

I want to use this month's newsletter to address some of the concerns that I hear almost on a daily basis at the shop in the hope we can learn some new ways to manage through and then move on to new ideas and new actions. The first is the perception of being an "empath". First I want to congratulate all my fellow empathic people on HAVING empathy – because it means you are not a narcissist, psychopath or sociopath as the lack of empathy is a hallmark of those psychiatric conditions! We almost ALL are empathic! And this is very good news as empathy is what keeps us from doing awful things to one another because we understand full well how WE would feel if someone did that awful thing to us. But a sense of helplessness at a perceived "overabundance" of empathy is dealt with by, simply, dealing with it. And I am going to start using the phrase "you are allowing" more and more often. In this case, you are allowing the emotions of another person or persons to flood your being. It is unnecessary. I sit with between ten and thirty people every day in readings, in addition to all those I meet as part of simply leaving my house. And I assure you, NO ONE becomes a better intuitive by being more empathic! The same way you do not have to plunge your entire hand into a pot of boiling water to test if the pasta has finished cooking. No one does that!

Here is another truth I have come to understand: The kindest people are quite empathic and serve as a beacon to others. Since I was a little girl, I could go into the ladies' room, turn to the person to my right to ask for a paper towel and two hours later I would still be listening to her telling me about her problems, family, pets, you name it. On and on. Does that make me angry? Absolutely not! But am I somehow indebted to listen and offer help because I am an Empath? Absolutely not! And I have found that more often than not, my being willing to listen did NOT mean the person expected or even wanted my "help" or advice. They simply wanted an earpiece. So what I do NOW is use my wonderfully developed sense of empathy to determine if, in fact, this person is truly in need – or truly in need of an earpiece, and I allow myself permission to act accordingly.

And here is another Truth I have come to understand: With the exception of yourself and your own children (I suggest age 12 and younger) you are most likely influencing an individual negatively when you offer unsolicited help or advice. Every single one of us has come to "Earth School" to learn and grow as a spiritual being. Each one of us has our own reality that may or may not be in alignment with another person's reality. In other words, what works for you may not work for them – and there is no fast track to enlightenment. I have found it better to try and live in a manner so that I am not in anyone else's way but can serve as an example (whether good or bad!) by my lifestyle and behavior. Too often kindness becomes enabling, giving without boundaries results in entitlement, loving acceptance of another's faults turns into abuse. If you want unconditional love, find Jesus or get a puppy. Anyone with self-esteem WILL set boundaries: "You cannot treat me like that" "I will not allow you to speak to me like that" "I will not accept this behavior in my home/office" etc.

Manifestation is about the alignment of energies coupled with the faith (not belief, FAITH) that our needs will be met and our higher good will be served. Every spiritual practice has its own way of aligning energies. Praying a Novena is one way that Catholics do this. Fasting, ritual, the lighting of candles are others. Likewise, the carrying of stones or wearing of amulets for protection varies – no one thing is better than the next. One person will feel very protected by wearing a cross over their heart chakra; another person may want to wear a stone and for someone else a medallion or

pentacle. Anything that helps us to maintain a higher consciousness or higher vibration is working toward our higher Self – and that is good. But if the object is not in keeping with your energy it is not going to help. Likewise, the best-designed vision board is NOT going to move you forward any faster if you are not aligned with your higher Self. Ask yourself “What am I drawn to?” and allow yourself to be attracted accordingly. It's that simple - what is authentic will resonate, and vice versa.

The work comes in taking the time to consider what the best version of yourself looks and acts like. Where does it live? How does it live? How does it earn a living? What path results in your living in a state of Joy? This is how we find our way to our Higher Self. And again, there are no shortcuts. It can (and should) take a lifetime! And while we can find ourselves bound to a negative person, we can also be bound to our own ideas of what constitutes a "good" life or success. Listen, I have lived in a studio apartment in Bridgeport and a private community in Monroe ... guess which one of these saw me living in a state of joy? Hint: It had nothing to do with square footage because living in a state of joy, for me, has everything to do with personal freedom. But that is MY reality. My truth. It doesn't have to be yours.

Does this mean your life will be perfect? Of course not! But our challenges generally come through interaction with others, especially until we learn that “What we allow is what will continue”. So we are back to the whole “allow” thing. Many of us live with integrity, and when we give our word we keep our word – and treat others as we wish to be treated. I am personally still shocked when people do NOT do the same! But I have come to understand that this is because MOST people also want to live with integrity - it is much the same way that truly horrific news shocks and jars us internally because it is NOT the norm. Be assured that more and more people ARE searching for their Higher Self, and an absolute energetic shift IS occurring. Talisman will be TWELVE years old in April 2019 and we wouldn't have made it this long were this not the truth!

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God(dess) Bless Us All!

Laura