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## A Tool For Changing Your Own Life

“Accessing our imagination and intuition regularly is crucial to our health. Adair shows you exactly how to do this with grace and joy. She brings heartfelt guidance to the magic, mystery and wholeness inside each of us.”

--Christiane Northrup, MD, Author,  
*Women's Bodies, Women's Wisdom*

Change is a journey that begins inside each of us. Through the guidance of Applied Meditation, you can change your life by developing an intimate relationship with your own consciousness; you can affect transformation whether your concern is deeply personal, in your community or even the global issues facing us all.

The 45-guided meditations in *Working Inside Out* (Sourcebooks, August 2003, ISBN: 1-4022-0032-3; Meditations/Self-Help; \$18.95 U.S./\$29.95 CAN), paired with a specially created audio CD of guided meditations, will allow you to create a clear and simple navigational course through your inner dimensions so you can use the resources available within yourself to improve your quality of life. The audio CD will help you to tap into the powers within, free yourself of distraction and deal with the challenges you face.

Most of us have been raised and educated to ignore our deeper knowledge and to rely only on the “rational.” In order to succeed in mainstream culture, we learn to be objective and reasonable. Margo Adair, the author of *Working Inside Out*, originally had no understanding of how consciousness worked, yet her life changed profoundly when she began to direct her own imagination. Adair teaches that it is when we look within that we feel connected, and until then we will be increasingly relegated to leading alienated non-creative lives.

When you are not at the will of everything that's going on around you, you can participate in *shaping* the future rather than *reacting* to it when it arrives.

### About The Author

Margo Adair, founder of Tools for Change ([www.toolsforchange.org](http://www.toolsforchange.org)), has been in the forefront of exploring the connections between consciousness, politics and spirituality. Developer of Applied Meditation, since 1975 she has woven together political, psychological, and spiritual perspectives for personal, interpersonal and planetary healing. Her second book, *Meditations on Everything Under the Sun*, was published in 2001. She divides her time between San Francisco and Seattle.