

Talisman
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May 30, 2009

Merry Greetings!

Let me start by shouting out an early "Happy Father's Day" to all you fathers, step-fathers, godfathers and the many fine men who work hard and influence, protect and provide for their families and loved ones. And a special "thank you" to my husband Roy - you work hard as a welder, stuffed inside small cramped boilers and tunnels in the sweltering summer heat and often hanging off buildings, bridges and billboards in the freezing winter - only to come home and take over as head of household and taxi driver, bringing three young athletes (plus the four year old!) all over town to their various practices/games while I am at the shop. It can be tedious and exhausting, but we are truly grateful for all you do. And if you didn't do what you do, then for sure I couldn't do what I do at Talisman.

In the previous two newsletters, we've been working our way up the chakras and are now on the third, or Solar Plexus Chakra. If this is your first newsletter, you can read archived versions on our website (www.talismanct.com) under "News". The Solar Plexus Chakra is the center of personal identity. Located directly below the sternum and over the stomach, it is the seat of the ego which develops in our teens and is anchored by our early twenties, ruling all aspects of our personality and ego, especially our sense of self-worth/self-esteem. This energy center also influences self-confidence as well as freedom of choice - in essence, it forms as we develop an abiding sense of who we are. Its color is yellow; crystals are topaz, citrine, and amber; essential oils are lemon, grapefruit and juniper; and its glandular connection is to the Pancreas. Freedom of choice is the ultimate determination of the Solar Plexus Chakra. The choice to be ourselves, to choose love, respect, and kindness, and to do what we know is right. Gut instincts are centered in this chakra. When we act from a place of strength, able to take control of our lives and embody qualities that install confidence and trust in others, we gain power and the ability to influence situations and people. When fear dominates our life, we lose energy and power and create dependency on others for our well-being. Allowing the Solar Plexus Chakra to be all it can be means that we allow ourselves to be the

same. People who don't know who they are act out of a deep need for recognition and attention. Instead of generating peace and harmony, they often create drama and chaos in their lives and the lives of those around them. When the Solar Plexus Chakra is activated and balanced, we make positive choices for our lives. We do not tolerate abuse, harm or destruction. We avoid negativity and stay on a positive, uplifting track to the best of our ability. Most importantly, we learn to trust our instincts. Our worth comes with the territory of our humanity because we are innately worthy as human beings to experience light and enjoy life. Learning this is one of the essential lessons in life. It can bring us great healing from abuse and the freedom to be who we truly are. Healing this chakra involves strengthening and confirming our sense of self. If you have issues of doubt, lack of confidence or low self-esteem, make the affirmation below a part of your daily life. To strengthen your Solar Plexus Chakra, repeat the following affirmation twice daily as you look directly at yourself in a mirror - once in the morning upon rising, and once at night before retiring to bed - and say it like you mean it, because it is TRUE!

I am worth my weight in gold.
I am worthy of love, kindness and respect - regardless of what I have done.
I am worthy because I exist.
I am worthy of the life I say I want.
I am worthy of the best.
I am confident in my ability to make my life work.
I am confident in the goodness of life itself to see me through.
I accept the power of my being to produce health, love and joy in my life.
I know I am a powerful and wholesome force for good.
I choose the power of life.
I choose goodness, light and love.
I choose health, healing and happiness.
I choose the best for myself.

What's New at Talisman

We have a wonderful display of CD gift cards (\$11) - the cards are beautiful, and each contains a 35-40 minute CD of music/meditation and I have a demo of each so you can listen before you buy. Also packaged feng shui jade charms (\$6 - they'd make great teacher/bus driver gifts); new fairy doors; Gypsy Goddess roll-on oils that are AMAZING (\$12.95); a new shipment of blown glass witch balls (\$20), Sun's Eye Oils, Goat Boy soap and new candles by Montserrat; Sage water spray (a

neat alternative to smudging) by "One Handy Witch" - aka our own China! - Books, as always ... and so much more!

I'm so pleased to let you all know that I have been invited to participate in the new web-blog site of The Connecticut Post newspaper. Check me out at <http://blog.ctnews.com/lenhard> my blog is called "Metaphysical Musings - Intuitive Insights" by Laura Lenhard, and please feel free to add your comments.

Events

* The 10th Annual Paranormal Conference (ParaCon) takes place Friday, June 5 through Sunday, June 7, at the Howard Johnson Hotel in Milford, CT - presented by our friends at The Smoking Gun Research Agency! This conference explores a vast range of topics from Ghosts and UFOs to Parapsychology and Metaphysics. This year will feature 10+ of the leading experts in these fields presenting the latest information. There are other events as well, including panel discussions, movie screenings, raffles and contests, vendors with unique gift items, and so much more! For a flyer/info please visit <http://www.sgra.org/downloads/09flyerlarge.jpg> or you can also contact the SGRA at sgra@sgra.org or (203)247-0310. General Admission to the conference on Saturday and Sunday is completely **FREE** and everyone - skeptics, believers, and those undecided - are welcome to attend.

* Warehouse Sale at Mayan Dreams: Greg is a dear friend and my Mexican Folkart wholesaler. He has a vast selection of pottery, metal work, talavera and other items offered for sale - plus, he's a real nice guy!. Date: May 30 & 31 Hours: 10am - 5pm

Mayan Dreams Imports
725 Housatonic Ave.
Bridgeport , Ct. 06604
203 333-7447

www.mayandreamsimports.com

Saturday, June 27: Psychic Faire at Talisman 1:00-6:00 \$25/20 min. or \$40/aura photography (cash payment requested) :

1) Andrew Neblett: Many of you already know Andrew from the classes he has taught and healings he has facilitated here at Talisman. You've asked for an opportunity to sit down with him for a reading ... well, here's your chance! In addition to being a gifted Tarot reader, Andrew

is a Certified Registered Hypnotherapist and Natural Health Consultant. Learn more at www.neblettonline.com.

2) Debbie Atwood: A former Wall Street Trader, she is a staff Member of the Smoking Gun Research Agency as a Intuitive Investigator/ Case Manager in the field of Parapsychology. A Reiki Healer/Intuitive reader, she utilizes the Tarot of The Moon Garden deck as well as regular playing cards. As a young adult, Debbie worked closely for several years as a student with reknowned Psychic Medium Ruth Burnett, most famous for her work with local police departments. She has studied with members of the Micmaq Tribe, Big Cove New Brunswick CA., as well as some Lakota Influence. Her native name is Mistydawn.

3) Rachel: An animal communicator, she doesn't need the animal present (although they are certainly welcome) because while it's nice to meet the animal, the physicality can be distracting when I read. I use simple information from the person to communicate with the animal's higher intelligence. Usually the name, age and breed is all I need. I do ask for questions as a way to direct the session. After a simple meditation, I basically have a chat with them. I can get all sorts of interesting details that comes in the way that particular animal communicates - through words, pictures or feelings. I can talk to pets living or deceased, domestic or wild, asking anything the animal would know ... it's from their perspective.

4) Pina: "The Lady of the Light" She is an Oracle Psychic Medium. Blessed as a child with many gifts, Pina does Angelic Readings. She follows her spiritual path through this life using her gifts to help others. Pina is a Psychic Consultant with the Connecticut Paranormal Research Society and does readings in New York and Connecticut. Pina works with the Angelic Realm to help and advise.

5) Aura Photography by Tim Bshara of A Healing Hand. A session lasts 20 minute and include a verbal discussion of the aura and chakras plus the client takes home a 20+ page report. \$40 (appointment recommended 261-0047)

6) Chair Massage by Tammie, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

Items of Interest

Many of you have taken the time to visit the small shrine we have established at Talisman, in honor of Kali-Ma. You have been most generous with your donations and I have already sent \$100 to the Battered Women's & Children's Shelter in Bridgeport (for those of you who did not know, Kali is the protectress of women and children who are being physically abused). As part of establishing the shrine, I worked with Acharya Vinod, a Holy Man of the Kalkaji Temple in New Dehli, India. I sent pictures of the shrine and how I planned to disburse donated funds - and was assured that this is completely in keeping with Kali's dictates. If anyone is interested in donating to the Kalkaji Temple, I am willing to collect funds and hold these (separate from the Shelter) then forward with your name and the details of whatever problems you might wish prayed over to Vinod - the temple priests will speak these names/intentions during worship at the Kali temple and pray for

fulfilling these wishes and obtain blessings. Devotees are free to consult for their different problems regarding finance, health, education, employment, relationships, etc. through one of their websites:

www.omgan.com
www.livelongto100years.com
www.kalikraft.com

Obviously, there is a noticeable cultural difference on the sites but they contain much good advice, old wisdom and fun stuff, too. I have been quite surprised at the number of patrons who have expressed an interest in learning more about Hinduism - maybe it's time to contact the Hindu Educational Center and ask about setting up a Hinduism 101 class? I've been making a serious study of Hinduism on my own for some time now, have stopped eating beef (out of respect for the Faith) and am completely caught up in the depth and breadth of this amazing Path. Anyway, the details of this famous temple are listed here - unfortunately it does not have its own website. But in most of the Delhi tourist sites it is mentioned and all visiting tourists are taken to this temple. One website is <http://www.indiasite.com>. Spiritually and historically, I find this all quite fascinating! Kalkaji Temple, popularly known as Kalkaji Mandir, is a renowned temple dedicated to Kalka Devi or Kali, one of the incarnations of Goddess Durga. Kalkaji temple is arguably the most visited temple in the Delhi city. The Temple is situated near the Okhla industrial estate just in front of the famous Lotus temple. Devotees throng the temple throughout the year but the culmination point of the celebration comes during the festival of Navratri. This is a nine-day festival, during which a large fair is organized here. These fairs are the Indian version of carnivals that is full with the vibrant commotion of hawkers and children. Small groups singing various hymns and songs praising Goddess Durga, accompany them. Very little is left of the original temple, built in the mid-18th century. However, a very small portion of the original structure built in the year 1734 can be seen on the topmost point of the hill. According to the historical accounts, Marathas are said to have plundered the then temple after they lost to the Mughals in the battle of Talkatora in the year 1738. Later in the mid 19th century, Raja Kedarnath, the treasurer of Emperor Akbar II made certain changes and additions to the temple. The modern temple is a 12-sided structure completely made out of marble and black pumice stones. This structure houses the black stone that denotes goddess Kali. The temple building is very simple and has no ornamentation as such. There is an inn in the backyard of the main structure known as Kali Dharamshala. The major

ritual consists of offering and bathing the idol with milk followed by an Aarti in the evening. This, in turn, is followed by hymn recitation.

Advance Notice/For your Calendar: Reiki II will be offered on Saturday, October 24 from 9:30-6:00 and taught by Cathy Kane. Cost \$200. If you have taken Usui Reiki I and would like to progress to the next level, this might be of interest for you. 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 .

Scheduled Readers:

Note: Cash payment is Requested

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

June 6: Rachel/Animal Communicator 12:00-5:00 (all pets welcome but need not be present to read) \$25/20 minutes

June 13: Tarot with Gwen 12:00-6:00 \$25/20 minutes

June 13: Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00 \$1/minute

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

June 27: Psychic Faire 1:00-6:00 pm Readings: \$25/20 minutes Aura Photography \$40 Pet Psychic available, all pets welcome!

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.

Conclusion

I have to end this newsletter on a sad note. Talisman's own feline guardian, Puck, departed this world on Saturday May 16th. He died from complications of feline HIV - which we learned he had after he suffered a wound that would not heal despite antibiotic treatment. Puck was a big gray tiger tomcat, with a personality and heart that more than matched his size. He came to Talisman last November and was immediately at home here, taking his role of official "greeter" quite seriously and attending all classes, readings and holding his own special seat at Wednesday Meditation - in his own chair, next to Simon's. To say that he will be greatly missed is to make a huge understatement. But as a comfort, let me finish with a little story:

A man and his dog were walking along a road. The man was enjoying the scenery, when it suddenly occurred to him that he was dead. He remembered dying, and that the dog walking beside him had been dead for years. He wondered where the road was leading them. After awhile they came to a high, white stone wall along one side of the road. It looked like fine marble. At the top of a long hill, it was broken by a tall arch that glowed in the sunlight. When he was standing before it, he saw a magnificent gate in the arch that looked like mother-of-pearl and the street that led to the gate looked like pure gold. He and the dog walked toward the gate, and as he got closer, he saw a man at a desk to one side. When he was close enough, he called out "Excuse me - where are we?" "This is Heaven, sir" the man answered. "Wow! Would you happen to have some water?" the man asked. "Of course, sir. Come right in and I'll have some ice water brought right up." The man gave a signal and the gate began to open. "Can my friend - gesturing toward his dog - come in too?" the traveler asked. "I'm sorry, sir, but we don't accept pets." The man thought for a moment and then turned back toward the road and continued the way he had been going with his dog. After another long walk, and at the top of another long hill, he came to a dirt road leading through a farm gate that looked as if it had never been closed. There was no fence. As he approached the gate he saw a man inside, leaning against a tree

and reading a book. "Excuse me?" he called to the man "Do you have any water?" "Yeah, sure, there's a pump over there, come on in." "How about my friend here?" the traveler gestured to the dog. "There should be a bowl by the pump" was the response he received. They went through the gate, and sure enough, there was an old-fashioned hand pump with a bowl beside it. The traveler filled the water bowl and gave it to the dog, then took a long drink himself. When they were both full, he and the dog walked back toward the man who was standing by the tree. "What do you call this place?" the traveler asked. "This is Heaven" was the answer. "Well, that's confusing" the traveler said. "The man down the road said that was Heaven, too." "Oh, you mean the place with the gold street and pearly gates? Nope. That's Hell." "Doesn't it make you mad for them to use your name like that?" The man smiled and answered, "No - we're just happy they screen out the folks who would leave their best friends behind!"

And I must say, wherever we all end up at the end of this journey - whether it be Heaven, The Summerlands, Happy Hunting Grounds, Nirvana, Valhalla - call it what you will, but if our beloved pets weren't going to be there with us then most of us wouldn't want to be there, either! We'll see you on the Other Side, darling Puck!

Goddess Blessings,

Laura and Roy