

Nine Designs *for* Inner Peace

The Ultimate Guide to Meditating with Color, Shape, and Sound



SARAH TOMLINSON
Foreword by Dr. Robert E. Svoboda

On Cloud Nine

Sarah

Tomlinson studied yantra painting in India with tantric master and artist Harish Johari who revealed the healing power of meditation with yantras. She is the founder and codirector of the Ayurveda-Yoga Institute of New York, and she trains teachers and students throughout the U.S. and U.K. She lives in New Jersey.

The art of draw-

ing or painting the nine designs (known as yantras) is an ancient practice of active meditation that releases positive healing and centring effects.

In *Nine Designs For Inner Peace, The Ultimate Guide To meditating With colour, Shape & Sound*, Sarah has produced a superb book which contains easy-to-follow instructions for creating exquisite planetary yantras to access their healing and centring benefits. From the basic elements of the square, the circle, and the triangle, dynamic visual meditations unfold as the practitioner works clockwise from the outer elements inward toward the central point of stillness, or bindu, the source of happiness within.

Each of the nine designs relates to elements essential for wellbeing: radiance, nourishment, passion, intellect, expansion, bliss, organisation, uniqueness, and spirituality, and an accompanying mantra is recited while preparing each yantra to fully engage in the meditative process. (Inner Traditions)

www.innertraditions.com



A Welcome Hand

The Radiant Hand's Spring Urban Day Retreat™ will be held on the 8th of March in Southfields, south-west London. As part of The Radiant Hand's first UDR™ of the year they will also feature reflexologists and Indian Head Massagers providing taster sessions.

Stephan will be running a deep yoga class while Izzi Valenti will teach a session of traditional Hatha yoga. A guest instructor will also provide Tai Chi and Qi Gong lessons. Resident chef Pasqual will be serving his famous vegetarian lunch, which is included in the price, and the RH Shop will be selling their fabulous range of products. To book your place call 020 8682 5186. £65 if booked before 23rd of February and £85 after. Details for the event will be provided in a letter of confirmation that will be sent a week before the event. For more information on this event or any of the yoga courses, teacher training, retreats and therapies visit the website or call 020 8682 5186.

www.theradianthand.co.uk

Don't Be Fooled

The Journey of The Fool by Camilla Coletta is an intelligent book where the characters are represented by the major tarot cards.

Camilla herself is classed as the fool, as she starts out on a new chapter of her life without knowing whether she will see things differently or end up looking the fool. The journey follows Camilla's real-life dramas that are filled with true emotions and feelings that resonate with the reader and provide spiritual training and guidance in life. The book also contains guided meditations, breathing exercises and chakra work to enhance wellbeing. (Penn Press Publications)



www.pennpress.net

A Roaring Good Read

Paul Sinclair's *Shanti The Grass-Eating Lion* is an excellent modern-day fable that will appeal to children and parents alike. The story follows Shanti the talking lion and the adventures he has with the rural Indian children. The book contains an underlying theme of encouraging children to develop good, moral characters and a greater appreciation of the world.

All profits from the book will go to the Shanti Lion Children's Trust's dedicated work to providing orphanages across the world and the rehabilitation of child slaves and soldiers. (One World One People Publishing)

www.grasseatinglion.org

