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Merry Greetings!

So, looks like Summer has arrived - still a bit soggy, but everyone is getting busy with yardwork, outdoor grilling, parties, weddings, etc. All the good stuff this season brings! Talisman will be closed Saturday, July 4th. We're heading up to Vermont, which means I get to do some shopping for Talisman at one of my favorite wholesalers, Nusantra, located in Rutland. I plan to bring back lots of Tibetan singing bowls and maybe more vintage silver jewelry from Indonesia (as long as I have time to root through the many boxes they have stored there!).

For the past three months, we've been working our way through the Chakras and now come to the Fourth, or Heart Chakra. Remember that on the Talisman website you can find archived newsletters if you want to read about the first three. The Heart Chakra is located in the middle of the chest and is the center of the human energy system. It functions both physically and emotionally to keep the life force alive. Just as the heart organ carries the life blood through the body, so the Heart Chakra moves love through our lives. The Heart Chakra connects with the thymus gland and is associated with the pericardium, heart, lungs and circulatory system. Its colors are green, pink and gold; its gemstones are rose quartz, diamond and peridot; its metals are copper and gold; and essential oils are rose, carnation, and lily of the valley. The life issue taught by the Heart Chakra is to let love be the center of your life. One must learn to love oneself FIRST (we tend to associate this with selfishness and resist it - but it is the crucial first step) then others. Living in a state of joy - finding people, things, and activities that make your heart sing - keeps the thymus gland healthy, which in turn preserves immunities, tones the heart and keeps the lungs active.

Here is an outline of the Seven Chakras along with the glands/organs they are affiliated with:

Root Chakra: Adrenal cortex/kidneys, blood and skeletal system. Problems with this Chakra manifest in the feet, knees and hips including arthritis, kidney stones, osteoporosis, bone problems and autoimmune deficiency conditions.

Sacral Chakra: Ovaries & testes/sex organs, bladder, uterus/prostate. Problems manifest in women as endometriosis, sterility, chronic menstrual cramping and fibroids. In men it can create prostate problems, infertility, sexual dysfunction and sciatica.

Solar Plexus Chakra: Pancreas/stomach, liver, gallbladder, small intestine, muscles. Ailments that arise from imbalance are indigestion, acid stomach, ulcers, hepatitis, gallstones, pancreatitis and diabetes.

Heart Chakra: Thymus/pericardium, heart, lungs, circulation. Dysfunction can cause arteriosclerosis, angina, myocardial infarction, heart arrhythmia, and stenosis of the heart and lungs. Also pneumonia, chronic bronchitis, and tuberculosis.

Throat Chakra: Thyroid/throat, mouth, teeth, jaw, ears. Associated ailments are sore throat, laryngitis, deafness, tooth decay, gum problems, T.M.J. and cervical problems of the neck.

Brow Chakra: Pituitary/eyes, sinuses, base of skull, temporal lobes. Problems with this chakra concern intelligence, dull affectivity, and overwork. This in turn can create migraine, blindness, glaucoma, cataracts as well as brain tumors and strokes.

Crown Chakra: Pineal/upper skull, cerebral cortex, skin. Dysfunction affects learning, perception, and spiritual understanding. The physical problems that can occur are epilepsy, color blindness, alcoholism, nervous disorders, neurosis and insomnia.

Wow, huh? I was taken aback by this list, and have spent quite a bit of time over the past several months (while I was researching the chakras for the newsletter) trying to learn new ways to diagnose closed or dysfunctional chakras and search for remedies to correct these. Most of you know I use the tingshas in a technique taught by Cathy Kane to locate problem areas. There is also a way to do this as part of a Reiki healing. Aura/Chakra Photography is the most high-tech means of identifying problem areas/blockages, and at last Saturday's Psychic Faire we hosted Tim Bshura of A Healing Hand who conducted aura/chakra photography sessions at Talisman. This was simply amazing, each session took about a half hour and each participant got a 23 page report that was fully explained as part of the process. Everyone, without exception, who had a session with Tim was fully satisfied. I am pleased to say A Healing Hand will return to our next event scheduled for August 1st.

Sound and Color therapy have been used for centuries as a means to heal the chakras. The ancient Egyptians would take pots of honey, cover them with a silk

cloth in the appropriate color, then set them outside and wait for the sun to infuse the honey with the color. They would take a spoon of this honey once or twice a day until the symptoms were gone. I do have two singing bowls tuned to the root and crown chakras and am looking to find more, at affordable prices, to have in-stock. And last week, I ordered Color Therapy Glasses (www.colorthrapyglasses.com) which are selling quite well (\$13.99). They come in all seven colors of the Chakras as well as magenta and pink. You can experience the potential benefit by wearing a pair of glasses for 10 to 60 minutes a day. Each color is believed to have certain attributes and emotions associated with it.

I had the pleasure of sitting down with Jan Wilkinson of Barefoot Pendulums (www.barefootpendulums.com) and ordered the most amazing variety of pendulums from her earlier this month. While Jan's home base is located in Oregon, she is only stationary about six weeks out of the year - instead, spending her time traveling the world and buying the most beautiful pendulum components which are then assembled by a disabled friend in Washington state before being sold. Sales are done in-person, Jan travels the U.S. visiting "her" shops with all the pendulums in tow. So once the pendulums are gone, they are gone until next year. All aspects of Jan's product line are fair trade, nothing from China, and many support the economy of small communities or families (for example, Kenya beads from Africa and sterling threaded beads from France). Prices range from \$12 - \$36.

CLASSES:

Saturday, July 18: Tarot 101 4:00-6:00 (\$10). This is the class many of you have been asking for - the basics of reading tarot cards. Bring your favorite tarot deck and we'll go over the basics of cleansing, storing, and interpreting two of the most common spreads - the Celtic Cross and 4-Card layout. Taught by Laura (yup, it's me this time!). Don't forget your cards! Call 261-0047 to RSVP.

EVENTS:

The Midsummer Magick Renaissance Faire: July 18-19, July 25-26, August 1-2 held at Schreiber's Farm, Oxford. (<http://MidsummerMagickFaire.com>)

The Smoking Gun Research Agency

July events listed below, all are open to anyone (members/non-members). If you have any questions about these events please feel free to email sgra@sgra.org, visit www.sgra.org, or call (203)247-0310

Thursday, July 9: "The Twilight Reality - ReVamped" 6 pm @ Trumbull Library, 33 Quality Street, Trumbull, CT

The Twilight book and movie series has reignited the vampire craze, but how much do you really know about this character? Join us as we take a look at the real history of vampires, from the origins of the story from Ancient Egypt to the modern-day version we see in Twilight and other Hollywood creations. You'll be surprised at how much the vampire has changed. This is a sort of "Indiana Jones" meets "Interview With A Vampire."

Friday, July 10: A paranormal open house. Come by and meet the team of the Smokng Gun Research Agency. Enjoy some food and drinks. Mix and mingle with like-minded people, ask questions, and check out the SGRA's Research Center including the paranormal reading room/library that's open to the public. 6 pm @ SGRA Research Center, 704 Colorado Ave., Bridgeport

Every Friday in July: Weekly Coffee & Discussion Group for anyone interested in paranormal and metaphysical subjects. Anything goes, from ghosts to reincarnation to mysteries and other subjects too. Join us for special guests and snacks in a fun and informal discussion-style setting. 6pm @ SGRA Research Center, 704 Colorado Ave, Bridgeport, CT

Saturday, July 25: 2012 - The Metaphysical Mystery. 6pm @ Talisman New Age Shop, 150 Main St, Monroe, CT RSVP 261-0047

By now just about everyone has heard about the mysterious predictions relating to the year 2012. But, the claims about exactly what will happen are varied, and it's difficult to sort out the fact from fiction. This unique multimedia program approaches the topic from a few stand points: cultural, metaphysical, and scientific. Find out the origins of the 2012 mystery, learn about the predictions throughout history, and what claims about 2012 are actually supported by scientific research and discovery. Most importantly get a clear answer about what experts really think 2012 will bring.

Hold these Dates!

August 1st 12:00 - 6:00 New Age Fest at Talisman

August 18th - Book Signing for "Octoenergetics" by Dr. Andrew Neblett.

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

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

July 11: Elpida, Greek Coffee Readings 12:00 - 6:00 \$30/20 minutes
Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00
\$1/minute

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

July 25: Tarot with Gwen 12:00-6:00 \$25/20 minutes
Tammie Barletta, licensed Massage Therapist, from 12:00 to 5:00
\$1/minute

Prayers For Peace

As we watch news of the Middle East and current events, our hearts are saddened and sickened by what we see and hear. Talks of Muslim, Christian and Jew all blowing each other up in the name of God because of land and ancient grudges - and it seems it just gets worse and worse. We are the lucky ones - lucky because we are fortunate enough to not be in the middle of the fighting, fearing for our lives every day. It is getting closer, though. I don't know where we'll end up with all of this, but I do know that we all need to pray. No matter what you believe in, who you are ... pray for peace, the preservation of our mother Earth, and the safety and future of our children.

A Shinto Prayer for Peace

Although the people living
across the ocean
surrounding us, I believe,
are all our brothers and sisters,
why are there constant troubles in
this world?
Why do winds and waves rise in the
ocean surrounding us?
I only earnestly wish that the wind will
soon puff away all the clouds which are
hanging over the tops of the mountains.

When I despair, I remember that all through history, the way of truth and love has always won. There have been tyrants and murderers and for a time they seem invincible but in the end, they always fall - think of it, always.

- Gandhi

A Wiccan Prayer for Peace

Gracious Lady, Mother of all that lives, we call out to you to guide all of your children. Bless our eyes, that we may see each other with love. Bless our ears, that we may hear each other with understanding. Bless our mouths, that we may speak to each other with compassion. Bless our hands, that they may heal, not harm. Bless our feet, that we may walk beside each other in peace. Great Goddess, Mother of birth and death and rebirth, Goddess of the green Earth that feeds us, of the creatures that roam upon its surface, and the tides that lap its shores, Lady of the Cauldron, let all your children drink of its wisdom, and know that all names of the Divine are but one Name, and all worship but a dance to the singular music of Life.

Muslim Prayer for Peace

In the name of Allah, the beneficent, the merciful. Praise be to the Lord of the Universe who has created us and made us into tribes and nations that we may know each other, not that we may despise each other. If the enemy incline towards peace, do thou also incline towards peace and trust God, for the Lord is the one that heareth and knoweth all things. And the servants of God, Most gracious are those who walk on the Earth in humility, and when we address them, we say "PEACE." al-salaamu 3alaykom w raHmatu al-lahi w barakaatoh (Peace and God's blessings and His mercy be on you.)

May He Who is the Father in Heaven of the Christians, Holy One of the Jews, Allah of the Muhammadans, Buddha of the Buddhists, Tao of the Chinese, Ahura Mazda of the Zoroastrians and Brahman of the Hindus lead us from the unreal to the Real, from darkness to light, from disease and death to immortality. May the All-Loving Being manifest Himself unto us, and grant us abiding understanding and all-consuming divine love. Peace, Peace. Peace be unto all.

Swami Akhilananda, Bangladesh 1894-1962

**Eternal lover of Thy children,
bring us into Thy life,
make us sharers in Thy love
and transmitters of it.
Help us to become serene and patient
in the midst of our frustrations,
but at the same time
make us heroic adventurers,
brave, gentle, tender,
but without fear
and with radiant faces.**

Rufus Jones, Quaker (1863-1948)

Peaceful Blessings,
Laura & Roy