say NO and boundaries. Where do I begin? Of course, most think I am nuts til I see a spirit around them and they freak. Activity is very strong in my house. It can be BUSY!

So, after all of this, do you have any suggestions? Classes, good teachers, mentors? It is so powerful that it can be frightening. Any insight is greatly welcomed. Thank you.

First - I hear you on many levels. I have friends who are profound healers who regularly "blow out" their microwave ovens, short circuit electronics, etc. This is frustrating (and costly!) but speaks to the need to learn to ground one's self. Start by wearing hematite - at least a ring, and possibly a pendant as well. Become more conscious of the soles of your feet - literally, FEEL (through sensing) the bottoms of your feet and push energy down your legs and to the tips of your toes. Do this exercise several times a day - it really helps. Most women "live" above their solar plexis, many do not move energy actively into the lower extremities. Keep a glass of clear tap water by your bed every night, tossing it out your front door each morning. Refill each evening. This helps you rest without energies interrupting your sleep. Keeping a dish of plain sea salt on your nightstand helps too. If you would like more instructions on clearing, click "reply" to this newsletter and request clearing and salt information sheets and I will forward them to you.

I hear the other questions you ask from people coming into the shop at least once a day, I swear to you. So many people are exhausted and miserable from working all day in unnatural settings (flourescent lights, in front of screens, against one's natural internal "clock") doing tasks that leave them unfulfilled - pushing paper, feeling like a cog in a wheel.

And then one day they "awaken" either gradually or suddenly and ACT on it ... get Reiki training, meet with intuitives/mediums, start meditating, journaling, yoga, dietary changes to an organic lifestyle ... which leads them to know they are not living correctly. Which serves to add to their feeling of discontent.

But of course ... we must pay our bills. And for almost all of us, that requires a paycheck. The question left hanging (often unspoken but insinuated) is "how do I make this pay?" And the problem is, we are trying to incorporate non-worldly talents and gifts into our current worldly dynamic of employment = cash income. In the "olden days" we did not use currency but rather we bartered - someone would come to your home with fresh bread or a dozen eggs; and you'd spend a pleasant afternoon together in the kitchen conversing and healing or channeling or whatever. No money would exchange hands. Well, I am one of those people who believe we will go back to a form of living this way, it is slowly happening now, but we are not there yet.

And that means that we still must find a way to earn cash money while we are waiting for the great Change/Shift to take place. But I have to add, while the "change" is occurring people are not going to be very apt to want a reading or to chat with their beloved dead ... most will be trying to forage for food when the supermarkets run out - or find medicines for their sick children - or a means to travel to a new/safer place to live. Falling asleep won't be a big problem when most people are truly physically exhausted.

In other words ... it won't be pretty. Most of us are NOT set up for long-term sustained living in terms of gardens, fruit trees, livestock, etc.

So there are two ways to approach this: One, figure out what jobs ARE out there NOW which you can do - and do without going crazy. Receptionist, office work, bank teller, medical field, automotive repair, computer services, electrician, plumber, hairdresser, mortician ... whatever!!! There is no job that is not enhanced when you tie it into energy work -- a hairdresser can quietly channel healing as she is cutting hair; someone in food services can charge the meals they prepare with positive energy. We MUST get rid of the headset (where

ever it came from, I don't know) that we can only heal if there is an "exchange" of energy and that the exchange must be a form of currency.

If all else fails, think of it as "practice" ... because we like to think of ourselves as "prac-titioners", right?

Then it's time to figure out what skillsets WILL BE needed - carpentry, herbalist, dentist, midwifery, animal husbandry, spinning/weaving, well digging, outhouse building ... put your intuitive gifts to work for YOU, and NOW -- SEE what is to come. It may be macabre, but people will always die and someone must bury the dead. So, there will always be a need for casket builders and grave diggers (my great-grandfather Thomas McGlynn was one). Yes, someone may be needed to counsel the mourning ... but some able-bodied person must definitely engage in the hard work of digging a six foot hole by hand! Do you know how to butcher and clean even a fish to eat? CAN you fish? Can you wild-forage where you live for a plant-based meal? If you are a vegetarian - do you have a garden that will sustain you? Think your property is too small? Think again – and read this: <http://www.mnn.com/your-home/organic-farming-gardening/stories/the-quarter-acre-farm> and read this:

<http://thebovine.wordpress.com/2009/08/09/in-1999-35-million-small-family-plots-produced-90-of-russias-potatoes-77-of-vegetables-87-of-fruits-59-of-meat-49-of-milk-way-to-go-people/>

Ask your angels/guides where your talents can best serve a population and what you need to learn or acquire (for example, digging tools if you are going to dowse for underground water and dig wells). There will be lots and lots of hard, physical work for EVERYONE but the very young and very old to do. We can start NOW by getting physically fit and healthy - and get off prescription drugs that won't be available should the system fail. And again - if you are asking, YES, I believe it will fail. One day, probably without warning, the pharmacy will not be open ... and if someone is on meds, what will they do? I am very concerned about the need for antibiotics - a child's earache can go from uncomfortable to agonizing very quickly without them. Ditto a tooth or sinus infection. I am a naturopath, but the ONE time I got a sinus

infection I quickly went to the doctor - if one had not been available, I would have been searching for an axe and a way to chop my own head off. It hurt THAT bad. I am currently researching colloidal silver, which apparently serves as an antibiotic and can be made fairly easily at home. That's the sort of practical application of "crafting" I am talking about. Learn more at

http://www.naturalnews.com/colloidal_silver.html#ixzz2JM6O9cQX

If you are asking how our current social system might fail - something as simple as a strong CME (coronal mass ejection) from the sun could actually knock out our power grids by frying them utterly. It has happened before and we are just beginning a peak in the sun's own storm cycle. A strong earthquake along the New Madrid fault line (which is steadily experiencing increased activity) would rip apart pipelines and cause explosions that would nearly rip our country in two, destroying highways that connect the coasts and make travel/shipments from one side to the other nearly impossible. And this is NOT science fiction - it is fact. The December 2012 Newsletter provides background at <http://www.talismanct.com/images/NL%20-%20Dec%2012.pdf>. If I ever hear of pending danger in terms of a natural catastrophic event or man-made one ... I WILL use this newsletter to alert you all. And I pray it never comes to that.

People used to drink seasonal homemade "tonics" rather than take vitamin pills -- but you need a working knowledge of herbology and a little chemistry to make these correctly. Upon reflection, you can see how intuitive gifts used to play their part into the everyday lives of people "back in the day". My grandfather came from Alabama - they always planted crops based on the phases of the moon. In an **agrarian** society - which is everything our current living situation is NOT - you would put your intuitive "gifts" to work almost every day --- to determine where the herds are, for hunting - where the wild herbs are, for medicines or cooking - etc. And what we call "mediumship" was known as "ancestor work" because you would call on the wisdom of the elders to know what to do next. We have come to learn now what everyone knew back then -- our beloved dead never leave us, and continue working on our behalf long after they've left this earth. And I truly believe they are coming through STRONG to remind us they are there, so we

won't give up hope and believe all is lost when we are staring down at some pretty grim realities.

So in closing, I think most of us remain challenged to continue working inwardly - to determine how we, as individuals, will bridge the gap from the current world situation and its needs ... to the next. This will require practical spirituality, for the emotionally strong. All hands on deck, everyone will be needed and each person's individual talents will be appreciated and utilized. I think everyone who reads my newsletters regularly is well aware that at Talisman, we DON'T recommend multiple readings, we DON'T set ourselves up as "all knowing" or possessing any talent that cannot be shared or taught – and we try, hard, to teach and share! But there is no single person out there who can tell you exactly how to "find" your higher calling – you must live it. Heed your own calling ... what beckons you, at a soul level? What is it that you DO that when you are doing it ... you feel utterly comfortable and right with the world? There ... THAT thing, that's the one. Develop THAT!

And lastly, this two-minute video is just too cool not to share - I love how evolution is combined with images of Creator, which is exactly what I was taught by the nuns in California (LOVED them!). I remember raising my hand and asking how the earth could have been created in seven days' time when the dinosaurs were here for MILLIONS of years before humans? Sister Marie answered, "Laura, we don't know exactly how long a "God Day" would have lasted - each day might have been a billion years long! The Earth is constantly changing and evolving, and so are all its creatures. Even humans are evolving - we have gotten much taller since the 1700's for example ...". Wasn't that a great answer? I've never forgotten Sister Marie, she always took time to answer my questions (Heaven bless her, I had many!)

<http://marcbrecy.perso.neuf.fr/history.html>

NEW-AGE FESTS (bi-monthly)

Saturday, February 2

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

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

Andrew Neblett, Tarot

Mark Hoyt, Tarot

Nicole, Journeyboard & Cards
Patty, Crystal Ball
Pina, Angel Readings
Rachel, Animal Communicator & Tarot Readings
Yvonne, Tarot (se habla Espanol)
Tammie, Table Massage (\$1/minute)

Saturday, February 16

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

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

Gwen Lord, Tarot
Mark, Tarot
Patty, Crystal Ball
Todd, Tarot (see bio below)
Tammie, Table Massage (\$1/minute)
Yvonne, Tarot (se habla Espanol)

Todd Pritz: As an empath and Reiki practitioner, Todd has been using his talent as an intuitive Tarot reader for the last 8 years. He uses the Robin Wood Tarot card deck since he first learned over 15 years ago. Todd believes that Tarot is a great source of guidance and greatly helps the decision making process when we travel through the various cross roads of life. He has found in some cases, that some people that have come to him suffer from energetic blocks that hinder their ability to move forward. He uses intuitive counseling, crystals and energy healing to remove the blockages and allow the client to move forward without the fear that usually has held them back. They usually leave with a renewed sense of strength and faith in humanity. Todd's ability to empathize, move energy, and work with "The Light" has helped many to heal and move on to the next leg of their journey. He finds great joy in connecting with others. We can either learn through love or through fear. Todd often says that "Joy is his teacher."

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.

Lina: Sunday/weekday mornings - Intuitive Counseling by appointment

(261-0047) \$50/45 minutes. Fluent in Italian, Spanish and English.

Nicole, Journeyboard and Cards - Sundays 12-4 \$30/30 minutes (Will not be here Superbowl Sunday!)

Kerri Byrnes: Hypnosis/Counseling Sessions - Saturday, Feb. 9 from 12-6pm, \$45/45 minutes (appointment necessary)

Gwendolyn Lord: Whole-Life Tarot, Saturday, Jan. 26 12-6pm, \$30/30 minutes

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 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.

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!

Classes & Workshops at Talisman

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

Saturday, February 2nd: Real Change for a Real Life taught by Andrew Neblett; 6:30-8:30pm (\$25).

Are you ready to break from the past, get out of the rut you are stuck in and create a new life? Then this class is for you. WARNING!!! This class will guide you to take a hard, HONEST look at yourself to discover what your true fears and blockages are. Once recognized, you can then

work on clearing them and work towards your goals. We are all either our own worst enemy or greatest asset. If you are ready to move forward and create the life you want, this class will give you the tools to get there!

Saturday, February 9th: Kerri Byrnes, Healer –

Hypnotherapist/Spiritual Coach: Offers a 45-minute mini hypnotherapy and counseling session (\$45) from 12-6pm/appt. necessary. A session can target any one of the following issues: 1) Insomnia; 2) Inability to leave/walk away from a bad relationship; 3) Weight Loss; 4) Smoking cessation. During your session you will be seated in a comfortable chair. You will be induced gently using a progressive relaxation sequence which allows you to release tension held in the body and mind. While you are in a light trance, you will be given helpful suggestions that you may use when you wish to eliminate an unhealthy habit or form a healthy one. The suggestions are part of a script that is tailored to your needs. After the hypnosis session has concluded, you are free to discuss your experience and ask any questions that you may have. Credentials: Hypnotherapy Certification, 2010 - Connecticut Healing Institute, Wallingford, CT; Reiki Master, 2005 - Angelic Healing Center, Norwalk, CT; Bachelor's of Arts Degree 2001, Fairfield University, Fairfield, CT.

Saturday, February 9: Group Event - Channeled Messages from the Other Side: An evening with Naima Provo, 6:30pm-8:30pm (\$30).

Naima was first at Talisman in early October, and again in December. Since then I have had many people asking when she would return – and here she is! The first time Naima came to the shop, she showed me her notebook, carefully filled with names and images shown to her in the days leading up to the Talisman event – spirits who had been visiting her at home and at work, in anticipation of connecting with their own! Naima has been communicating with Spirit with great clarity since childhood. She has always known it was her life's purpose to deliver healing messages from loved ones who are beyond reach using our conventional ways of communication. Experience Naima's connection to the Divine and receive messages from people and pets that have passed over to the other side.

Friday, Feb. 15th : Earth Spirit Workshop: Spirit of the Bear –7pm-9pm (\$25) Taught by Sierra North of Starlight Healing

The focus of this Earth Spirit workshop is the Spirit of the Bear. We will explore both the physical and spiritual realms of the Bear. As you touch and connect with bear artifacts, such as a real bear skin and skull, you will begin to fully appreciate the magnificence and power of the Bear. You will learn about the natural history of the bear and the role of the bear in folklore and legends.

We will then focus on the Spirit of the Bear and explore the spiritual meaning and teachings the bear shares with humanity. We will do a shamanic journey together to the Spirit of the Bear so you can learn what the Bear means personally to you and how the Bear can lead you to deeper understanding of your soul through introspection and dreams. The purpose of this workshop is to deepen and strengthen your connection to the Spirit of the Bear so you can call upon the Bear for protection, wisdom, healing, and guidance. We will end the Earth Spirit workshop by drumming our gratitude and love and making an offering to the Spirit of the Bear and his brothers and sisters in the wild. As we are all teachers and messengers of spirit, no level of training or ability is required. If you have a drum or rattle, please bring one with you. If you do not, some will be available at the workshop you to join us. Wear comfortable clothing. If you would like please bring an item to leave as an offering to the Spirit of the Bear. This can be any item from nature, tobacco, other dried plants or flowers, or any other natural item that you feel called to bring. If you do not bring an item we will have some offerings available. Also please as a courtesy, refrain from wearing any perfumes or strong deodorants to this workshop.

Saturday, Feb. 16th: Presentation - An In-depth Look at Alcoholism Through An Alcoholic's Eyes – presented by Roy Lenhard. 7-9pm; FREE

Roy was an active alcoholic for over 25 years. He will be speaking frankly and honestly about his issues and personal path to finally getting sober. If you are not sure you have a problem; or if someone you love

has a problem – Roy will speak to what constitutes a “problem” from his own life experiences, and happy to answer questions. Having seen so many ruin their lives and their health, along with so much death and devastation ... Roy is hoping that by sharing HIS story, then perhaps that might help others move toward beating their own addiction to alcohol. This is NOT an AA meeting and Roy is NOT a doctor or trained counselor – but AA does not work for everyone, and their meetings are not always “pagan-friendly”. Attendees welcome to share their own stories at the end (if they wish). Coffee and refreshments will be served.

Saturday, March 2nd: [Becoming the Magician - Performing Real Magick](#) taught by Andrew Neblett, 6:30-8:30pm, (\$25)

This series of classes will teach you how to perform real magick, regardless of what your background or beliefs. Whether you are Wiccan, Pagan, Christian, Jewish, Muslim, etc or follow no path, this class will teach you how to think, act and perform as a magick user and live a magickal life. Here is a sample of what you will learn: Controlling your thoughts; Strengthening your Will; Connecting with energy; Centering; Focus; Visualization; Magickal systems from Sumerian, Babylonian, Jewish, Egyptian, Celtic, Nordic, African, Indian, Native American, Western and Eastern systems, folk, Christian and many more; Elements; Inner Alchemy; Subconscious traveling; Components of a spell: Creating spells/Working spells; Raising energy; Creating sacred space; Sigil work; Runes; Tarot; Qabalah; Invocation and Evocation; Divination; Hermeticism; Timing; Protection; Correspondences; Spirit work; Herbal magick AND TONS MORE!

Friday, March 15th : [Energy Clearing Techniques Workshop](#) - 7-9pm (\$20) Taught by Sierra North of Starlight Healing

Spring is the time of year that we all get out our dusters, mops, and brooms and finally get to all the cleaning that we have been too busy to keep up with over the winter. Spring is the season of renewal and new beginnings. It is the time for planting of the seeds of creation, both in the physical and in the spiritual realms. In order for those seeds to flourish and grow we need to do a little “gardening or spring cleaning” for our

energetic bodies and environment.

In this workshop you will learn many different techniques for clearing/removal of old and stagnant energies from your own aura and from your environment. You will learn about ancient Shamanic smudging techniques and tools, including which herbs are right for what circumstances. You will learn about the usage of sound, vibration, and color in energy clearing. Utilization of the proper techniques of energy clearing can have a direct impact on your overall physical, emotional, and spiritual health. You will feel lighter, more balanced and have a more optimistic outlook on your life circumstances and be in a much improved position to create positive changes in your life. Energy clearing techniques are also an integral part of all manifestation or law of attraction work as you need to make energetic space for the new seeds of creation to take root!

All participants will get to experience all energy clearing techniques and will have plenty of practice time during the workshop. We are all teachers and messengers of spirit, so no level of training or ability is required. If you have a drum or rattle, please bring one with you. Wear comfortable clothing and bring a notebook, pen, and water to drink. Please refrain from wearing any perfumes or strong deodorants.

The Circle of The Sacred Well Presents:

Open House Social Evening

February 8th ~ Time: 6:00 p.m. to 8:00 p.m.

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.

Wiccan/Pagan Study Group

Topic: Energy Workshop

February 19th ~ 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. This month there will be a basic workshop covering many aspects of Energy Work, including grounding and centering, visualization and personal and group meditation. This workshop is suitable for all experience levels.

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.

A Healing Hand is sponsoring a **Valentine's Psychic Fair** - Saturday, February 9, 10AM to 6PM at Hyatt House, 830 Bridgeport Avenue, Shelton, CT. Early Bird specials from 10AM to 12PM! 8 psychic readers offering everything from Tarot to Mediumship to Pet Communication & some great vendors and healers offering everything from chair massage & energy balancing to crystals and candles... and much more, including a **Spirit Circle**, 6:30PM to 8:30PM. Psychic Medium Barbara DeLong will facilitate this Gallery Style Spirit Circle. A medium is a psychic who has fine-tuned his or her extrasensory perception and can interface with

the spirits in other dimensions. They are able to feel and/or hear thoughts, voices or mental impressions from the spirit world. In this circle, each person will receive a message of some kind whether it is from a deceased loved one, Spirit, angels, spirit guides, or potentially even a healing from above. Sign up early as space is limited!

Thank you for your interest in my 8 week workshop, **Discovering Your Life Purpose**. If you are unsure if you are being called to join the group, call me at (203) 392-4846. My email is vickiscataglini@gmail.com. The group cost is \$25 per session and you can pay as you go, if that helps. The workbook is free. I was sending out my intro letter to the new group members starting Feb. 12th and thought I could share the information with you. There are only two slots left, but if there was a strong interest I could carve out another group time. Below is the email I sent to the upcoming group members. Included in it is my bio and information about what to expect from the group process. My office is in Sandy Hook, but I would be happy to host a group out of Sticks and Stones, which is just up the road 10 minutes from Talisman. Blessings and thank you for having Talisman in our community! Peace and light, Vicki Scataglini.

More info about Vicki and the group process: Our sessions will always begin with setting our intention, offering what we can give (hope, compassion, etc.) to the group and what we hope to take away from the group. We will do a short meditation to help get us present and grounded and then we will begin the discussion. I will also bring a meaningful topic each week to the group (power of thought, recognizing blocks, clearing limiting beliefs). I will customize this to meet the needs of our group members. There will be time for the workbook and discussion. We come together in a closing blessing at the end and set our intention for the week.

Bio: Inspired by her own spiritual journey, psychotherapist, Vicki Scataglini has weaved her traditional training with her spiritual understanding of the human path into her clinical practice. Prior to joining CT Counselors in July 2012, Vicki has worked in private practice and community health center settings for the past 14 years, mostly serving women and children. She is also a Certified Family Life Educator where she has studied and taught research based parenting

programs to the community. More recently she has added a 6 week “Couples Intensive” program and an ongoing group for women that focuses on Discovering Your Life’s Purpose. She graduated in 1998 from the University of Miami with a Master’s degree in Mental Health Counseling. Over the years, she has focused her continued studies on spiritual counseling, empowerment and parenting education.

[Astrology Corner](#)

By Alethea Hunt, Talisman’s Resident Astrologer

A change of pace as we enter February – Mars and Venus are poised to change signs at the outset of the month as energy begins to gather in the watery sign of Pisces. This stands in stark contrast to January’s Capricorn stellium – whereas last month’s planetary pileup was “all business”, this one’s a lot more free-form and flowing. Mars, Neptune, Mercury, and Chiron will all be immersed in the early degrees of Pisces so February will be great for meditation, spiritual pursuits, music, dreamwork, creative projects that require lots of imagination, or working with your intuition with all this Pisces energy radiating through the cosmos. You may feel a touch of Divine Inspiration early this month or your Guides might even “whisper in your ear” if you do your best to be receptive and make yourself a clear conduit for this energy. Those with planets in the early to middle degrees of the Water signs (Pisces, Cancer, Scorpio), in particular, may find their gut-hunches startlingly on-point, though I will put out the caveat that with these planets forming a square to Jupiter in Gemini you’ll want to be cautious about broadcasting the information or messages you get. It could be they’re meant for your ears alone.

The New Moon in Aquarius occurs on the 10th in the wee hours at 22 degrees of this sign. This is a good time to set an intention to broaden your social circle with the modern ruler of this Moon (Uranus) contacting the planet of expansion, Jupiter. Converse with new and different people now - you never know what kind of connections may be formed. The ancient ruler of this Moon, Saturn, forms a square to Venus in Aquarius at this lunation so as long as you’re mindful about the quality of people coming into your orbit and testing accordingly to make sure the investment you’re about to make is a solid one, there can be a long-

term union forming out of this.

Mercury retrogrades under the auspices of Pisces on the 23rd and the Jedi mind tricks commence for a period of about 3 weeks. You'll want to make an extra effort to be clear and spell things out with details or communications with this Neptune-y influence affecting Mercury, and this is certainly good to bear in mind with this being the middle of Tax Season and all! On the plus side, you can also productively harness the more intuitive elements of your psyche now and put them to work for you. Do not be afraid to use this influence to your advantage as well – if you need to utilize the powers of suggestion for a tactical reason (and you might, with a Pisces Mars on the loose!) ***as long as your reasons for doing this are ethical*** you should have no problems. If you want to put a bug in someone's ear about something, have at it.

The Full Moon in Virgo on the 25th clashes with Jupiter in Gemini. This is a scattered, frenetic, and frazzled kind of energy with Uranus, Neptune, and even Venus getting into the mix. The Virgo Moon is feeling particular, but some of the planets are insisting this fussbudget take the day off, swallow a chill pill, and tune out - which could prove costly if there are a million little things on your plate! Details get overlooked, key information is left out, and small-scale chaos ensues. To make matters worse she's also getting a poke in the ribs from Uranus, who is goading her to run around like a chicken with its head cut off and thus upping the neurotic factor. Your best bet is to sloooow down, discern what does and does not matter, and concentrate your energy on one task at a time. Prioritize accordingly, and be sure to leave yourself some down time – preferably in the form of a long, hot bath. If you have time on your lunch break to squeeze in a meditation or can manage a mid-day or after work yoga class, it's probably not a bad idea and it can help you get centered. If all else fails, grab your lunch, hop in the car, and listen to some tunes to get a breather.

**** 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