



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

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January 3, 2018

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!

Happy & Blessed New Year! I really believe 2018 is going to be a PHENOMENAL year!

So this was an interesting holiday season that just passed, in that for the first time since I opened Talisman (2007) I had many people in the shop talking about NOT

being willing to overlook or play down their spirituality in the spirit of "keeping peace" within the family - they had no desire to hide anything "different" or make concessions. And it was not about being disrespectful or rebellious - or "in your face" - but rather, about being authentic and expecting their loved ones to be respectful and considerate (as they had always been for them). Coincidentally, I have had a dozen people (so far) tell me that they received a DNA test kit as a present. What a great gift, as these tests are wonderful on so many levels. I think we ALL should do one - how hard will it be for many folks to be racist once they learn the truth of their DNA and continent(s) their ancestors hail from? And from a spiritual standpoint, this has real value too.

It is a rare day when I do not have at least ONE new person in the shop looking for spiritual guidance, in terms of finding a starting point or direction. And honestly, very often the best place to begin is by looking at the spiritual practices of your ancestors in terms of location. Not always (but usually) those practices that were in place prior to Christianity where your family comes from geographically will resonate at some level for you. But it is not enough to just say "I am Italian" but what part of Italy do you come from? And many of us pull from several places - so this will take some research (Google IS your friend) and reading before embarking on a new spiritual path. Already I am hearing from people who hail from Eastern Europe investigating the Norse traditions, and coming to realize that their families were in fact "practicing" traditional elements all along, if only through family recipes/traditional foods. The African Traditional Religions (ATR) are diverse and form the foundation of other spiritual paths such as Santeria, Palo, Vodou, African-American Hoodoo, Gulla Gulla, Candomble and many others. In addition, other spiritualities are "sister" paths and may transition well (or integrate, in some form) one into the other - such as Christianity/Buddhism, American Wicca/Native American Shamanism, Streggha/Santeria. This last combination (Strega/Santeria) may not seem to have much in common but in fact they both had to "hide" from the Church (for different reasons) by incorporating Catholic elements into their practices and both work heavily with candles, the saints, and Catholic icons.

I want to back up a little and talk about why a person might be looking for spiritual direction or a new spiritual path. First, we have at least one or two generations of young people raised by parents who lapsed or left the faith THEY were raised with, and chose to allow their kids to find their own way spiritually. Others were "forced" into a faith that never resonated with them, but want a Divine presence to be part of their daily life. There are some who are happy with elements of their current path (say, a belief in Jesus and Mary and angels) but unwilling to remain part of what they might see as spiritual bureaucracy - preferring to call themselves Mystic Christians or Spiritualists. The Gnostic Bible and its teachings may beckon strongly in this case.

The longer I study Theology, the more I've come to recognize the common threads interwoven throughout spiritual paths despite their diversity and I am clear there is no ONE way - only the way that might be right for you - and as you grow and change and expand your mind, that path which fit perfectly may be subject to change at a later

date. Now obviously, fundamentalists DO believe there is only one way - fortunately I rarely cross paths with them. There is rarely a good reason to try and explain yourself or try to change the mind of another person, and I usually just smile and wish them peace and good day. I don't quite understand why a "spiritual" person would go out of their way to be defensive or combative and frankly I don't have the time or energy for either.

One hot-button topic that always gets a heated response is whether or not our animal companions/pets join us in the afterlife - the idea of whether or not animals have souls. I tell you, I had a very interesting experience a few years back, while scrying with a black mirror. When working with a mirror, it is a little different than using a crystal ball in that you hold it in front of you and look across it - sort of like an infinity pool. You do this in a darkened room, with a candle or light behind you with nothing reflected onto the mirror itself. It can take many attempts to actually "see" something but these mirrors are great for doing inner personal work, as they delve deep into your psyche. So this experience, I was looking for insight into a situation but instead I saw my own mother's face in the mirror. As I watched, almost like a slideshow, she brought out every single childhood pet - dogs, cats, hamsters, lizards, you name it! - and I felt so elated I called out their names as each appeared, my mom making it clear to me that she had all of these safely with her. And no, this really had NOTHING to do with the issue I had hoped to resolve - which I felt made it an even more genuine experience.

On the topic of beloved animal companions, please know we have a very talented animal intuitive, Rachel, who is at our Saturday faires usually once or twice each month. While she can work with pictures, animals are VERY welcome to come in person (if they want a reading or not, we are happily child and pet friendly at Talisman).

As far as to whether or not we reunite with our beloved animal companions, I would have to side with those who say it can't be a "heaven" if they are not there too!

Blessings,

Laura

NEW-AGE FAIRES HELD EVERY SATURDAY

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

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

January 6

Andrew Neblett - Tarot, Runes (YES he is back!)

Pina - Angel Reader/Oracle (Mediumship)

Gwen - Whole life tarot (past life memories)

January 13

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

Gwen - Whole life tarot (past life memories)

Sandy - Tarot with or without Soul Portrait

Sherri - Tarot with Astrological Spread

January 20

Andrea - Tarot (Mediumship)

Pina - Angel Reader/Oracle (Mediumship)

Sherri - Tarot with Astrological Spread

January 27

Pina - Angel Reader/Oracle (Mediumship)

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

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 10-15 minutes or so, and great if you have a quick question or have never experienced a reading before.

* * * * *

Classes/Events at Talisman: Limited space, you must RSVP (203) 308-2457

Community Acupuncture: On Sunday, January 14 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.

Mini Acupressure/Reiki Sessions FREE Sun January 21 from 1-4. Jessica Hunter will be providing 15 minute mini-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 here about Jessica and her healing center Hunter Healing Hands. NOTE: Reiki is NOT a "psychic reading" but rather a healing modality to receive energy - and yes, sometimes a practitioner does get intuitive information about power animals, one's energetic field, etc. and that will be passed

along but should not be expected. Also 15 minutes is a sampling and provides an energetic "lift" but is not enough time to fully clear a person.

Tarot: Level 1 taught by Laura Lenhard (\$10). Monday, January 22 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.

The first Moon Feast presented by the Exalted Fae. Jan. 13th 6-10pm at the Bill Miller Castle, Branford, CT. Spend an evening celebrating the dark mystery of winter with the Fae of the Unseelie Court. Three fabulous courses, cash bar. Renaissance garb not required but welcome! Recommended for ages 16+ children under 13 not permitted. See Frost Moon Feast on Facebook for details/tickets (\$53.74 til Jan 6) or Frostmoonfeast@gmail.com

[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

2018 begins on an emotionally sobering note as a Full Moon in Cancer punctuates New Year's Day at 9:24pm ET. Many of us may find ourselves evaluating commitments regarding love and financial matters with the Capricorn Sun & Venus opposite this lunation - feelings are strongly engaged and may pull us toward or away. Some will be solidifying alliances and sealing the deal (it's entirely possible someone "put a ring on it" around this time!) while others may be looking to cut their losses – whatever the case, it's likely to be an emotional time with this super Watery Moon engaging most of the sky.

A super powerful conjunction of Mars & Jupiter in Scorpio perfects Jan 6th but should be considered more or less active throughout the first two weeks of the month. This combo increases desire, lust, competition – psychologically speaking, at this time we'll need to be super aware of our appetites (especially for destruction or vices) and what's driving us because left unchecked this combo easily goes overboard to the point where it can split atoms with its desire. It is also entirely possible to be confronted with an ugly Truth about ourselves at this time, and while we might not like it, the best use of this energy is to face shadowy parts of the psyche honestly in the hopes of gaining greater insight and context so we might burn off a layer of darkness/dysfunction.

The sky is super busy between the 8th-9th, which are very astrologically active days. Solid and potent alliances may be forming with the Sun and Venus both joining Pluto while contacting a growth-oriented Jupiter and action-loving Mars in enriching Scorpio. This has the feel of a potential "power couple" pairing to me; where people unite to combine "empires". Regardless, there's a merger of commitment with complexity and growth is possible via intimacy – go deep or go home!

The first of 3 sextiles between Jupiter in Scorpio and Pluto in Capricorn peaks on Jan 15th but should be considered active all month long. This enriching energetic combination increases entanglements and intimacy, as well as has the tendency to expose more ugly Truths both on the micro and macro scale. In a post-Weinstein era,

many of us may be wondering just how much more filth could this aspect possibly dredge up? The answer: A lot – in my opinion Jupiter’s Scorpio entrance in October has just been the tip of the iceberg and we’ll see even more of this kind of thing as these hits perfect – especially politically.

Our next item is a Capricorn New Moon on Jan 16th; a great “new start” influence for any intention having to do with vocational or parental matters, self-discipline, or setting an important (financial?) goal – especially if it involves getting a better-paying position or securing a raise/promotion. This New Moon is close to Venus, so it may highlight matters involving money or relationships and test our commitment to something in either respect. Because the Moon relates to the physical body this would be an ideal time for a dietary (sugar?) detox or for starting a strength-training regimen, for example – there’s an abundance of self-discipline available at this lunation to help that intention “stick”, even if it’s hard. The key will be to have a plan – disruptive Uranus would like to throw a monkey wrench in things but by accounting for how to handle the occasional “curveball” through having the right organizational structure in place, it should be manageable. Social pressure looks to be the major problem – having accountability to someone else may help counteract this so maybe consider looking for a “partner” to team up with so you’ll both support each other in pursuit of your objective.

A Full Moon Lunar Eclipse on Jan 31st takes place at 12 degrees of Leo; practically on top of the Earth Mama asteroid Ceres. Matters involving children are particularly highlighted and a difficulty a child is having may come to light around this time. On one hand this lunation may sensitize kids’ bodies to dietary issues – with Ceres being the Grain Goddess, perhaps wheat sensitivities or similar may reveal themselves so be aware of this should any gastric anomalies surface. On the other hand, another manifestation with the Aquarius Sun and Venus opposite this Moon may be that a child is having some social difficulties fitting in – if they’re feeling a bit “different”, encourage them to find friends who are similarly geared and maybe try getting them to join some kind of group or club so they can connect to more people; say drama club, for example. For those without children, be aware this is a fertile lunation so if looking to avoid a surprise pregnancy don’t be negligent & take precautions! Regardless, this Moon is creative in every sense of the word and those looking to funnel this energy into their Art benefit from inspiration provided by Mother Nature. Think: Natural motifs or organic materials, lush landscapes, plants and animals as subject matter, music born from nature, etc. – the medium may be modern or unconventional with the Sun & Venus in Aquarius, but there is still something definitively biological and carbon-based about the expression of this creativity. Perhaps it’s ecologically-conscious somehow.

*** 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 (@EmpwrDstny).

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

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