

# 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>

**January 2, 2013**

**Happy New Year!!!**

Since many people like to kick off the New Year with a "psychic reading" (what we call an "Intuitive Counseling Session" at Talisman) I want to focus on our intuitive readers this month, and how they do what they do. When I opened Talisman back in April of 2007, I initially planned to wait on offering readings until I could figure out what my yet-to-be-defined patrons might be looking for. But prior to opening, while I was there all day (and most nights) cleaning, painting and setting up the shop I had people come in to chat with me as I worked (you know I never close the door to anyone, right?) and almost immediately, I was asked about psychic readings! However, I decided that if I was going to have readers in my shop, they needed to be the best talent I could attract, over age 35 and with a minimum of 10 years' professional experience. There are certainly many gifted young readers out there - no disrespect meant, but I have a problem expecting a 40+ year old person who is going through a major life crisis to accept counseling from someone they could have given birth to! Since I was opening a new shop and anticipated business would be slow at the onset, I decided to keep prices fair and not take a "cut" of the money. Also, I used to leave mid-day to catch school buses and make dinner - and my readers would watch the shop while I was gone. Things have changed, and beginning this month I am raising the prices by five dollars but offsetting that by extending the readings an additional ten minutes - so in reality, you are getting more for your money, and the extra five dollars from each reading will go back to the shop. Know that every single reader at Talisman has first been

"interviewed" by giving a reading to ME - and has been able to tell me something about my personal life, children, business, etc. they couldn't have known any other way. In Rachel's case, she has read several of my pets!

For me, personally ... my earliest memories (around age five) involved hearing voices which lovingly offered simple advice, direction and hope - words which were meant for me alone, but later, included people who I knew both casually or very closely (family members, coworkers, friends, etc). After I left home at age 14, I grew to rely on my "inner voice" which I actually hear spoken into my ear, as if someone is standing by my side and talking directly to me - it's not something I hear internally, in other words. It comes through me, not from me. I have been reading tarot since age 18, and began studying palms (Chieromancy) at 16 years of age. So I came into this business as an owner/operator who also has intuitive abilities. At the beginning, I was reluctant to read because I felt it could potentially affect the retail end of the business and I really wanted to focus on building the shop by working closely with wholesalers and craftspeople in order to offer a wide range of mystical, magickal or natural items which hold universal spiritual appeal. Then I was offered an opportunity to read tarot on-air with David Smith of WICC. I have also lectured at Yale Divinity School on the changing face of spirituality; and taught tarot and divination in various forums. And yes, I still do five dollar readings on Wednesdays and Thursdays - never by appointment, and I do get interrupted by phones and customers. I also do a private 45 minute reading which includes your natal chart, a chakra checkup and more (see details below).

Talisman specializes in outcome-based readings. I expect that a reader will not only provide accurate intuitive counseling, but also tools to help cope with or hopefully heal the situation. Every single reader at Talisman follows a spiritual path (unique to them) and works to one's higher good. I do not like to see someone go from reader to reader to reader - and to help prevent that, I asked my readers to write, in their own words, what a reading with them consists of ... what it might reveal and "feel like".

We also have healers at Talisman - aura/chakra photography,

reflexology, reiki, massage, and others. In my own readings, I am seeing three major concerns presenting over and over again: 1) Inability to sleep; 2) Inability to leave/walk away from a bad relationship; and 3) Inability to discern one's life path. Last month, Kerri Byrnes came in to interview as a reader - but we began talking about her background as a hypnotherapist and spiritual coach. We agreed a mini session could be developed that would address any one of these specific three issues and, as time goes on we can determine other issues to add. Because the faires get busy and can be distracting, Kerri will "premier" her services at Talisman on Saturday January 12 from 12-6 by appointment.

**Andrew Neblett, Tarot:** Drew is an intuitive counselor who uses the tarot, runes, pendulum, kinesiology, clairsentience, claircognizance and spiritual intervention mixed with his years of experience as a certified hypnotist and natural health consultant to provide answers to your questions. His readings are brutally honest - he says what he feels and does not sugar coat anything. However, he delivers the information in a kind, often humorous way. A typical session with Drew will start out with the client mixing the deck with two hands on the table to infuse them with their energy. Then, the client will pick three cards to determine what the general energy, tendencies and issues are the most important and crucial at this time. Once this is known, Drew will then answer the client's questions. A gifted teacher, Drew can talk a long time but when he does a reading, he will not babble. A client comes to Drew to get answers to their questions, and a whole lot more. No matter what your issues are, Drew will tackle them all: Romance, health, family, jobs to the darker side of life - curses, possession and dark magick. Drew's mission in life is to provide help to all who ask.

**Gwen Lord, Tarot:** When I am really connecting, I know I am tapping into something much more cosmic than just a deck of cards. I will get visual "flashes" of information, and also some (inner) audio, and connect with what the person needs to know. I always preface a reading with a silent prayer, to let the person know what they need at that moment, and to have a "good" reading. I won't sugar coat a reading, people are there to seek truth, but a good reading should always clarify what the person already knows or senses, and they should leave feeling hopeful --- After all, though there is a certain amount of "fate" we also

have free will to effect change.

**Kerri Byrnes, Healer – Hypnotherapist/Spiritual Coach:** Offers a 30-minute mini hypnotherapy and counseling session, targeting any one of the following issues: 1) Inability to Sleep; 2) Inability to leave/walk away from a bad relationship; 3) Inability to discern one's life path. 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.

**Mark, Spirit Guided Tarot & Reflexology:** "They" speak to me in words and symbols, and actually serve to lead the reading - all to better understand the present as well as future events. The channeled information I receive can include mediumship (communication with passed loved ones). Past-life issues, relationships and intuiting health/medical matters (given my nursing background) are all areas I can confidently address.

**Nicole, Journeyboard/Cards:** I am an artist, and the board and cards I use are of my own design. You basically empty the contents of a bag filled with little charms and amulets (each of which has a unique significance) onto the board and I take it from there. My readings are very much a "whole life" reading - where you have been, where you are, where you are going.

**Patty, Crystal Ball:** I kind of get it from all sides, as I hear things, see things, feel things ... I can do psychometry (read objects such as jewelry) and also some mediumship - your beloved dead sometimes make an appearance! The main thing is I try to get straight to the issue, as I don't like to waste anyone's time with simple chatter.

**Pina - Lady of The Light, Oracle/Psychic Medium:** In a reading I connect with your Angel and the Arch Angels - I always begin by asking What You Need to Know, where it goes from there is anyone's guess. I cannot guarantee a family member or friend that has crossed over will come through, but that's not to say they won't. I am open to receive the messages you need. If you have a specific concern, I will ask the Angels or the Ascended Masters for direction.

**Rachel, Animal Communicator & Tarot Reader:** For Tarot readings, I ask that the person come with questions (even if they are general) so that I can get into the heart of the issue in the limited time that we have. Readings generally work better when the person comes to the table knowing what they want to get out of it.. My specialty is deconstructing an area/question and pinpointing what's working and what's not. Then we can progress the area and look at what they can do to get the best results. I use the tarot deck as a base but is skilled in different modalities and my readings encompass many layers. In terms of Animal Communication, I can connect to the personality of your animal companions living or deceased. If you want to have your pet read, I can work from a picture (or even with just a name) or you are more than welcome to bring your animal companion into the shop. We have had cats, dogs, birds, goats, and even a kangaroo come in! For many people with rescue pets, learning about their life before they became part of the family can be a useful - and very emotional experience. Animals can offer a wealth of information from past lives, health concerns and even planning for their passing. Animals often have strong opinions on how we can live better.

**Tim Bshara, (Healer) Aura/Chakra Photography:** Tim utilizes the latest in aura photo technology, showing the full body aura as well as the chakras. It is a snapshot of where you are with your life right now – not a future forecast – but is extremely useful in pointing out some things that you may wish to work on. It can also provide validation for things you have been thinking or feeling. Sometimes Tim will get intuitive information and pass that along as well, but most of the analysis is rooted in the science of biofeedback information that is gathered from your left hand. You get a 25+ page report with detailed

information about your energy field, the cover of which is your aura image on glossy photo paper. With a pre-registered appointment Tim can also offer detailed individualized crystal analysis using the aura photo system – see which crystals are best for your energy field! Tim also offers multimodal energy balancing sessions combining Reiki, sound healing, and crystal healing. All of these are performed with a client fully clothed, and can be done in short increments of 10-15 minutes but best results are seen in 60 minute sessions. Each person's Higher Self knows what is best for them, and an energy balancing session with Tim helps provide the infusion of energy and clearing of blockages that allows you to communicate with your Higher Self and live your life “in tune” ([www.ahealinghand.net](http://www.ahealinghand.net)):

**Yvonne McGarvey, Tarot:** My method is having the customer put their energy/thought on the deck and that's what I read. What I often pick up is the customer's subconscious, not all the time - unless they ask a specific question. Note: Yvonne is Cuban, and speaks fluent Spanish.

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**NEW-AGE FESTS (bi-monthly)**

**Saturday, January 5**

**12:00pm-6:00pm - (203) 261-0047 begin\_of\_the\_skype\_highlighting  
(203) 261-0047 end\_of\_the\_skype\_highlighting for appointments**

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

Andrew Neblett, Tarot

Mark Hoyt, Tarot

Patty, Crystal Ball

Pina, Angel Readings

Rachel, Animal Communicator & Tarot Readings

Yvonne, Tarot (se habla Espanol)

Tammie, Table Massage (\$1/minute)

**Saturday, January 19**

**12:00pm-6:00pm - (203) 261-0047 begin\_of\_the\_skype\_highlighting  
(203) 261-0047 end\_of\_the\_skype\_highlighting for appointments**

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

Gwen Lord, Tarot

Mark, Tarot

Nicole, Journeyboard & Cards

Tammie, Table Massage (\$1/minute)  
Tim Bshara, Aura/Chakra Photography (\$40)  
Yvonne, Tarot (se habla Espanol)

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**Talisman's Regularly-Scheduled Readers**

**(203) 261-0047 begin\_of\_the\_skype\_highlighting (203) 261-0047  
end\_of\_the\_skype\_highlighting 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

Kerri Byrnes: Hypnosis/Counseling Sessions - Saturday, Jan. 12 from  
12-6pm, \$30/30 minutes (appointment necessary)

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

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

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**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!

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**The Circle of The Sacred Well Presents:**

**Wiccan/Pagan Study Group**

**January 15th ~ 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, we have a special guest speaker, Daniel Lane. This class will give a basic introduction to some of the common magickal symbols and their uses. This includes common wiccan/pagan symbols, archetypes and a brief overview of some important divination systems that use symbols. We will discuss the history of some of the important symbols, how they are commonly used, how to interpret symbols, and how to use the symbols. There will be an activity involving creating a personal sigil, and carving symbols onto candles.

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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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**Hunter Healing Hands (Black Rock, Ct) Presents:**

**Monthly Drum Circle** - Friday, January 4, 2013 - 7:30 p.m. Investment:  
\$10 donation or bring a snack or plate of food. Come explore an  
evening of drumming, rattling, and exploring the ancient ways! All levels  
welcome! Extra drums and rattles are available.

**Cleansing & Protection for the Self and Personal Space** - January  
10, 2013 7:30 p.m. Investment: \$35.00 Learn various techniques to  
cleanse and protect. Techniques utilizing herbs, crystals, and shamanic  
practices will be discussed and demonstrated. All levels welcome!

**Explore Mediumship** - January 18, 2013 - 7:30 p.m. Investment \$35  
Taught by Leslie Higgins. This workshop will help you understand  
mediumship and various forms of psychic communication. Lecture and  
exercises to develop your own intuitive abilities. All levels welcome!

**Angelspeake - Explore Angelic Messages** - January 24, 2012 - 7:30  
p.m. Investment \$40. Taught by Robin Tesei. Learn how to  
communicate with your Angels and receive messages in writing! Based  
on Trudy Griswold's Best Selling Book, "Angelspeake: How to Talk with  
Your Angels". All levels welcome!

**To RSVP or for additional information, Contact Jessica Hunter**  
**([hunterhealinghands@hotmail.com](mailto:hunterhealinghands@hotmail.com)) or call (203) 522-2673**  
**begin\_of\_the\_skype\_highlighting (203) 522-2673**  
**end\_of\_the\_skype\_highlighting.**

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**[Astrology Corner](#)**

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

Happy New Year! As we begin 2013 Jupiter in Gemini moves in to  
square Chiron in Pisces, magnifying mental wounds and possibly the  
pain from our hangovers, too. We're super-sensitized to little things that  
seem to add up so it will be important to shift our perspective in order to

transcend this. Instead of withdrawing, try to see multiple angles and possibilities that will allow you to have a better understanding or to reach a certain level of acceptance of whatever's paining you. In other areas, Mars and Uranus are making a definite presence – they're connected via a sextile and inhabiting one another's sign so this is a really good time to take some kind of action to create a significant change somewhere in your life. I'd certainly call this starting the New Year off with a "Bang!" & hitting the ground running! My one word of caution is not to go off half-cocked, because there can be certain amount of recklessness and accident-prone tendencies associated with the pairing of these two planets. If you have planets in the early degrees of the Air (Gemini, Libra, Aquarius) or Fire (Aries, Leo, Sagittarius) signs, this will impact you most directly.

As we slide into the New Moon on the 11th, we'll have a bevy of planets in habiting the sign of Capricorn. Not only are the Sun and Moon here, but we also have Mercury, Pluto, and Venus in this sign as well – that's a whole lotta Goat action! Set an intension regarding professional matters – if you need to make a career change or are looking for a new job, put some good mojo out there and flip through the ol' Rolodex, because with the conjunction to Mercury there may be old work contacts you can drag up and tap as a resource. I'm also going to put a blanket recommendation out to avoid any appearances of impropriety at the workplace with Venus and Pluto traveling so close together now. This has all the potential markings to bring an "indecent proposal" kind of situation from a higher-up or it could just drag up old lovers within the workplace which could affect reputation, but keep the hanky-panky out of the office and you'll be fine. On the flip, there is the potential to make powerful and influential contacts – you'll just need to be sure there are "no strings attached".

The Full Leo Moon on the 26th seems particularly dramatic. The Moon is the focal point of a Yod involving the Sun, Mercury, Pluto, and Chiron. This is a great moon for making a creative breakout with the emphasis on the Leo/Aquarius polarity and it's possible that you'll be struck with a brilliant idea and innovative way to communicate it that will make you shine. There's just enough pressure being applied from dark Pluto and wounded Chiron to suggest that hardship/trauma may prompt this in some way and that perhaps this may be away of transcending the pain. If you find yourself with a fervent need to create on or around this date,

pay particular attention to the fruits born of this because it may be something quite significant. We'll also be dealing with a sextile between Saturn and Pluto - these guys will be looming large, so beware of destructive self-doubts, fear, and self-limitation and how these pathologically stand to limit/form barriers to success. Instead, work on these if they make you uncomfortable – you can't and shouldn't hide your light under a bushel because you're afraid of shining and this is a good time to work on any subconscious negativity that can get in your way.

**\*\* 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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In ending, I want to note that this newsletter was a bit "dry" and not exactly my writing style. I usually focus more on current events or something a bit more fun and/or meaty, and less on business. In upcoming months I will focus on some of the new products we are carrying - especially from our ever-expanding "Talisman's Own" product line - and ways to use the various oils and powders and sprays and such. More magick, in other words! For now, let me tell you about the Red Brick Dust we now sell, courtesy of some 1800's bricks I was gifted with by Peter of the Tattered Pages Bookstore - just a few doors down from Talisman. My son Derek - who has become my assistant at the shop - spent a few hours breaking and pounding the bricks into small pieces, then grinding them into a lovely dust. You can sprinkle a fine line across the threshold of doors and window openings - supposedly, Evil is not able to cross such a line. You find many buildings in New Orleans marked in just such a manner. It is also an ingredient in old-school floor washes (just a pinch is needed) and can be added to mojo bags or dusted on protection candles. Powerful stuff!

**Namaste, my friends -**

**"The Divinity within me perceives and adores  
the Divinity within you"**

**Laura Lenhard**