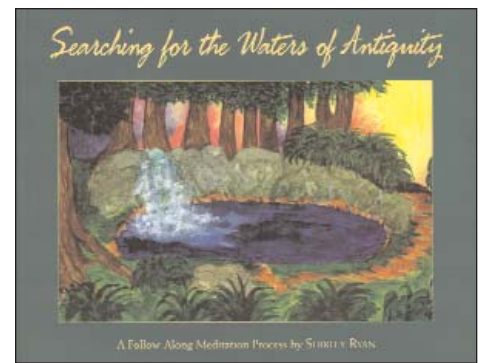


A Journey to the Center of Self

A sumptuously illustrated book offering a path to self-knowledge through guided meditation.



Guided meditation can:

- Increase wellness in general
- Reduce stress and anxiety
- Cultivate positive emotions
- Increase attention span, sharpen focus, and improve memory

Cognitive scientists and educators, health-care practitioners and spiritual seekers have long touted the benefits of meditation for physical and emotional healing, as well as for heightened awareness and mental function. Executive coach and meditation instructor SHIRLEY RYAN has developed a way to acquire these benefits without learning the complicated breathing and focusing techniques usually required by formal meditation programs. Instead, she uses a form of guided meditation, which is the main idea behind her book, *Searching for the Waters of Antiquity: A Follow-Along Meditation Process* (Soul Moments Publishing, \$24.95).

Guided meditation works by helping the practitioner focus on a desired outcome rather than striving to eliminate daily worries and thoughts. In her guided meditations, Ryan uses symbols, metaphors, archetypes, and colorful illustrations to help the reader gain access to a part of the brain that allows us to be more receptive to the goals of making decisions, asking questions, and unblocking obstacles.

At one level, *Searching for the Waters of Antiquity* is an allegorical tale of Tag, a young turtle on a quest to unlearn the things that prevent him from enjoying life to the fullest. On a second level, it is a guided meditation that takes us to places within the self that we rarely go in the course of our daily lives. Through the character of Tag, the reader moves through four stages, learning the lessons of each in order to live a more peaceful, enriched life:

1. **Love:** We learn that, at some level, we are all equal and one with the universe.
2. **Compassion:** We give others our understanding, letting them be who they are at any given moment in time.
3. **Affection:** We learn to give acceptance to everyone we meet through our words and deeds.
4. **Impartiality:** We learn to detach and distance ourselves from our own specific wants and desires and become open to the best outcome for all involved.

Searching for the Waters of Antiquity:

A Follow-Along
Meditation Process

Written and Illustrated
by
Shirley Ryan

Soul Moments Publishing
ISBN 0-9754196-0-9

\$24.95
Trade Paperback
120 pages

Find the Child Inside You

Can you remember a time when you were innocent, open, and flexible? When you were curious, full of questions, and full of wonder? Can you remember a time when you were playful, adventurous, and trusting? These are all qualities of a child . . . qualities that are still within you.

Out with Fear, In with Love

Why does Tag, like all of us, have to get through his fear? Because one cannot love and fear at the same time.

Those who have read *Searching for the Waters of Antiquity* have reported feeling clearer, lighter, and more at peace, and some were moved to do powerful soul searching afterward. Other benefits to the reader include how to:

- confront the fears that keep us stuck
- trust ourselves and silence our inner critic
- take risks and embrace the unknown
- shift our focus from physical to spiritual living
- identify and unlearn beliefs and behaviors that keep us in fear, guilt, and separation from others
- visualize and move closer to our potential
- feel less burdened

Searching for the Waters of Antiquity is designed to tap into the child within each of us. Unfortunately, many of us have become disconnected from our own pure, childlike nature by letting societal, work, and family obligations, as well as stressors such as worries about money and time, keep us from experiencing joy, passion, and the true meaning in life. Ryan offers an appealing way to access self-knowledge. Business people, health-care professionals, educators, people with challenging medical conditions, and parents will all benefit from accompanying the little turtle Tag on this journey toward our true selves.

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SHIRLEY RYAN is an executive and personal coach, an internationally known speaker and workshop leader, and the founder of Working Together, a firm that specializes in managing change. A trained therapist and longtime meditation practitioner, Ryan has also created meditation CDs designed to manage stress, prompt problem solving, change behaviors, and heal physical and emotional conditions.

