

AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT

NEWLIFE

NEW YORK'S GUIDE TO ENLIGHTENMENT

MARCH-MAY 2018

Where Does Pain
Come From?

Breath Coaching
Versus
Breathing Technique

Forest-Bathing /
Tree-Hugging

The Wisdom
That We Are

Receiving Miracles



Maharishi & Me Seeking Enlightenment With The Beatles' Guru

By Susan Shumsky
SKYHORSE PUBLISHING

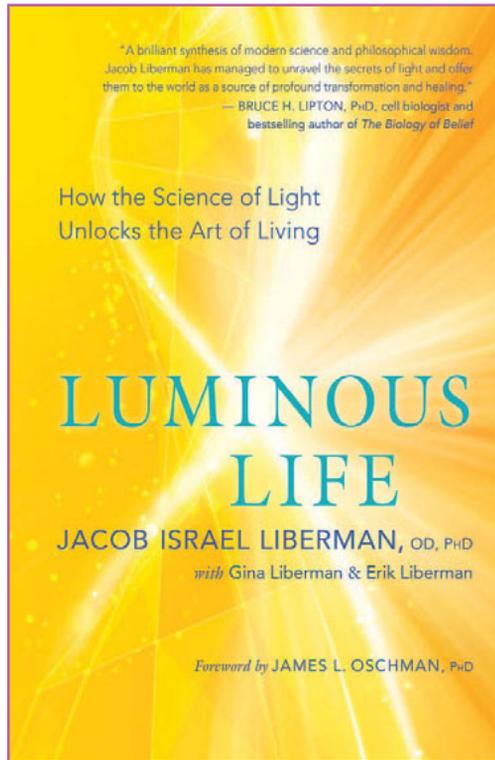
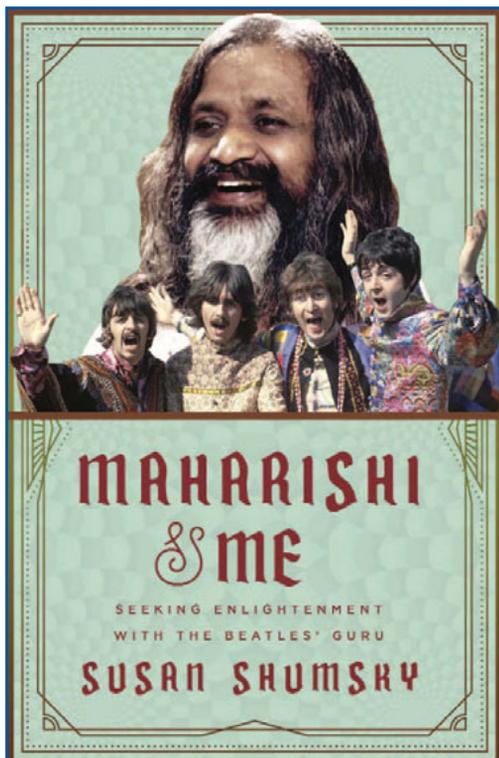
Before Maharishi Mahesh Yogi stepped onto America's shores in 1959, there was no "meditation," "mantra," or "yoga." Within 10 years, this extraordinary guru made these into household words. His brush with celebrities placed him into the spotlight. But his true legacy is his gift of Transcendental Meditation (TM).

Fifty years ago, when Mia Farrow, her sister "Dear Prudence," the Beatles, Donovan, and Mike Love visited Maharishi's ashram in Rishikesh, India, shock waves reverberated around the world. The result was the iconic album *The Beatles*, a.k.a. the "White Album," written in India, and Maharishi's meteoric rise to fame.

For 22 years, Susan Shumsky resided in Maharishi's ashrams in the Himalayas, Swiss Alps, Fairfield, Iowa, and elsewhere. She served on his personal staff for six years. As a rare TM insider, she enjoyed close proximity, for extended periods, to the most renowned guru of the 20th century.

In the tradition of the East, chela (disciples) devote themselves to gurus, and gurus elevate disciples to higher consciousness. Starry-eyed seekers often view this path through rose-colored glasses. Yet there's nothing romantic about it.

What isn't widely known is that enlightenment means extinguishing the ego. That's why it's



defined as "egoless." Loyal disciples wouldn't divulge how this occurs through a kind of "open-ego surgery" performed by gurus on their disciples. They wouldn't risk soiling their gurus' reputation — nor embarrassing themselves. And gurus generally don't reveal their closely guarded methods.

Ego demise isn't exactly lollipops, butterflies, and daisies. It can be devastating and shattering. Out of six million who learned TM, only a handful spent any time in Maharishi's direct presence. Susan Shumsky was one of them. She spent over two decades spinning around the eye of the hurricane of this charismatic, bliss-bestowing, fear-inducing guru while he sliced away at her ego and ricocheted her daily from glorious heights of ecstasy to intense depths of devastation and back, all with just his glance. It seemed to make no rhyme or reason, but in the process, she became herself.

As Shumsky morphed from a painfully shy teenage hippie into a spiritually aware teacher, she finally broke free to find self-empowerment in her own spiritual pathway. In her fascinating, compelling, tell-all memoir, she takes us on an emotional journey that reveals inside stories about how Maharishi worked on her ego and the ego of his celebrity disciples:

Susan Shumsky has 14 books in print. Her websites are www.drSusan.org and www.divinetravels.com.

Luminous Life How the Science of Light Unlocks the Art of Living

By Jacob Israel Liberman, OD, PhD
NEW WORLD LIBRARY

The most important things in life are our health and happiness. Yet most of us are neither healthy nor happy. We've been led to believe that if we think ahead and make the right choices, we can manifest our dreams. Yet even with our best efforts, we still have more disease and discontent than ever before. Is it possible that our fundamental ideas about life are flawed?

We are all aware of the impact of sunlight on a plant's growth and development. But few of us realize that plants are not passive recipients in this process. A plant actually "sees" where light is emanating from and positions itself to be in optimal alignment with it. This example of how a plant responds to light is not just occurring in the plant kingdom. Countless species are guided by the sun's light, voyaging on extraordinary migratory journeys, directed by something outside themselves that is inseparably aligned with something within them.

As humans, we are also equipped with the same navigational system that directs all of nature, from a snail's crawl to the movement of galaxies. We are fundamentally directed by light — the same light that spiritual traditions refer to as God and physicists describe as the essential energy underlying creation. This animating force that guides the planets, tides and seasons also breathes us and directs our lives.

Unfortunately, we often obscure its clarity with thinking, superseding this orchestration, and disturbing the natural life direction that light provides us with. Yet, if we follow its guidance, we will experience an extraordinary and effortless state of presence, health and attunement with life.

After forty-five years of scientific research, clinical practice and direct experience, Dr. Jacob Israel Liberman now reveals how the animating force of life — light — is always looking for us, continually guiding the course of our life via the process of presence, so that we may fulfill our reason for being.

In his newest book, *Luminous Life: How The Science Of Light Unlocks The Art Of Living*, Dr. Liberman reveals the key to effortless living — and in so doing, the hidden nature of light, vision, and consciousness.

Dr. Jacob Liberman is the best-selling author of *Light: Medicine Of The Future, Take Off Your Glasses And See* and *Wisdom From An Empty Mind*. Best-selling authors and world-renowned thought leaders from Eckhart Tolle to Deepak Chopra have lauded his discoveries and insights.