

## Science/Philosophy of Science

***March of the Machines* by Kevin Warwick. Random House Publishing Group Ltd 1997, 263 pp., £16.99, h/b.**

Alarmingly subtitled 'Why the new race of robots will rule the world, this book by the first cyberman (with an implant in his forearm) paints a gloomy picture of the future of humanity under the control of robots who have become more intelligent than their makers. The logic is based on conscious machines who make decisions in their own interests. As I pointed out in a debate with the author at the Edinburgh Book Festival, the very language used attributes consciousness to machines in an illegitimate way, although this is consistent with the (in my view untenable) proposition that humans themselves are machines. Describes the author's own research at Reading

***Talking Nets: An Oral History of Neural Networks* by James Anderson and Edward Rosenfeld. The MIT Press 1998, 434 pp., £31.95, h/b.**

A must for anyone interested in Neural Networks and their history. It contains interviews with the leading scientists in the field. They range across their own background and involvement with the research. Any reader interested in purchasing the review copy at a discount price should contact the office.

***Clones and Clones* by Martha Nussbaum and Cass Sunstein. Norton and Co Ltd 1998, 351 pp., £18.95, h/b.**

A timely series of essays on cloning and its implications. As the editors point out, science itself does not give the answers to the ethical, political, social and religious questions raised by cloning. The authors write from a variety of viewpoints and disciplines, making this a stimulating read.

***Teaching about Evolution and the Nature of Science* by The National Academy of Sciences. National Academy Press 1998, £14.95, p/b.**

A well produced and illustrated handbook for teachers based on the current situation in the USA, which features creationism to a far greater extent than here in the UK. Deals with major themes and the relation between evolution and the nature of science, and contains some good teaching suggestions as well as frequently asked questions about the theme.

***The Flight from Science and Reason* by Ed. Paul R. Gross, Norman Levitt, Martin W. Lewis. Newleaf 1996, 593 pp., £81.**

Proceedings from a conference organised by the New York Academy of Sciences and featuring a galaxy of American rationalists. Sections include science, physics, health, environment, feminism, religion and education. A couple of titles convey the flavour: *Two Sources of Unreason in Democratic Society: The Paranormal and Religion*, and *Science of Chaos or Chaos in Science*. The papers are scholarly and well argued but most of them rest on a fallacious equivalence between rationalism and rationality and between science and scientism. It is not true to argue that rational explanations must necessarily be materialistic and reductionist - they are simply based on different presuppositions.

***Symmetry of Biorhythms and Reactivity* by A P Dubrov (SMN). Gordon and Breach Science Publishers 1989, 268 pp., h/b.**

Reports research that investigates individual differences in biorhythms, showing that there is a biological regularity that permits the existence of organisms with varying, sometimes contrasting, forms of diurnal rhythms and responses to the same irritants. Argues that these phenomena are based on the symmetrical qualities of living matter.

### **Medicine/Health**

***The Secret Language of Eating Disorders* by Peggy Claude-Pierre Bantam Books 1998, 314 pp., £6.99, p/b.**

A highly acclaimed work on eating disorders based on the author's own experience with her daughters. Based on the conviction that eating disorders stem from a complex negative mindset that leads to a slow process of self-destruction, the programme sets about to reverse this, bringing life and hope back to the patients.

***Rethinking Health Promotion - A Global Approach* by Théodore H MacDonald Routledge 1998, 231 pp., £15.99, p/b.**

Examines the relationship between biomedicine and health promotion, retracing its history to show that it is as old as medicine itself. Chapters explore factors that have a universal impact on health such as diet, unemployment, tobacco and alcohol use. Required reading for anyone interested in the broad issues raised by health promotion.

***Opening the Energy Gates of your Body* by B K Frantzis. North Atlantic Books 1993, 177 pp., £13.99, p/b.**

A comprehensive guide to Chi Gung exercises by a man trained personally by one of the great Chinese masters of the century.

***Healing with Whole Foods* by Paul Pitchford. North Atlantic Books 1993, 705 pp., £26.99, p/b.**

A truly extraordinary and comprehensive work that brings together authentic traditions of Oriental Medicine with current Western research on health and nutrition. A spiritual perspective runs throughout and the book. Includes essentials of nutrition, discussion of the Chinese healing arts, diseases and their dietary treatment, then over 300 vegetarian recipes with explanations of their properties. Strongly recommended.

***Science on Trial* by Marcia Angell W. W. Norton and Company Ltd 1998, 268 pp., £9.95, p/b.**

Subtitled 'The clash of medical evidence and the law in the breast implant case', this fascinating study documents the lawsuits arising out of women claiming injury from silicone breast implants in spite of the fact that scientific evidence did not suggest or warrant this. The book reveals differences in the way science, the law and the public regard evidence; also the role of regulation and litigation and the distorting effect of greed and corruption in the legal process.

***Menopause and Estrogen* by Ellen Brown and Lynn Walker. Frog Ltd 1996, 197 pp., £11.99, p/b.**

The second edition of a book critical of conventional HRT approach to the menopause and advancing natural alternatives along the lines of homoeopathy, herbal medicines and progesterone cream as well as proposing nutritional and lifestyle solutions.

***Medical Acupuncture* by Jacqueline Filshie and Adrian White Churchill Livingstone 1998, 435 pp., h/b.**

A really first-rate authoritative textbook with contributions from a number of members. Reviews the scientific data and provides a practical introduction to and explanation of acupuncture in its various Western applications.

***Somatic Illness and the Patient's Other Story* by Brian Broom. Free Association Books Ltd 1997, 187 pp., p/b.**

An interesting book that examines the connections between physical symptoms and the patient's story, thus integrating internal medicine and psychotherapy. It gives a holistic approach to those illnesses that present physical symptoms but whose underlying cause may be psychological.

***Cancer Explained* by Prof. Fred Stephens. Newleaf 1997, 202 pp., £7.99, p/b.**

As James Wright says in his foreword, here is a 'comprehensive, readable and understandable book on cancer' by a leading oncologist and educator. Covers the whole range of alternative treatments in an even handed .

***The Energy Break* by Bradford Keeney. Newleaf 1998, 186 pp., £7.99, p/b.**

Introduces a simple movement and meditation technique called Autokinetics as a means of contacting the ocean of life energy in as little as ten minutes. Recommended by Larry Dossey.

***The Secret of Healing* by Ljubisa Stojanovic (SMN). ABC Enterprises 1994, 248 pp., p/b.**

A healer's description of his work with bioenergy examining the nature of healing energy, the aura and the genesis of illness, and various paranormal phenomena including what the author calls the luminous body. His healing talisman has been the object of some preliminary but relatively unspecific research. Will mainly be of interest to practising healers.

### **Philosophy/Religion**

***Spiritual Evolution* by Ed. John Marks Templeton and Kenneth Giniger. Templeton Foundation Press 1998, 134 pp., h/b.**

An engaging series of personal essays by scientists discussing their beliefs and how they arrived at them. The contributors write from a variety of perspectives, which makes the volume a rich feast and shows a number of ways in which science and spirituality can be reconciled. The ten essayists include Larry Dossey, Stanley Jaki, John Polkinghorne, Russell Stannard and Carl Friedrich von Weizsacker.

***Gnosis and Literature* by Arthur Versluis. Grail Publishing 1996, 248 pp., h/b.**

An erudite and wide ranging study of the influence of gnosis and gnosticism on European and American culture. As the author indicates, gnosis implies a different understanding of human life and the world. He usefully outlines a distinction between belief, apostolic gnosis, 'heretical' gnosis and antinomian gnosis before moving on to consider its origins in antiquity, its manifestations in the middle ages and its relationship to Christian theosophy. Among topics and authors treated in more detail are Piers Ploughman, Hermann Melville, Eckhart and, on the antinomian side, de Sade. Contains some obscure but fascinating gems.

***How Large is God?* by Ed. John Marks Templeton. Templeton Foundation Press 1997, 257 pp., h/b.**

The nine contributors each give their own answer to the paradoxical question of this book's title. Sir John Templeton sets the scene in his introduction, where he also explains the work of his Foundation. A couple of contributors also appear in 'Spiritual Evolution' and writers here include Freeman Dyson, John Barrow and Herbert Benson. Their discussions are profound and far reaching, making this a volume that all students of the Science-Religion interface will want to have in their libraries.

***Sabbatical Journey: The Diary of his Final Year* by Henri J M Nouwen Darton, Longman and Todd Ltd. 1998, 226 pp., £9.95, p/b.**

The last book of this renowned Catholic spiritual writer who died three weeks after the end of his sabbatical. It records his life and thoughts in a direct and simple fashion. It records a number of public events during the year but its real interest lies in the quality of spiritual reflection.

***The Hermetic Book of Nature* by Ralpho Waldo Emerson & Arthur Versluis (SMN). Grail Publishing 1997, 137 pp., \$18.00, p/b.**

Contains the text of Emerson's book *Nature* with an extensive introductory essay by Arthur Versluis. He shows how the roots of American Transcendentalism can be traced to alchemy and Hermeticism. Envisages a complete science as 'a science of true Hermetic knowledge that encompasses and directs wisely all its branches and technologies'. The text is an inspiring meditation on the deeper meaning contained in Nature and our understanding of it.

***The Need for Roots* by Simone Weil Routledge 1952, 288 pp., £10.99, p/b.**

A new edition of this classic work by Simone Weil, with a preface by T.S. Eliot. Written while the author was working at the French Headquarters in London during the last war, it falls into three parts: reflections on the needs of the soul (order; liberty, honour among others), the phenomenon of uprootedness in the towns and countryside, and finally the growing of roots. Although historically situated, the book speaks to a wider condition of modern humanity.

***Spirituality and the Secular Quest* by Ed. Peter Van Ness. SCM Press 1996, 562 pp., £30, p/b.**

A very important series of essays outlining the history and themes of what might be called a secular spirituality. Begins with Greece and Rome (the atomists), moving on to the Enlightenment, the emergence of historical consciousness, romanticism and then postmodernism. A chapter on New Age Spirituality is followed by sections on self, society, nature and culture covering such themes as holistic health, feminism, social justice and ecological activism. Authoritative and very well referenced.

***Freedom Has No History* by Andrew Cohen. Moksha Foundation 1997, 103 pp..**

Subtitled *A Call to Awaken*, this book answers a series of questions about the human condition. It warns that spiritual experiences do not guarantee an enlightened view, which has to be worked on daily. Few have the courage or seriousness of purpose to do this. As he says, 'when you realize that there is no other, it wakes you up from the dream of

individuality'. We are both unique and ONE. He encourages the reader to go beyond thought to the context of its arising: 'That context is infinite space. Thought is time and memory. When our attention is rooted in infinite space, our experience is freedom'. The teaching is simple, direct and one-pointed.

***An Absolute Relationship to Life* by Andrew Cohen. Moksha Foundation 1997, 37 pp., p/b.**

A short but profound lecture on enlightenment and the human condition. Andrew Cohen argues that the crux of our life is our relationship to time, thought and feeling. It is not just waiting for things to change or getting confused between the self and thoughts and feelings. So 'an absolute relationship to the experience of feeling is one in which the personality expresses ONE relationship to life - one perspective, one self'

***The Angels Within Us* by John Randolph Price Piatkus Books 1998, 325 pp., £12.99, p/b.**

Reframes the Tarot cards as angels and describes their features using personal experience as well as wide reading. They are characterised as qualities such as patience, strength, discernment and features like authority, abundance and wisdom. Gives meditations to go with the texts.

***Philosophy of Mind* by John Heil Routledge 1998, 238 pp., £11.99, p/b.**

An acclaimed textbook that provides an ideal link between philosophy and consciousness studies. Covers all the main positions on the mind-body problem and sets the discussion within recent contributions from the likes of Searle, Dennett and Chalmers. Argues against the assimilation of philosophy of mind into cognitive science. Well written and lucidly argued.

***The Great Deception - and What Jesus Really Said and Did* by Gerd Lüdemann. SCM Press 1998, 114 pp., £8.95, p/b.**

The 'great deception' of the title is the contention that the Jesus of history when distinguished from the Christ of faith can provide a solid basis for Christian belief. This book is a summary of a longer one to appear next year. Ludemann's position is based on rationalism in so far as it rejects miracles and the resurrection, but he makes a good case for the criteria he uses to distinguish authentic from inauthentic sayings and actions. Rigorously argued and with reference to specific passages - will engage the general reader.

***The Laws of Eternity - Unfolding the Secretars of the Multi-Dimensional Universe* by Ryaho Okawa. Element Books 1997, 116 pp., £5.99, p/b.**

This book by the leader of a Buddhist based movement in Japan follows on from the translation of his earlier work 'The Laws of the Sun'. It is written simply if somewhat dogmatically and purports to describe the worlds of the fourth to ninth dimensions and their workings. He begins with the transition of death and the conditions that people are likely to find themselves in, depending on their inner nature and development. It all hangs together and there are certainly some inspiring passages on love and light. Some readers, though, may find a number of his statements too categorical.

***The World of Parmenides* by Karl Popper (ed. Arne F. Petersen and Jorgen Mejer). Routledge 1998, 328 pp., £30.00, h/b.**

A fascinating collection of Popper's essays on the Presocratic Enlightenment, which have never before appeared in a single volume. Although the main emphasis is on Parmenides, Xenophanes and Heraclitus are also well represented. The argument is classically dense and lucid, expressed with a wealth of detail and illustration. For those interested in the history of ideas, the most interesting passages are those where he traces the origins and development of critical rationality and styles of thinking. Then there is a seminal essay on the self and mind-body problem, arguing for the respectable lineage of dualism.

***Duet or Duel: Theology and Science in a Postmodern World* by J. Wentzel Van Huyssteen. SCM Press 1998, 182 pp., £12.95, p/b.**

Begins from the contention that many of the stereotyped ways of relating science and theology are oversimplified generalisations about a complex relationship between two disciplines. Proposes a constructive form of postmodernism within a framework of evolutionary epistemology that opens up a real possibility of interdisciplinary dialogue. Well informed, up to date and closely argued - recommended to those following the science-theology interface.

#### **Psychology/Parapsychology/ Consciousness Studies**

***The Paradox of Self-Consciousness* by José Luis Bermúdez. The MIT Press 1998, 338 pp., £24.95, h/b.**

A technical work examining the foundations of the paradox of self-consciousness in the strict interdependence between self-conscious thought and linguistic self-reference. The author resolves this by bringing in pre-linguistic and preconceptual forms of self-consciousness.

***Channelling: What it is and how to do it.* by Lita de Alberdi. Piatkus Books 1998, 166 pp., £8.99, p/b.**

A very matter of fact handbook based on the author's own experience and guidance. Deals openly with the pitfalls and has an interesting section of questions and answers at the end.

***Life Without Guilt* by Hazel M. Denning, Ph.D. Lleyellyn Publications, 195 pp., \$9.95, p/b.**

This book is based on the author's experience as a past-life therapist in which she has discovered that guilt can be stored in the subconscious and is in some instances traceable to past life scenarios. Will interest all therapists working in this field.

***Cult Fictions* by Sonu Shamdasani Routledge 1998, 120 pp., p/b.**

A book that refutes the charges made by Richard Noll in his books reviewed on these pages implying that Jung was a cult leader. This was partly based on the fact that Jung, unlike Freud, was sympathetic to religion. Shamdasani shows that Noll's claims are fallacious while providing a fascinating insight into the growth of Jung's following.

***The Everlasting Relationship* by Tess Nind. Rowan Communications Ltd 1998, 193 pp., 8.99, p/b.**

An alchemical work in the form of journal reflections depicting an encounter with the 'myth of the Old Moon. Contends that the changing relationship between mother and child is the most fundamental change of the new millennium and that the contemporary tyranny of the child reflects the old patterns of the controlling mother. Will be of interest to all those profoundly engaged on an inner work of transforming relationships.

***Technophobia - The Psychological Impact of Information* by Mark Brosnan. Routledge 1998, 220 pp., £13.99, p/b.**

A book aiming to understand the etiology, correlates, causes and consequences of computer-related attitudes and anxieties. Recent research indicates a research shift from biological to psychological gender. Shows that associations between cultural definitions of masculinity and technophobia underlie the male dominance of the computer culture. Timely and thorough.

***Full Face to God* by David Mahon Darton, Longman and Todd Ltd. 1998, 201 pp., £9.95, p/b.**

The Enneagram is based on the original Sufi insight that there are nine constant aspects of personality with negative and positive aspects. This book by the psychotherapist author of the 'Catholic Pictorial' runs through the features of the nine types: Perfectionist, Giver, Achiever, Artist, Observer, Supporter, Optimist, Leader and Mediator. Clearly set out with some amusing cartoons.

***Remaking Men* by David J. Tracey Routledge 1997, 200 pp., p/b.**

Subtitled *Jung, Spirituality and Social Change*, this is a significant work that redefines the men's movement by bringing in multiple perspectives but concentrating specially on the sociological on the one hand and the psychological and spiritual on the other. In trying to bridge the gap between inner and outer, spirituality and politics, he argues that the feminine archetypal principle requires urgent attention in our hypermasculine culture.

#### **Future Studies/Economics/ Ecology**

***The Compassionate Revolution* by David Edwards Green Books Ltd 1998, 228 pp., £9.95, p/b.**

Contends that our capitalist system is dependent on the promotion of the three Buddhist poisons of Greed, Hatred and Ignorance. Then argues that we need to realise the potential of the Buddhist conviction that compassion is the basis of all happiness - hence the antidote to exploitative social systems is rational awareness rooted in unconditional kindness and compassion for all.

***Some Significant 21st Century Trends and Issues* by Ikram Azam ABC Enterprises.**

A series of essays, many from a Pakistani perspective, based on a number of critical questions about the future: will democracy prevail over global capitalism? How are poverty and the populations explosion related? How much poverty is due to international economic structures? Is sustainability possible within the existing capitalist paradigm? Contains some vigorously argued pieces and reprints the Prince of Wales' speech on Islam and the West.

***Beyond the Wilderness* by Kenneth Robinson (SMN). Online Originals 1998, 402 pp., p/b.**

The sequel to the author's *Way and Wilderness*. Proposes the introduction of a new social structure called the 'flexible family' based on kinship and shared ideals, together with the affection, loyalty and a sense of dedication and duty. The ethos underlying this proposal is that of the early Taoist philosophers with their ideas of holistic thinking, recycling, conservation, rhythm and balance. An original and thoughtful book.

#### **General**

***The Organic Directory: A Guide to Buying Natural Foods* by Clive Litchfield. Green Books Ltd 1998, 175 pp., £8.95, p/b.**

An indispensable guide to buying organic foods in the UK. Contains mail order as well as regional information.

***Children's Art Through Meditation* by Marguerite Smithwhite. ABC Enterprises 1988, 68 pp., p/b.**

Describes an experiment where primary children were taught to meditate and then drew their images immediately afterwards. The method is inspired by Aurobindo and Jung and is structured round peace. The results are quite remarkable and are illustrated in colour throughout the book. A long chapter is devoted to an experiment on mandalas and are interspersed with inspiring quotations. A unique book that will be of special fascination to parents of young children. Appendices include tai chi and a glossary of symbols. Enquiries to Pathways Foundation, 12A Thurloe Street, London SW7.

***The Chair - Rethinking Culture, Body and Design* by Galen Cranz Norton and Co Ltd 1998, 288 pp., \$27.50, h/b.**

A fascinating and original book by a professor of architecture that traces the history of the chair, which 'throughout history has been used as a symbol of power and wealth. It shapes our bodies, indicates our social standing, reveals our tastes - and causes backache'. This last point leads to an evaluation of the impact of chairs on our bodies and sets the author off in search of a new design that would properly support back, legs and neck. Of special interest to anyone professionally involved with backs and posture, but a book from which we can all benefit.

***Marshall McLuhan: The Medium and the Messenger* by Philip Marchand. The MIT Press 1998, 322 pp., £10.95, p/b.**

A revised and updated edition of this highly acclaimed biography of this media guru who invented such terms as the 'global village' and forecast so many of the cultural upheavals caused by the information revolution.

***The Little Book of Happiness* by Patrick Whiteside. Random House Publishing Group Ltd 1998, 160 pp., £1.99, p/b.**

A book for reflection and dipping into. The author is a psychiatrist who draws on his experience as well as readings in the world's religions to offer simple and straightforward injunctions and advice.

***Meditation for Absolutely Everyone* by Subagh Singh Khalsa. Gill & Macmillan 1998, 96 pp., £9.99, p/b.**

A very good starting point for the beginner that combines a short book with an introductory tape.

***Meditation: The First and Last Freedom* by Osho. Newleaf 1998, 259 pp., £10.99, p/b.**

A handbook of meditation containing some background observations, guidelines and sixty-three meditation techniques. Contains useful sections of questions and a chapter on obstacles to meditation.



***Golden Nuggets* by Sir John Templeton. Templeton Foundation Press 1997, 86 pp., \$12.95, h/b.**

A beautiful reflective book on qualities that make us human and perennial concerns such as happiness and success. Each theme has an explanation on the left hand page and a corresponding aphorism on the right. Among the qualities are humility, thanksgiving and love. An inspirational bedside book.

***Field Days - An Anthology of Poetry* by Ed., Angela King and Susan Clifford. Green Books Ltd 1998, 159 pp., £8.95, p/b.**

A truly delightful anthology of poems celebrating field and meadow. Underlines the partnership between humankind and nature that fields represent.

***Earthlight* by Maureen Garth. Newleaf 1988, 134 pp., £7.99.**

A new book of meditations for children - simple visualisations designed to help children release creativity, be free from fears, enjoy adventures and develop inner peace and strength. They are based on imaginative stories that lead children into magical worlds.

***Looking Forward The Next Forty Years* by Ed. John Marks Templeton Templeton Foundation Press 1998, 231 pp., \$14.95, p/b.**

A multidisciplinary and optimistic view on the future by contributors who nevertheless discuss fully the challenges we face. Themes include communications, health and medicine, religion, geopolitics, education, the family, Sir Ghilleen Prance of Kew Gardens on the environment and Sir John himself on the future and the economy. He reminds us of the achievements of the 20th century and reckons that we have ten blessings to count for every problem. If it does not seem that way to us, this is because we dwell too much on the negative.

***Temenos Academy Review* by Ed. Kathleen Raine. Temenos Academy Review 1998, 211 pp., £12.00, p/b.**

The first in a welcome new series of Temenos reviews with contributions from HRH The Prince of Wales on the sense of the sacred, Henri Corbin on traditional knowledge and spiritual renaissance, Annemarie Schimmel on symbols of love in Rumi and many others. Besides essays includes poems and some striking illustrations by Thetis Blacker. The statement of purpose of the Review holds that the purpose of the arts is to give expression to a vision of the spiritual order, called by Plato the Good, the Beautiful and the True. It provides real spiritual nourishment for all lovers of wisdom and the arts.

***World's Best Ideas* by Ed. Nicholas Albery, Stephen Evans and Stephanie Wienrich. The Institute for Social Inventions 1998, 300 pp., £14.85, p/b.**

The annual publication from the Institute of Social Inventions listing the 250 best schemes sent in by the public over the previous year, of which 20 are selected for an award. The ideas vary enormously and are grouped under headings such as education, relationships, crime, environment, quality of life and transport. Most are short and contain follow-up addresses for further details. There is an extensive and helpful item on the Y2K bug.

***The Last Days Are Here Again* by Richard Kyle. Baker Book House Company 1998, 250 pp., £14.99, p/b.**

A timely intellectual history of how the world is supposed to end. Covers the spectrum of Christian views, modern day American manifestations as well as New Age scenarios. He shows how the belief that the world will end is deeply embedded in the Western psyche but encourages his readers to live their lives to the full rather than become entangled in intricate forms of curiosity.

### **Education**

***Teaching Mathematics in Rudolf Steiner Schools for Classes I-VIII* by Ron Jarman (SMN).  
Hawthorn Press 1998, 260 pp., p/b.**

A handbook with a difference that explains the sacred origins of mathematics as well as giving a comprehensive account of the author's long teaching experience. Packed with examples and teaching strategies.