

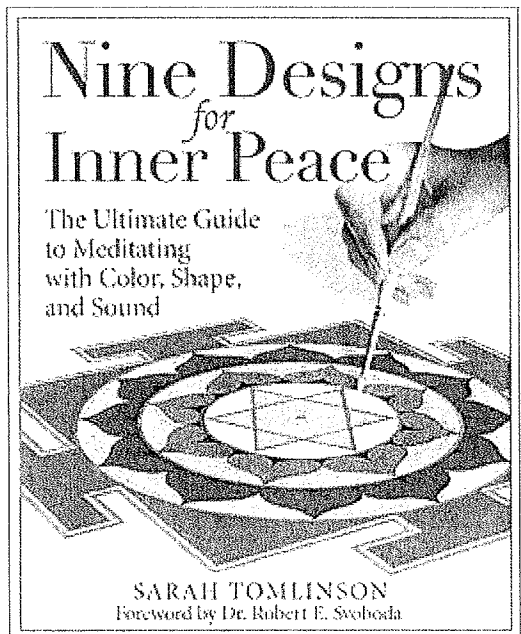


SATURDAY, FEBRUARY 16, 2008

## Nine Designs for Inner Peace: The Ultimate Guide to Meditating with Color, Shape, and Sound

By Sarah Tomlinson  
Destiny Books

Inner peace is a precious thing, and something that seems to be lacking lately. Being thousands of miles away from home while my mom was just diagnosed with cancer, this book seemed to be coming at the most perfect time. However, I was skeptical. A book that promises to help you find inner peace is usually too good to be true. But not in this case.



Sarah Tomlinson goes into detailed descriptions of the nine designs of *yantras* (paintings for active meditation). Each *yantra* represents a different quality: radiance, nourishment, passion, intellect, expansion, bliss, organization, uniqueness, and spirituality. Tomlinson goes into great detail explaining how to make the *yantra*, its meaning, and how it is used in meditation.

Making the *yantras* are quite fun! After clearing your mind, you look at the nine designs on the page. Whichever one stands out the most is the quality that is needed the most. Tomlinson describes step-by-step how to draw the *yantra*. For those who are artistically challenged, there are charts at the end of the book. After the drawing is finished, the coloring can begin! One striking feature of the *yantra* are the colors, and they become pieces of art. Even if you aren't looking for another method to find inner peace, you'll get addicted to making *yantras* and decorating your walls with them.

*Review by Elizabeth Stannard Gromisch*

FEMINIST  
REVIEW