

TOPIC FOR RADIO/TV INTERVIEWS

EAST and WEST, will the twain ever meet?

With Eastern Hemisphere countries coming into their own, can we afford to subscribe to Kipling's "East is East and West is West and never the twain shall meet?"

Ina Moody addresses this question in her new book *Sages and Sinners*. The current strife between East and West is nailed down when fictional character, Swami Lahiri, says: "In ancient times we had lots of wisdom and no technology. Today we have lots of technology and no wisdom."

Utilizing the popularity of Hatha Yoga, the story is set in a Yoga ashram in the Poconos where Eastern philosophy interacts with Western thinking, setting the stage for how the two cultures *can* meet.

To avoid turning an interview into a nonstop commercial about the book, Ina will enlighten your audience with the differences between Eastern vs. Western Philosophy:

- How the ancient wisdom of Yoga is on par with the latest discoveries in Quantum Physics.
- How Western culture places the emphasis on the individual; in the East, the focus is on the community.
- How Western consciousness is directed outward to the physical world; whereas the Eastern philosophy focuses on introspection.



CREDENTIALS: Ina T. Moody taught Hatha Yoga for 20+ years. She has studied Raja Yoga and Kriya Yoga, and attended seminars at the Yoga Institute of Miami. She's the author of *Breathe and Stretch Your Stress Away*. Her columns have been syndicated through Knight-Ridder and News America.

AVAILABILITY: Eastern Seaboard, nationwide by arrangement or via telephone.

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