



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

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December 1, 2017

Quick Request: If you are receiving multiple copies of this newsletter, please "unsubscribe" from any extras - I do pay for these, and it would be much appreciated!

New Shop Hours:

Tues-Thurs 11am-7pm

Fri-Sat 11am-8pm

Sunday 12-5pm

Monday Closed

And if I am running late, call my cell (203) 513-1709.

Reminder: 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. City Hall's hours vary, but you'll know because the lot will be empty!

I am grateful to everyone who has assured me otherwise, but I feel like my

recent newsletters have made me sound a bit crankyass. I dunno, maybe I am a crankyass. A few weeks ago, someone posted an interesting question on Facebook, one of those bright-background statements that simply asked "Can you be a Christian Witch?" Now when I see a provocative question posed, I always assume you want discourse and debate.

This one did not go well.

The simple answer is yes, you can be a Christian and do Witchcraft. But to BE a Christian AND be a Witch ... is tough. I mean, technically a person of color could don the white robes of a Klu Klux Klansman ... but why? It's like being a Jew for Jesus. Doesn't make a lot of sense.

Another commenter told me I was being judgemental and HER opinion was what it was - to which I responded we are debating here. No one is calling names, no one is being mean.

Then the original poster weighed in, and noted she couldn't STAND all the dissention Too much drama! I said what drama? Who is being dramatic? We are discussing and debating. At its peak, a comment was made "You can be anything you want!"

Well ... No. No, you cannot.

You can't be a vegetarian who eats meat. You can't be an environmentalist who drives a Hummer. Can't really call yourself a healer and be a serial killer. Kind of hard to sell yourself as a Nutritionist and all you eat is junk food. These things are oxymorons.

So I proudly shared my newly-created term "Spiritual Glitterati" on Facebook yesterday and someone asked what that was. I answered "Oh sweetie I mean the luv 'n lite crowd, the folks who talk the talk but do not walk the walk, the Joel Osteen and Doreen Virtues of this world ... the spiritual profiteers. The Lightworkers who cannot get enough protection from ALL their enemies (?) and who are forever under "attack" by the dark energies they won't sully their hands with. The Reiki "Masters" who can use that term after taking 3 courses and close to zero experience ...". I mean, HUH? And I can go on and on.

Here at Talisman and Cauldron, we foster outcome-directed intuitive readings - that is, what do you do NEXT with this information? How do you move forward? Because the most insightful reading in the world is still going to keep you rooted to the spot you are in unless the reader can help you get past the pain, past the problems, past the issues you are confronting. And HOW you do that - yeah sure, a candle or a stone can help, a Flower Remedy, a Reiki session, some acupuncture ... but it is knowing how to project forward into the BIG PICTURE and see yourself there. The Buddhists

have it right: Pain is rooted in attachment. We can be in this world yet not of this world. I don't know what some of these Christian "pastors" are preaching that their followers are handing over MILLIONS of dollars ... for what? Salvation? Advice? I don't get it. To me, spiritual growth is about expansion and learning and sharing ... and a spiritual leader works to that end. Not extortion. Spiritual leaders - we are tools, to help move you forward. For YOUR good, not OUR bank accounts. Am I saying you never should buy a pendulum or crystal or incense? ... no I am not. Those things help focus and direct energy like the metaphysical tools that they are - the same way a hammer and drill help a carpenter build a house. But you don't say "Oh this hammer built the house" no, the carpenter's skill and education and experience built the house. I don't think I would trust a "natural carpenter" or "natural electrician" to work on my house, and I look suspiciously on "natural healers" who have had no formal training but want to lay hands on someone or conduct a session of some kind.

Looking forward into 2018, now is a great time to consider a study of some kind. Do you have a natural love of stones and gems? Consider learning how to use grids - Jessica Hunter of [Hunter Healing Hands](#) teaches a good class on the topic, but at least watch some YouTube videos, put that collection (your stone family) to work for you. Love herbs? Love oils? Get an old crockpot from Goodwill or a tag sale, mix up some oil blends of your own - after you've read and learned about their properties and safety protocols (two older but really good books, both by author Jeanne Rose, are "375 Essential Oils and Hydrosols" and "Herbs and Things"). Reading, writing, and crafting are all traditionally done during this "dark" or winter season. I have been seeing so many creative and contemporary versions of the traditional dream catcher, woven with colored string, yarns and with stone beads, shells and driftwood added - check out some of the beautiful examples on Pinterest and Etsy, then perhaps a trip to the beach and craft shop - and maybe this is the year you create your own as Yule gifts? Handmade gifts are always popular - and on Sunday, December 17th our own Pina Martello will be selling handmade incense bottles and her own handmade incense from 12-5. Bottles are \$20, cash only. You can see some examples on the Facebook page: <https://www.facebook.com/groups/BruhaHa/> Another gift to consider is an old-school (not computerized) astrological reading through our own astrologer, Alethea - she writes an extensive monthly forecast for our newsletter (cursor on down) and she was incredibly helpful when I was navigating through the three+ years of my daughter Daisy's chronic stomach issues (yes, these things can be charted). You can see the services she offers on her site [HERE](#).

I do wish all of you a blessed and glorious holiday season, filled

with comfort and surrounded by those you love.

Laura

NEW-AGE FAIRES HELD EVERY SATURDAY

Faire time 12-6pm. (203) 308-2457 for appointments
Readers (\$30/30 minutes - cash only).

December 2

Gwen - Whole life tarot (past life memories)
Pina - Angel Reader/Oracle (Mediumship)
Sherri - Tarot with Astrological Spread

December 9

Rachel - Tarot/Mediumship; Pet Intuitive (pets/photo)
Sandy - Tarot with or without Soul Portrait
Sherri - Tarot with Astrological Spread

December 16

Andrea - Tarot (Mediumship)
Pina - Angel Reader/Oracle (Mediumship)
Sherri - Tarot with Astrological Spread

December 23

Gwen - Whole life tarot (past life memories)
Patty - Crystal Ball/Psychometry (Mediumship)
Sherri - Tarot with Astrological Spread

December 30

Gwen - Whole life tarot (past life memories)
Sandy - Tarot with or without Soul Portrait
Sherri - Tarot with Astrological Spread

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.

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:

I do special, in-depth readings by appointment. My comprehensive multi-service 60+ minute private session includes a chakra check up, a print out and review of your astrological natal chart, tarot and palm reading and more! (\$75). Private tarot readings (\$30/30min, \$60/hr) 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.

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

Community Acupuncture: On Sunday, December 3rd from 2 to 4 pm come join us to experience the peaceful healing energy of a group acupuncture session. Ear acupuncture will be performed while in a seated position, using 5 sterile, disposable needles in each ear for approximately 30-40 minutes. This has been shown to help reduce stress and anxiety, and may help with

difficulty sleeping, irritability or depressed feelings. This protocol has also been used as part of the treatment plan in addiction centers, and also in community based centers which focus on helping veterans with PTSD. It is used by Acupuncturists Without Borders, a group providing assistance throughout the world for persons recovering from the aftermath of natural disasters.

Whether you have tried acupuncture before or are an acupuncture virgin, we welcome you to experience this in Talisman's warm setting, performed by Susan Lederfeind, licensed acupuncturist. Note: I had never tried acupuncture before, and found this to be extremely relaxing, and in fact I found myself journeying while the needles were in. Kindly RSVP to Laura and make sure you have eaten prior to participating. Cost \$10. If you have any questions please contact Susan Lederfeind at 203-243-1805, or susanctpt@gmail.com.

Tarot: Level 1 taught by Laura Lenhard (\$10). Monday, December 11 from 7-9pm. Bring your tarot cards! Limit 10 Attendees.

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. 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.

YULE EVENT: Saturday, December 9th. 12-10pm at 630 Grassy Hill Road, Orange.

<https://www.facebook.com/events/497440370632818/>

Ritual Presented by: Talisman & Cauldron
12pm - Artisans and Vendors Faire for Yule Shopping

2pm - Kid's ritual and activities - please see below
6pm - Yule Ritual
Pot luck dinner afterward (please bring something to share)

Free Admission for Members
\$5 Admission for Non- Members
(Non- Members 17 & younger are free)

Kid/family activities will start at 2pm.
2:00pm - We will be making sun wands to be used in the kid's ritual.
2:30pm - Kids'/family ritual
3:00pm - Yule fairies to give out presents
3:30pm - Family Caroling time

We are asking that parents bring a wrapped gift for their child with their name attached. Cost should be no more than \$15 dollars. Leave them at the entrance and the Yule fairies will distribute after the kids ritual. Please let us know if you are bringing children. Blessed be!

Goatboy Soaps Open House: November 24 and 25; Dec. 1, 2, 8, 9, 15, 16, 22 and 23. 10am-3pm. Gift baskets, gift sets, holiday soaps, local vendors, baby goats, coffee, cookies - Bring a Friend! Address: 1 Murphy's Way, New Milford, CT Phone (860) 350-0676

Jiva Center, 2900 Main Street, Stratford CT (203) 345-7747. A new community resource offering Yoga, QiGong, Massage, Holistic Facial Services and Reiki. Review: "The MOST wonderful place to learn. Yoga, sure, but so much more. Sharing space with such like minded people. A real community lead by true leaders. A MOST wonderful place to be a part of. You feel it as soon as you enter. A true place of inclusion, helpfulness without judgement. So appreciative to have found Jiiva".

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.

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](#)

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

[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!

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

[New Business 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. We look forward to visiting with you soon!

Jackie Berkowitz, Owner / Instructor

Astrology Corner

By Alethea Hunt, Astrologer

There is going to be an exciting start to December - we have 4 cosmic events happening in tandem, so let's dive right in! The first item on the docket is an opposition between Mars in Libra and Uranus in Aries perfecting on Dec 1st, possibly resulting in some unanticipated conflicts - especially within and/or *between* friendships and partnerships. People generally want to get along when Mars is in Libra, ceding their desires for the sake of cooperation and harmony. But this opposition makes it difficult to do because of some sort of curveball/monkey wrench that destabilizes equilibrium. If your friends don't like your partner or vice versa, know there is the very real chance of being the "monkey in the middle" around this time, so "keep 'em separated"! Detachment from irritants will be key; don't get drawn in - especially if it's others' conflicts. Any Mars/Uranus aspect can also be accident-prone - stay away from anything physically "risky", especially if friends are goading you on because social approval can be a powerful motivator that causes recklessness. This opposition will remain active through December's first week.

Our next item is a blessed one; a super spiritual trine between Jupiter in Scorpio and Neptune in Pisces! This Watery cosmic alignment perfects on Dec 2nd and amps up the flow of intuitive guidance from otherworldly, more esoteric/occult sources - "yin" out and practice being more Receptive (with a capital R) to get the most from this energy, because it will allow you to be more tuned-in to omens, whispers, and nudges from Spirit. Meditation, prayer, solitude, and ritual enhance our ability to connect to our Highest Selves now; this combination is pious but not dogmatic, ritualistic yet not

orthodox. Worship in whatever way(s) and to whatever deity(ies) you see fit; it's not to whom you pray but the act of praying itself that powers up your faith now. In other areas, this alignment can be a boon for those dealing with illness and who have to submit claims for insurance coverage or who have to *get* coverage/better coverage - the charitable nature of Neptune can make help available to us from "angels", be they earthly or heavenly. This energy can also make good palliative, hospice, or respite care available to those in need. The effects of this trine linger through December's second week.

Nearly concurrently with the above, Mercury begins a 2 ½ week long retrograde in Sagittarius during the early morning hours of Dec 3rd. While all the usual cautions apply re: communication and signing agreements, this one may be a bit trickier than normal since Sagittarius is the sign of Mercury's Detriment. Avoid hoof-in-mouth moments - especially re: topics involving religion or politics and doubly so if at an office holiday party - by self-censoring with this planet so close to Saturn at the outset of its retrograde. Delays may be a big issue this year, both for holiday travel AND for mail-order gifts, especially if these presents have to take a flight to get wherever they're going (either to you or to the recipient). Sagittarius is the sign of air travel and Saturn slows things down - further, when Mercury finally does turn direct on the 22nd it will square nebulous Neptune which can bode ill for travel problems; particularly associated with things like fog or (wing?) icing. If you don't have to fly in December or can shop local and have your packages tracked, it would be a good plan. As for packages, items - including your luggage - can certainly take forever to get to their intended destination, wind up damaged in transit, or be lost/stolen so take extra precautions and DON'T procrastinate until the last second! The best favor you can do for yourself during this time is to be super organized, have a hard copy of your checklist, schedule, and/or travel/shipping documents, double/triple check as much as you can, and have a contingency plan in place just in case things go awry because if there's an issue (and there may be) it may otherwise be a real mess sorting everything out.

December 4th, meanwhile, brings us a Gemini Full Moon. This lunation highlights news, information, communication, siblings, neighbors, and travel but is more likely to bring out problems connected to these areas since the ruler of this Moon - Mercury - has turned retrograde mere hours beforehand. Additionally, the Full Moon's near perfect square to Neptune adds layers of confusion and/or uncertainty to the mix. DO NOT, under any circumstances, DRINK AND DRIVE with this lunation looming large in December! Or drive tired, which can go hand-in-hand with this - there is a hazard of falling asleep at the wheel either from inebriation or pure

tiredness, as well as slipping on black ice. I am serious as a heart attack – driving under the influence is ordinarily a bad idea, but it’s especially the case given the specific combination of astrological factors in play. Call a cab, have a designated driver, sleep wherever you are; whatever it takes to STAY SAFE!

Financial and relationship matters require monitoring in the days surrounding Dec 10th, when Venus in Sagittarius squares Neptune. This vibe can denote a bout of blithe (alcohol-fueled?) financial extravagance that puts us in the poorhouse, or an alluring good-time Charlie/Charlene who after a few beers happily swindles us out of the contents of our wallet. More benignly, it tends to impair our better judgement in romantic partners – we could wind up with anything from a philandering playboy (or female equivalent; the song “Lyn’ Eyes” comes to mind) to pairing up with a “charity case” kind of partner; buyer beware! And if anyone approaches you with a financial offer that sounds too good to be true around now, IT IS!

The expansive Sagittarius New Moon on December 18th is a brighter point in the month and something to look forward to! Its proximity to Saturn brings grounded, stable, practical energy to those high-flying Sagittarian hopes, making it a good time to meditate on or execute long-term big-picture goals – especially if this happens to be career-oriented. Venus is nearby, bringing financial and relationship traction while Uranus supportively linking with this lunation lends innovation, excitement, and generally positive surprises that keep us inspired and motivated yet aren’t *too* destabilizing. Socializing and being well-networked is a good thing under this vibe; especially if you’re trying to grow something (career prospects, your bank account, a project, etc). The one potentially problematic note is the plethora of Sadge planets (Venus, Sun, Moon, & Saturn) squaring painful Chiron, which can cause pain to (re?)surface when and where we’ve puffed unsubstantiated hot air into situations and find ourselves left with the agony of disappointment/disillusionment. Do make sure your philosophies and views truly serve you and aren’t inadvertently doing more harm than good; especially if chronically obscured by the veil of “positivity”. Integrate any letdowns honestly and understand the good that can be had from lessons surrounding failure – sometimes it’s a blessing to *not* get what we had hoped for and limitations can indeed be put in place for our own good. Trust this.

Lastly – and I will only touch upon this briefly since Laura did such a fine piece regarding this topic in Talisman’s last newsletter – we have the arrival of Saturn into Capricorn on Dec 19th. This ultra-hardworking, responsible, and achievement-oriented energy can be an asset or an ass-buster depending upon our point of view – on one hand it’s ambitious; on the other

if we don't like rolling up our sleeves and doing actual work, it can be quite a grind. Broadly speaking, we might also think of this 2 ½ year long transit as "Spin the Wheel of Accountability!" - instead of flashy cars, load of money, or snazzy trips to far-flung locals, what we "win" when we play this game right will be increased self-respect and an admirable reputation. Trying to duck responsibility or taking shortcuts, however, will definitely land us in the "penalty box" until we learn our lesson(s)!

*** 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 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

21 Minerva Street, Derby CT 06418

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