

June 2, 2017

Can you believe it is **JUNE of 2017** ... that this year is half over? I have never seen a year speed by so fast! This is epic.

I sent out an email notice last week, alerting everyone that Talisman will be moving to 21 Minerva Street in Derby, and our last day of business in Monroe will be Saturday, June 24. On Sunday the 25th it will be "boxing day" where we will be packing up inventory and bringing it over to the new shop. We're starting at 10am and you are welcome to join us! I think it will be a fun day, and if everyone brings 3-4 boxes over it will make the work go very fast. I would appreciate help taking down shelves, if anyone wants to bring a power tool or two along for that purpose. The movers are coming on Monday, and phone/internet is being installed on Tuesday. There is no phone number to provide yet, not sure I will be given one until the new lines are installed (I am pushing for something earlier, so I can print new business cards at least). I am planning a "soft opening" on Wednesday the 28th - so please, come by and see our new home! Parking is on the street, and after hours/weekends we are free to use City Hall's parking lot. I cannot even begin to tell you how excited I am!

So, what have I been seeing this past month in my own readings, on social media, and overhearing at the grocery store etc? People are TIRED. I mean to say, I am reading palms and saying "Dear lord do you EVER sleep? This hand is exhausted!" and the response quite often has been "Yes, I have been going to bed early and I wake up as tired as when I laid down to sleep!" I am going to echo that sentiment, all my life activity (even under stress) invigorates me - but not this time. I am bone weary. Originally I planned to research (and write) on the astrology or other suspected cause ... but no, I got nothing.

There is something in the air, and it is hitting more people than it is missing. If you are "in the club" so to speak - well, you are validated and that's all I've got

at this time! I am so tired that I am sharing a blog post from December 2014 (My blog, "Metaphysical Musings" premiered May 2009) - enjoy!

What Price to Save Your Life?

Right on the cover, under the title, author Bruce Grierson of the book *U-Turn* asks the question "What if you woke up one morning and realized you were living the wrong life?" Socrates said "An unexamined life isn't worth living" but damn, this is heavy stuff!

Because it ain't easy, not necessarily fun and usually comes at a high cost – often both figuratively and literally. It's no small thing to change careers at mid-life, and a significant drop in income is often the end result (at least initially). Divorce comes with the same high costs, emotionally and financially, both for oneself, spouse, children and often the extended family. Not something to be taken lightly - and in daily readings at Talisman, I have sat and listened to some of you agonize aloud over these very issues. Happiness can come at such an excruciatingly high price. According to *U-Turn*, the "Grand U-Turn" is not all that common, but it is common enough. Every day, in almost every field, individuals perceive themselves to be on the wrong side of a divide. The "second brain" in their gut - that ten billion-nerve knot - tells them their life must change. And, on moral, or at least deeply personal grounds, they jump the gap. When these kinds of epiphanies happen to real people, their lives change very quickly. You watch through your fingers the U-turner on a course of self-reinvention - which can, in the moment, look an awful lot like a course of self-destruction. But reversers don't want sympathy. For the price paid is worth it, because the U-turner is now, at least, living an authentic life.

The author goes on to ask a greater, more provocative question: What would it take to make us turn, not merely 15 degrees or 30 degrees, as a course

correction, but 180 degrees - all the way around? If we were put under enough pressure, what are the odds that some fundamental fraudulence would be exposed? Are we really acting in a way consistent with our value system? Have we thought deeply enough about it - ever? And if we realized we needed to change, could we? In a later chapter, it is noted that "if we think someone has changed for no reason - or at least no good reason - it's only because we don't have enough information about his interior life, the ground that has been preparing for weeks, or months, or years, or decades. To deny what you are, to deny who you are, to deny what you want, to live a life of hypocrisy, has got to have an ongoing effect of self-loathing". Note: I think this is what differentiates the Grand U-Turn from a mid-life crisis. To quote a Rwandan proverb: You can outdistance that which is running after you, but not what is running inside you. The book *U-Turn* further explores the phenomenon of the distress signals being sent by our planet itself, which many of us are picking up on. The collective awakening - a fusion with the universe, if you will - is the result of a number of individual awakenings, a proactive mass movement that kindles change subtly, gradually, and peacefully. No single charismatic leader drives the agenda, because when people have transformed their minds, they will naturally transform the society. In Judaism, this is referred to as tikkun olam, the restoration of the World.

I believe we are due for a radical change. The fact is, the bulk of the world's wealth is owned by 3% of its population - "the system" only works for a relatively tiny group of people. Most of us are little more than worker bees, going about our day to day, supporting the system and those who run it. Consistently overestimating how happy, say, a new plasma screen will make us is what keeps a consumer capitalism humming along - it depends on the very disillusionment it produces (so you will buy something ELSE to make you happy, you see?).

I will leave you with this, again excerpted from *U-Turn*: Where once the World's sharpest minds spent as much time and energy on tackling spiritual problems as we do on curing cancer; today such pursuits are considered just so much screwing around on the margins - not the domain of the best and brightest, but the refuge of the ethereal, the eccentric, and the damaged. Thus, there is no one to remind people of the conclusion pretty much all the sages of the ancient world arrived at: There IS a secret answer at the back of the book. The way to some measure of peace and happiness is not so mysterious. Consider the interests of others as equivalent to your own, and act accordingly. The notion is that, in the end, it's not what you acquire, or what you learn, or even what you believe: It's how you live your life that will save you.

Blessings all around,

Laura