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The Rose and the Sword *How To Balance Your Feminine and Masculine Energies*

A unique combination of fiction and self-development, this book invites the reader to enter a realm of modern and fantasy tales that stimulate both mind and feelings. Each tale addresses different aspects of the feminine and masculine energies that exist beyond gender and sexual identity in each one of us. At the end of each story is a psychological commentary that provides a deeper understanding of the chapter's subject and an exercise to begin the process of integrating the energies highlighted in the chapter.

The Rose and the Sword

by
**Judith Bach
and
Nanette
Hucknall**

MSI Press

**Non Fiction
Self-Help**

\$19.95

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“As she walked past the park, the atmosphere felt both inviting and disquieting. The night was misty, and the moon was just starting to rise. Once more, she sat on the bench. She felt like a teenager as she realized that she had hoped Ruel would show up again. Remembering his handsome face and muscular body, she closed her eyes and began to fantasize that she was naked in bed with him and he was kissing her passionately.”

Excerpt from *The Rose and the Sword*

Dr. Judith Bach (co-author of *How To Play Nice Together*) and Nanette Hucknall (author of *Karma, Destiny, and Your Career* and *Higher Self Yoga*) have done it again. Another great book—this one co-authored by the two of them, producing an unusual literary design of self-help hints and story-telling that makes for absorbing reading! The stories reflect the principles not just as parables but as compelling tales and enjoyable reading in themselves.

Four archetypal characters appear throughout the book: two represent the positive feminine and masculine energies, and two represent the negative feminine and masculine energies. These heroines and heroes face bright visions of dazzling beauty and dark views of the abyss while discovering other worlds that overlay the mundane.

The popular ideal of finding one's "soul mate" in a partner stems from the relationship between the two basic energies that exist, beyond gender and sexual identity, in each of us. When these two energies are equally developed, the individual is richly endowed with inspiration and intuition, as well as the ability to express these riches in the world. This book shows the reader how to develop that mix.

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Dr. Judith Bach is a psychotherapist, writer, and artist. The co-founder of the Berkshire Center for Psychosynthesis in Massachusetts and the Psychosynthesis Institute of New York, she has provided therapy on the creative and spiritual dimension of an individual in private practice and through worldwide seminars. She is extensively published.

Nanette Hucknall, co-founder and president of the Center for Peace through Culture and founder and president of the Higher Self Yoga Association, has worked as a career therapist and psychotherapist for 20+ years, including facilitating think tanks for top scientists, artists, and philosophers. She has presented workshops worldwide and is extensively published.