

## Science/Philosophy of Science

### ***The Variety of Life***

**by Colin Tudge.**

**Oxford University Press 2000, 684 pp., £35.00, h/b.**

This is an astonishing tour de force and the fruit of more than 10 years research. Colin Tudge has produced a major work of reference starting with the craft and science of classification and moving on to a magisterial survey of all living creatures. The epilogue is a plea for conservation and imaginative policies to save what is left, based on a cultivation of feelings that gives us the conviction that it is worth making the extra effort.

### ***Cosmic Dispatches***

**by John Noble Wilford (ed).**

**W. W. Norton and Company Ltd 2001, 314 pp., £21.95, p/b.**

A highly readable collection of New York Times reports from the 1990s on astronomy and cosmology. The editor provides useful background material to remind us of the enormous progress made in the field in the last 100 years. He also sets the scene for each of the 12 chapters which include space travel, Mars, the birth and death of stars, mass, the age of the universe and its possible fate, ending up with a section on ET life (with, predictably, no mention of UFO evidence) and progress towards a theory of everything.

### ***Three Roads to Quantum Gravity***

**by Lee Smolin.**

**Weidenfeld and Nicholson 2000, 231 pp., £14.99, h/b.**

The search for a theory of quantum gravity is an attempt to reconcile general relativity and quantum theory and this book is a lucid overview of the field. It begins with the simple question 'What is time and space?', which turns out to be among the hardest to answer. The book is divided into four points of departure, an analysis of the state of current knowledge and three present frontiers, among them the holographic principle. The stance taken by Smolin assumes that the universe is a closed system and that there is nothing outside it. This leaves no creative role for consciousness or for asking about the possible relationship between inner (conscious) and outer (physically manifest) light. I am sure that the cosmologists of the future will have to ask these questions and that there can be no theory of everything that systematically excludes consciousness. Nevertheless, this is a highly informative and readable book within its own parameters.

### ***Rosalind Franklin and DNA***

**by Anne Sayre.**

**Norton and Co Ltd 1975, 221 pp., £9.95, p/b.**

A re-issue of this classic book that sets the record straight after James Watson's 'The Double Helix', which failed to do justice to Rosalind Franklin's contribution to the discovery of the DNA double-helix structure. Readable and highly informative about this crucial chapter in the history of science.

### ***The Triple Helix***

**by Richard Lewontin.**

**Harvard University Press 2000, 136 pp., £25.50, h/b.**

The triple helix of the title is the relationship between gene, organism and environment, a relationship which the author is at pains not to oversimplify. He examines the direction of biology and considers the part-whole issue as well as questions of cause and effect. He is

critical of mechanistic thinking but equally wary of holistic generalisations about the total connectedness of life in all its aspects. He points out that there are political implications to the idea that organisms construct their own environments and reflects that, despite the successes of reductionist biology, 'the most interesting questions remain: the problems of mind and shape'. His recommendation for the future of biology is to find the right boundaries of biological subsystems and to pursue the implications of chaos and complexity theory. A stimulating read.

***Morphism of the Void***

**by Keith Wakelam (SMN).**

**Mulberry Books 1995, 172 pp., £7.50, p/b.**

This book owes its genesis to the Network conference in St. Petersburg in 1995 when we were introduced to the work of Anatoly Akimov on torsion fields. Akimov's ideas provide a potential explanation of dark matter whereby the destruction of matter converts particles into phytons which communicate by subtle alignments of spin in a torsion field. This concept also provides a framework for the understanding of non-locality of mind. Keith's book provides a clear account of the theory and its implications, relating it to his understanding of Indian philosophy.

**Medicine/Health**

***General Practice and Ethics - Uncertainty and Responsibility***

**Edited by Christopher Dowrick and Lucy Frith.**

**Routledge 1999, 196 pp., £14.99, p/b.**

Any GP who found the time to read this volume would find it most helpful. The subtitle expresses the conundrum of the GP's situation of less than perfect knowledge and yet considerable responsibility for decisions made. The issues are discussed by GPs, philosophers and lawyers and the book sets out four principles: respect for autonomy, beneficence, minimisation of harm, and justice. The contents are then arranged into themes - ethico-legal dilemmas, confidentiality, patient-centredness - and topics such as prescribing, depression and the ethics of research. The book is not a recipe of answers but rather aims to get the reader thinking and equips them with some analytical and conceptual tools with which to tackle everyday issues.

***Choosing Waterbirth***

**by Lakshmi Bertram.**

**Hampton Roads Publishing Company Inc 2000, 160 pp., \$14.95, p/b.**

With a foreword by Member Dr. Michel Odent, this book is the ideal introduction to the field, written by a mother of five, each of whose children arrived in the water. As the author is a yoga teacher, the reader benefits not only from her insights into pregnancy and the birth process but also from the many exercises and techniques she explains. The book represents part of a transition away from exclusive reliance on high-tech and C-sections to a reconnecting with ancient instincts by getting the neocortex out of the way at the right moment. Essential reading for parents to be.

***New Frontiers in Medicine: The Body as the Shadow of the Soul***

**by Dr Craig Hassed (SMN).**

**Hill of Content Publishing Company Pty Ltd 2000, 142 pp., p/b.**

Subtitled 'the body as the shadow of the soul', this is a well-written collection of articles from the 'Philosophy of Medicine' series in The Australian Family Physician and printed

under the auspices of the Royal Australian College of General Practitioners. The arguments of the book are underpinned by 'a holistic form of intelligence which does not ignore physical science but puts it into another perspective and informs its use. Many themes will be familiar to Network readers: knowledge and intuition, spirituality and health, contemplative practices and healing, music as medicine. Seasoned readers will find little completely new here, but the point is that the articles are written with medical colleagues in mind and span a good range of current developments in a highly readable way that is backed up with extensive literature references. A model of clarity and balance.

### ***Integral Health***

**by Dr Soumitra Basu.**

**Sri Aurobindo Ashram Press 2000, 147 pp..**

The interview with Dr. Basu appears earlier in this issue so the reader will have understood his basic approach stemming from an understanding of the evolutionary spiritual philosophy of Sri Aurobindo and the Mother. The value of the book lies in its systematic exploration of health from the yogic viewpoint, which supplements the physical and overcomes the inadequacies of the physically-based biomedical model. After introducing the Indian notion of consciousness he explores the various planes including the neglected vital plane before going on to discuss an integral approach to healing including social and cultural factors. He compares his approach with that of the homoeopath member George Vithoukas and gives some illuminating case histories at the end. An excellent book for practitioners trying to formulate their own philosophy of healing.

### ***Intoxicating Minds***

**by Ciaran Regan.**

**Orion Publishing Group 2000, 164 pp., £14.99, h/b.**

A highly informative book about drugs of all kinds by a professor of pharmacology at University College, Dublin. He explores links between drugs, brain, behaviour and society through the new understanding of brain function. It is interesting to find out how the introduction of stimulants like coffee, tea, chocolate and nicotine brought about a reduced consumption of alcohol and a consequent increase industriousness. The picture he paints of the future is one where the pharmacologist designs the product for the doctor-engineer to apply it. I am not sure that this means, as he says, that the age of the shaman is over.

### ***Your Health: It's a Question of Balance***

**by Dr Igor Cetojevic & Francesca Pinon.**

**Llewellyn Worldwide Ltd 2000, 162 pp., 12.95, p/b.**

An engaging book written by a Yugoslavian doctor trained in acupuncture in China and in magnetotherapy in India. The authors provide a good map of various levels of health using their understanding of Yin-Yang polarities and subtle energies as part of the overall mind-body system. Mainly aimed at a lay audience but will interest practitioners who like to compare notes with others. Also well illustrated with humorous cartoons.

### ***The Beat Fatigue Handbook***

**by Erica White.**

**Thorsons 2000, 258 pp., £7.99, p/b.**

A very sound guidebook by the nutritionist author of the 'Beat Candida Cookbook'. It builds on her previous book and gives the background to the condition as well as a variety of treatment approaches. The action plans at the end of each chapter are particularly helpful. Can be recommended to patients and practitioners alike.

***Awakening the Healer Within***

**by Howard F Batie.**

**Llewellyn Worldwide Ltd 2000, 167 pp., £12.95, p/b.**

A personal book by a retired naval officer and satellite communications engineer who is now a healer. Complementary practitioners of 'energy medicine' will find little new here, but the techniques are clearly explained. The author deals with various levels of healing that will be familiar to many readers. Recommended at the introductory level.

***Cosmetics Unmasked***

**by Dr Stephen & Gina Antczak.**

**Thorsons 2001, 404 pp., £9.99, p/b.**

This is an extraordinarily eye-opening and painstaking work of reference subtitled 'your family guide to safe cosmetics and allergy-free toiletries'. It sets out to analyse ingredients, why they are used and whether they have any adverse effects. After a survey of marketing claims, the book moves on to consider the full range of ingredients in fragrances, skin care products, soaps, deodorants, toothpastes, shampoos, baby care products and suntan lotions. Text boxes give fact files and expose old wives tales. Chapters on safety, medical matters, salons, animal testing and legal matters follow, plus an A-Z of cosmetic terms and a technical index of cosmetic ingredients. An essential vade mecum for the field.

***Naturopathic Medicine: Treating the Whole Person***

**by Roger Newman Turner (SMN).**

**health Advisory Lectures and Literature 2000, 160 pp., £9.50, p/b.**

An excellent introduction to the principles and practice of naturopathy. The author argues that we have forgotten the self-reliant capacities of the human body and that we shall learn how to achieve and sustain health by understanding the process of nature. The book covers all the basic groundwork of the subject in terms of foundations, diagnosis, the law of cure, food, structures and functions, natural stimuli and the relationship between body, mind and spirit. Highly recommended.

***Why I Left Orthodox Medicine: Healing for the 21st Century***

**by Derrick Lonsdale.**

**Hampton Roads Publishing Company Inc 1994, 255 pp., £10.95, p/b.**

This book is the story and exposition of the author's own experience of a shift of understanding from orthodoxy to nutritionally-based medicine, which he regards as a paradigm shift in concept because (and this is an argument familiar to many readers) conventional medicine attacks symptoms not causes. Traditional medicines tend to reinforce the defences in a preventive fashion while modern medicine tries to kill the invading micro-organism. Lonsdale sees the hallmark of all disease as the adaptive chemistry in the tissues of the body so that the disease is simply a code by which the sickness is expressed. He uses pretty mechanistic language, which will appeal to some not others and there is little discussion of the role of the mind - his three circles of health are genes, stress and fuel. The book is written in a way that will appeal to the scientifically and medically trained reader since it is well argued and illustrated with much clinical material.

***The War on Pain: Turning the Tide Against Suffering***

**by Scott Fishman and Lisa Berger.**

**Newleaf 2001, 295 pp., £12.99, p/b.**

The vocabulary may be dramatic and adversarial, but the content of this book goes much wider than the modern approach of warfare against Nature in general and disease in

particular. The author is chief of pain medicine at the University of California, Davis. He draws on the latest techniques in both orthodox and complementary medicine to provide not only an anatomy of pain and suffering but also detailed strategies for healing and alleviation of pain. As he puts it at the end of the book: 'Medicine has grown to respect the function and purpose of pain while increasingly taking action when its presence has no value'.

***Yoga Mind, Body and Spirit: A Return to Wholeness***

**by Donna Farhi.**

**Newleaf 2000, 269 pp., £14.99, p/b.**

If you are looking for a comprehensive introduction to yoga, this is it. Part One goes through the groundwork of the ten living principles and the seven moving principles before looking at the various systems within the body - cellular, musculoskeletal, fluid, organ and neuroendocrine systems. Part Two is a guide to the various asanas - standing, sitting, bending, arm balances and associated breathing practices. The third part suggests sequences of practices at all levels. Both instructions and diagrams are clearly set out - an admirable volume.

***Medicine for the Coming Age***

**by Dr Lisa Sand (SMN).**

**Capall Bann Publishing 2000, 157 pp., £9.95, p/b.**

A fascinating book summarising the author's approach to and experience of spiritual or soul directed psychotherapy, which recognises the importance and nature of the soul component. The first part gives an overview of the field and is followed in part two by its application to cases of different kinds and in the third part by some interesting autobiographical material. This includes, at the end, an account of the genesis of the book and the alleged role - plausible to me - in it of C.G. Jung from beyond the grave. The main focus is the influence of traumas and conditions from previous lives on the present one, which is facilitated by Lisa working with various mediums, but principally with Mary Russell. The case histories demonstrate the liberating effects of the treatment involving a deeper understanding and re-orientation of the self. Little mention is made of other work in the field, but Members working in complementary medicine and especially psychotherapy will benefit greatly from the book's insights, which are equally interesting to the general reader.

***The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment***

**by Babette Rothschild.**

**W. W. Norton and Company Ltd 2000, 190 pp., £21.00, h/b.**

An important bridge-building work between neurobiology and clinical practice on the one hand and between verbal psychotherapies with more body-oriented approaches. The author gives an overview of Posttraumatic Stress Disorder, neural development and the nature of somatic memory. She then translates this into practice drawing on her own experience to illustrate the processes involved and the use of the body as a resource in healing. As she says, 'the main goal of trauma therapy is to relegate the trauma to its rightful place in the client's past'.

**Philosophy/Religion**

***Putting on the Mind of Christ: The Inner Work of Christian***

**by Jim Marion.**

**Hampton Roads Publishing Company Inc 2000, 324 pp., \$21.95, h/b.**

A remarkable work of spiritual autobiography combined with insights from the masters of the Christian tradition and a Wilberian scheme for the development of consciousness. It begins from Jesus's teaching on the Kingdom of Heaven, moving on to levels of consciousness, the dark night of the soul and Christ consciousness culminating in experience of the non-dual. It then considers some special problems such as good and evil and the role of the cross. One of the most interesting sections discusses the necessity of the dark night of the soul as a developmental stage that arrives after considerable inner work. He sees four main reasons: a teaching about who we really are, purification of emotions, integration of the soul and participation in redemption. And, unusually for a Christian, the author argues in favour of reincarnation. This is an illuminating book that brings the Christian mystical right into the present.

***Christian Ethics and Human Nature***

**by Terence Penelhum.**

**SCM Press 2000, 114 pp., £10.95, p/b.**

Based on the John Albert Hall Lectures, this book considers the distinctiveness of the Christian ethic in a secular world. Jesus's injunctions in the Gospels specify a change of inner state, not just outer behaviour, which remains as demanding today as it was then. The traditional Christian view of human nature involves sin and redemption and can be compared with the diagnosis of other religions. The author responds to the challenge of pluralism but is finds a psychological problem in Hick's approach - pluralism is all very well intellectually but how does it work in religious practice? He does, however, derive a useful comparative principle that the pluralist should adopt a position least unlike that of other faiths. He then recontextualises Christian views while seeing human nature as part of Nature as a whole. A stimulating discussion.

***Music and the Celtic Otherworld***

**by Karen Ralls-MacLeod (SMN).**

**Edinburgh University Press 2000, 211 pp..**

This scholarly and well-written book explores the spiritual dimension of music from a Celtic perspective within the context of a continuum of the everyday, the liminal and the otherworldly - distinctions that are sharper for us than they were for the Celts. Karen explains various theories about the effect of music in the introduction before moving on to the detail of performers, instruments, effects of music, then places and times when it is played. The Otherworld was very present to the early Celts and interacted in a dynamic way with the present, so sublime performers were considered intermediaries between the worlds, which are also bridged by the music itself, especially with the harp. Sometimes the effects were so dramatic that the listeners were said to have died. Then special music is associated with the death of saints, and it is noted that no music is to be heard in hell! The appendix gives a very helpful schema of the whole book, which will interest anyone concerned with the interaction of music and spirituality as well as the recovery of the Celtic heritage in our time.

***The Science of the Soul: Explaining the Spiritual Universe***

**by Robert Sibley.**

**Sacred Science Publications 2000, 320 pp., \$15.95, p/b.**

Volume 3 of a series by the author and an impressive piece of work in its scope and understanding. The author is widely and deeply read in metaphysics and the literature of holistic science and exceptional experiences. He begins with a historical account of the soul

and religion, moving on to involution and evolution, the spiritual planes, rebirth, destiny and free will. He then considers the nature of the spiritual hierarchy, the soul after death and spirit communication before concluding with some unifying ideas drawn from holistic science. I found the exposition of spiritual ideas clear and helpful but tending towards uncritical acceptance of large schemes of thought and hence somewhat dogmatically formulated statements about the nature of reality. Nor was the coverage of the science wholly integrated with the spiritual ideas and I did not think it wise not to treat the work of Helen Wambach more critically than that of Ian Stevenson. There is an obvious difficulty in integrating ideas from spiritual traditions with the findings of modern science, but I felt that the book would be more useful to those already familiar with the ideas but looking for more depth of understanding than to the critical newcomer.

***The Wellspring of Good***

**by Peter Deunov.**

**Sila & Jivot 2000, 295 pp., £10, p/b.**

These are the last talks of the Master Peter Deunov, dating from 1944. They make wonderful contemplative reading as they deal with essential questions in short sections. Topics include love, wisdom, suffering, freedom, the disciple, the future culture, music, food, mountains and the laws of thought. Available from me for £12.50 including postage.

***God in Science***

**by Sampooran Singh (SMN), Manjit Singh, Kanwaljit Kaur, Paramjit Singh.**

**Vishvas Publications Pvt. Ltd 1999, 178 pp., \$20, h/b.**

This is the most complete statement of Sampooran Singh's views on the relationship between science and spirituality and is well worth reading as a summary of the implications of Indian metaphysics in the light of modern science. From the Indian viewpoint it is highly significant that science is now studying consciousness as this creates the opportunity for a synthesis of understanding that has hitherto proved elusive. Mind is the non-dual frame of reference of the Mind spectrum, which transcends the conditioned consciousness of the mind-brain-body system which we habitually call reality. It is hard to make this transcendent leap but even a conceptual grasp of the nature of Universal Mind already reframes one's understanding.

***A Map to the End of Time***

**by Ronald Manheimer.**

**Norton and Co Ltd 1999, 332 pp., £17.95, h/b.**

An unusual philosophy book by one who teaches the subject to older people. It has an engaging narrative form that begins with the story of his own teacher, Prof. Oscar Shepler (Shep) and we are immediately ensconced in Plato, then Heraclitus. The main theme relates to time and our shifting perceptions of it but plenty of other topics come up along the way: life, self, memory, truth, being, aging. Then the major - mainly Western - philosophers appear in the discussions with his fellow-enquirers who are themselves charmingly invoked in the dialogue. I found this more congenial than Sophie's World as an entry into philosophy through living characters and issues.

***De La Mort a la Vie***

**by Jean-Pierre Schnetzler (SMN).**

**Éditions Dervy 1999, 285 pp..**

This is an excellent book on the facts and theories relating to transmigration and reincarnation. It is based on a wide knowledge of the scientific, philosophical and religious

literature including the recent work of Ian Stevenson. Jean-Pierre rejects the a priori position of scientism but retains a critical stance in his exploration while ranging across the evidence and theories about it. He includes chapters on the NDE and an analysis of the Buddhist bardos. He then devotes a chapter to a discussion of possible theories and approaches and the nature of the ostensible transmigrating self. He goes on to examine the psychological and indeed psychopathological questions raised by the reincarnation perspective, which are dealt with by Dr Lisa Sand in her book also reviewed in this section. Finally he assesses the outlook of Christianity and Buddhism on this question in a perspective of non-duality. A very thorough treatment.

***The Power of Prayer around the World***

**by Glenn Mosley & Joanna Hill.**

**Templeton Foundation Press 2000, 94 pp., h/b.**

A lovely pocket size book that discusses the nature of prayer, the use of prayer in various religions, learning to pray and finally research on prayer. The text is on the right-hand page with beautiful prayers and quotations about prayer on the left. An ideal bedside book.

***Au Coeur de l'impensable***

**by Jean-Marc Mantel (SMN).**

**Recto Verseau 1999, 62 pp., FF54, p/b.**

Jean-Marc is a doctor who is the founder of the International Association for Spiritual Psychiatry and who studied with Jean Klein. This thoughtful book is a meditation on spirituality and medicine that deals with various topics such as fear, suicide, meditation itself, love, spirituality and therapy. It is written with the utmost clarity and simplicity and is founded on the central non-dual insight that 'the absence of a controlling self makes way for a presence that transcends all form': the unreality of the ego and the omnipresence of the Self.

***The Genius Frequency: An Owner's Manual for the Cosmic Mind***

**by John J Falone.**

**2000, 415 pp., £19.75.**

An important metaphysical book subtitled 'An Owner's Manual for the Cosmic Mind' that provides a way beyond our current conceptual limitations. The author rightly observes that the mind-set of Western thinking is based on analysis-reasoning applied to the sensory domain that can see no consciousness beyond material existence. The new (ancient) premise is that all light is made of conscious thought and that all universes are made of what the book calls superlight, which is an emanation from the Love-Light/God-Mind. The frequency of love is the binding force which also underlies creation: things are 'loved' into existence. Furthermore, and this is critical, Love in this sense has no opposite. In the Genius Frequency 'you go beyond the fragmented, partial equations of life that block your understanding of the totality of your being'. Much else is clearly explained in this systematic book that repays close study and enables the reader to begin expanding beyond current thought-forms and limitations.

***The Art and Science of Feng Shui***

**by Henry B Lin.**

**Llewellyn Worldwide Ltd 2000, 244 pp., \$14.95, p/b.**

An excellent overview of the subject that gives a history and guiding principles of Feng Shui, including timing and topographical flow. It discusses the nature of Qi and the various



elements including mountains, water and wind. It has sections on the way in which Feng Shui is applied to houses and businesses. Highly informative and reliable.

***The Interaction of the Soul and Body***

**by Emanuel Swedenborg.**

**Swedenborg Foundation 1996, p/b.**

A new edition of this short classic by Swedenborg, still well worth reading today. He begins by discussing the theories prevalent in his day: Leibniz's pre-established harmony, spiritual influx and physical influx. This last is equivalent to modern mind-brain identity theories and, according to Swedenborg, 'arises from the appearances of the senses, and the fallacies thence derived'. His own view, based on much personal experience, gives priority to the soul as a spiritual substance, which he then proceeds to expound.

***Thorsons Way or Reincarnation***

**by Judy Hall.**

**Thorsons 2001, 194 pp., £7.99, p/b.**

This introductory book takes an esoteric approach to the subject but ranges broadly across the field. It covers origins in East and West, views of karma, assesses the evidence and considers alternative explanations. A book more for those already attuned to the idea than the very critical enquirer looking for an introduction - see Elizabeth Fenwick's entry for the Network Bibliography Project on the web.

***The Twilight Manifesto***

**by Yasuhiko Genku Kimura (SMN).**

**Contact Printing 2000, 73 pp..**

This short book powerfully sets out the approach and principles of the Twilight Club, which was founded by an influential group of people over 100 years ago - Walt Whitman, Herbert Spencer, Ralph Waldo Emerson, Andrew Carnegie and Mark Twain. It was then continued by Walter Russell and his wife Lao, leading to today's team headed by Members Yasuhiko Kimura and Laara Lindo. The first part spells out the inspiring ethical approach of the Club with its three principles of the commitment to truth, the responsibility of thinking and the act of giving. These principles form part of an evolutionary ethic whose goal is self-transformation and self-realisation involving ennoblement of the human being. The Club is not an organisation to join but rather 'an ongoing project in which to participate based on the individual's own initiative'. The kernel of the Club is 'The Poet's Code of Ethics', which has been updated and includes such principles as human solidarity and unity, social harmony, the discovery of the inner Self, independent thinking and working towards the ennoblement of the human soul. You can find out more by looking up [www.twilightclub.org](http://www.twilightclub.org)

***In the Company of Angels***

**by Cherie Sutherland.**

**Gateway Books 2001, 245 pp., £9.99, p/b.**

Cherie Sutherland is well-known for her work in NDEs and is a visiting fellow in the School of Sociology at the University of New South Wales. She has written a remarkable and courageous book about angels, not a topic that normally features on the sociology syllabus. She draws on her own extensive experience as well as those of others and a knowledge of the literature. Her approach is practical and direct, asking questions about the nature of angels, their forms, their roles and the times when they tend to intervene. All this paints a picture of a much richer world open to inner dimensions than the short-sighted modern materialism that utterly fails to comprehend the spiritual life. As the author puts it: 'if only

we could set aside our Western arrogance and adopt an attitude of humility and reverence, the world would astonish us with its revelations'. This is a moving and informative book that extends the field of consciousness studies and invites the reader to make contact with their own invisible guides.

***ISLAM: The Perennial Peace Paradigm***

**by Ikram Azam (SMN).**

**The Disarmament and Security Centre 2000, 152 pp., p/b.**

A celebration of the 99 names of Allah versified by the author. The verses are preceded by some essays by the author explaining the significance of Jihad, criticising Western capitalism and proposing a paradigm of peace based on Islamic principles. His is a refreshing and visionary voice.

**Psychology/Parapsychology**

***Chaos and Complexity: Implications for Psychological Theory and Practice***

**by Michael R Butz.**

**Taylor & Francis 1997, 271 pp., p/b.**

A very original book that could only have been written by someone with a grasp of both disciplines. The author gives an exceptionally clear account of the basics of chaos theory - worth reading on their own account - before applying these concepts to psychology as a whole. He discusses patterns of development, pathology, the growth process, then moves on to chaos and transformation in the individual and in relationships. Chapter titles of 'Intimate Chaos and Complexity' and 'Patterns of Relations: Self-Similarity Across Dimensions and the Importance of Coherence' are indicative of the fruitful synthesis. Finally he applies his thesis to broader cultural issues. Psychologists will find this book quite fascinating.

***Auras and Colours: A Guide to Working with Subtle Energies***

**by Paul Lambillion.**

**Gateway Books 2001, 210 pp., £9.99, p/b.**

A very helpful book by a practising healer who has experienced other dimensions of being all his life. It is partly autobiographical but mainly a handbook of ways to develop the sensitivity to work with subtle energy. It is based on a profound metaphysical knowledge, nowhere more apparent than in his section on death where he warns us to distinguish between vagrant thought-forms and the real self which may have vacated them. He explains the stages and modes of death and our journey into these realms. Both beginners and more advanced readers can learn a good deal from this book.

***And the Wolves Howled***

**by Barbro Karlén.**

**Clairview Books 2000, 252 pp., £10.95, p/b.**

An exceptional autobiography by a Swedish child prodigy author who, for as long as she can remember, has had memories of having lived before as the child diarist Anne Frank, who died in the Second World War. Her visit to Amsterdam at the age of ten confirmed a number of circumstantial details about the house in which Anne Frank lived. The real fascination of the book, however, lies in the drama of the inner and outer links between these lives and the way in which remembering the atrocities triggered insights into her current appalling situation when she was the victim of a witch-hunt for alleged cruelty to horses. The underlying message of the book appears near the end: 'If only she could write about how important, even vital it is never to give up in the face of evil, regardless of how dark and

wretched everything may seem'. It becomes vital to believe in Good, in the Inner Force in order to fight one's way up from the darkness.

***Handbook of Emotions***

**by Michael Lewis and Jeanette M Haviland-Jones.**

**Taylor & Francis 2000, 720 pp., £49.95, h/b.**

Second and revised edition of this classic book which is compulsory reading for researchers and clinicians in the field. The first edition appeared in 1993 just as research in emotion has blossomed since that time, not to mention the popularisation of the term 'emotional intelligence'. This edition expands into the arts, history, philosophy, genetics and anthropology. It also contains a new section on emotions and health, where Member Roger Booth contributes a co-authored article on Emotions and Immunity. This is bound to be the standard reference work for some years to come.

***A Theory of Everything***

**by Ken Wilber.**

**Gateway Books 2001, 189 pp., £10.99, p/b.**

The UK paperback of this brilliant book reviewed by Julian Candy in the last issue.

***Happiness: The 30-day guide that will last you a lifetime***

**by Patrick Whiteside (SMN).**

**Random House Publishing Group Ltd 2001, 208 pp., £5.99, p/b.**

This book follows up Member Larry Culliford's little books on bliss and happiness. He divides the material up into 30 sections for ease of use, with helpful exercises for each day. Combining his knowledge of psychology with insights from ancient wisdom traditions and his own clinical experience, Larry has produced a very user-friendly book that can benefit both beginners and seasoned readers of spiritual writings.

***Dreamwork***

**by Maggie Peters.**

**Gaia Books Ltd 2000, 171 pp., £7.99, p/b.**

Subtitled 'using your dreams as the way to self-discovery and personal development', this is a workbook based on Jung and Assagioli which guides the reader in transformative dreamwork. It covers all aspects of dreams and uses stories to illustrate paths of inner development. Serious readers who pursue the exercises will get a great deal more out of the book.

***SQ: Spiritual Intelligence, the Ultimate Intelligence***

**by Danah Zohar and Ian Marshall (SMN).**

**MacMillan Press 2000, 324 pp., £7.99, p/b.**

The paperback version of this interesting book - the hardback was reviewed in the April 2000 edition.

***Dreams, Counselling and Healing***

**by Brenda Mallon.**

**New Age International (P) Limited, Publishers 2000, 252 pp., £10.99,**

A book investigating the links between the elements in its title. It begins by setting out a framework and discussing dreams as a diagnostic tool for both physical and mental-emotional conditions. It then discusses the use of dreams with clients in crisis and the recovery of an underlying sense of self. Rites of passage are given prominence, as is healing

and death - as we let go of the past we are born into a new state. Dreams show how we live in a larger and more interconnected psychic world that transcends space-time. It is an accessible book for the general reader while therapists will also find plenty of food for thought.

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

#### ***Silva: The Tree in Britain***

**by Archie Miles.**

**Random House Publishing Group Ltd 1999, 400 pp., £30.00, h/b.**

I could not resist buying this book at the Mystics and Scientists conference. It is a thorough and lavishly illustrated history of the tree in Britain. It describes the background of the evolution of forest and woodland, then moves on to chapters on the principal broadleaves, hedgerows, fruit trees and orchards, evergreens, and trees in wet places. Then come chapters on trees, folklore and medicine, woodcrafts, trees and woods in British art, and finally conservation and tree planting. No tree lover should be without this book.

#### ***Empowering the Earth: Strategies for Social Change***

**by Alex Begg.**

**Green Books Ltd 2000, 288 pp., £10.95, p/b.**

Alex Begg has been active in the Green movement for many years, and this book is the result of his reflections on the nature of power. Like Fromm, Eisler and others he distinguishes between power-over and power-to, regarding power as a social phenomenon or flow pattern in a complex system with elements of positive feedback. Interestingly, he sees the powerful/powerless dichotomy as morally hazardous as it dualistically excuses the ruled from responsibility and scapegoats the rulers ('them'). Power is a process and involved relationships. Using the idea behind Local Exchange Trading Systems as a point of departure he insists that there is nothing that cannot be achieved through co-operation - indeed any major change of our structures will have to come from the bottom-up, which will involve coherence and co-operation. A stimulating read.

#### ***The Gaia Natural House Book***

**by David Pearson.**

**Gaia Books Ltd 1989, 304 pp., £16.99.**

Subtitled 'creating a healthy and ecologically sound home', this is the ultimate guide, rightly described by the Sunday Times as 'the last word on the "green" house'. Beautifully illustrated with diagrams and photos, it looks at healthy and unhealthy houses, elements out of which they are made and various spaces within the house. Even if you are not able to recreate your living space, this book will provide plenty of ideas for desirable modifications.

#### ***Contraction & Convergence: The Global Solution to Climate***

**by Aubrey Meyer.**

**Green Books Ltd 2000, 92 pp., £5.00, p/b.**

Having listened to Richard Betts of the Hadley Centre for Climate Change Studies at the recent Mystics and Scientists conference, this excellent briefing took an added relevance. The author is a musician by training but has spent much of the last ten years formulating and pursuing his contraction and convergence solution to climate change problems. The premises are simple: we need to reduce our overall emissions and we must find a fair way of doing this. The second principle requires that emissions are based on a per capita allowance, which provides a mechanism whereby money would flow from richer to poorer countries. All

this is wholly admirable, but how does one sell it to a Republican President of the USA, which is responsible for 25% of emissions with less than 4% of global population. However, if a sufficient number of other business and political leaders take it on board, then pressure may mount for a solution of this kind. Highly recommended.

***Restoring the Earth***

**by Kenny Ausubel.**

**Green Books Ltd 1997, 274 pp., p/b.**

Subtitled ' Visionary Solutions from the Bioneers', this inspiring book is about biological pioneers who are reconnecting the web of life. If one agrees that restoring the earth is the major priority for humanity over the next 50 years, then the contents of this book demonstrate a variety of practical solutions already being pursued. Nor is the reader just an accessory; each issue is analysed in terms of problems, solutions and what each individual can do. Specific themes include agriculture and seeds, eco-nomics and redesigning society.

***Global Values Education: A Scientific Appraisal***

**by Sampooran Singh (SMN) and Others.**

**Faith Publishers 2001, 116 pp., p/b.**

The premise of this new book is the same as in others by Sampooran Singh, although it remains critical: that ethical values are spiritual values emerging from the transcendent non-dual field of wholeness. His answer is a radical mutation of the human psyche through a new symbiosis of science and spirituality. To achieve this, science and education need to be restructured in the light of an awareness of spiritual values. The authors see the challenge as an evolutionary one and their book points the inspiring way to a future science and education beyond our current conditioning.

***State of the Future at the Millennium***

**by Jerome C Glenn and Theodore J Gordon.**

**American Council for The United Nations University 2000, 88 pp.,**

A truly astonishing resource that comes in the form of an 88-page summary book along with a 920-page CD that fills out the details. The State of the Future Millennium Project draws on 700 futurists, scholars, business planners, scientists and decision makers who work for international organisations, governments, corporations and universities in 50 countries. The work spells out 15 planetary challenges, a range of meta strategies, very long-range scenarios, a report on environmental security, factors required for successful implementation of futures research in decision making and trend impact analysis. The book is certainly required reading for all concerned with futures thinking. The project encourages feedback and can be found online at [www.stateofthefuture.org](http://www.stateofthefuture.org)

***From Here to Sustainability: Politics in the Real World***

**by Ian Christie and Diana Warburton.**

**Earthscan Publications Ltd 2001, 223 pp., £8.95, p/b.**

This is a hugely important volume that should be read by all concerned citizens. The Real World Coalition is an alliance of leading organisations campaigning nationally and globally on environmental sustainability, social justice, the eradication of poverty, peace and security and democratic renewal. These are the themes elaborated in the book, which pulls no punches and points out that there is a large gap between aspiration and reality in each of these fields. As the authors point out, we know what to do but there is a global leadership gap along with all the others. One suggestion is to try policy innovation on a pioneering scale, but then all the necessary measures are interconnected and require systemic change.

The authors propose a long-term plan along with short-term measures in time for the next environmental summit of 2002. A book to send to one's MP.

***Only Connect: Soil, Soul, Society***

**by Selected by John Lane and Maya Kumar Mitchell.**

**Green Books Ltd 2000, 287 pp., p/b.**

A selection of the best articles from Resurgence magazine over the last ten years. The subtitle represents Satish Kumar's trinity - soil, soul, society rather than mind, body, spirit and the articles include a number of well known names like Fritjof Capra, James Lovelock, Wendell Berry, Ted Hughes and Lester Brown. At the end there is a wonderful Millennial Hymn to Lord Shiva by Kathleen Raine, which elegantly sums up our predicament and calls for the restoration of a sacred world-view.

***The Energy Evolution***

**by Viktor Schauberger, ed Callum Coats (SMN).**

**Gateway Books 2000, 254 pp., £14.99, p/b.**

The fourth in this remarkable series of eco-technology resource books about the work of Viktor Schauberger. This volume contains papers and diagrams on Schauberger's numerous inventions and theories in the energy field based on the principle of implosion, which he defines as the diametrical opposite or inversion of the current approach based on inherently destructive explosive technologies. He traces this back to the straight lines and circles of Euclidian geometry, which he says is not reflected in the curves (and indeed fractals) of nature. A treasure trove for readers interested in energy technology.

**Education**

***How People Learn***

**by National Research Council.**

**National Academy Press 2000, 374 pp., £14.95, p/b.**

Expanded edition of the 1999 book about brain, mind, experience and school. Its findings are significant and should be discussed at the highest levels in educational practice. Among its key findings are that students arrive in the classroom with preconceptions about how the world works and that these need to be engaged if new concepts and information are to be absorbed; and that competence is acquired through a deep foundation of factual knowledge, understanding facts and ideas within a conceptual framework and organising knowledge for easy retrieval and application. Among the corresponding implications for teaching are that teachers must work with these pre-existing understandings, cover some subject matter in depth and integrate the teaching of metacognitive skills into the curriculum in a variety of subject areas.

***Spiritual Parenting: A Loving Guide for the New Age Parent***

**by David Harroll.**

**Marlowe & Company 1990, 389 pp., p/b.**

A very thorough and practical book which will be a help and inspiration for parents trying to bring their children up in a way that encourages their spiritual sense. It is divided into five parts: the spiritual education of children (including a lot of games and suggestions for stories), discipline with a spiritual twist, teaching children how to use and understand their bodies, a home with a heart, and the teaching of values and virtue. The sections on discipline and punishment are helpful in bringing clarity and distinguishing between the mercy and

justice modes. Then the last section on values and virtues brings a refreshing reminder of the importance of character development.

## **General**

### ***Total Surveillance: Investigating the Big Brother World of E-Spiers, Eavesdroppers and CCTV***

**by John Parker.**

**Judy Piatkus (Publishers) Ltd 2000, 314 pp., £17.99, h/b.**

A worrying book reporting on the capacity for surveillance in our technological age of computers, the web and CCTV, not to mention a host of other electronic bugging devices. Another major factor has been the redeployment of ex-communist intelligence agents since 1989 and it is eye-opening to discover that 340,000 people are employed in US intelligence of various kinds. The take-home message is that privacy is dead. The first part sets the scene by showing how our personal details can be put together from a number of separate databases to provide fairly comprehensive information. It is amazing to discover the degree of detail given in a credit report by a company like Experian. We all bear some responsibility for the extent of database knowledge by not checking the small print of privacy policies on the web, but cookie systems are set up to monitor our viewing and purchase patterns so as to provide fuller information for targeted marketing. The second part outlines the work of the various agencies, including a major US installation at Menwith Hill in Yorkshire. Few people are aware of the extent of these networks and their surveillance of public figures. The book raises significant issues about privacy in a technological world as well as questions about democratic accountability of intelligence agencies who claim to be protecting us against crime but who can so easily overstep the mark.

### ***Book of Historical Records***

**by Norris McWhirter.**

**Virgin Publishing LTD 2000, 288 pp., £20.00, h/b.**

Revised and updated edition of Norris McWhirter's Book of Millennium Records. No one can match his 50 years of research in breadth and depth, which comes out very clearly in this book. It covers aspects of daily life, the earth, the arts and sciences, medicine and health, politics and government, building and engineering, transport, war, communications and media, and sports. Each section is structured to give the state of play in AD1, AD 1000 then followed by a summary of the most important developments and inventions since that time, bringing the story right up to date. The book is well set out and beautifully illustrated. No household or library should be without a copy.

### ***The Collected Poems of Kathleen Raine***

**by Kathleen Raine.**

**Golgonooza Press 2000, 368 pp., h/b.**

No lover of poetry should be without this book! Kathleen Raine is in my view one of the great poetic voices of our time, and is still writing in her 93rd year. The poems stretch from her 1943 collection, 'Stone and Flower' to the present day. Throughout her long life, Kathleen has been a staunch proponent of the perennial philosophy, as reflected in her work with the Temenos Academy and Journal. The primacy of Spirit shines through this collection which nourishes the soul and our spiritual aspirations. You will need the hardback as the book is sure to be one you will often read!

***One Foot in the Stars***

**by Matthew Manning.**

**Element Books 1999, 336 pp., £18.99, h/b.**

The engaging autobiography of one of the most talented psychics and healers of our time. Some readers will remember Matthew's experiments done during the 70s, which are graphically described here, but he is now more familiar as a healer. However, the book is about Matthew as a whole and describes the way in which his personal life meshes with his professional career. Will be of special interest to healers and therapists as well as those engaged psychical research.

***Labyrinth: pathway to meditation and healing***

**by Helen Raphael Sands.**

**Gaia Books Ltd 2000, 111 pp., £12.99.**

Another beautiful book from Gaia exploring the labyrinth and its significance. The author's own journey began from Chartres and the labyrinth becomes a powerful metaphor in her life as a parable for the journey to the centre. An autobiographical chapter is followed by a discussion of its symbolism before moving on to a more personal engagement through ritual, movement and dance. Then comes the journey itself - the threshold, the journey in, the resting place and the journey out. Finally a section on how to create your own labyrinth, whether through drawing, in the garden or on a beach. Informative, readable and practical.

***Crying: The Natural & Cultural History of Tears***

**by Tom Lutz.**

**W. W. Norton and Company Ltd 1999, 352 pp., £18.95, h/b.**

An extraordinary and wide-ranging book on tears. This is only the second overview of the subject, while laughter is discussed much more often. Lutz discusses the physiology and psychology of tears, gender and parenting issues, and the social implications of crying in different cultures including the use of tears to manipulate people. He draws on literature and illustrates his themes with paintings. It is a brilliant and erudite exposition.

***Healing with the Voice***

**by James D'Angelo (SMN).**

**Thorsons 2000, 176 pp., £14.99, h/b.**

An excellent overview of sound healing based on the author's extensive knowledge and experience of leading what he prefers to call playshops on the topic. The reader will find all the essential background along with exercises that can be performed on one's own/ The nature of sound and the resonating voice is explained and there is a very interesting section on the effect of various vowels and consonants. Proper breathing is essential and is explained with corresponding practices. Then there is a section on toning and chanting as well as guidance on how to discover one's own fundamental tone. Toning is then in turn related to the organs of the body and chakras. For those who would like to find out more online, try [www.soundspirit.co.uk](http://www.soundspirit.co.uk)

***The Green Man***

**by Clive Hicks (SMN).**

**Compass Books 2000, 99 pp., £8.99, p/b.**

That Clive Hicks' and William Anderson's book on the Green Man is still in print is a tribute not only to the quality of the book but also to the resurgence of interest in the subject. Here Clive introduces the Green Man and the various forms he takes before taking us on a tour of the best ones to be found in England. He follows this with a catalogue of Green Men in



Britain and abroad, which shows the impressive extent of his research. An ideal introduction and field guide.

***The Haiku Anthology***

by Ed. Cor van den Heuvel.

**W. W. Norton and Company Ltd 1999, 363 pp., £12.95.**

The ultimate anthology of the Haiku form, now in its third edition. For readers not familiar with this kind of poetry, a Haiku is a three-line poem classically written with 5-7-5 syllables. It is distinguished by concision, perception and awareness. I liked R.H. Blyth's definition of a haiku as 'an open door which looks shut'. I liked this one:

Sunset:

one last parachute

floats slowly down

**Death and Dying**

***The Victorian Celebration of Death***

by James Stevens Curl (SMN).

**Sutton Publishing 2000, 330 pp., £20, h/b.**

A fascinating and well-illustrated book covering a multitude of aspects of the Victorian treatment of death. The author discusses the origins of cemeteries in terms of gardens and architecture, graveyard poets, problems created by increasing urbanisation, as well as the genesis and controversy surrounding the large-scale introduction of cremation and the nature of funerals. There are vivid descriptions in particular of the preparations for and scenes at the state funerals of Wellington, Prince Albert and Queen Victoria. The writing is engaging and the scholarship truly impressive.