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March 1, 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!

Often on Saturday evenings, after-hours conversations take place at the

shop between the readers, myself, China and whoever else might be there. Recently we found ourselves sharing mutual frustration at being asked "What do you get off him/her?" or "Who do you see around me?" in the course of what we think is a normal conversation in a public setting - and often, one we are having after just having met a person. MY personal favorite is when someone meets me then thrusts their hand in my face saying "What do you see in my palm!?" with an excitement that makes me wonder if maybe the cure for cancer or a winning lottery number is written there someplace. Pina shared with me the time she was attending a college graduation party and got bombarded by people wanting to know what she saw (after a family member "outed" her as a psychic) even though she was not there in a working capacity. Seeing this, a friend of hers jumped up and yelled "I am a hairdresser and NO I am not going to cut your hair today, I am celebrating someone else's accomplishment - so leave her alone!" And while I have gotten very used to people's reactions, it DOES make me laugh inside because I hardly EVER meet someone and upon learning they are (say) an electrician promptly ask "Oh, come look at how this chandelier is hung!" or "Can you quickly replace this light switch for me?"

You know ... because that would be a bit rude.

And the truth is - readers, psychics, intuitives, mediums ... we do not walk around being "on" 24/7. It would be exhausting. Also we are not reading anyone we first meet (unless red flags are being thrown by our Guides and trust me we keep THAT to ourselves) in our daily life, out at the grocery store or picking up our kids from school.

Where things get hurtful (for us) is when we have formed close relationships, our family members, special deep friendships - and no, we don't "read" these people we have grown to trust, actually that is a deep breach of etiquette like going through someone's wallet or phone. So YES we then allow ourselves to be vulnerable and yes, we do get hurt. Because I think more than most, we see the possibility of human redemption, the fact that people can change (for good or for ill) and situations can turn on a dime.

Here's an example: Most everyone is familiar with the story of Jesus and Peter, and Jesus telling Peter that he would betray him three times before morning. And Peter argued, saying "No! I would never do that I would rather die ... " I mean, don't you think Jesus was really hoping all along that Peter might have found the inner strength to NOT pretend he didn't know him, to speak his truth? Even though he was well aware of the outcome, don't you think His heart was broken when Peter's all-too human weakness was revealed?

Now I am not comparing myself (or anyone else) to Jesus - but it is part of our Higher Self, the best part of our human nature, to want to see the good in people. So if you have ever found yourself wondering how someone can be very intuitive, very spiritual, and yet have married and divorced ... well, that is the answer.

Changing topics entirely, I want to tell the story of the time - early October 2007 - a small group from Talisman in Monroe went to the White Hills Baptist Church Cemetery (in Shelton). We wanted to scout out the location, as it is a "vacant" church and can be rented out by the day for events - so we were thinking it would be great for a larger venue with room for more attendees. I stayed behind as it was a Saturday and the shop was open and busy, and a little while later one of the young pizza delivery boys from next door stopped in and asked where everyone had gone? When I told him, he said there were all kinds of legends about the cemetery, one involving a little girl who is buried there who had been heard to say "Hello" and ask visitors to come back and see her again - also a dark shadow "entity" who patrols the cemetery at night. I asked where he'd heard that, and he said it was part of the history of Shelton but you really had to search for it, not readily available (these were the years prior to google being the powerful search engine it is today!). So it is very doubtful anyone would have found anything online on the way over. And yes, one of the group DID say they had the strangest experience standing at the grave of a young girl - and hearing a voice greeting them and asking them to visit again.

It was probably five years later, I would find myself passing that same church/cemetery on the way to bring Daisy for soccer practice. A couple of times I went in and looked around but could never locate the child's grave. One evening, on the way home from practice I asked Daisy if SHE could find the grave for me (Daisy being maybe 11 years old at the time, I didn't share all the details of the place I just really wanted to see that grave!). Sure enough it took her only a few minutes and she called to me that she'd found it. I was on the other side of the property, and took my time walking over. I looked at the little gravestone and said "Daisy that's amazing I have been here twice and just could never find it!" she replied, "Oh mom I saw a little girl standing here a minute ago, she had blonde braids and was so pretty! I think she had a fever and died from it. And she said hello to me, and asked me to please come see her again ...".

My great-grandfather Thomas McGlynn was a gravedigger in Avoca, PA and the family house was located right across from St. Mary's Cemetery. And the truth is, all my life I have found cemeteries to be restful and calm places. There are always guardians at cemetery gates, and you should be respectful upon entering and leave a gift (nine pennies is traditional). In

Vodou, Maman Brigitte and Baron Samedi (husband and wife) are the guardians. Maman Brigitte (who is tied to Saint Bridget of the Celtic religions) is often invoked to help "raise the dead," meaning that she is used to cure and save those who are at the point of death as a result of illness, injury, or curse. Both Maman and The Baron do not want to see anyone - especially children - brought to them before their time, and they can be petitioned to spare a life. Now I am telling you this in the interest of education, that's all - but if you decide to visit a cemetery or make a request I IMPLORE you to take the time to read and research exactly HOW this is done. DO NOT assume that any old thing you bring as a gift is acceptable, or that a formal request can be done any old way you choose. Please be respectful and DO NOT insult the Loa!

The dirt from a grave of someone you were close to and loved is very energetically powerful. For example, say your grandparents were happily married and you want a relationship or marriage like theirs. You can go to their graves and collect a bit of dirt from the area near where their chest (heart) would be - say, two feet from the front of the gravestone. I never go empty handed, you should plant a flower or leave a decoration behind. Speak to them as you collect a spoonful or two of dirt, why you are taking it and how much love and respect you have for the marriage they maintained. After you scribe and oil a pink or red candle for this purpose, roll the candle in the dirt before you light it (this is called "dressing" a candle). As you are doing this, talk out loud to your grandparents, ask them to send someone who will want to marry you and treat you well and want the same things you do. Remember to thank them for their help, and even better burn the candle in front of a picture of the two of them. You are not "worshipping" your grandparents, rather, you are venerating them.

"Man alone chimes the hour. And, because of this, man alone suffers a paralyzing fear that no other creature endures. A fear of time running out."

—Mitch Albom, *The Time Keeper*

Blessings, Laura

NEW-AGE FAIRES HELD EVERY SATURDAY

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

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

March 3

Gwen - Whole life tarot (past life memories)

Pina - Angel Reader/Oracle (Mediumship)

Sandy - Tarot with or without Soul Portrait

March 10

Gwen - Whole life tarot (past life memories)

Sandy - Tarot with or without Soul Portrait

Sherri - Tarot with Astrological Spread

March 17

Gwen - Whole life tarot (past life memories)

Pina - Angel Reader/Oracle (Mediumship)

Sherri - Tarot with Astrological Spread

March 24

Andrea - Tarot (Mediumship)

Andrew - Tarot/Runes

Sherri - Tarot with Astrological Spread

March 31

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

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 10-15 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

Candle Magick: Monday, March 12 from 7-9pm. The art of Enchanting Candles to Manifest your Intentions. \$35 (includes cost of oils, glitter, and pull out candle). In this class you will learn how to prepare and charge a pull out candle. We will clear and purify then carve, feed, oil and enchant a candle using your energy and some simple household ingredients. All the while concentrating on your intention. Once completed, the candle is ready to be taken home and lit. As it burns you will see images form on the glass (interpretation will be discussed, and is usually apparent to the intended request). Limit 10 attendees.

Pina is an Angel Oracle and Medium who has been working with candle magick for over 40 years. She mainly derives from the Stregia (Italian), Santeria, Wiccan and Hindu faith paths. Her own candles and handmade incense are supplied to private clients worldwide (she will share pictures of some of her work).

Tarot Level 1: Monday, March 19 from 7-9pm. Taught by Laura Lenhard

(\$10). Beginner/Intermediate level. Handouts - but remember to bring your tarot cards! Limit 10 Attendees.

Community Acupuncture: On Sunday, March 25 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. Cost \$10. 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. If you have any questions please contact Susan Lederfeind at 203-243-1805, or susanctpt@gmail.com.

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.

[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!

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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**

After the roller coaster ride of eclipse season and before several significant planetary shifts occur later in the spring, we are provided a bit of a breather in March. We'll still have a Mercury retrograde (yes) to get through and the usual lunations that will serve as energetic focal points during the month, but overall the intensity dials down considerably since the eclipses came roaring back into town in late January - thankfully, we won't have to think about them again until summer. But I digress; let's have a look at what the skies have in store for us during March!

Like January, March is a “blue moon” month and it kicks off with a Full Moon in Virgo on March 1st. This isn't the only thing going on; a supportive trine between Venus and Jupiter perfects on this date as well, which is great for increasing romance and intimacy. It can also be good for money provided we don't go overboard under this (often extravagant) energy and send ourselves to the poorhouse! The Full Moon in Virgo brings a focus on discernment – the Moon's ruler, Mercury, is involved with the aforementioned Venus/Jupiter action and this reinforces the idea of using our head to reap the benefits of that energy. Avoiding wishful thinking is important as Mercury is debilitated in Pisces so we have to work harder to keep imagination and fantasy from interfering with logic. This lunation also highlights health; however its opposition to Neptune can create mysterious ailments or - on the other end of the spectrum - even prompt illusory concerns about our wellbeing that manifests as hypochondria. It's important to listen to our bodies, but sometimes if we're in an anxious state it's possible to misinterpret its signals. Thankfully, though, the Moon's trine to grounded Saturn calms and steadies – be patient (forgive the unintentional pun), sensible, and seek out help from a reputable medical professional to help get the body back in check. Just following a regular diet plan or sticking to a normal routine can be helpful as well.

Watch out for sharp, heated words and impulsive spending circa March 10th-15th when Mercury and Venus in Aries take turns butting up against a square with restrictive Saturn in Capricorn. Restraint will be called for – any Aries/Capricorn square tends to symbolically represent the pitting of impetuous youthful folly against the seasoned wisdom of experience, so pay attention to the messages parents, teachers, or other authority figures may give regarding such matters even if/when we find it annoying. With Saturn strong in Capricorn, we generally do better to err on the side of caution – this is especially so regarding any possible tendency to jump into a relationship with high chemistry but little actual compatibility.

A New Moon takes place in Pisces on March 17th – the Sun and Moon are adjacent to holistic asteroid Chiron, making it a lunation that centers on the idea of healing body AND spirit. Mars inflaming this lunation via a square may signal the flare up of some sort of “chronic condition”, either physically or metaphorically. Think of it as a “healing crisis”; some kind of intense event that is only occurring because your body and spirit are now strong enough to allow the next stage of healing to occur. It's like a fever - even though this temporarily feels like crap, it's actually a sign of a healthy immune system where our body is fighting off illness as without the fever our bodies couldn't kill off harmful viruses and bacteria. Again, this can be metaphorical rather than literal – there is the sense of something coming to

a head in order to push our healing process forward. When going through this, surrender and release are important in jump-starting the new cycle. With Jupiter in Scorpio supporting this lunation, perhaps there is some deep-down Truth we come to an understanding of that improves our perspective on the situation.

A three and a half week-long Mercury retrograde phase commences on Mar 22nd - this particular one will take us all the way through the rest of tax season so do NOT waste any time in getting your taxes in early this year! You really don't want to do your taxes during Mercury retrograde if you can help it - anything from clerical errors, typos, to missing paperwork can make filing your return more of a hassle than it needs to be and there is a chance you might have to amend it later. That aside, this Mercury retrograde takes place in contentious Aries people may be more argumentative than normal during this period; especially neighbors, siblings, cousins, and co-workers - think twice before saying something in anger, breathe, and count to three. FYI, just a head's up that the thorniest patch of this will be during April's first week - more on that in next month's column.

Finally, we have March's "blue moon" on Mar 31st taking place in relationship-oriented Libra. Mercury retrograde traveling close to the Aries Sun looks like an argument of some kind that disturbs our need for peace, fairness, and/or equality; perhaps even a lovers' quarrel. This lunation also squares a potent Saturn/Mars conjunction, so maturity and self-control will be of the utmost importance if we want to prevent this argument from escalating. Be especially mindful of controlling behaviors and parent/child dynamics in partnerships, because these may be what instigates the issue. This is the kind of lunation that can torch a relationship if one has hit their limit and had enough, so if you're not looking to part ways do think twice about what you say now and respect others' boundaries rather than push an issue if you're encountering resistance - think about their needs too rather than just your own desires, because something may need compromise.

***** 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 ***

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