

Talisman
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April 4, 2009

Merry Anniversary Greetings - Talisman turns 2 years old on April 15th!

Not too long ago, a woman came into the shop fresh from a reading at another place (no longer around) - she explained that the reading had been okay, but afterwards the psychic told her she had a blockage in her Chakras and that she would be happy to unblock them ... for \$1,200. Wisely, she told the psychic she would somehow manage, paid for her reading, and dragged herself and her blocked Chakras over to Talisman. Using the Tingshas (Buddhist cymbals) in a technique taught to me by Cathy Kane, we determined that in fact there was some blockage and discussed ways to get her energy moving more effectively. Cost: zero.

Now, all thoughts of extortion aside - "Chakras" and "grounding" are two new-age terms that are frequently (just like "Karma" "soulmate" and the ever-popular "empath") being used excessively and often incorrectly. What does it mean, to be grounded? Mentally, it means to be planted firmly in reality, not running away from ones' situation but staying in the present to address the matter at hand. It is easy to escape into a fantasy world, where magically all your problems (mental, physical, financial, personal) simply "go away" - much, much harder to stay put and deal with them. What role do your Chakras have in all this? Well, the Chakras are a vital part of the human energy system. Increasingly, this is an accepted mode of thought in Western medicine and wellness education. There are seven major energy bodies within the human system, each of which is linked to a specific element, sound, color, gemstone, etc. Imagine a rod running through the center of your body - up through the pelvis and out the top of your head. The Chakras are located at specific points along this rod. Starting at the pelvis and ending just above the top of your head these are named the Root, Sacral, Solar Plexus, Heart, Throat, Brow, and Crown Chakras. I would like to discuss these individually later, in future issues of the newsletter, but for now let's talk about the Root Chakra. When our way of life is threatened, the Root Chakra is activated and our ideas become harsh, even hateful in nature. We become defensive and cut off warm feelings to anyone or anything that threatens our home or our institutions. The fight-or-flight function of the kidneys is activated and emotions such as aggression, anger, violence and jealousy run rampant. The Root Chakra incorporates all of the qualities to maintain existence in an orderly fashion, including being constant and stable. It focuses upon shelter and sustenance, as well as the things that keep our lives moving along. In addition, all our ancestral knowledge is housed in the Root Chakra. When all this is threatened, the Root Chakra becomes destabilized and we struggle to maintain both inner and outer equilibrium. At these times, it takes only the slightest upset to send us plummeting into despair.

All that being considered, is it any wonder that a healthy and functioning Root Chakra is crucial to our well-being? These days, it seems our Root Chakras might very well explode with the stresses

being heaped on us (hint: If a helpful someone offers, for a fee, to replace your burnt-out Root Chakra ... nicely say "No, thanks" and come to Talisman!). All joking aside, the ability to clear, calm and center ourselves is key. Deep breathing through stress - in through the nose, out of the mouth - pulling fresh air deep into your lungs and belly then expelling negativity as you breathe out. Remind yourself as you breathe that "This too shall pass". Carrying a piece of hematite (the stone associated with the Root Chakra) or wearing a hematite ring can help with this focus and process of absorbing then dissipating negative energy. Engage in an activity that has your feet moving to keep the energy flowing down and through your body - such as Tai Chi, yoga, walking/running, biking, etc. Try to spend more time barefoot, feel the soles of your feet connect with the earth. For me, believe it or not, walking through an old graveyard on a sunny day always grounds then brings me back up. Reading and touching old tombstones, reveling in the quiet, reflecting on what is really happening in my life - and ultimately realizing, as I am surrounded by aspects of death, how very alive I am at this moment. Remember, there is no problem so great that it cannot be overcome. Even death is not permanent - we are eternal, and life goes on.

New At Talisman

There's LOTS of new stuff in the shop for spring: Hand-blown glass Witch Balls (\$20) to hang by the front door to attract and trap negative energies; new candles by Montserrat; handcrafted wood "secret" and music boxes by Heartwood Creations; more books; green men placques; new stones from last month's gem show; new soaps (glycerin and shea butter) by Luv Dee in Waterbury - plus new Goatboy Soap as well; new/more hydrosol sprays from Sunrose Aromatics; statuary ... and more!

Invitation - Special Event

We are planning a Beltane Celebration at Barn Hill Studio (www.barnhillstudio.com) on Sunday, May 3 from 12:00-4:00 p.m. Barn Hill Studio is located at 20 Barn Hill Road in Monroe. Owner and artist Linda Dohanos hosted our Winter Solstice Celebration last December and has graciously offered her grounds for Beltane (and they are lovely!). We are planning for this day to be a wonderful opportunity for everyone to get together and celebrate the season. We will have a May Pole and other traditional events - but really, it's all about the gathering. Everyone is asked to bring their own picnic lunch and something to share - a little extra food, play a musical instrument, sing or read poetry, impromptu drum circle, bring your tarot cards or other forms of divination ... all to be offered at no charge to everyone present, just as a gracious way to get to know others outside of the shop. The only items to be offered for sale will be the artwork inside the studio ... and I feel very serious about this. At a time when so many are struggling, I want to offer one nice day free of financial stress. Please dress in "garb" or however you please. I think it would be adorable if the small girls could dress in white or as fairies - such a cute photo op if they dance around the Maypole together! PLEASE, if you plan to attend RSVP at 261-0047. And honestly, we could use some help with the details so all offers will be gratefully accepted. Leave your name and number and either Laura or Jamie (she's the sweet one helping on Wednesday mornings - letting me get a little time off) will call you back right away. Please note that if any of you has ever actually put a Maypole together yeah, we'd REALLY like to talk to you!

Other Events

Friday, April 24th 7pm-9pm - An Evening of Mediumship, Psychometry and Readings.

Talisman's own Lina, Starr and Lisa Marie will pool their talents forum-style for two hours of uninterrupted readings. Seating will be limited to 40. Cost: \$15 each. Each of our three psychic mediums will "read" the group. If you have a physical item you would like to have read (such as a piece of jewelry or treasured object) Starr will use her gift of psychometry to "read" the images and emotions connected to it. Why in a group format? Very often, the combined energy of a group connects with the spirit realm and facilitates their coming through. You can learn more about our readers on the website www.talismanct.com. Please call Laura to ask questions or reserve your seat for this very special event. Please, no children under the age of 16.

Saturday, April 24th 6:30-8pm - The Crystal/Indigo Support Group: We focus on holistic wellness for these children (and adults) who are also known (in New-Age terms) as Indigos and Crystal Children. Please call Talisman at 261-0047 if you are interested in attending this support group which is being held free of charge. Please know that this group is open to anyone who identifies as being an Indigo or parent of a Crystal Child. How to tell? Glad you asked ...

How can you tell if you are an Indigo? Most were born after 1960 but there are pre-Indigos as well. A good way to "test" yourself is to answer the following:

- Are you always searching for your greater purpose in life but feel like the world isn't set up for your kind? Do you feel wise beyond your years? Do you have trouble conforming to the ways of society? Do you feel out of place in today's world? Do you perceive the world very differently than most people around you? Do you have strong intuition about certain things that most others do not? Do you often feel misunderstood when you try to talk to people about what's real? Do you feel like you were born to accomplish a special mission in life? Do you feel isolated and alone in your beliefs? Misunderstood by family? Perhaps the black sheep of the family? Do you feel anti-social unless you are with people of like mind? Are you emotionally sensitive? Did you have a difficult childhood? Do you often feel disempowered by too much authority? If you can answer yes to these questions, then you are most likely an Indigo.

How can you tell if you have a Crystal Child (born after 1990) living in your home:

- These children have large expressive eyes and an intense stare - Are highly affectionate - Begin speaking later in life, but often use telepathy or self-invented sign-language to communicate - Love music and may even sing before talking - Are extremely connected to animals and nature - Are often very interested in rocks, crystals and stones - Are extremely artistic - Are highly empathic and sensitive - Are forgiving and generous to others - Draw people near them and love attention - Often have an amazing sense of balance and are fearless when exploring high places - Often see or hear angels and spirit guides - both theirs and others - Dislike high-stress environments with many distractions - Dislike

loud/sharp sounds - Dislike bright, unnatural lights - Often enjoy to choose their own meals and/or when they eat them - Often speak about universal love and healing - Show healing gifts at young ages - Don't react well to sugar, caffeine, or unnatural foods/chemicals - Dislike fighting or refuse to keep an argument going very long - Often show strength in telekinesis (or PK) - Often amplify emotional energies they gain from their environment (such as, negative energies) - Can become uncomfortable when around electrical devices too long (watching TV, computer, ect.) - Sometimes seem "clingy" to their parents until 4 or 5 - Often stare at people for long periods of time (this is called Soul-Reading: the child is finding out who the person truly is!) - Can sometimes be manipulative and throw tantrums if they cannot create a reality that is good for them - Are easily over stimulated and need to meditate often to replenish themselves

New Date for Reiki I: This class has been moved from April to Saturday, May 23 from 10 am until 6 pm. Cost \$125 (includes book). RSVP with prepayment required. **Reiki I** gives you the ability to help yourself or others within a foot of you. Includes book, handouts and hands-on practice time as well as Reiki history, introduction to guided healing, healing and first degree attunements, meditations, aura reading/scanning, hand positions, how to give a Reiki treatment to self or others, and more. (Date and cost for Reiki II to follow). **Reiki** (also known as **Usui Reiki**) is an energyworking system originating in Japan, involves using a divine pool of energy to remind and support the body in using its own natural ability to heal itself. Reiki has other uses (such as manifestation), and has built-in safety measures that protect the practitioner from doing harm or depleting himself in the process. **Angelic Reiki** (originally channeled to Kathie Valentine) is an enrichment of the Reiki system and is offered at no additional charge as part of all **Reiki** classes Cathy teaches. **Catherine Kane** has been a teaching master of Reiki since 1996 . She loves to teach, especially things like Reiki that have made her life and the lives of so many others better. In her classes, you'll get demonstration and practice, as well as theory, and she continues her availability post-class to answer questions. For more information, contact Catherine Kane at we_are_foresight@yahoo.com or Laura.

Radio Show Debut: Talisman and The Smoking Gun Research Agency have teamed up (once again!) and taped our first radio broadcast of "Talisman After Dark" on March 29. Our debut is entitled: Negativity Overload ...Possession/Exorcism - Hollywood vs Reality." With all the excitement over the new movie "A Haunting in Connecticut" I thought it would be a good time to discuss the topic with guests Jon Novinsky (Director of the SGRA), Dr. Andrew Neblett Paranormal Investigator and Clinical Hypnotherapist as well as author of the soon-to-be-released book "Octoenergetics" and Talisman's own Lina - Intuitive Counselor and Healer. It is important to note that while Lina and Andrew approach the metaphysical coming from different faith paths, both have been called upon to conduct exorcisms. The direct link is www.sgra.org/talisman/. You can download this program to your computer, IPOD, or MP3 player. This show is 1 hour long and the file size is 50MB (approximately 5-7 min download on a high-speed connection). You can also get a copy of this program on CD at Talisman or by calling (203) 261-0047
[CLICK HERE TO DOWNLOAD](#)

Scheduled Readers:

Starr: Angel Readings on Thursdays 4:00-7:00 pm (or by appointment) \$30/20 minutes or ask question \$1/minute

Lisa Marie: Mediumship/Tarot on Fridays 4:00-8:00 pm \$30/20 minutes

Lina: Intuitive Counseling Sessions on Sundays by appointment (261-0047) \$50/45 minutes

April 4: Mandy/Oracle Board - Whole Life Reading 12:00-5:00 \$25/20 minutes

April 4: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

April 11: Elpida/Coffee Ground Readings 12:00-5:00 \$30/20 minutes

April 18: Herbal tarot with Donna 2:00-7:00 \$25/20 minutes

April 18: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

April 24: An Evening of Mediumship - \$15 - Seating limited, Call 261-0047 - 7:00-9:00 pm

April 25: Tarot with Gwen 12:00-6:00 \$25/20 minutes

Wednesdays 6:00-7:00 pm: **Meditation Sessions** led by Simon (\$5) **Remember:** There is no obligation to attend these sessions regularly after initial sign-up, just drop in when the timing or the mood strikes you as right! Please, no children under the age of 12.

Other Items of Interest

Recently, I had the pleasure of meeting Ms. Sandra Mally, Poet and Author of "The Echoes The Times The Poetry" - poems of the system and recovery and "I Close My Eyes" - short stories of past lives and other prose. Her books can be ordered at amazon.com and/or visit her blog at www.sandramally.blogspot.com and find out more about the author.

I want to take this opportunity to bid a sad farewell to Purple Moon, a lovely shop in Danbury CT which has recently closed its doors after many years of service to our community. I know you all join with me in wishing our friend Yvonne many, many blessings as she ends this chapter and begins another on her life's path. I am both honored and humbled to tell you that the glorious image of Kali-Ma, formerly housed at Purple Moon, has taken up a new residence at Talisman. Many of you know that I am devoted to Kali and now have created a small shrine in the back of the shop so all may spend time in her presence. The feminine power which emanates from this statue is staggering. Come in, light some incense, and stand or sit on a pillow while you reflect on the Mother Goddess Kali. Her image, frozen in time to reflect her utter destruction of the army of demons that were attempting to destroy the world, shifts and changes from terrible to loving the longer you remain with her. She is the Guardian, the Protectress, the Patroness of abused and battered women and children. She loathes ignorance and cowardice - be sure to approach her with a pure heart. Petition her for help in providing for your family, healing illness (especially in children) and overcoming odds that appear insurmountable. Kali unblocks roads and doors by blasting them open ... but once they are open, if you hesitate she is apt to shove you through them

anyway. If she finds you worthy, she will visit you in your dreams. Know what you truly want and ask it of Her as a child asks its mother for a favor.

But honestly, now - is there really any other way to approach the perfection which is the Feminine Divine?

Goddess Blessings,

Laura & Roy Lenhard