

Seeds of Truth, Heart

BY
Petra Eiko



“While giving voice to those aspects of life we all seek to understand—who we are and how our mind and emotions work—Petra Eiko’s *Seeds of Truth, Heart* manages to be both light hearted and life affirming, simple without being simplistic, instructive without being didactic. This is a delightful book” praises Lisbeth Davidow Ed.M, M.F.A. *Heart* is the first hardcover book in the series *Seeds of Truth* Petra Eiko has written an inspiring story about the connection between the body and the mind. Petra Eiko’s books are available individually in eight parts: *Is, Wisdom, Vision, Sound, Power, Sex, Fear, and Heart*. These books help promote both self-understanding and the acquisition of wisdom. Each book in the series marks important stages of growth in every person’s life.

Seeds of Truth - Heart

Gift Book by Petra Eiko

ISBN: 978-1-59709-105-7

Binding: Tradepaper

Size: 8.25 x 8.25; Pages: 71

Pub Date: Fall 2008

Price: US \$20.95

Eiko is wholly adept at holding the human mind and heart in her hands and unraveling their mysteries.

—Kate Gale

A significant contribution to understanding your inner self. Refreshing and motivating.

—Dr. Michael Neuner, Maxillo Facial Surgeon, Germany

Displaying the books in my medical office is the best investment I ever made. Not only are my patients well entertained during their waiting period, they also get inspired with positive attitudes towards their treatment and recovery.

—Cathryn Hu, Ph.D

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Book Description

Heart and the other books in the *Seeds Of Truth* series have gained recognition and popularity over the years. Medical professionals have put the books in the waiting rooms of their offices and patients have responded positively to the messages delivered. In the book *Heart*, Petra Eiko encourages the reader to explore the many avenues of feelings that integrate within the center of the human body.

Praise for *Seeds of Truth, Heart*

Heart is green and this voice tell us it is the center of the body, a place where Love, Peace and Happiness should be living but too many renters have moved in permanently. These renters, Sadness, Depression, Guilt, have taken over and the place has become gloomy and crowded. In this book again the voices speaking is a quiet, gentle voice, almost a voice that is laughing. It is laughing with the reader, not at the reader, at the games we play on ourselves and the resulting sickness of heart we slip into. Everybody is depressed once in a while, the voice says, but do you have to let it take over you life? Everybody feels guilty, but let it pass, move on, life the life you are supposed to live. The language is universal, the voice, like clear water, sure and wise. For all those who wish to understand themselves and the universe, who we are, how we got here, what should we do with this life, these books are a must-read.

—Kate Gale, Poet

This book explores the heart from different, quite unique perspectives. It helps you to look into your own heart and it takes the reader on an interesting journey that explains why and how the heart reacts in different experiences, and what makes the heart so unique. I recommend it to anybody, pick it up and give it a shot, you'll love it.

—Svenja Harms

Beautifully written, wonderfully inspiring and very enlightening. This book personifies the Heart and is written from its perspective. This book answers the question: What would your heart say if it could talk? It is both apartment-house and landlord at the same time. It is a step toward a better realization of the self and opens your eyes to making your life better. This edition also showcases the artwork of the author and well-worth the value.

—Evelyn Opend



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Author Biography



Petra Eiko was born and raised in Germany. She traveled extensively throughout Europe, Asia and the Americas. Fascinated by the differences and similarities in people, cultures and lifestyles around the world, she ultimately discovered that we all have the same fundamental problems. That inside, coupled with her lifelong curiosity about the workings of the human mind let her spend many years studying a broad spectrum of philosophical, metaphysical and scientific texts. In her books, Eiko offers a fresh synthesis of both timeless wisdom and contemporary ideas in an entertaining, humorous, concise and practical form. Petra Eiko is the recipient of the Honorary Citizenship of Busan, Korea for her accomplishment in Poetry.



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Praise for Seeds of Truth, Heart

As a personal note: What inspired me to write about Fear, Sex, Power, Heart, Sound, Vision, Wisdom and Is was life itself and my never ending interest in the human mind. I wondered about the different attitudes we have towards life; what is interpreted as triumph or what we count as catastrophe. Questions like: What made us the way we are? - or - What is the true foundation of happiness? engaged me in a search for answers amongst philosophers, scientists and people around the world. It was an adventure and stimulating like a treasure hunt. People opened their hearts telling me about their life experiences and discussions among friends about the topics were not only enjoyable but revealing. My search concluded in simple answers easily overlooked. I always was a promoter for a - happy life - and suddenly found myself on a mission to carry the message further out in the world. The Seeds of Truth series was born supported by many of my friends and Red Hen Press.

I think everyone needs to have this book as part of their library. It is uplifting and thought inspiring.

—Kirsten Heckes