

Science/Philosophy of Science

***Memory - How We Use It, Lose It and Can Improve It* by David Samuel Weidenfeld & Nicolson 1999, 128 pp., £18.99, h/b.** A clear scientific account of conventional research into memory and the brain. Covers brain structure and function, types of memory, loss of memory and the effects alcohol and drugs, Alzheimer's disease. One interesting finding is that we remember 70% of the faces we see but only 20% of the names owing to different parts of the brain being used - sounds

***All Life is Problem Solving* by Karl Popper Routledge 1999, 171 pp., £30.00, h/b.** A collection of vintage Popper essays beginning with a section on questions in natural science and moving on to thoughts on history and politics. The first essay interestingly uses John Eccles as an exemplar of someone who hung onto then abandoned a theory, in his case electrical transmission through synapses. He was able to see that admitting that one theory was wrong constituted scientific progress. The title essay appears in the second part and dates from 1991. Apart from the customary rigour of argument and analysis, one striking feature is Popper's optimism and profession of happiness in his old age. He was most prolific - I remember sending him a letter with a piece of Jung relating it to one of his ideas, but he replied politely saying he was too busy with his work. Now one sees why.

***Mind Sculpture - Your Brain's Untapped Potential* by Ian Robertson Bantam Books 1999, 257 pp., £16.99, h/b.** At first sight this looks like a self-improvement book, but it is in fact an informative discussion of the latest findings of brain research that have implications for the way we behave and bring up our children - for instance the value of talking to babies, teaching children to read and the benefits of learning to play a musical instrument at an early age. A key emphasis arising out of the author's research is ways in which the brain can be rehabilitated after injury.

***Living With Our Genes* by Dean Hamer and Peter Copeland MacMillan Publishers Ltd. 1998, 356 pp., £12.99, h/b.** Subtitled 'why they matter more than you think', this book argues for the primacy of genes in determining personality and behaviour, while admitting that epigenetic factors play a significant role. Various chapters examine worry, anger, sex, thinking, hunger and ageing, drawing on human examples as well as the author's own lab work and current research. Clear and readable, but necessarily one-sided in its approach.

***The Making of Intelligence* by Ken Richardson Weidenfeld and Nicholson 1999, 218 pp., £12.99, h/b.** A concise and readable critical account of ways in which intelligence has been and is being characterised. Shows how intelligence cannot be broken down into simplistic components, nor can it be adequately accounted for by genetic or environmental factors. Then develops an approach whereby development proceeds by self-organising interactions between the individual and the environment. Concentrates almost exclusively on cognitive abilities and makes no mention of the recent work on emotional intelligence.

***Degrees of Freedom* by Alan D M Rayner Imperial College Press 1997, 312 pp., £27.00, h/b.** Subtitled 'Living in Dynamic Boundaries' and written from the perspective of a biologist, this book explores ways in which the self-group tension can be very creative. It shows how the same sorts of unstable relationships that occur in the human realm can also be found in utterly different forms of life and self-organisation. This leads on to insights about the importance of indeterminacy and open-endedness in relation to creative change. The book ranges very widely and is a real feast for those interested in the dynamics of self-

organisation. One curious omission is Koestler's concept of a holon, which would have fitted nicely into the chapter on scaling hierarchies.

***The Meme Machine* by Susan Blackmore Oxford University Press 1999, 264 pp., £18.99, h/b.** Well known for her sceptical work in near-death experiences and parapsychology, Susan Blackmore here turns to wider questions of cultural evolution, building a complex hypothesis on the basis of memes, defined by Richard Dawkins as units of cultural replication. The basic idea is that memes become as important as genes when the power of imitation enters the evolutionary picture. Once in place, they 'compete' for space in the brain and attempt to replicate themselves. The thinking here is parallel to Dawkins' own idea of selfish genes using organisms as a way of perpetuating themselves, and suffers from the same anthropomorphism in attributing motives to memes, claiming (p.243) that they are 'fighting it out to grab the information processing resources of the brain they might use for their propagation'. What does it mean to say that 'we are designed by natural selection to be truth-seeking creatures'? It attributes agency to natural selection to provide an ex-post explanation of our current position. Having said all this,, the book is a very good read and is ambitious in its scope of trying to explain, among other things, the origins of language and large brains. Blackmore also uses the meme hypothesis to have a go at religion and certain 'new age' features in NDEs, UFOs and alternative medicine. There is a passing acknowledgement of science as a meme but no distinction between science as a process and scientism as a strong meme in its own right. The final chapter presents the self as a meme or 'selfplex', a further development of her earlier Buddhist-influenced ideas. A provocative and stimulating book in which readers will find plenty to argue with.

***An Anatomy of Thought* by Ian Glynn Weidenfeld & Nicolson 1999, 456 pp., £25.00, h/b.** A truly remarkable but ultimately disappointing book that brilliantly describes the state of the art in neuroscience and its biological background. Well-written with a great historical sweep, the book examines the nervous system, vision and the whole range of mental processes. The author sets out his premises at the beginning of the book - that minds are only associated with complex brains, that we are products of evolution by natural selection, and that there has been no supernatural interference in the process - and it is ultimately these premises, I believe, that lead the author to an impasse at the end of the book. His last section tackles issues of philosophy of mind and the question of free will. Boldly stating the problem raised by the fact that 'a proper respect for physics suggested that the explanation of all physical events lay in antecedent physical events, he nevertheless carefully shows the inadequacy of current theories, including epiphenomenalism and identity arguments. He then examines the issues behind qualia, humbly concluding that 'we don't know yet what physical events are necessary and sufficient to cause particular conscious states - let alone why such events should have causal powers' - then wittily adds 'That - as the surgeon whom I consulted in Siena of my inability to speak Italian - is una granda lacuna' In this and his discussions of free will, the author would have profited from reading Roger Sperry's 'Science and Moral Priority', which arguably provides a non-reductive physicalist way out of his dilemma. However, one cannot but admire the author's courage and integrity in not going for simplistic solutions or issuing promissory notes on current science. At the end of the book one is left with the distinct impression that a new and wider framework is required, but it will involve expanding current assumptions and exploring new avenues of research.

***Merged Evolution - Long-Term Implications of Biotechnology and Information Technology* by Susantha Goonatilake Gordon and Breach Publishers 1999, 269 pp., £33.00,**

h/b. An important study written at a technical level in the World Futures General Evolution Studies series. Its premise is that long-term implications of biotechnology and information technology have strong evolutionary implications. The author analyses the information realms in biological, cultural and machine systems that constitute lineages of information which transmit information from generation to generation. The respective carriers are genes, the products of culture and the contents of machines. Increasingly, the information of what Karl Popper would call World Three (not mentioned in the text) is stored in machines. His thesis is that these three streams are in the process of merging and that this has profound implications for biological and cultural life on earth.

***Communicating Science: Professional Contexts* by edited by Eileen Scanlon, Roger Hill, Kirk Junker Routledge 1999, 315 pp., £55.00, h/b.** A collection of readings to complement the Open University course in science communication. The three sections deal with what needs to be communicated about science, communication among scientists and scientists communicating with other professionals. The first section contains a delightful and classic paper by Sir Peter Medawar asking if the scientific paper is a fraud: the question is instructively and wittily answered in the affirmative. The second and longest section covers such issues as reading, writing and criticising a scientific article, the diffusion of science on the Internet, the handling of controversies such as that over cold fusion. The third section introduces ways in which science is debated and applied in policy situations. The price puts it beyond individual purchase but it is worth ordering for your library.

Medicine/Health

***The Creation of Health* by Caroline Myss (SMN) & C. Norman Shealy Bantam Books 1988, 450 pp., £7.99, p/b.** A reprint of this pioneering work subtitled 'the emotional, psychological and spiritual responses that promote health and healing'. Essential reading for students and practitioners of energy medicine and for anyone searching for a deeper understanding of health. The original work was reviewed in full about ten years ago.

***Pain - The Science of Suffering* by Patrick Wall Weidenfeld & Nicolson 1999, 180 pp., £14.99, p/b.** An extraordinarily interesting book by one of the world's leading experts on pain. It gives a complete scientific account of the various types of pain and adds a wealth of clinical insights and provides a broad assessment of possible cures. One of the most interesting chapters concerns the placebo effect. Will surely achieve the status of a classic in the field.

***The Wisdom of Depression* by Jonathan Zuess Newleaf 1999, 256 pp., £10.99, p/b.** A highly acclaimed book arguing that depression is not just a chemical imbalance in the brain but can be the body's response to a situation demanding personal transformation. The author provides a comprehensive approach including exercise, nutrition, herbs, psychotherapy, medication and relaxation techniques. A valuable book for all professionally and personally concerned with depression.

***Alternatives to Tranquillisers* by Dr John McKenna Newleaf 1999, 141 pp., p/b.** A follow up to the author's 'Alternatives to Antibiotics'. Well informed and engagingly written, this book contains a wealth of information and advice across a spectrum of treatments. It is equally strong on clinical and research aspects and can be recommended to practitioner and patient alike.

***Foods That Fight Pain* by Neal Barnard Bantam Books 1998, 455 pp., £7.99, p/b.** A first rate book written by a practitioner of the new integral medicine that can be read by professionals and lay people alike. Each section treats a category of illness such as conditions related to circulation, food sensitivities, hormonal and metabolic problems. Another chapter makes recommendations on exercise and sleep, while Jennifer Raymond provides a chapter on recipes and menus.

***Natural Progesterone* by John R. Lee Jon Carpenter Publishing 1993, 152 pp., £8.99, p/b.** New edition of this comprehensive account of the use of natural progesterone in treating a wide variety of mainly women's health problems. Written mainly for health professionals, the new edition has been revised and extended, drawing on the author's extensive clinical experience.

***The Breast Cancer Prevention Diet* by Dr. Bob Arnot Newleaf 1998, 258 pp., £8.99, p/b.** Based on an approach that encourages women to think of foods as drugs without side effects, this highly informative book sets out twelve steps that can significantly decrease the risk. These include blocking the estrogen receptor through soy, increasing fibre intake and vitamin D, limiting alcohol and taking exercise. The third part looks at more detailed prevention plans including menus and meal plans. Full of good general advice.

***Alternative Medicine for Dummies* by James Dillard & Terra Ziporyn Transworld Publishers Ltd 1999, 348 pp., £14.99, p/b.** The secretary of the AHMA recommends that you give this book 'to your health practitioners to help them understand what we "dummies" already know'. Designed as a reference guide to answer all the questions an enquirer might have, the book gives the background to alternative medicine, then moves on to consider the whole range of treatments and has a section on mind-body medicine. The tone is informative and somewhat sceptical (Feng Shui is dismissed in a few lines) but on the whole the authors maintain a delicate balance, indicating 'where the verdict is not in' and give sound advice or tips. Also contains warnings, some research data and explanations of medical terminology for the layman. A helpful section details best-bet alternatives for specific conditions.

Philosophy/Religion

***Swedenborg and Esoteric Islam* by Henry Corbin Swedenborg Foundation 1995, 149 pp., p/b.** Two essays by this eminent French scholar of Islam, who coined the term 'imaginal' on the basis that this Imagination is a pure spiritual faculty and that it is a cognitive power or organ of true knowledge. The main essay is a discussion of the hermeneutic convergences evident in Swedenborg's inner understanding of the Bible and the Shi'ite insights into the inner meaning of the Koran. The mode of understanding is taken to be the mode of being. Specific themes treated across the traditions include the spiritual histories of Adam and Noah.

***Science & Religion - An Introduction* by Alister E McGrath Blackwell Publishers 1999, 251 pp., £14.99, p/b.** A first rate introduction to the field, partly aimed at students on the burgeoning number of science and religion courses. Covers the whole range of issues, including historical background, models of relations, philosophy of science and religion, creation, natural theology, models and analogies, and areas of controversy. Boxes in the text provide key summaries and there is a novel section at the end outlining the contributions of the major thinkers at this interface.

***Christianity for the Twenty-first Century* by Philip F Esler T & T Clark Ltd 1998, 278 pp., £12.50, p/b.** John Kerr writes: This is a wide-ranging collection of essays from eminent Scottish academics setting out the prospects for Christianity in its British, or perhaps trans-Atlantic form, as the next century approaches. The central theme is an attractive one, strongly advocating the case that Christian thought and practice uniquely can contribute to and enrich dialogue with other areas of discourse in national life. The Christianity presented here is open to listening to other points of view but willing to advance its own distinctive insights. The contributors reject the naively dualist, individualistic and privatised religion of the nineteen eighties and early nineties and they are free from the intolerance and triumphalism of the fundamentalists and the authoritarian tendencies of some parties in the Vatican. The collection demonstrates admirably that Christianity, as the authors interpret it, has something to important to say in conversation with science, secular humanism and Marxism. The second section of the book surveys the ethical tradition of Western Christianity before analysing questions of poverty and riches in the Third World, the role of women, the environment and ecological issues and the continuing problem of war and peace. A concluding essay "After Christianity" completes this survey of a model of Christianity which would deserve a continuing role in our society. Highly recommended.

***Philosophy - Basic Readings* by Edited by Nigel Warburton Routledge 1999, 449 pp., £12.99, p/b.** A companion volume to the author's 'Philosophy - the Basics' and arranged under the same chapter headings. Each reading contains a brief introduction by the editor. Contains much classic material but also pieces from less well known writers. Aimed mainly at students.

***Critical Reasoning in Ethics* by Anne Thomson Routledge 1999, 214 pp., £11.99, p/b.** Although this excellent book is aimed at students of ethics, it is an invaluable resource for anyone wishing to sharpen their analytical skills as applied to ethical issues. Teaches how to analyse and assess moral reasoning, outlines moral concepts, principles and theories, and provides exercises enabling the reader to identify arguments, conclusions and unstated assumptions, appraise evidence and analyse concepts. Public debate on ethical matters would be a good deal more sophisticated if the pundits pronouncing on current issues such as Kosovo and GM foods had read this book.

***Philosophy - The Basics* by Nigel Warburton Routledge 1992, 178 pp., £8.99, p/b.** A superb and concise introduction to the basic issues of philosophy covering God, right and wrong, politics, the external world, science, mind and art. Outlines and criticises the main positions in a particular field in a very readable fashion with conclusions and further reading for each chapter. Third edition.

***Celtic Oracles* by Rosemarie Anderson Piatkus Books 1998, 248 pp., £8.99, p/b.** An original work that takes Celtic symbols and folk wisdom then turns them into an oracle along the lines of the I Ching. Divides into four groups: the Dark Goddess, Nature's Wisdoms, the Otherworld and Darkness and Light. The author also brings in her knowledge of transpersonal psychology.

***Kabbalah* by Paul Roland Piatkus Books 1999, 154 pp., £5.99, p/b.** A reliable and thorough introduction to the Kabbalistic tradition.

***Lao Tzu's Tao Te Ching* by Timothy Freke (ed) Piatkus Books 1995, 128 pp., £7.99, p/b.** This is the sixth version of the Tao Te Ching in my library and is definitely one of the best. The

author makes the text very simple and accessible without sacrificing the subtleties of meaning. This edition can be recommended to novice and scholar alike.

***Buddhist Spirituality II* by edited by Takeuchi Yoshinori SCM-Canterbury Press Ltd 1999, 550 pp., £30.00, p/b.** A work in the wonderful Classics of World Spirituality series. Covers later China, Korea, Japan and the Modern World. The section on Japan is the most comprehensive, while later essays examine the impact of Buddhist movements such as the Sokka Gakai within modern societies.

***Schelling and Swedenborg - Mysticism and German Idealism* by Friedemann Horn Swedenborg Foundation 1997, 209 pp., p/b.** A scholarly analysis of the influence of Swedenborg on the idealist philosophy of Schelling. Schelling's engagement with Swedenborg's writings was precipitated by the deaths of two women he loved, especially his wife Caroline. Horn discusses in particular parallels from his book *Clara* and his *Stuttgart Lectures*, showing how Swedenborg's ideas are taken on by Schelling but also where he differed. The distinction between the outer natural person and the inner spiritual one leads to the interesting idea of death as an 'essentialisation' process. A leitmotif of any approach to Swedenborg, or indeed any clairvoyantly inspired writings, is that the critic cannot check things first hand, nor can he uncritically accept all the writings. An intriguing half way house in this regard is to argue that passages in Swedenborg with which you disagree must have originated from conversations with lower order spirits who deceived him - yet nowhere does Swedenborg give the impression that he might be naive enough to be deceived!

***Swedenborg Buddha of the North* by D.T. Suzuki Swedenborg Foundation 1996, 134 pp., h/b.** What a fascinating discovery this book is! Readers of Network are as likely to have heard of the Zen writer D.T. Suzuki as they are to have heard of Swedenborg. The main essay is a biographical introduction to Swedenborg with some reflections on how his doctrine of divine love and wisdom is related to Buddhism. It is clear that Swedenborg's outstanding abilities and character made a deep impression on Suzuki, which made him want to introduce Swedenborg to a Japanese public searching for a deeper meaning to life. He acutely points out that Swedenborg's influence has been diminished by his matter-of-fact style of speaking in detail of things that materialistically minded people find incredible - however, this sober tone about the invisible realm is exactly what attracted me 25 years ago! Highly recommended.

***Jesus the Master Builder Druid Mysteries and the Dawn of* by Gordon Strachan Floris Books 1998, 302 pp., £16.99, h/b.** A fascinating exploration of the connections between Druidism, Pythagoreanism and Christianity, drawing on a wide range of sources to make some exciting and potentially revolutionary connections. The first part makes a case for Jesus having come to Britain, partly because Druidism is thought to be one of the sources of Pythagoreanism. It is also interesting to learn that Glastonbury was one of the main trading centres in the ancient world, thus making it more likely to be a conduit for new ideas. Part Two asks if Jesus was in fact a Pythagorean. The author draws in Simone Weil to show that the Gospels, especially John, contain a theology of proportion, and this is reinforced by the extraordinary findings of gematria in both the Greek and Hebrew traditions. The key connection here is the Essenes, who may well have been a centre of esoteric initiation along Pythagorean lines. In this way the author argues that Jesus was fully aware of his role that combined different lineages from the Hebrews and the Greeks. All this was obscured in the fight against Gnosticism so that the esoteric tradition was lost and references to the mysteries were blurred by omitting the definite article in translation. In addition, we learn that the word

carpenter can also refer to builder and that schools of the time would have been acquainted with sacred geometry. The last part argues that some of the key Pythagorean geometrical proportions were already known to the ancients and are actualised in such structures as Stonehenge. The argument is worked out in considerable scholarly detail and changes our view of pre-history . A well-written and truly eye-opening study.

***The Little Soul and the Sun* by Neale Donald Walsch Hampton Roads Publishing Company Inc 1998, 32 pp., \$17.95, h/b.** A wonderfully illustrated children's parable adapted from 'Conversations with God'. It contains a simplified version of the basic insight into the oneness of the Spirit and a view of agents of misfortune that enables us to see them as angels in disguise. Also shows how we are all special in our own way.

***Why Gods Persist - A Scientific Approach to Religion* by Robert A. Hinde Routledge 1999, 288 pp., £14.99, p/b.** Subtitled 'A Scientific Approach to Religion', this a lucid and closely argued book that puts the case for the elements of religion arising from the nature of human beings and societies. It eschews the purely destructive perspective, analysing instead the various elements that make up religion such as beliefs, narratives, rituals, moral codes and religious experience and arguing that these can be understood in functional, evolutionary, developmental, social and psychological terms. There is a touch of naivete in the author's faith in the impartiality of a scientific view, so that his analysis of the use of arguments and the role of beliefs could have benefited from a closer reading of books by Ian Barbour. Some readers may find the flavour of the book patronising, but the author does take pains to avoid simplistic reductionism even if he is unsympathetic towards the view that transcendental reality exists outside the human imagination. A book well worth pondering.

***Outward Forms, Inner Springs, A Study in Social & Religious Philosophy* by Dorothy Emmet MacMillan Press 1998, 130 pp., £29.50, h/b.** Explores the boundaries of philosophy, sociology and anthropology in a series of essays discussing the interplay between individual 'inner powers' or inspiration and outer social structures and indeed perceptions of reality. Draws some inspiration from Bergson as well as Whitehead. The picture in the last few essays has little room for a personal God, preferring notions of the Ground of Being, but coins the phrase 'an enabling universe' as a model for the emergence of the personal in evolution. Will appeal to readers with some background in philosophy of religion.

***The Spiritual Tourist* by Mick Brown Bloomsbury Publishing, 1998, 309 pp., £6.99, p/b.** How does one weigh up the plethora of spiritual teachings on offer in an age of 'disenchantment with the values of materialism, and a weariness of science, which has stripped all mystery out of existence'? This engaging and vividly written account of Mick Brown's personal odyssey brings the reader into contact with what he himself calls the 'outer reaches of belief' and covers, among others, his encounters with Benjamin Creme, Sai Baba, the Dalai Lama, Mother Meera, Sogyal Rinpoche and Theosophy. I can't help agreeing with the reviewer of 'Sting' who said that the book was 'a perfect balance between rational scepticism and spiritual longing'. It gives enough background of the teachings for the novice reader but is also erudite in its cross-references and comparisons. A very good and illuminating read.

***The Foundations of Dialogue in Science & Religion* by Alister E McGrath Blackwell Publishers 1998, 256 pp., £50.00, h/b.** A more technical and scholarly work than the author's introduction mentioned elsewhere. Sets the scene by outlining some key intellectual and cultural developments before moving on to a detailed consideration of the

quest for order, modes of investigating the world, an analysis of realism, and ways of representing the world. The approach is one that closely examines aspects of methodology rather than single issues. He concludes that 'the most significant differences between science and religion lie not in how they begin, nor even in how they proceed, but in how they end' Does one stop at the natural order or try to discern what lies behind and beyond

***World Philosophies* by Ninian Smart Routledge 1999, 454 pp., £25.00, h/b.** A staggeringly erudite book by one of the world's leading authorities in the field. The bibliography alone runs to 65 pages! The introduction makes it clear how the word is used in different contexts and the book itself deliberately begins with South Asian philosophies so that Europe is not given pride of place. The scope of the book can be gleaned from some of the chapter headings including Korean, Latin American and African philosophies; also covered are ancient and modern Islamic philosophies. Even the European chapter contains some relatively obscure sections like those on Ralph Cudworth and Nicholas of Cusa. His concluding reflections outline the major trends of our time as they affect philosophies and world views. Gripping reading for anyone seeking to understand the broader picture.

***Indian Travel Diary of a Philosopher* by Count Hermann A. Keyserling Kapur Surya Foundation, 251 pp., p/b.** The Indian part of the travels of Count Keyserling, who was well known as a metaphysical philosopher. His journey was both an inner and an outer one, so that the entries under places such as Udaipur contain scant reference to the physical surroundings. Rather, the book is an extended meditation on features of Indian thought such as concentration and the nature of erotic art and expression as it contrasts with contemporary European attitudes. Reaches into the depths of the psyche in both East and West.

***Tibetan Buddhism* by Stephen Hodge Piatkus Books 1999, 138 pp., £5.99, p/b.** A concise guide to the Tibetan tradition by a Westerner who was initiated as a priest in the Shingond tradition and spent a lengthy period in Japan. Draws on his own experience as well as a deep knowledge of the text and gives a number of practical exercises.

***Inner Revolution* by Robert Thurman Random House Publishing Group, 1998, 322 pp., £12.99, p/b.** With a subtitle echoing the American dream of 'life, liberty and the pursuit of real happiness', this remarkable and well written book narrates the history of Buddhism and relates it to the deepest issues of self-identity. The author was the first Western Buddhist monk and has been a close associate of the Dalai Lama for more than thirty years. He writes movingly about the history of the Tibetan people, characterising them as the originators of 'inner modernity' within a Buddhist framework advocating 'cool' revolution. His writing about the exploits of Emperor Ashoka (who based his regime on Buddhist principles) makes it clear that democratic pragmatism is not the only system that might underlie modern political systems. His final section provides what he calls working axioms for realising and implementing inner revolution and a politics of enlightenment: this would be based on 'transcendental individualism, heroic pacificism, educational universalism, social altruism and democratic individualism' - look no further than the Dalai Lama for an incarnation of these principles.

Psychology/Parapsychology

***The Psychobiology of Human Motivation* by Hugh Wagner Routledge 1999, 189 pp., £9.99, p/b.** A textbook aimed mainly at psychology undergraduates to give them the necessary

background in the biological aspects of motivation. Interestingly, the author uses Maslow's hierarchy of needs as a starting point. He points out the extent to which motivation theories have been influenced by mechanistic models derived from physiology or drives analysed by Freud and the behaviourists. He also covers evolution and sociobiology and does recognise the inherent limits of the psychobiological approach.

***Cosmic Journeys - My Out-of-Body Explorations with Robert A Monroe* by Rosalind A. McKnight Hampton Roads Publishing Company Inc 1999, 296 pp., p/b.** A good many readers may be familiar with the work and books of Robert Monroe and his institute. This new book sheds further light on this kind of out-of-the-body travel. It contains a good many transcripts which make it heavier going than if the contents had been summarised but equally do convey a 'live' sense of the adventure. As with the Monroe books, this one contains many insights into inner realms of consciousness. One striking sentence describes the after death state where 'you become what you believe you are, and you will remain that until you realise and become what you really are'. However, I would recommend those new to the field to begin with Monroe's own book 'Ultimate Journey'.

***Baker Encyclopedia of Psychology & Counseling* Edited by David Benner & Peter Hill Baker Book House Company 1985, 1276 pp., £59.99, h/b.** Second edition of this monumental work on psychology and counselling. Its distinguishing characteristic is the fact that entries are written from a Christian perspective. Hence there is an entry on Jesus Christ and many entries put the theme in a theological context and even suggest scriptural parallels. Most of the major thinkers are covered and the approach is far from doctrinaire. Professionals will find much of value in the volume.

***Rebirthing - Freedom From Your Past* by Deike Begg (SMN) Thorsons 1999, 194 pp., £9.99, p/b.** Subtitled 'Freedom from your Past', this book is both autobiographical and instructive. The author recounts her own journey in the course of explaining the power of rebirthing when combined with insights from psychotherapy. Vividly written, the author illustrates her points with many case histories surrounding birth, then expands her perspective to deal with past life therapy, which she also practises. The overall aim of the book is to encourage a greater abundance of life and set the reader off on a quest for the Self at the Centre of Being. Highly recommended.

***The Limits of Influence* by Stephen E Braude (SMN) University Press of America Inc 1997, 307 pp., p/b.** A revised edition of a book extensively reviewed in the newsletter ten years ago. Subtitled 'Psychokinesis and the philosophy of science', it is a book that concentrates more on the non-experimental evidence for the paranormal and contains a devastating critique of intellectual dishonesty in assessing such evidence. Topics include mediumship, apparitions and an original PK theory of precognition. Rigorous and well written - highly recommended.

***The Wooden Bowl - Simple Meditation for Everyday Life* by Clark Strand Newleaf 1998, 188 pp., £8.99, p/b.** A nicely produced book drawing on the author's experience in Buddhism. The tone is personal and engaging, while the techniques are accessible to the enquiring reader.

Future Studies/Economics/Ecology

***Britain's Economic Performance* by Ed. Tony Buxton, Paul Chapman and Paul Temple Taylor & Francis 1998, 584 pp., £17.99, p/b.** A new and substantially revised edition giving

an in-depth and comprehensive analysis of the supply side economy over the last couple of decades written by a team of policy-oriented applied economists. Covers the political and macroeconomic framework, international trade, investment, the labour market, European integration, structural change and industrial

***Transforming Economic Life: A Millennial Challenge* by James Robertson Green Books, 1998, 77 pp., p/b.** The first of a series of Schumacher briefings. If you want a clear and concise introduction to the new economics, this is it. James is the author of a number of books in the field, and this distils his latest thinking in a highly readable form. Contains radical and carefully considered proposals for a transformation from a dependency-creating 'bib brother' structure to an ecologically sustainable people-centred economy with specific proposals on taxes and reform of the financial system. Highly recommended.

***Straight-Ahead Organic* by Shepherd Ogden Green Books, 1992, 280 pp., £16.95, p/b.** Written by the grandson of Sam Ogden whose book on organic gardening was published in 1942, this book is a comprehensive step by step guide to growing your own vegetables. Covers design, equipment, soil, planning the garden (including relative maturity rates and crop rotation), seeds, planting and cultivation. The last section contains detailed advice on individual vegetables. Indispensable for aspiring and even experienced organic gardeners.

***Backyard Composting* by John Roulac Green Earth Books 1992, 96 pp., £4.95, p/b.** Did you know that 400,000 tons of waste is composted annually in the UK? Nor did I! A practical and highly readable book that gives you all the information you need to get going on your own heap from how to build the box to what layers to put into it.

***Genetic Engineering, Food, and our Environment* by Luke Anderson Green Books, 1999, 160 pp., £3.95, p/b.** A radical and informative look at the current GM food debate. Clearly written, this book sets out the background to the whole issue, then moves on to the environment and farming before considering patenting of life, political factors and a case study of rBST milk. A final chapter shows how the Monsanto advertising campaign backfired and gives the reader an extensive list of resources.

***What Will It Take?* by Iain Scott HPT Books 1999, 144 pp., £6.99, p/b.** Subtitled 'A Deeper Approach to Nature Conservation', this book builds on Iain Scott's earlier work. He has been active in ecological projects for a number of years but his major experience was a realisation of the oneness of consciousness, which expanded his perspective on life into a deep realisation of interconnectedness. Thus the fundamental problem is that of human selfishness and greed. His book is simply written in documenting the extent of the problems and contains some shocking anecdotes - for instance that mule deer had to be shot by park rangers because they could no longer digest their food. Autopsies showed that between three and five pounds of plastic was blocking their intestines! He also shows how organisations can mislead and manipulate the public, as was the case with Greenpeace over Brent Spar. Gets to the heart of the matter.

***The Environment Dictionary* by David D. Kemp Routledge 1998, 464 pp., p/b.** A valuable and comprehensive dictionary covering the whole range of environmental topics. Contains good diagrams where appropriate.

***Governing Molecules* by Herbert Gottweis The MIT Press 1999, 397 pp., £31.50, h/b.** A highly original and extensively researched book that will be required reading for anyone

involved in the politics of genetic engineering and with a concern for the wider issues. The sophisticated framework employed is that of poststructuralism 'the complicated ways in which language and discourse are used to constitute social, economic or political phenomena, to endow them with meaning, and to influence their operation'. Only such an analysis enables one to realise the extent to which certain narratives and assumptions are embedded in our approach. He goes into the origins of biotechnology before showing how policy debates have been structured within similar presuppositions and demonstrating the need to deconstruct genetic engineering discourse so that one realises that it is part of a struggle over the power to name and thus shape the world. The book is based on extensive interviews as well as wide reading.

***Work as a Spiritual Practice* by Lewis Richmond Piatkus Books 1999, 258 pp., £10.99, p/b.** An original book, written from a Buddhist perspective. Analyses the various negative and positive attitudes surrounding our everyday work under the broad headings of conflict, stagnation, inspiration and accomplishment. This last section includes chapters on 'control', generosity, gratitude and power all of which are followed by some recommended practices. Promises a radical transformation of the workplace if its recommendations were carried out by helping bring balance and meaning back into our lives.

***Health Ecology - Health, culture and human-environment* by Edited by Morteza Honari and Thomas Boleyn Routledge 1999, 276 pp., £18.99, p/b.** A landmark work that defines a whole new field in a clear and comprehensive set of essays that take as their starting point the world as a highly interactive, dynamic and adaptive system. It is quite clear that conventional discipline-based approaches are inadequate in dealing with the complexities of health-culture-human-environment interactions. The introduction, written by Morteza Honari, is a brilliant overview of the new field and its key concepts. Other sections cover health in macro and micro ecosystems, followed by a number of case studies, one of which on health ecology and the biodiversity of natural medicine is written by Member Gerry Bodeker.

***State of the World 1999* by Lester R Brown and Christopher Flavin Earthscan Publications Ltd 1999, 259 pp., £12.95, p/b.** Special millennium edition of this indispensable handbook focussing on developments in the last century. Their research suggests that the economic model that evolved in the industrial West and is spreading throughout the entire world is slowly undermining itself. One chapter therefore describes what a sustainable economy would look like and another itemises the policy measures required to get there. The book notes the spate of climate related disasters during 1998, pointing out that the total economic losses sustained in the first seven months of 1998 amount to \$72 billion as compared with the previous 1996 record for the whole year of \$60

General

***Feng Shui Journey* by Jon Sandifer Piatkus Books 1999, 214 pp., £12.99, p/b.** A follow-up to the author's earlier book covered in the previous issue. Deals with the basic philosophy then relates this to astrology, health and the structure of the home. Useful in providing working tools that can be applied by readers to their own situation.

***Temenos Academy Review -Spring 1999* Temenos Academy Review, 208 pp., p/b.** As always, a feast of good writing and poetry. Among the most interesting pieces are one by The Prince of Wales on GM foods, Seyyed Hossein Nasr on his friend Henri Corbin, Stephen

Cross on how the Upanishads came to Europe and a beautiful piece by Tagore as well as numerous fine poems and a review of 'The Spirit of Science' by Joscelyn Godwin.

***People Building Peace* by European Centre for Conflict Prevention European Centre for Conflict Prevention 1999, 411 pp., p/b.** A significant publication of the European Centre for Conflict Resolution, IFOR and the Coexistence Initiative of the State of the World Forum. Divided into two parts, Reflections and Case Studies, the book gives the necessary conceptual tools for reconciliation and peace, which is followed by 35 inspiring stories from around the world. These involve governments, NGOs, churches, women, media, the arts, education and sports. They demonstrate the power of positive vision and action as well as the shortcomings of our media system, which means that the only way of discovering some of this good news is to read books like this.

***Mars, The Living Planet* by Barry E Dugregirui Frog Ltd 1997, 365 pp., £21.00, h/b.** An examination of the evidence for and against life as we know it having existed on Mars. The main 'witness' is Dr. Gilbert Levin, who takes the view that 'each of the reasons supporting a non-biological interpretation of the Mars data has now been shown to be deficient....new evidence, together with the review of the old, leaves the biological interpretation standing alone'. A thorough piece of work well worth reading by those interested in this issue.

***The Monuments of Mars* by Richard C Hoagland Frog Ltd 1987, 526 pp., £19.99, p/b.** Fourth edition of this controversial book based on some NASA pictures of 1976 showing what the author argues is a Face, i.e. an artificial rather than natural structure on the planet. This then led to further speculation about the surrounding protuberances - whether some of these might also be artificial. Needless to say, the photos are not sufficiently sharp for any definitive interpretation to be sustained but this book and others argue that geological erosion alone is an inadequate explanation. NASA would be in a position to take further photos but have not yet done so. The argument is very detailed and will certainly set the reader pondering.

***The Martian Enigmas - A Closer Look* by Mark J Carlotto North Atlantic Books 1997, 206 pp., £15.99, p/b.** Follows on from Hoagland's book and does indeed take a 'closer look', as the title suggests. The author has made computer enhancements of the original photos and considered them in great technical detail with views from the side as well as above. A stimulating illustrated book suggesting that the monuments may be proof of other intelligences in the solar system.

***The Changeling* by Murray Hope Light Publishing 1999, 308 pp., £9.99, p/b.** The autobiography of an outstanding sensitive and writer who understands herself as a non-hominid soul born in a human physical body. Contains intriguing descriptions of her far-memory recall of Atlantis and its workings and other perspectives that will stretch the reader's thinking.

***Arrival of the Gods* by Erich Von Daniken Element Books.** Most readers will probably have heard of Erich von Daniken and perhaps do not take him seriously. In this book he revisits the extraordinary markings on the landscape around Nazca in Peru and asks what function they could possibly perform. The 150 aerial photos show the scale of the phenomena - particularly a series of exact geometrical markings extending over one kilometre - conclusively showing that such structures could only be seen from the air. From there it is only one step for the author to speculate that these markings and other 'runways' must have

had something to do with airborne contraptions, perhaps with an extra-terrestrial dimension. An alternative view advanced by Paul Devereux is that such patterns need to be understood in the context of shamanic 'flying', whereby they would be visible in out-of-the-body journeys. Archaeologists prefer to ignore these options, along with the suggestion that Dr. Janvier Cabrera's enormous collection of figurines is not fraudulent but represents the art of a civilisation many thousands of years old. However, von Daniken's book makes it clear that there are real enigmas to be resolved even if his own theories are wrong.

***It's Note Too Late* by Hamish Miller Penwith Press 1998, 176 pp., £10.95, p/b.** An engagingly written autobiography of a man who is now best known as a dowser but who also owned a furniture business and makes metal sculptures. The turning point in his story is a near-death experience, which precipitated him into a variety of new avenues. The tone is one of healthy scepticism in the true sense, while the narrative is brisk and enjoyable. Shows how the author puts together parts of the jigsaw on which we are all working.

***The Art of Pilgrimage* by Phil Cousineau Element Books 1999, 254 pp., £16.99, h/b.** A beautiful and erudite book about ways in which seekers can make travel sacred. The author has been travelling and taking photos for more than two decades. In this book he runs through the various stages of making a pilgrimage such as the longing, the call, the departure, the labyrinth and the arrival. It is instructive to learn that the word travel is related to 'travail', highlighting the obstacles encountered in the journey to the centre symbolised by the labyrinth. Each chapter contains illustrative musings from poets, philosophers and travellers, and the whole is woven together as a beautiful tapestry. Perhaps the most arresting story is of the author emerging from the labyrinth at Chartres and being accosted by a beret-clad Frenchman who asks him 'Do you know where I can find God?' Yes, he pointed, in the labyrinth.....

***Barefoot Doctor's Handbook for Heroes - A Spiritual Guide to Fame & Fortune* by Jamie Catto (ed) Piatkus Books 1999, 225 pp., £9.99, p/b.** An offbeat book with advice and insight gleaned from the author's experience of life. Based loosely on Taoism it charts the zig-zag path and pitfalls of attempts to become famous and wryly shows how unexpected outcomes can be turned to the good.

***Chicken Soup for the Soul* by Jack Canfield and Mark Victor Hansen Vermilion Press 1998, 28 pp., £8.99, p/b.** Once one gets past the title of this book, one can readily understand why it has sold over seven million copies. With a subtitle of 'Stories that restore your faith in human nature', the book groups over 100 inspiring and uplifting stories under headings such as love, parenting, living your dream and overcoming obstacles. I guarantee that you will not only want to buy extra copies for your friends but will not be able to resist reading out some stories to your family!

***The Atlantis Enigma* by Herbie Brennan Piatkus Books 1999, 202 pp., £16.99, h/b.** An intriguing book written for the general reader without extensive scholarly references but nevertheless based on wide reading. The structure of the book is to head each chapter with a 'fact' and argue for its veracity. The picture that emerges is a much broader one than conventional archaeology and geology would allow and argues for the Atlantis myth being based on a cataclysmic event brought about by the gravitational field caused by the near-miss of an enormous body called Vela-F.

***The Birth of Christ - Exploding the Myth* by P A H Seymour (SMN) Virgin Publishing LTD 1998, 244 pp., £16.99, h/b.** Percy Seymour is an astronomer who has also advanced a scientific theory to address some of the data of astrology. Here he asks a number of questions about the timing of the birth of Christ, arguing that the Magi would have possessed astrological as well as astronomical knowledge. From this and from computerised reconstructions of planetary conjunctions, he contends that the most likely time for the birth of Christ was 15 September 7 B.C., which was the third of the year's conjunctions of Jupiter (symbolising a king) and Saturn (the protector of the Jews) - this is represented as the Star of Bethlehem. In addition, this triple conjunction in Pisces happens only every 900 years and the age was just moving into the sign of Pisces, itself symbolically associated with Christ. To round off the argument, the author points out that the sun would have been in Virgo, thus offering a fresh perspective on the Virgin birth. The last part updates his astrological hypothesis. An intriguing and plausibly argued book

***Reclaiming America* by Randy Shaw University of California Press 1999, 313 pp., p/b.** Subtitled 'Nike, Clean Air and the New National Activism', this book documents the local and national campaigns through the electoral, political and community processes. Issues range from sweat shop factories run by Nike, the environment, peace. There is a good section on resources for activism, including the media and internet. Shows how ordinary citizens can make a difference.

***Arthur Koestler - The Homeless Mind* by David Cesarani Random House Publishing Group Ltd 1998, 646 pp., £25.00, h/b.** Surely the definitive biography of Koestler (an early member of the Network) and the first to have complete access to his private papers. As the author remarks, 'Koestler's volcanic personality casts such a shadow over his life that it is hard to reach a balanced assessment of the kind of man he was'. It is clear, though, that there was a gulf between his public and private personas, and it is indeed shocking to read of his brutal treatment of many of the women in his life. There is no doubt about his intellectual acumen and synthesising powers, but his character reveals deep and abiding flaws. The book is very well written and maintains an even-handed treatment throughout.

***Brain Power - The 12-Week Mental Training Programme* by Marilyn vos Savant and Leonore Fleischer Piatkus Books 1990, 243 pp., £9.99, p/b.** A programme of mind-building exercises devised by the woman with the highest ever recorded IQ. It teaches how one can take active control over one's thought processes and apply new skills to a whole variety of everyday situations. Includes vocabulary building, building insight and intuition, attention span and comprehension. A useful self-help book that will benefit anyone with the persistence to follow it through.

***If Life is a Game These are the Rules* by Chérie Carter-Scott, Ph.D. Broadway Books 1998, 159 pp., p/b.** Ten 'Rules for Being Human' that came from the author's workshops and were printed in 'Chicken Soup for the Soul'. Here she expands on the rules and qualities associated with them. Most are concerned with the view of life being an opportunity for learning lessons, taking responsibility and trusting one's intuition. Since reading 'Conversations with God', which insists that life is more about remembering than learning, I take this perspective with a pinch of salt but the book is well worth reading as a means of gaining perspective on life and learning from the experiences and insights of others.

***The Politics of Cyberspace* by Chris Toulouse and Timothy W. Luke Routledge 1998, 188 pp., £13.99, p/b.** A reader in this new field that takes stock of the political dimension of this

extraordinarily rapid development. It is amazing to think that html was only invented in 1991! Covers issues surrounding democracy of access, free speech, morality and inequality. The general reader will probably find it somewhat technical, but the book does break new ground and enables the reader to stand back from the development and examine its implications.

***Jean-Francois Millet - Drawn into the Light* by Alexandra Murphy, Richard Rand, Brian Allen, James Ganz, Alexis Goodin Yale University Press 1999, 137 pp., h/b.** A beautifully illustrated catalogue for an upcoming Millet exhibition that will be shown in Pittsburgh, Williamstown and Amsterdam. Shows not only his well known paintings but deals extensively with his drawings and etchings, which have been admired by artists themselves for over a century. I would certainly go to the exhibition if it were within reach!

***Great Stone Circles* by Aubrey Burl Yale University Press 1999, 199 pp., £19.95, h/b.** An impressive illustrated volume that covers twelve sites all over Britain and poses questions about their purpose, construction, age, distribution, design, art, legend and relation to astronomy. The author's approach is meticulous and carefully argued as well as historically broad. His conclusion about Stonehenge - that it owes its origins to Breton rather than indigenous culture - will surprise many, but he adduces good reasons why this may be the case.

***The Confidence to be Yourself* by Brian Roet Judy Piatkus (Publishers) Ltd 1998, 244 pp., £8.99, p/b.** An informative book based on a wealth of clinical experience. Clearly written and set out, it abounds with insights and practical steps that can help anyone, even if they regard themselves as pretty confident! A specially helpful feature is the 'process curve', which can enable people to understand dynamic patterns that they set in motion with relationships.

Death and Dying

***Living in the Face of Death* by Glenn H. Mullin Snow Lion Publications 1998, 238 pp., £11.50, p/b.** Glenn Mullin's work in the Tibetan tradition is well known - here he presents nine short Tibetan texts, many by previous Dalai Lamas. With a foreword by Huston Smith and a preface by Elizabeth Kubler-Ross, it is essential reading for those who would like to pursue their knowledge of this tradition. Among the main themes are death meditation, methods for yogically turning away the advent of untimely death, the transference of consciousness and ritualistic texts to be read in aid of the deceased person.

***Death: Beginning or End?* by Dr Jonn Mumford Llewellyn Publications 1999, 198 pp., p/b.** Subtitled 'master life by mastering death', this is an unusual book that engages the reader in thinking about and preparing for death and a fuller commitment to life. Draws on Hindu traditions in an interactive way whereby the reader engages with these questions in a personal way. Contains many inspiring quotations.