



**21 Minerva Street, Derby CT 06418 (203) 308-2457**

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**September 1, 2017**

**Greetings from Talisman and Cauldron's new home in Derby!**

New Shop Hours:

Tues-Thurs 11am-7pm

Fri-Sat 11am-8pm

Sunday 12-5pm

Monday Closed

Before I begin, I want to remind everyone that parking is available in the City Hall parking lot (which is diagonally across from Talisman) **after** their business hours during the week and on the weekends. The hours vary, but you'll know because the lot will be empty!

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Well, Well, Well ... August was quite a month there, eh? Quick Tip: DO NOT ENGAGE if provoked through this weekend - it is still pretty amped up but energies should begin to calm down starting September 5th. More astrological information can be found at the end of this newsletter, so check out Alethea's monthly astrological posting (and click the link to sign up for

her blog, too).

Those of you who are loyal readers of this newsletter (ahem. I should be speaking to ALL of you) will remember that I have raised the issue of "false gurus" being exposed as part of the Saturn-in-Sagittarius time period. Saturn is spending 12/23/14-12/19/17 in Sagittarius, where he has been working to uncover spiritual deceptions. Sagittarius rules the 9th House of philosophy, higher education, religion, esoteric thought, foreign matters, and the unending search for meaning and truth. Quote by AstroGeek ([www.agskylab.blogspot.com](http://www.agskylab.blogspot.com)): *"Saturn in Sagittarius will be testing you, specifically on your most deeply held ideals. He will push and prod you, having your back pressed further and further up against the wall, to see what guns you will stick to, and what you will sacrifice in the name of self-preservation. He will not be kind"*. But Saturn will not allow us to serve two masters comfortably. Yes, I have always said it is good to examine other faiths and extract elements that enhance your own spiritual practice (such as Buddhist meditation and Zen) but that is NOT what I am talking about here! I am referring to spiritual hypocrisy – the sort of mentality that demands school prayer but only if those prayers are directed to the Deity THEY hold sacred. Or going into the Confessional before attending Mass to confess the same sins that will be repeated the following week. In other words, we are being forced to "Walk Our Talk." And hey, I'M not judging you ... I am just saying that under this transit, this sort of mindset will be self-defeating at best and see you exposed as a hypocrite at worst. If you are following a guru – you may become disenchanting.

Two names spring immediately to mind: Joel Osteen, who is currently being publicly criticized (and castigated) for claims that his megachurch in Texas didn't immediately take in evacuees from Hurricane Harvey; and Doreen Virtue whose recent conversion from Pagan to Christian has led to her declare that tarot is evil (despite having earned millions from her decks). Rather than go into detail, read this [blog post](#) on the topic.

Personally, I have no concern with someone wanting to change their path, or coming to realize a different "truth". I do, however, have a HUGE problem with someone taking a poop on that path which others are trying to walk. Ever hear me criticize Catholicism? Ever hear me try to change someone's mind about their spiritual path? I don't think so. It's funny, but I have noticed an interesting reaction at my shop when I am asked the question "What is your spiritual path, Laura?". My simple answer: I am a Witch, and my religion is Wicca. Now, when I say this out loud, I see some of you smile and I can tell by the look in your eyes that, like me, you love the word "Witch" and all its lovely connotations. But then, others will get uneasy ... some even saying "But not a REAL witch, right?" and I just want to say, um,

no. I am a plastic imitation, a "Barbie Witch" if you will.

Oh my gosh of COURSE I am real! And people who know me, know me. I have walked my path for well over 20 years, I have no hidden agenda. What you see is what you get. But NOT being a Christian, Buddhist or Pacifist and also having worked for the Dept. of Mental Health for seven years - I can assure you that narcissists, psychopaths and sociopaths will most CERTAINLY slap your face (either literally or metaphorically) and when you offer the other cheek - delightedly smack that one too. In my sizable experience - as I sit in readings with between 10-30 people each day - eventually, everyone gets tired of being slapped. And, to let you know, I am not a big fan of being hit. I raised my kids with the mantra "We do not put our hands on each other or anyone else". Also, boys do not hit girls. Period.

So when someone comes into the shop with an abusive partner (especially when there are kids involved) or toxic co-worker, I will not be suggesting a "forgive and forget" mentality. You know why? Because abusers and bullies will always see our kindness as weakness. Any kindness or empathy we may feel for their ruined childhoods or former bad relationships DOES NOT mean we have to serve as human teething rings for them to gnaw on.

And empathy? Let's talk about that too.

A few years back, I had people coming to the shop in droves, excitedly telling me of being informed they were meant to be "a healer" or "write a book" or "open a spiritual center" (sometimes, all three) during the course of a random reading elsewhere. No direction provided, no reasoning as to why or how that would happen ... but there you go. Fun! However, the past couple years that has changed to a rather dramatic declaration of "You ... Are an EMPATH" and frankly I think that is great because the only people who are NOT capable of empathy are narcissists, psychopaths and sociopaths!

Let's get this straight: Empathy is NOT a super power. The ability (whether conscious or not) to immerse yourself in the emotions of another is not necessarily a great thing, especially when it leaves you feeling drained, depressed or ill. I discussed this in detail in my [March 2015](#) newsletter. In a nutshell, if your empathy is affecting you to the point you are uncomfortable, then wear a protective amulet over your heart chakra (that's the spot your hand covers when you say the flag salute) using a stone, symbol, or something which shields this very vulnerable area where we take our psychic "hits". Use your empathy judiciously - to determine whether someone is being authentic (how DO they really "feel" about you?); if you suspect someone is seriously ill even as they keep assuring you they are "okay" or you have reason to believe a person wants something they are

not comfortable asking for (can you "feel" what is lacking?). These are only three potential ways to utilize empathy. Just remember to treat it like you're testing spaghetti for doneness. You do NOT plunge your entire hand and arm into a boiling pot of water - no, you use a fork or something to carefully tease out a single piece and give it a pinch. Keep that image in mind, as there is no need to immerse yourself in another person's emotions in order to read them - and it is rarely considered good form to read someone without permission anyway!

Mabon, September 22, is a major celebration of the second harvest. It is a time when day and night are in balance, being of equal length. Regardless of your spiritual path, we are all moving into the autumn - and as we prepare to hunker down for winter it's a great time to cleanse our home, maybe even set some wards at the doorways or property corners to not only protect but also repel negative energies. I remember suggesting this to a patron who was being badgered by her ex, that she set a ward by her front door, and she just couldn't wrap her head around the idea of WHAT she would place there? In talking, she pulled up a picture of the front of her house on her phone - and right there, she had a huge stone lion on her front stoop! I asked her "So, how does that lion make you feel?" and she said "Oh we all LOVE him! The kids and I pat him and always say hi when we come and go ..." and as she realized what she was saying, we both just burst out laughing!

Sometimes balance can be found when we stop taking ourselves quite so seriously, and have a good laugh at our own expense. When pressures mount, it's a technique I highly recommend.

**Blessings,**

**Laura**

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### **NEW-AGE FAIRES HELD EVERY SATURDAY**

Faire time 12-6pm. (203) 308-2457 for appointments

Readers (\$30/30 minutes - cash only).

#### September 2

Sherri - Tarot with Astrological Spread

#### September 9

Patty - Crystal Ball/Psychometry (mediumship)

Pina - Angel Reader/Oracle (Mediumship)

Gwen - Whole life tarot (past life memories)

#### September 16

Gwen - Whole life tarot (past life memories)

Pina - Angel Reader/Oracle (Mediumship)

Sherri - Tarot with Astrological Spread

### September 23

Andrea - Tarot (Mediumship)

Rachel - Tarot/Mediumship; Pet Intuitive (pets/photo)

Sherri - Tarot with Astrological Spread

### September 30

EstaRa - Twinflame (Relationship) & Chakra Alignment

Gwen - Whole life tarot (past life memories)

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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/if it comes through.

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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 35 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!

### Laura - Private/Phone/Skype appointments:

Laura: I do special, in-depth readings by appointment. My 60+ minute private sessions includes a chakra check up, a print out and review of your

astrological natal chart, tarot and palm reading and more! (\$60). Call the shop for an appointment, as I schedule these when the shop is closed or after-hours. Private half hour tarot readings (\$30) also by appointment. Phone sessions are \$20 for a half hour - for those who do not live nearby. Yes, I do \$5 tarot/palm readings on Wednesday, Thursday, Friday and Sunday. The Faire is Saturday, with all our wonderful guest readers, **so I do NOT do them on Saturdays**. Please understand these are done in-between phone calls and waiting on patrons - you can't make an appointment, and I do get interrupted. Sometimes there is no one waiting, other times a dozen people are standing in line. They are five dollars because the shop is open and I am working, so they are not strictly "private" readings. If you require privacy please understand the shop is open for business. That's why they are five dollars! These mini-readings last about 10 minutes or so, and great if you have a quick question or have never experienced a reading before.

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**Classes at Talisman:** You must RSVP (203) 308-2457.

**Mini Acupressure/Reiki Sessions** FREE Sun Sept 17th from 1-4. Jessica Hunter will be providing 15 minute sessions as a service to the community. Appointments will be required (203) 308-2457. If you ever wanted to experience Accupressure or Reiki, this is your chance to try! Learn more about Jessica and her healing center Hunter Healing Hands, at <http://www.hunterhealinghands.com/jessica-s-journey>

**Methods of Divination** taught by Laura Lenhard (\$25). Monday, Sept. 18th from 6-8pm. Limit 10 Attendees. Hey, Tarot isn't for everyone ... so let's explore! Runes, pendulum, tea leaves, palms ... cost of class includes your own set of runes, a pendulum, packet of handouts - all I ask you to bring is a magnifying glass please. We'll sip our tea then read our cups as well!

**Tarot: Level 1** taught by Laura Lenhard (\$10). Monday, Sept. 25 from 6-8pm. Bring your tarot cards! Limit 10 Attendees.

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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: [CWPN.Org](http://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.

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Buddhist Path to Recovery from Addiction. Cost: Donation. **Mondays** 7:30pm Blue Lotus Yoga, 731 Main St., Monroe. **Thursdays** 6:30pm at the Tibetan Buddhist Center, 30 Putnam Park Rd., Redding. **Sunday** 7:30am Barefoot Living in the Arts, 85 Mill Plain Rd, Fairfield. Contact: ericperro@gmail.com.

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Our own China (who is always at the shop on Tuesdays and most Saturdays) also makes the sage water spray, Four Thieves products, soaps, salt baths and many of the oils. She is a gifted artist as well, please visit her at One Handy Witch: The Art of China Mayhew

[One Handy Witch on Facebook](#)

[One Handy Witch website](#)

[The Online Store](#)

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Awaken The Power Therapy: Introduces Women's Wellness & Empowerment Group. This group is a 8-10 session group that meets on Saturdays. The Group focuses on life issues: juggling work & family, substance abuse issues, early recovery from substance abuse & depression, parenting issues, parenting a "difficult" child or a child with a mental health diagnosis, relationship issues, low self-esteem, social isolation, reduction of sexual libido with depression and/or childbirth, assertive communication with a spouse & in the workplace. This group allows for a supportive & safe space to process, ventilate feelings & gain useful advice and support using art therapy, GODDESS Training, expressive therapy, spirituality principles, cognitive behavioral therapy techniques, dialectical behavioral therapy approaches, guided meditation and open discussions with other women. Each Group is \$25 per session. For clients with Medicare or Medicaid sessions will be free! CALL FOR DETAILS! Monique West, LCSW. Email: Mwest@awakenthepower.org 58 River Street, Milford, CT 06460 203-693-1050

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Hunter Healing Hands: Located in Black Rock, Jessica and Jim Hunter's events include Reiki Share; monthly drum circle; classes and so much more! For details, cost, etc. please see Hunter Healing Hands Contact 203-916-8381 to register for an event!

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Get a new career in Dental Assisting in only 15 Saturdays! Low tuition, located at beautiful 4 Corporate Park, Shelton! Labco School of Dental Assisting Plus, LLC. City beat award winner for customer excellence two years in a row! Call Laura Benedetto-Collins, Director/Owner 203-253-3520

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New Business Opening in Monroe: Grandma's Storybook Cottage offers workshops to individuals and whole families on writing, literature, research and critical thinking skills, social studies, and sustainability. Some of our upcoming workshops include Medieval Poetry, Renaissance Humanism, Teaching Children about Herbs, Helen Keller's Activism, and Overcoming Writer's Block. Workshop prices will range from \$5 to \$20 per person and will be limited to 12 people so that everyone will get lots of attention. Occasionally, workshops will be offered free of charge. We also have a small retail area stocked with gently used books in like-new condition, story-based curricula in all subjects that you can use with your children of all ages (or for yourself) at home, vintage storybook dolls, storybook playsets, handmade baby blankets and gifts, herbal soaps, a small selection of used and new DVDs based on books that are rated G or PG, educational toys made in the USA with sustainably harvested maple wood, and (organic) milk & (nut free) cookies. While it's nearly impossible to avoid stocking products made overseas, most of our product lines are either made in the USA, made of recyclable or recycled materials, come from a woman-owned company, or some combination of the three.

Please check out our website for updates on our hours, workshops, and other news: <https://grandmasstorybookc.wixsite.com/gscottage>. We look forward to visiting with you soon!

Jackie Berkowitz, Owner / Instructor

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### **Astrology Corner** **By Alethea Hunt, Astrologer**

We begin September with Mercury slowly shifting out of retrograde movement - communication and scheduling gets easier as the month goes on, so if there are temporary glitches at the outset of the month do not be alarmed. Mercury resumes direct motion on Sept 5th and does so very near Mars while linked up with social Uranus at the same time - if you have

children, this may herald a kid changing their mind about a sport or after school activity. It could be they switch from a “no” to a “yes” on the topic or desire a different activity than they had originally thought/talked about, but allow them to do so (provided it isn’t too much of a schedule disrupt for you transportation-wise) as this would generally seem to be a positive change. Maybe they can even share rides with a friend/teammate – the socialization factor is highlighted with this decision so either a friend may help and/or the activity itself may help your child to better aerate their circle of friends. Regardless of whether or not you have children, take this same energetic cue for yourself and try a new (local) activity or hobby near this time to help click the “refresh” button on your networks.

The Pisces Full Moon on the 6th is extra dreamy, magickal, and intuitive thanks to its close proximity to Neptune – this is generally a good time to retreat a bit in favor of more introspective pursuits such as meditation, prayer, or divination. There’s a bit of discomfort about this in a social sense, though, with Venus making an inconjunct to this lunation – perhaps a friend, partner, or even child is in a more festive mood and may attempt to pull us out of “Hermit Mode”; maybe even to a Harvest Party or Happy Hour near this lunation. This is not an easy compromise, as we need our “alone time” but like to have fun – perhaps give it a go but agree in advance to call it an early night so you can soak up some delicious silence later. And don’t forget the soundtrack for mood – this is a very musical lunation, and some may find themselves creatively channeling this energy toward their Art. On the flip, this energy can also stimulate strong needs for escapism or “checking/tuning out”. Themes of denial or enabling can surface as well and it’s possible for a loved one to make a dramatic ploy for attention with alcohol or drugs. While we understandably would not wish to nurture such antics by being a supporting cast member to their “show”, ignoring the issue will not make it go away, either. The best approach is one that is rather clinical – focus on the health angle and if you need help from a skilled clinician, definitely pay for it.

A quick note that partnering & money mojo is pretty excellent the second and third weeks of the month as Venus gets supported by Saturn, Jupiter, then Uranus – collaborate, co-create, have fun, make love/Art/maybe even money together! The last week of September is considerably trickier romantically/financially, as Venus has tripped into the sign of her Fall (Virgo) by this point and makes an approach toward deceptive Neptune. Speaking of Virgo, the Virgo New Moon on the 20th highlights wellness matters of all stripes; particularly if we have been dealing with any chronic (and perhaps vague or hard to diagnose) health issues due contact to Chiron. Saturn squares this lunation, suggesting hardship, age-related complaints,

potential issues due overwork (literal OR physiological in terms of the affected body part), but it can also signify beneficial determination & working hard to overcome the difficulty while getting good professional advice regarding the issue. There's more: Uranus takes a jab at this lunation too, so weird ailments may pop up out of nowhere. Try to view any health issues that surface at this time as holistically as possible while integrating Traditional and Alternative medicine approaches where appropriate.

The final event is the last opposition between Jupiter in Libra & Uranus in Aries, exact on Sept 28th but active most of the month. We've had two performances of this energy already; one on December 26, 2016 & one on March 2, 2017 so see if any significant events stand out to you in regards those timeframes (within a few weeks of either date). While this vibe \*can\* create distance in partnerships as sometimes we need to grow separately in order to grow together, it IS rather helpful for creating cohesion and unity based upon similar compatible belief/philosophies/politics; especially within social groups. If you want to find a new "tribe" who sees things more the way you do, this is an auspicious time to be networking/connecting/doing meetups and the like - keep your digital presence in mind, too.

\*\*\* A note to readers: If you would like to receive my FREE monthly newsletter via email which is packed full of information & astrological insights, click [HERE](#) or email [Alethea@EmpoweredDestiny.com](mailto:Alethea@EmpoweredDestiny.com) and I'll be happy to add your name to my list of recipients! You can also follow my nifty astro-blog or find me on Twitter (@EmpwrDdstny).

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

## Talisman and Cauldron

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