

Finding Your Way Home

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In *“Your Way Home (The Psychology of Place Inside and Out)”*, Bruce K. Stewart and Lou Danielson Stewart usher not just a clear and luminous road to inner peace but also an enlightening path back to where the body and spirit first communed and co-existed in blissful harmony. Transcendental and ethereal, such journey could be quixotic or distant, but in these beleaguered times of utter disconnect, there’s no other way “home” but the eventual trek within. Reading “Your Way Home” is like reading from the inside, a trek within. For, what is more real and graspable – in the face of consumerist fatalism, fiber-optic deduction and Prozac logic – but an objective, realistic viewpoint of the spiritual aspects of traditional principles of “darkness into light” (such as Feng Shui).

In recommending the book, Grandmaster Lin Yun, the world renowned authority on Feng Shui, offers: “The most valuable parts of the book are the vivid parallels and contrasts among the influences from ancient and contemporary lifestyles, trends, thoughts and technological discoveries of the 21st century.”

What makes “Your Way Home” a compelling read and a handy day-to-day life’s companion is that it offers an almost clinical way of creating or suggesting “working spaces” that directly communicate with present day wisdom. These “working spaces” come in the form of “principles, stories and exercises” – a blending of “ancient wisdom with modern developments,” as NLP (Neuro-Linguistic Programming) author Robert Dilts puts it.

Bruce and Lou tackles the ancient art of Feng Shui like the proverbial vertical ray of the sun. They don’t block it with the absoluteness (or limitations) of the physical world. They allow the promotion of health, prosperity and harmony to flow like rain – a primitive resilience that often gets lost within and around, what I call as “synthetic waterfalls” of life and living. In that case, the book takes the readers back home inside them, and then send them out to the open range like they’ve never left at all. The authors’ combined backgrounds of Feng Shui, NLP, Biofeedback, Interior Design, T’ai Chi, and Aikido, helped them present a “rich foundation of skills” which they share in this book.

Needless to say, the Stewarts’ effort becomes significant and urgent in the face of growing cynicism with yoga, or people’s attempts at pursuing inner peace and physical well-being. As Ron Rosenbaum of Slate.com observes, yoga—or the American version of it—has gotten so “larded with mystical schlock” that once was “a counterweight to our sweaty striving for ego gratification has become an unctuous adjunct to it.” Yoga—and all its dubious denominations—have been transformed into just another New Age fad, marketed and sold “for shamelessly material Western goals.” Moreover, yoga is pitched as an “instant” solution to stress—as in “instant calm”—although the word “instant” was not a term used in the Eastern meditative traditions.

“Your Way Home (The Psychology of Place Inside and Out)” is not your neighborhood pseudo-mystical book – stacked up near the natural toothpaste, “power vitamins,” and organic beer. Between the pages is a world of physical discipline, philosophical fervour and spiritual ambiguity that defines an entire life (or lifetime) by itself. Reading and rereading (or “mastering”) the book won’t do much though – you have to dive deeper inside, explore and navigate your inner truths in relation to universal wisdom, and then rediscover life outside. Tough journey—but we only pass this way but once. So we better start journeying now. Bruce K. Stewart and Lou Danielson Stewart shall guide us.