

The Sacred Book of U

New Book Teaches the Mystery Alive at the Core of Our Beings

VENICE, California – Ruth Gould-Goodman seamlessly weaves personal stories of transformation with philosophical discussion involving human consciousness and self-actualization in ***The Sacred Book of U: Unveiling the Lost Teachings of the Deep Feminine*** ([published by AuthorHouse](#)). Gould-Goodman shares the evolution of her mindful, breath-centered, feminine yoga where pain and disharmony translate directly as precise, intelligent signals to assist the conscious mind to adjust any erroneous belief leading to a habitual withholding or denial of life force.

The Sacred Book of U is separated into two sections detailing Gould-Goodman's personal track of healing that was self-initiated and is all-encompassing. She shares her childhood experiences to illustrate how dysfunctional wiring established itself and grew into bulimia and an addiction to love. She discovered that listening to her body's language of pain and pleasure guided her in mastering the experiences of her life. She writes:

I found my way here by making my body a laboratory for my subjective exploration. By liberating myself from predigested intellectual concepts I learned in school, I taught myself to listen to my inner voice. Now my University is life. My body taught me to live from the empowered deep feminine. It revealed a truly functional and accessible spiritual process which has radically changed my definition of spiritual enlightenment. It empowered me as a woman to take my place in helping redirect the consciousness of our planet earth. Living from the center of my body allowed me to directly understand I am a part of everything. I believe by returning to the wisdom of the body, the human race can heal the fragmental thinking that feeds the fear motivating violent-destructive behavior on our planet. My book speaks directly to the possibility of healing transformation.

The second section describes the profound paradigm shift that must occur from outside to inside, from a masculine hierarchy-driven analysis to an integrated, balanced power that taps into the creativity of the feminine. By acknowledging the unique physical experiences of the body and releasing deeply held emotional blocks, Gould-Goodman shows the way towards enlightenment.

The Sacred Book of U will reveal the secrets of the body's unique intimate sacred text, which can empower both men and women by encouraging a return to the sensual connection with the deep feminine. Gould-Goodman's guidance and philosophy will help heal internal wounds and uncover pieces of the human puzzle that are necessary to create a culture of peace on our planet.

Ruth Gould-Goodman is a pioneer of a mindful, breath-based yoga, La Madre Yoga™ and Conscious Body Energetics™, a subtle energy self-healing system that teaches empowerment and ecstatic joy of our own being. She earned a master's degree in dance therapy at New York University and she is a California-licensed acupuncturist and intuitive energy healer.

Visit her at www.thesacredbookofu.com. Contact: 1-877-299-0168