

## NEW BOOK REVEALS ANIMAL TRUTHS FOR A WORLD IN CONFLICT

Kohala Coast, HI- In her most recent book, “Turtle Medicine: The Art of Swimming Sideways”, (published by Balboa Press, a subsidiary of Hay House), island visitor Robyn Bridges relates inspirational stories gleaned from her experiences with the endangered Green Sea Turtle. The third of her Medicine Book series, “Turtle Medicine” glides us into the watery energy that these ancient “Honu” embody. Citing qualities of peace, aloha, innocence, artful maneuvering, purity, and wisdom for aging, each of the 13 chapters are dedicated thematically to various turtles named by an island research center. Chapters are named, “Mana: The Spiritual Power of Innocence”, “Nalukai: One Who Has Endured the Storms of Life”, navigating the territory of physical and emotional pain, and “Kuhina- The Ambassador: Peace Emanating from Within”, swimming through barriers to peace in order to recover it. Each selection offers sensory experience and articulates signposts gleaned from qualities and realizations of Honu themselves.

*In her introduction, Bridges writes, “The subtitle, “The Art of Swimming Sideways”, was initially crafted from hours of gazing at turtles who were attempting to land from the open ocean at Puako, a current residential but ancient ceremonial site north of Kona, Hawaii. I watched how the incoming tide would push the turtles perilously close to the sharp reef shores. I worried that their heads or legs or even shells might get deeply scratched from the power of the constant wave action. Yet what I began to notice is that as each surge carried the turtles closer to danger, they would simply turn their impossibly ungainly-looking oblong bodies sideways and glide around the jagged edges, allowing the continued force of water carry them effortlessly into shore. Though they had to lug themselves up on land, they were comparatively scratch-free, accomplishing what looked to be a huge feat with utter ease.*

*The metaphor did not escape me. If our own turtle nature could only allow the force of life to be what it is, pushing and insistent and constant, and we could learn to flex our own selves to get to shore and rest by finding how to maneuver sideways, we, too, might arrive safe and unharmed. What does it mean to maneuver sideways? That question spurred countless hours of reflection, observation, and swimming with turtles while breathing into the center of my heart.”*

*Honu can teach you, even when you aren't with them*



Bridges has “re-fired” (a term from world-renown spiritual activist Matthew Fox) after 25- years of private practice in body-mind-spirit therapy to a full time author, speaker and teacher, focusing on how the world of animals, plants, and nature itself provides inner peace for a world in chaos. Her non-fiction and poetry books can be explored through [www.robynbridges.com](http://www.robynbridges.com).