

# AURORA PRESS

*Aurora Press is devoted to pioneering books that catalyze personal growth, healing and transformation.*



Photo: Araldo De Luca, from *Initiation*, Elisabeth Haich

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TO DANE RUDHYAR  
Who inspired my first steps on the Path  
With loving gratitude for his friendship, perseverance and  
courage in actualizing his prescient vision.



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### In Memoriam

Aurora Press is devoted to pioneering books that catalyze personal growth, balance and transformation. We aim to make available, in a digestible format, an innovative synthesis of ancient wisdom and twenty-first century resources, integrating esoteric knowledge into daily life. Aurora Press titles specialize in astrology, health, metaphysical philosophies, helpful in exploring inner potential, and the emerging global consciousness.



From *An Astrological Tryptich*, Rudhyar

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President John G. Guffey

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*Reuben Amber*

## **COLOR THERAPY**

*Reuben Amber*

Color is a vibration that is constantly affecting us in our daily lives. This book enumerates the myriad ways we can choose to consciously use color to influence our body, mind and soul to promote balanced health and well-being.

**PART 1** on the theory and philosophy of Chromotherapy begins with an historical survey of mythology from different parts of the world, drawing on Ayurvedic lore.

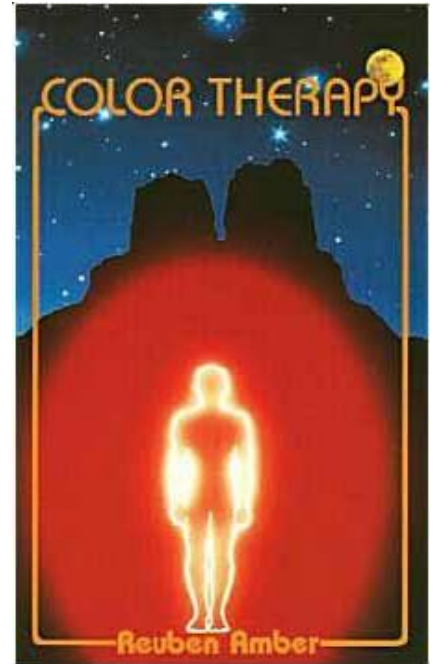
The views of modern physics, radionics and researchers including Burr, De La Warr, Reich and Steiner are presented.

**PART 2** gives specific applications of color in our environment, with our food, clothing and light sensitizing us to the healing power or the destructive effects of a guided use of color therapy.

A unique feature is the inclusion of an extensive repertory listing the relationship of color, taste, polarity, organs, elements and diseases to foster a holistic use of these techniques. This book is valuable not only for healing already existing imbalances, but ideally to help us become more aware of how color can create a positive balance within ourselves and impact our environment.

Topics include:

- Healing with color
- Auras
- Visualizations
- Gems
- Solarized Water
- Color breathing



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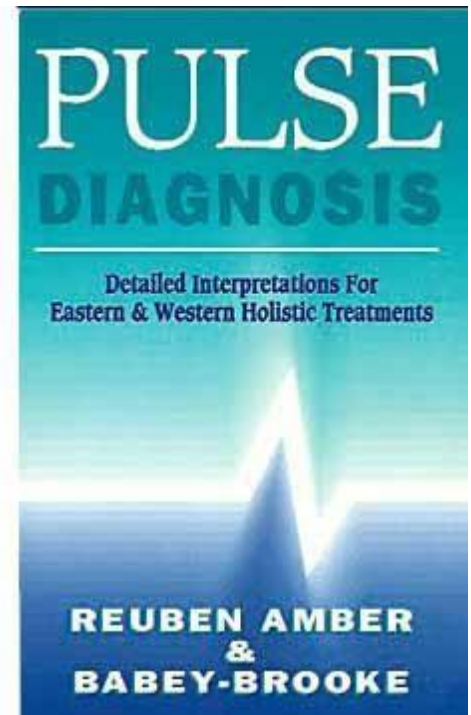
*Reuben Amber*

**PULSE DIAGNOSIS**  
**Detailed Interpretations For Eastern & Western Holistic Treatments**

*Reuben Amber*  
*Babey-Brooke*

The most significant diagnostic technique available to the medical profession has always been the pulse. This unprecedented text presents a detailed examination of the possible interpretations of this simple indication of the presence of life, from the point of view of four major medical traditions. Included are the historical background, detailed analysis and descriptions of the diagnostic uses of the pulse in Iran, China, India, and the West.

- Chinese Healing Precepts
- Ayurvedic Philosophy & The Pulse
- Technique Of Taking The Pulse
- Dreams & The Pulse
- The Pregnancy Pulse
- The Pulse & Organ Relationships
- Arabian Medicine & The Pulse
- Diseases & The Pulse
- Seasons & The Pulse
- The Death Pulse



Pulse Diagnosis is an unparalleled synthesis bridging the gap between contemporary scientific models and the Holistic approach integrating body, mind and spirit in the diagnosis. Dr. Amber offers a treasury of profound insights for all people in the healing professions.

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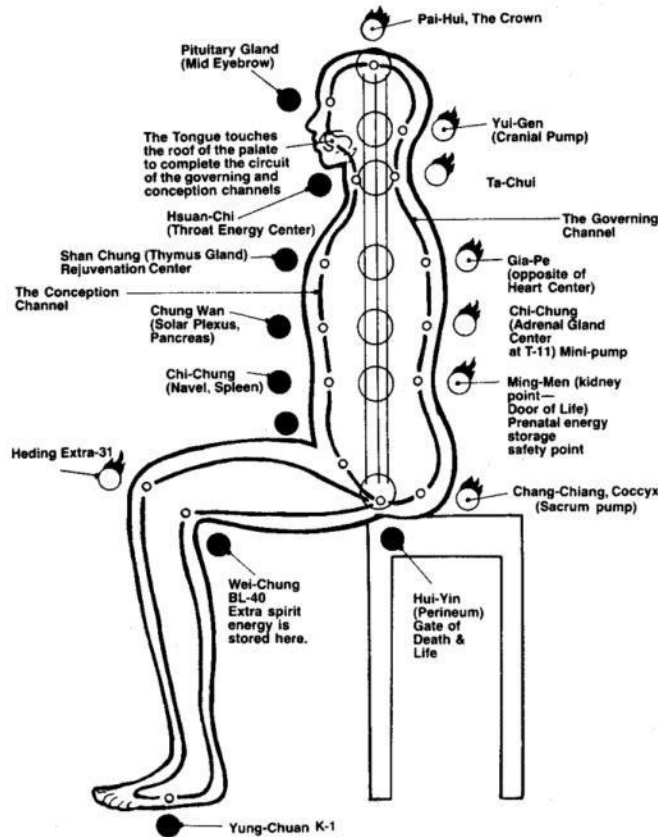
*Mantak Chia*

Master Mantak Chia studied with various Taoist and Buddhist masters and has created a synthesis of their spiritual techniques. Through his numerous centers all over the United States and Canada, he has succeeded in bringing this knowledge of Taoist Esoteric practice, healing and methods of accumulating and directing "life force energy" to the public at large.

**TAOIST ESOTERIC YOGA**

**Taoist Secrets of Love**

DIAGRAM 23



Learn to circulate your Chi in the Microcosmic Orbit to assist mastery of semen retention & transformation of sexual energy.

*Mantak Chia*

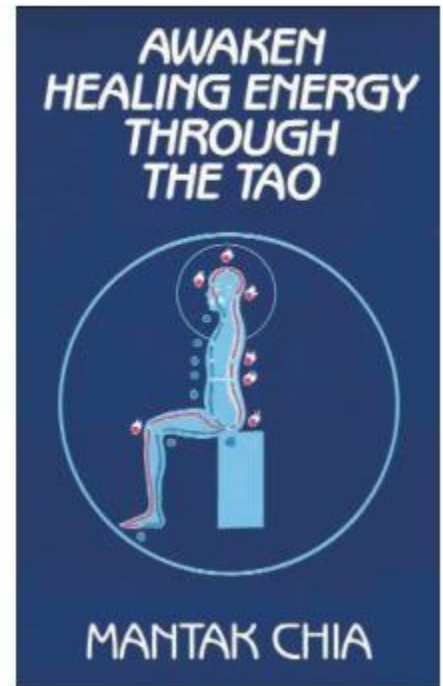
## **AWAKEN HEALING ENERGY THROUGH THE TAO** **The Taoist Secret of Circulating Internal Power**

*Mantak Chia*

Taoist Esoteric Yoga is an ancient, powerful system of physical, psychological and spiritual development encompassing meditative and internal energy practices. This unique and comprehensive book reveals the Taoist secret of circulating Chi, the generative life force, through the acupuncture meridians of the body. This comprehensive list includes:

- Opening the Energy Channels
- Proper Wiring of the Etheric Body
- Acupuncture and the Microcosmic Orbit
- Taoist Yoga and Kundalini
- How to Prevent Side Effects
- MD's Observations on the Microcosmic Orbit
- Commonly Asked Questions

Written in clear, easy-to-understand language and illustrated with many detailed diagrams that aid the development of a powerful energetic flow, for psychological and spiritual health and balance.



*“A treasure of ancient profound knowledge of subtle energy patterns in the human body. These simple exercises which balance, harmonize and focus energies, can be of great benefit to anyone seeking a state of physical and emotional well-being. To those who, due to an imbalance of energies, fill the growing ranks of “Kundalini Casualties” of various meditative practices, this approach offers hope for relief”* —Mirtala Bentov



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*Mantak Chia - Michael Winn*

## **AWAKEN HEALING ENERGY THROUGH THE TAO Cultivating Male Sexual Energy**

*Mantak Chia  
Michael Winn*

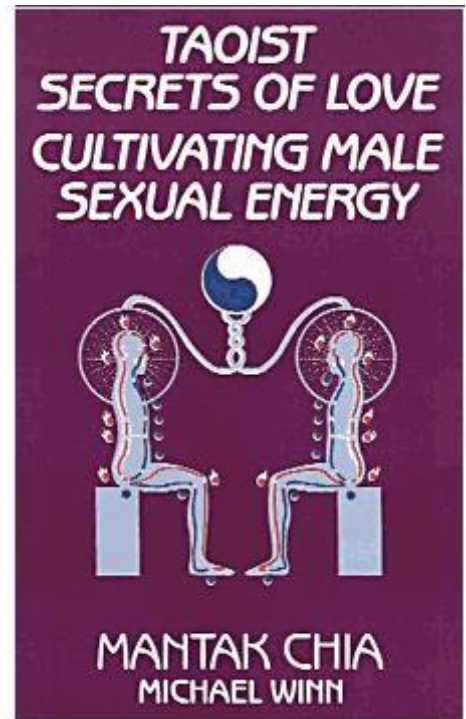
Mantak Chia reveals for the first time to the general public, the ancient sexual secrets of the Taoist sages. These secrets enable men to conserve and transform sexual energy through its circulation in the Microcosmic Orbit, invigorating and rejuvenating the body's vital functions. Hidden for centuries, these esoteric techniques and principles make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

This revolutionary and definitive book teaches:

- Higher Taoist practices for alchemical transmutation of body, mind and spirit.
- The secret of achieving and maintaining full sexual potency.
- The Taoist "valley orgasm"—Pathway to higher bliss.
- How to conserve and store sperm in the body.
- The exchange and balancing of male and female energies, within the body and with one's partner.
- How this practice can fuel higher achievement in career and sports.

*"Taoist Secrets of Love is not just another flowery philosophical treatise on the ecstasies of oriental love. It is a pragmatic handbook that distills the secret teachings on sex of four living Taoist masters sought out by Mantak Chia during fifteen years of travel and study in the Far East. The Taoist practice of chi cultivation focuses on integrating the divine or subtle energies into the human body, with the goal of achieving a dynamic balance of opposing energies called Yin and Yang. The Tao is the indescribable sum and absolute source of these energies, which manifest in ever changing form. The Taoists, being practical, proposed that a man can begin with the most accessible energy at hand, the sexual attraction between men and women, and use that force as a springboard to more subtle realms." —Michael Winn*

Michael Winn has 30 years experience in martial, and spiritual arts, & teaches internationally. He is Dean and founder of Healing Tao University, and president of the nonprofit Dao Alchemy Research Institute. He has authored ten Tao home study video-audio courses. Winn lives in Asheville, N.C. and has a private "qigong therapy" practice. For fuller biography, get his free 130 page ebook, Way of the Inner Smile. Subscribe to Tao News on the home page of [www.healingdao.com](http://www.healingdao.com).



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*Ronald Davison*

**SYNASTRY**  
**Understanding Human Relations Through Astrology**

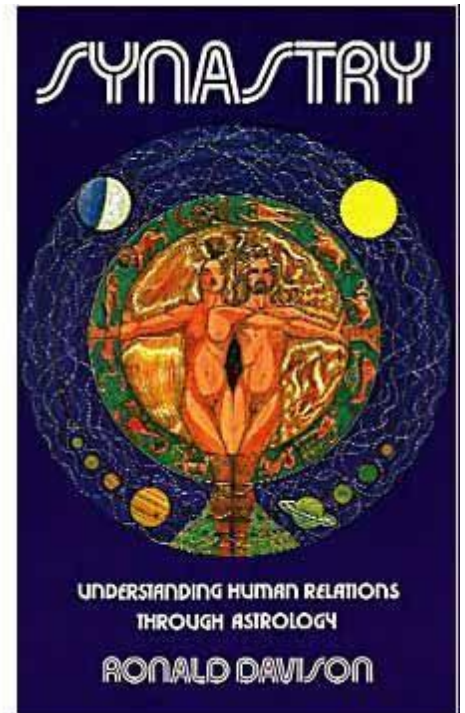
*Ronald Davison*

Astrology can be used as a valuable tool in the understanding of human relationships. This internationally acclaimed book lays the foundation for a comprehensive study by giving a basic view of the principles of chart comparison and interpretation, showing how to apply this information. The author has discovered "The Relationship Horoscope," an entirely new way of charting, in a single horoscope, the relationship between two people. He also introduces new methods of determining the quality of that relationship. Essential energy patterns and needs are first determined within the natal chart and then various methods of comparing horoscopes are fully explained. Twenty horoscopes further illustrate how to utilize this rich source of information. Whether you are a professional Astrologer or simply learning more about your own innate potential, this book offers information, and guidance that will enrich your insight into relationships and increase self knowledge.

RONALD DAVISON was England's foremost Astrologer, president of the Astrological Lodge since 1952 and editor of the internationally recognized journal Astrology.

Topics include:

- Marriage & Relationships
- The First Meeting Horoscope
- Various Methods of Comparison
- Sun Sign Compatibility
- The Part Of Marriage
- Planetary Cross Aspects
- House Interchanges
- The Relationship Horoscope



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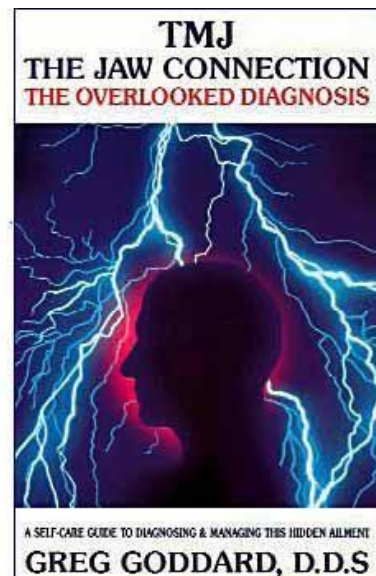
*Greg Goddard D.D.S.*

**TMJ: THE JAW CONNECTION  
THE OVERLOOKED DIAGNOSIS  
A Self-Care Guide to Diagnosing and Managing this Hidden Ailment**

*Greg Goddard D.D.S.*

A comprehensive guide empowering TMJ sufferers to uncover and treat this prevalent, often misdiagnosed ailment that plagues an estimated fifty million Americans. Many of us have TMJ (Temporomandibular Joint) disorders without knowing it. Several seemingly unrelated conditions may indicate a jaw dysfunction. For instance, do you suffer from one or more of the following?

- Jaw fatigue upon awakening from sleep
- Unexplained headaches
- Unexplained pain in or above the ears
- Clicking or popping of the jaw
- Grinding or clenching of teeth
- Ringing or hissing in the ears
- Deviation of jaw movement when opening the mouth
- Excessive wearing down of the teeth
- Unexplained dizziness



These and other signs should alert you that you may be pursuing a cure for a misdiagnosed condition that could be costing unnecessary time and expense as well as unwarranted medical tests and/or dental work.

The author, DR. GREG GODDARD, combines his extensive personal clinical experience with adjunctive therapies to help readers arrive at a treatment fitting their own circumstances. The role of muscles, joints, stress, tension, accidents, nutrition, dentistry and posture are among some of the topics explored.

*“It is estimated that 28 percent of the U.S. population has TMJ.”* —Public Citizen Health Letter

*“This is an excellent comprehensive guide to TMJ. I highly recommend it to patients.”*  
—C. Norman Shealy, M.D., Ph.D.

Greg Goddard, D.D.S., is associate clinical professor in the Department of Oral and Maxillofacial Surgery at UCSF school of Dentistry and a faculty member at the UCSF Center for Orofacial Pain. He also works half time at the Native American Health Center in San Francisco and Oakland, where he was the Dental Director for 30 years. He is a member of the Academy of Orofacial Pain and a Diplomate of The American Board of Orofacial Pain. Dr Goddard is certified for Dental acupuncture by state of California. email: [goddard@itsa.ucsf.edu](mailto:goddard@itsa.ucsf.edu)

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*Dr. Michel Gauquelin*

**COSMIC INFLUENCES ON  
HUMAN BEHAVIOR  
The Planetary Factors in Personality**

*Dr. Michel Gauquelin*

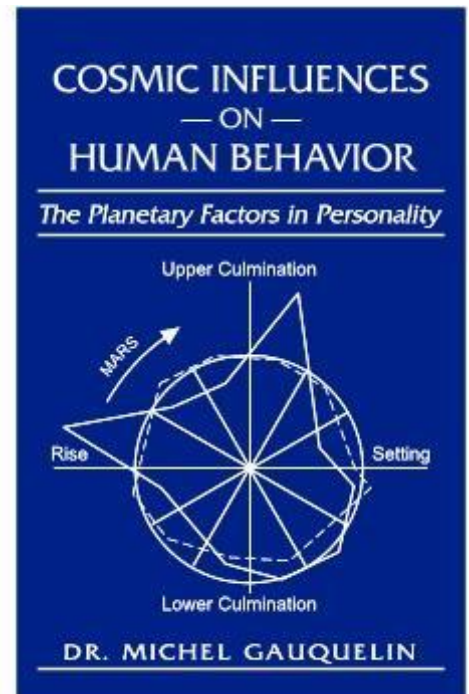
Dr. Michel Gauquelin's astrological theory implies a relation between vocation and birth horoscopes. Dr. Gauquelin discovered in studying the birth of 25,000 European professionals listed in Who's Who, that certain planets were found more frequently at the rising or culminating positions in the horoscope. For example, Mars ascended or culminated in the case of athletes with the probability against chance distribution ranging from 1 in 50,000 to 1 in 1,000,000.

This work has been internationally recognized as the most important scientific support that Astrology has ever received. Dr. Gauquelin has validated the existence of a correlation between the state of the solar system and human experience.

Hans Eysenck, a scientist at the London University Institute of Psychiatry, has praised Dr. Gauquelin's research. Whatever you think about Astrology, this book is a new and important view for skeptics, scientists and astrologers.

DR. MICHEL GAUQUELIN was a leading international researcher, psychologist and statistician. Since 1969 he has been the director of the Laboratory for the Study of the Relationship Between Cosmic and Psycho-Physiological Rhythms in Paris, France.

*"Emotionally, I would prefer Gauquelin's results do not hold, but rationally, I must accept that they do."* —Hans Eysenck, London University of Psychiatry



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## *The Elisabeth Haich Series*

### **ABOUT ELISABETH HAICH**

Author Elisabeth Haich and Selvarajan Yesudian  
ELISABETH HAICH (March 20, 1897 – July 1, 1994) was the second of four children born into an upper middle class family in Budapest, Hungary. Even as a young child, her unique gifts were expressed as a pianist, painter and sculptress. Her sculptures are exhibited in Hungary, as monuments and in plazas.

She was married and had one son who later joined her in teaching Yoga in Switzerland. In close connection with Selvarajan Yesudian, she began giving Yoga lectures in 1939.

At the end of World War II she was forced to leave Hungary. With Selvarajan Yesudian, she resettled in Switzerland where she lived until the end of her life. In cooperation with Yesudian, she founded the oldest and largest Yoga school in Europe.

In 1953 Elisabeth Haich wrote her best known book, *Initiation* which has been translated into seventeen languages with millions of copies sold worldwide.

Her other books include *The Day With Yoga*, *Self Healing*, *Yoga & Destiny*, *Sexual Energy and Yoga and Wisdom of the Tarot*, all published by Aurora Press in English after the publisher, Barbara Somerfield visited with Elisabeth Haich and Selvarajan Yesudian in Switzerland in 1973. Until the end of her life, she lectured and counseled seekers.

Books by Elisabeth Haich: *Self Healing*, *Yoga & Destiny* • *Initiation* • *The Day with Yoga* • *Sexual Energy and Yoga* • *The Wisdom of the Tarot*

“IN THE LAST GREAT EPOCH in human history, people in the West forgot completely that it isn't enough to know the secrets of physics, mathematics, and chemistry, and that on the contrary the very first object of man's study, research and understanding should be man himself, the discoverer of all these secrets. While his attention was directed to things outside himself, he neglected to look inside and ask the question, Who am I? This omission had serious consequences: while technological developments became ever more perfect, man himself became more and more imperfect. At the very time that engineering and technology were enhancing man's personal comfort, his soul was sinking deeper and deeper into dissatisfaction and misery. A person who has lost himself is plagued by burning unrest, and the result of inner dissatisfaction, tragedy within the man, is always war, destruction, cosmic catastrophe. Humanity plunges into misery for the same reason that people seek happiness outside themselves, instead of in the one and only place where it can be found, within! But the sufferings that often seem to grow and compound themselves finally force us to turn our attention away from things and toward the person who is suffering—ourselves! Sooner or later we must learn that the true reason for our sufferings our abysmal lack of self-understanding and self-control. Man simply does not know his own soul and the principles and forces at work deep within it. He does not know the source of his thoughts or the tree of his wishes, and chained down by this ignorance of his own being, cannot control either himself or his destiny. In the same blind way in which he follows his animal instincts and urges, fate buffets him to and fro like a rudderless ship in a storm. On the other hand, when one has learned to recognize the various levels at which life goes on within his self, and learn to control himself, he is also able to control his fate. The power which guides our fate did not create man for misery but for happiness. Only blindness pushes him into suffering.”

—ELISABETH HAICH  
From *Self Healing, Yoga & Destiny*

*Elisabeth Haich & Selvarajan Yesudian*

## **SELF HEALING, YOGA & DESTINY**

*Elisabeth Haich & Selvarajan Yesudian*

Through her best selling books, such as *Initiation*, Elisabeth Haich has become world famous for her profound understanding of the human soul. The Yoga schools she set up with Selvarajan Yesudian, have become internationally renowned. Designed to reconnect you with the Divine, the concepts in this book explain the attitudes necessary for the path back to one's self. Based on many years personal experience, the authors create an understanding of how to realize the essential source of life.

Learn Elisabeth Haich & Yesudian's personal views on:

- Love
- Accidents
- Suffering
- Karma
- Destiny
- Black & White Magic
- Illness
- Self Healing & Transformation

A wealth of insightful information is contained in this book to help you gain an expanded view of your life and consciousness.

*“When we look about us in our daily living, we see how greatly people suffer in the chains they have forged for themselves, even when they are filled with longing for freedom. Is there any way for man to be free? To be free is to be free from the deceptive magic of the material world.”*

—ELISABETH HAICH & SELVARAJAN YESUDIAN



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13: 978-0-943358-06-2**  
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*Elisabeth Haich***INITIATION***Elisabeth Haich*

Written at the request of her advanced students, *Initiation* is an illuminating autobiography that connects the twentieth century European life of internationally beloved teacher Elisabeth Haich and her lucid memories of initiation into the hidden mystical teachings of the priesthood in ancient Egypt. A compelling story within a story emerges detailing the life experiences that catalyzed her spiritual path. In an earlier life in ancient Egypt, a young woman is prepared for initiation into the esoteric secrets of the priesthood of the High Priest Ptahhotep, who instructs her step-by-step, consistent with her development, in the universal truths of life. Throughout this extraordinary book, Elisabeth Haich reveals her in-depth insights into the subtle workings of karma, reincarnation, the interconnectedness of individual daily life choices and spiritual development. Elisabeth Haich shares usually hidden truths that only a few rare individuals in any generation, seek, find and communicate to others, enabling the reader to awaken within the essential understanding necessary to enlighten any life no matter what events manifest. In twentieth century Europe, from childhood to adulthood, through war and remarkable meetings, she demonstrates the power of turning the searchlight of one's consciousness inward and using every life event towards expanding consciousness. *Initiation* is a timeless classic communicated in modern terms inspiring generations of spiritual seekers globally. Whether read as an autobiographical novel unveiling mystical truths or as a unique glimpse into Elisabeth Haich's exceptional journey to initiation, the personal impact on the reader is profound. To read *Initiation* is to be part of the initiation itself.



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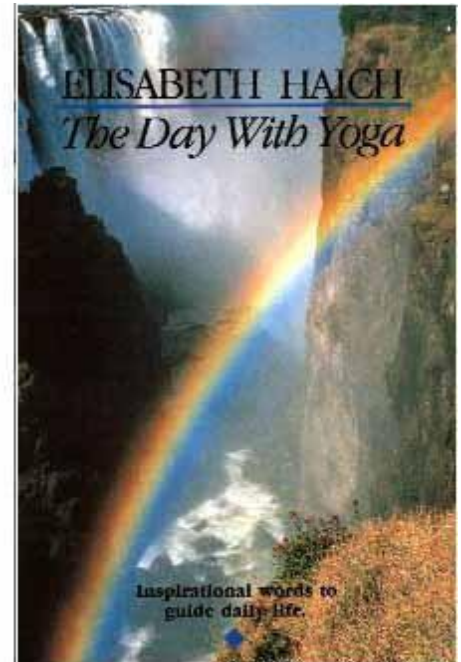
*Elisabeth Haich*

**THE DAY WITH YOGA**  
**Inspirational Words to Guide Daily Life**

*Elisabeth Haich*

Through her best selling books—Initiation, Sexual Energy and Yoga, and Wisdom of the Tarot—Elisabeth Haich is internationally famous for her ability to assist others on their paths of spiritual unfoldment: A unique creative energy is available each day of the week. Nature, all living creatures, plants, and human beings are deeply influenced by these subtle variations. We all bathe, float and are affected by the power operating that day. Each Day is related to a specific planetary energy:

- Sunday – The Sun
- Monday – The Moon
- Tuesday – Mars
- Wednesday – Mercury
- Thursday – Jupiter
- Friday – Venus
- Saturday – Saturn



The Day With Yoga is Elisabeth Haich's personal collection of meditation quotes. Each has been carefully selected to inspire and attune us to the vibration of the day, and to release a deeper level of harmony and inner peace into our lives.

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*Elisabeth Haich*

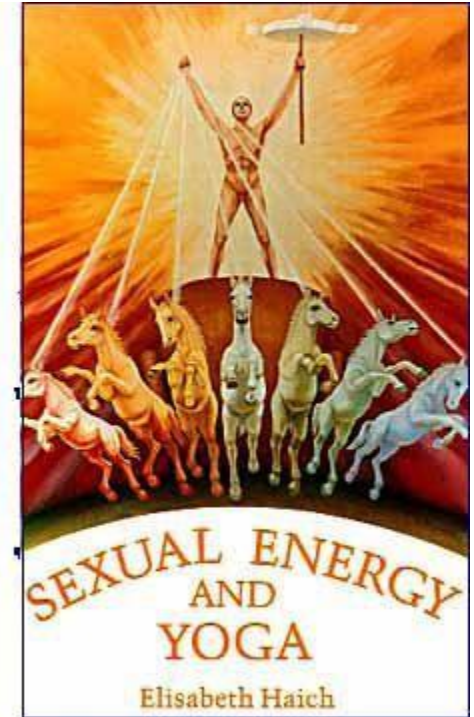
## **SEXUAL ENERGY AND YOGA**

*Elisabeth Haich*

The purpose of this book is to introduce the concept of transmuting the physical, emotional, mental and psychic energies people normally disperse in sexual activity. This process assists in uniting with the higher Self or God.

Topics include:

- \* The Creative Primal Serpent
- \* Sexual Energy in Its False & True Light
- \* The Magical Powers of Suggestion
- \* Hypnosis
- \* Mediumship
- \* The Urge For Unity & Its Corruptions
- \* The Sun Creator & Destroyer of Life
- \* The Magic Flower "The Transformation of sexual energy into spiritual, divine, creative power, is the resurrection from death to eternal life."



Description by Elisabeth Haich of her painting on the cover

*If we cultivate spiritual awareness and attain the universal consciousness, we acquire mastery over the 7 natural forces which, when harnessed to pull in one direction, can carry us to the goal with incredible swiftness. The picture symbolizes this state. The figure representing the spirit is standing in the triumphal chariot. One hand is radiating the power which directs the natural forces. In the left hand is held a prayer wheel such as is used in Tibet and which symbolizes unity with the Divine. The horses race with this figure to the goal where we achieve the perfection which Christ intimated to us in the words: "Be ye therefore perfect, even as your Father which is in Heaven is perfect." —ELISABETH HAICH*

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*Elisabeth Haich***WISDOM OF THE TAROT***Elisabeth Haich*

Wisdom of the Tarot relates the path to higher consciousness through the color, shape, and symbolic forms on the twenty-two Tarot cards. Detailed study and meditation of each card may release internally all that is involved with each level encountered on the journey towards the Light. These cards may be used in conjunction with the text or separately for meditation. When studied individually, a card can reveal the necessary steps that need to be taken to actualize one's potential. Tarot cards, or symbolic representations of the truth have always been used to help man relate not only with the mind, but internally, through the feelings invoked by the colors and forms. The nature of these cards is that they can produce a strong awakening of one's unconscious forces. They are like a spiritual mirror in which we can recognize and examine ourselves. We can then understand that the reasons for our fate lie within ourselves, and changes by the mere fact that we begin to react differently to everything that happens to us. These cards with the text are a valuable key to understand our present state, our past and in a deeper sense, how we create our future. Included in the book are 22 pages of five-color tarot illustrations.



*“Elisabeth Haich has produced a masterly work of initiation into the secrets of life. Out of a deep understanding of being and her own intimate experience of union with her genius, she has illustrated the process by which man becomes man by his insight into the pictures of the twenty two rungs of the ladder of divine ascent, on which each rung is an experience for the next rung in accordance with the individual's plan of life.”* —Dr. Ewalt Kliemke

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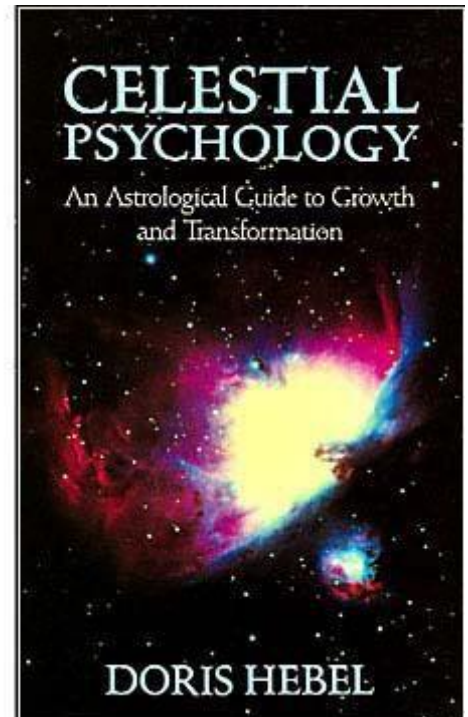
*Doris Hebel*

**CELESTIAL PSYCHOLOGY**  
**An Astrological Guide to Growth and Transformation**

An innovative investigation of planetary energies Saturn through Pluto and their meaning and effect in one's personal life and on human consciousness. Celestial Psychology transcends conventional Astrological interpretation and delineation, encompassing both exoteric and esoteric levels of planetary manifestation, in human behavior and experience creating an in-depth blend of Astrology and Psychology.

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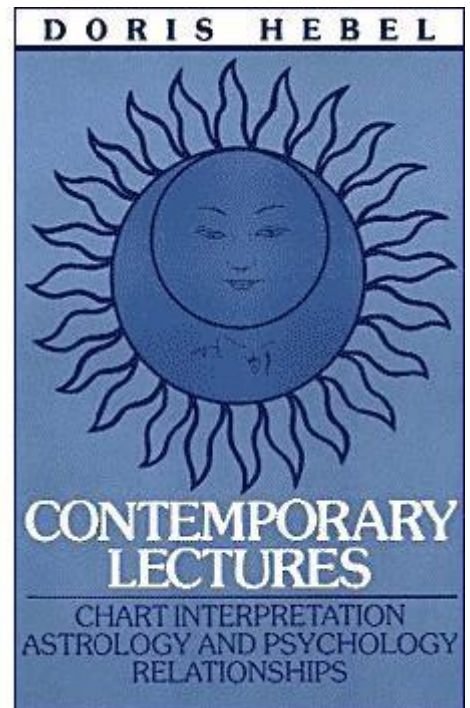
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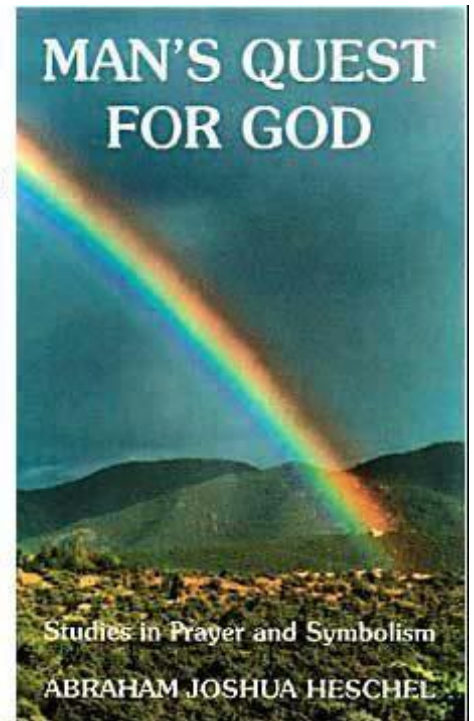
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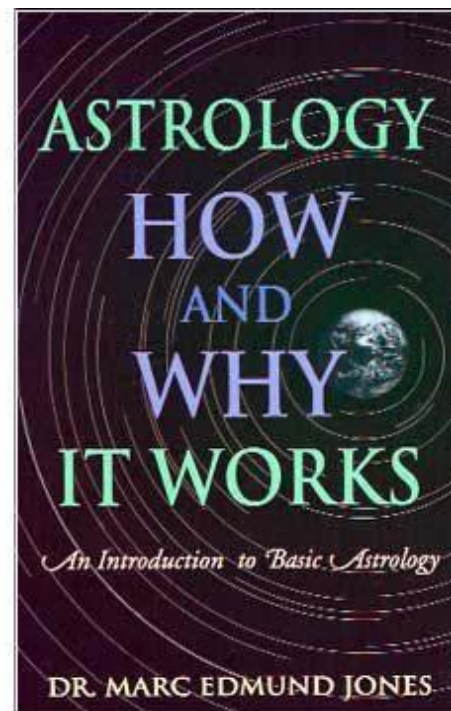
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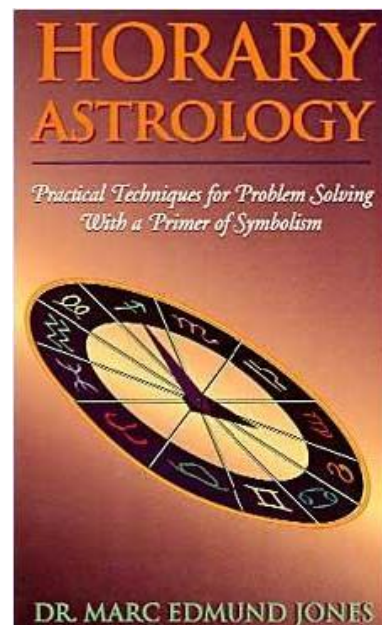
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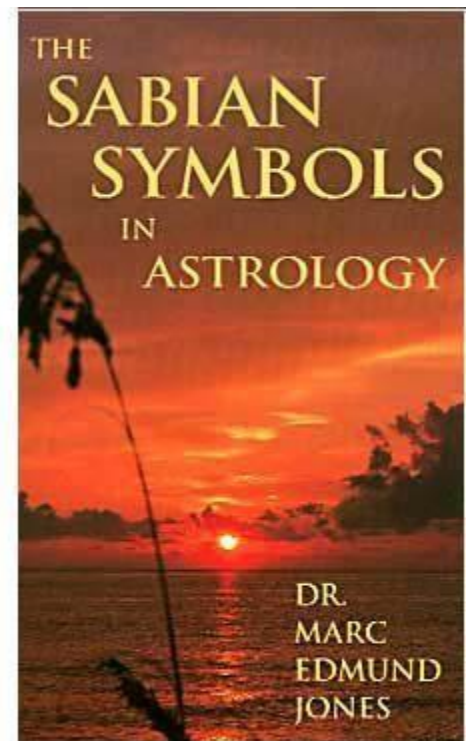
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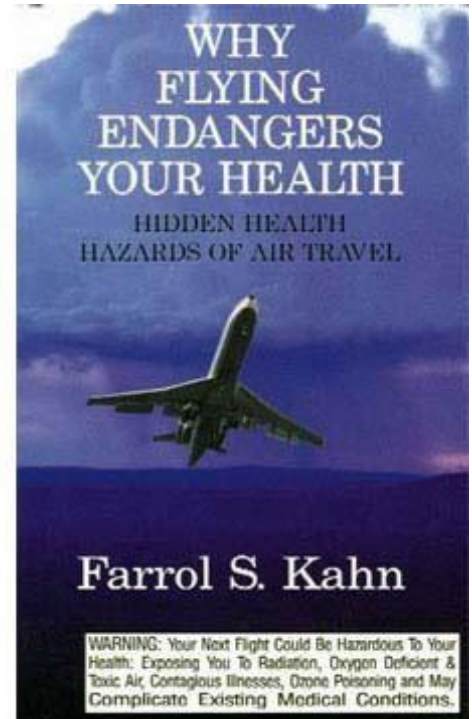
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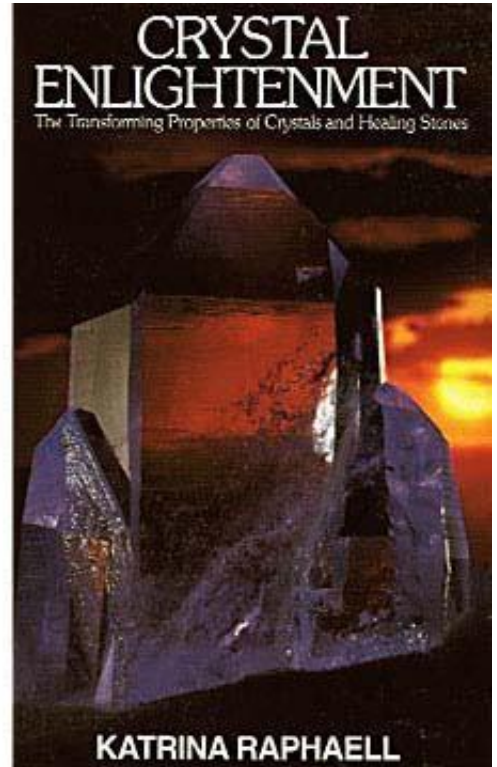
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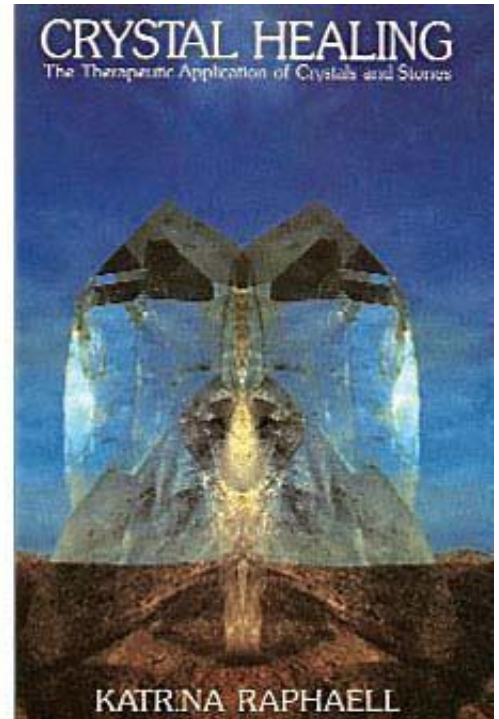
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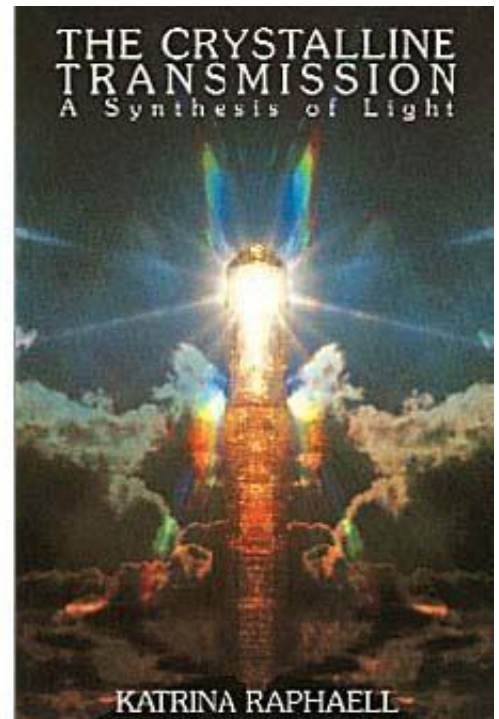


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*Dane Rudhyar*

## **ABOUT DANE RUDHYAR**

DANE RUDHYAR was born in Paris, France, on March 23, 1895. Quite early in his life, Rudhyar intuitively realized two things which have deeply influenced his entire life and work: (1) Time is cyclic, and the Law of cycles describes all civilizations as well as all existence; (2) Western Civilization is now in what could be symbolically called the autumn phase of its period of existence. As these realizations developed into a personal commitment to the future which he envisioned, Rudhyar felt the urge to divorce himself from Europe and to seek a "New World" —a land into which he could sow himself as a seed, carrying within his being the legacy of whatever was viable and constructive in the European past. In the late fall of 1916, he came to America, leaving behind his native land arid ancestral French culture as well as his family name, Chenneviere.

The change of name was symbolic of a total dedication to his ideal: the transformation of our civilization, a revaluation of all values: He became known as Rudhyar; a name derived from the Sanskrit root Rudra implying dynamic action and the electrical power released during storms. The god Rudra in the Vedas is the Destroyer and Regenerator, the transforming energy, breaker of old molds and the power of will or vital force.



This sense of destiny released through Rudhyar tremendous energy which he channeled into the development of his philosophical ideas; through Music and the use of tone; through Painting as the Art of Gestures; through Astrology as a symbolic language with the potential to bring individuals in tune with cosmic cycles. Throughout his life and his use of many different forms of expression, his purpose became clearly focused and dynamic. He calls forth the need for individuals with holistic vision and a "transpersonal" approach to life to serve as the foundation of a global society.

We are privileged to publish the books of Rudhyar, beloved mentor and friend, internationally acclaimed Astrologer, composer, poet, artist and philosopher, who initiated the concept of a cyclic and transpersonal approach to life. Rudhyar's pioneering work, seeded generations of astrologers globally, inspiring a wholistic approach to contemporary personal and global crisis.

—Barbara Somerfield, Publisher  
2004

*Dane Rudhyar*

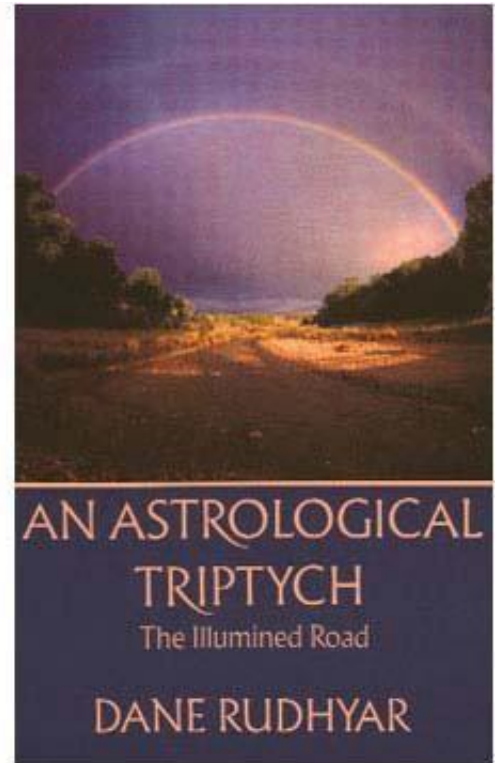
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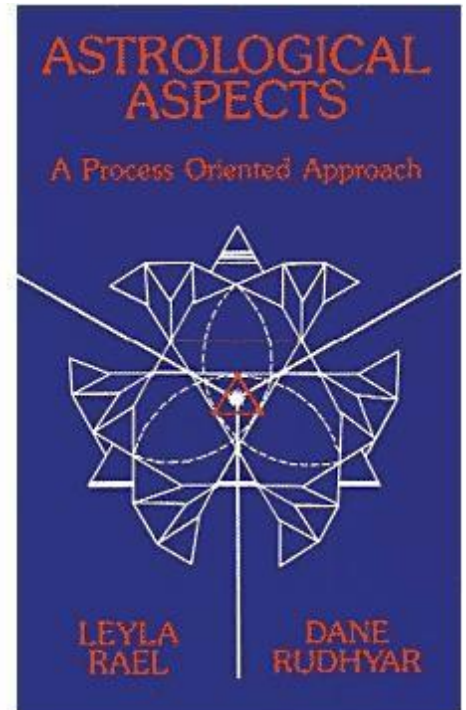
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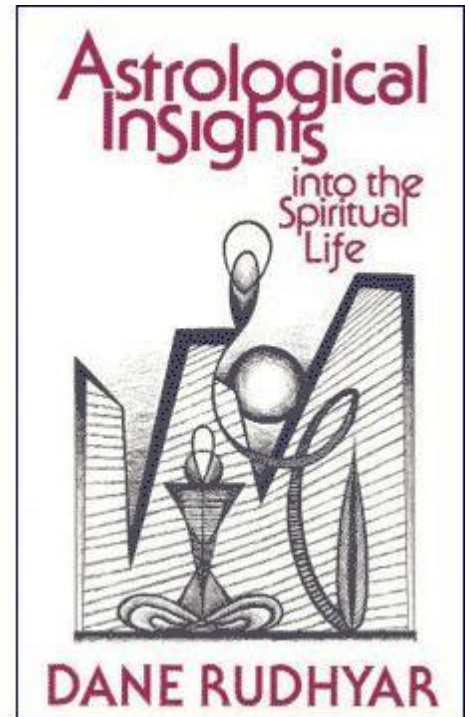
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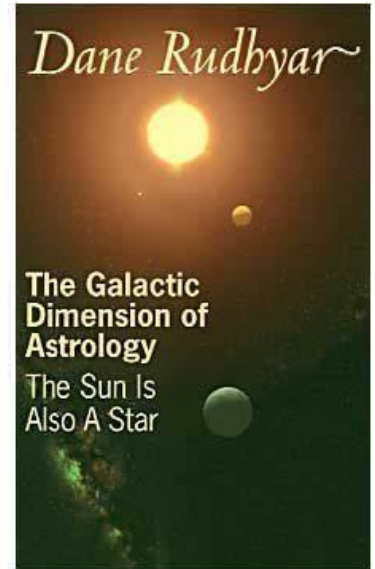
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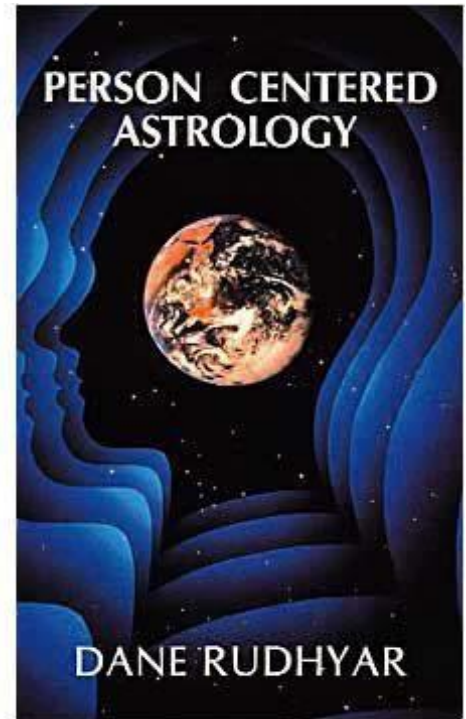
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—Richard Nolle, *Horoscope Magazine*

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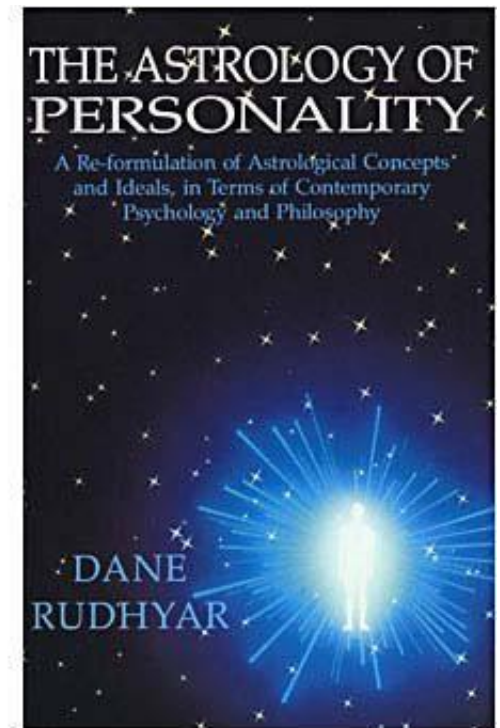
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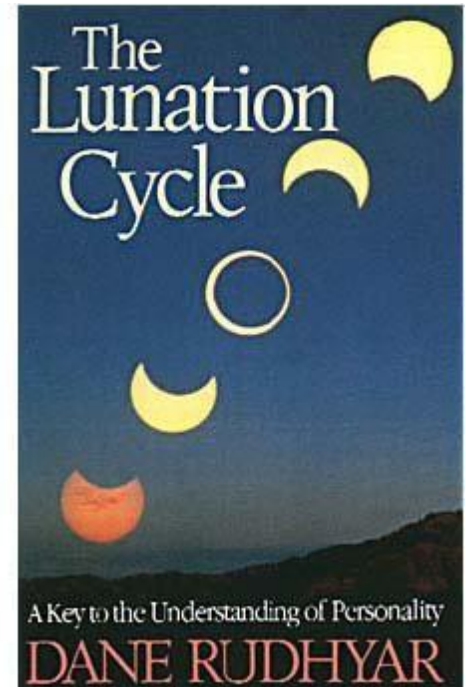
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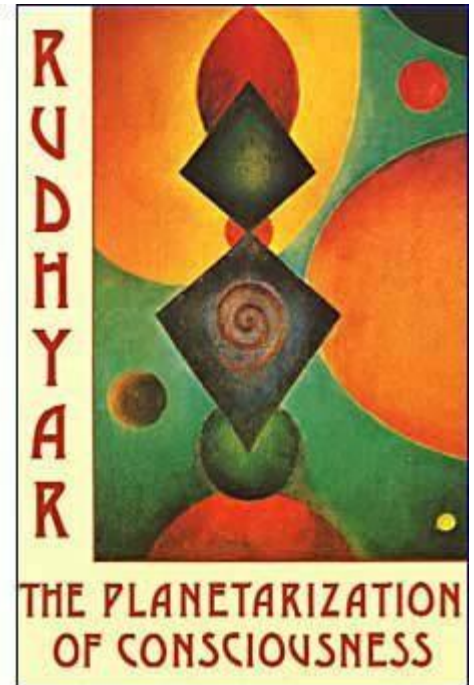
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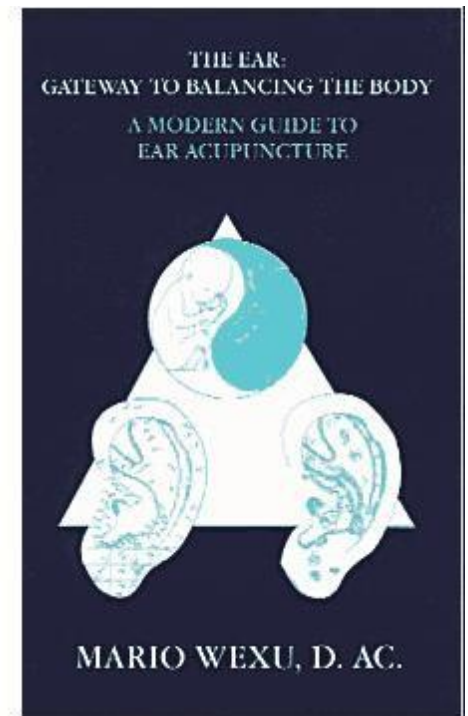
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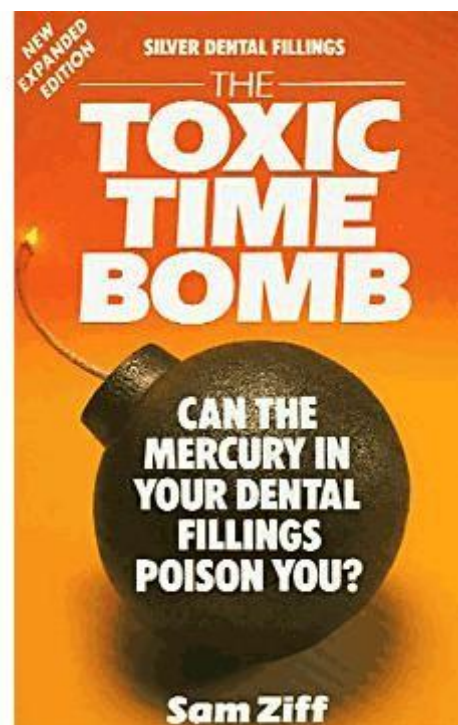
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