



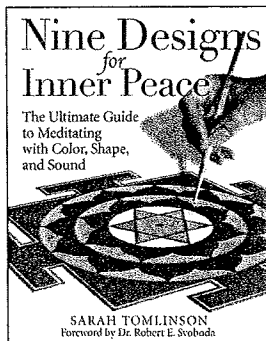
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New Year 2008



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

Sarah Tomlinson

\$24.95 QP, 9781594771941,

192 pages, 8" x 10",

Destiny Books, 800/246-8648,

www.innertraditions.com

Forget Sudoku, *Nine Designs for Inner Peace* provides templates, instructions, and

background information on nine ancient yantras that correspond to the mind-body-spirit states essential to well-being: radiance, nourishment, passion, intellect, expansion, bliss, organization, uniqueness, and spirituality. This active meditation practice opens the channels of creativity, reduces stress, focuses the senses on color, shape, and proportion, and creates a sense of inner peace and quiet mindfulness that spills over into all areas of one's life. Each yantra, which has a corresponding mantra, is made up of common components: the bhupur or outline, a circle, petals, a triangle, a six-pointed star, a square, and the bindu or central dot. Tomlinson's step-by-step directions make the process simple.