

REVIEWS

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TITLE: The Reiki Sourcebook
AUTHOR: Bronwen and Frans Stiene
GENRE: Reference Guide
GUEST REVIEWER: Reiki Practitioners and Authors



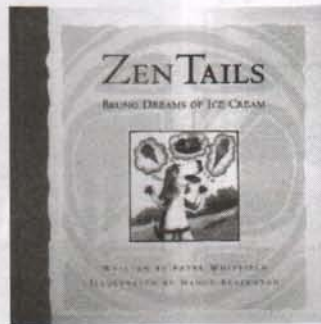
The Reiki Sourcebook is a gift to humanity. It declutters and demystifies so many misconceptions about Reiki. From the perspective of the vulnerable, susceptible would-be client they can easily find out what Reiki is and also what not to expect. To course participants it presents clear info and advise on many things beyond the tutors basic remit. For master-teachers this is also a valuable reference tool for all to share. The Reiki Sourcebook is also 'a must' for fellow healthcare practitioners. Thanks so much to Frans and Bronwen for this inspired work.

Neil Anthony, UK Reiki Federation Chair 1997 - 2002

You will find EVERYTHING you would like to know about Reiki in the book, for this is the most updated and extensive work done by the enthusiastic Reiki Masters and researchers, Bronwen and Frans. I do believe this book will be highly appreciated and treasured by all Reiki people. Personally I'm hoping that in the future a Japanese version of the book will be published for the Japanese readers.

Hyakuten Inamoto, Japanese Reiki Master and founder of Komyo Reiki

TITLE: Zen Tails
- Bruno Dreams of Ice Cream
AUTHOR: Peter Whitfield
GENRE: Picture Book
GUEST REVIEWER: Shirley Free



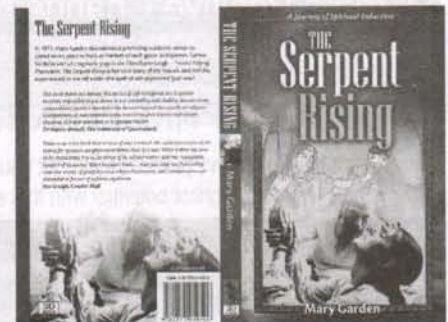
What a glorious children's book! It is impossible to stay impartial during the review of this book because it has completely won my heart.

Beautifully illustrated by Nancy Bevington and beautifully worded by Peter Whitfield, this book is just the start to a series of Zen Tales adapted especially for children. In this Tail, everyone has an ice cream except Bruno and he can't get ice cream off his mind. This book shows how focused attention and caring for others brings freedom, happiness and even ice cream!

Zen Tails are classic philosophical stories that will be with you and your children for life. As we know, Zen Tales are stories that have been around for thousands of years and existed as an oral tradition.

Bruno's ice cream adventure is set to be followed by two more books in the series this year. Can't wait to read those. Now, from reading the media pack I understand that each book integrates different characters, so not every issue has identical characters. I think this system definitely works though, with each moral condition being experienced by a new animal friend, ensuring to send the message that no one is immune from these issues. The issues covered are character building, so it stands to reason that characters should be built with each Tail.

TITLE: The Serpent Rising
AUTHOR: Mary Garden
GENRE: Memoir
GUEST REVIEWER: Reidun Rriddy



Mary Garden's Indian spiritual journey started in 1973 at the Henderson Yoga Ashram in Auckland, New Zealand. What a journey it was! Her story captivated me from the start, not least because she has the ability to make each scene come alive.

Her Indian guru called her a 'mouse', but I think she was very brave the way she went to live in India. She felt at home there, and even when she later went through hard times, she wasn't frightened and didn't feel it was alien to her. The times she was frightened was when she fled from Sai Baba's ashram in a strange panic and when she feared the influence of her guru, Balyogi Premvarni.

She shows very clearly that on a spiritual search we are often not rational, we open up to deep levels in ourselves and therefore can become easy prey.

This book brings home to the reader how defenceless we can be when confronted with the sort of power wielded by some gurus and yogis. As her guru used to tell her: "You think too much." "An academic brain. You won't understand anything with that intellect of yours." "Doubts destroy your faith."

It is appalling to read how Mary Garden was treated by Premvarni, but how very satisfying to read the end of the book and see that the mouse had turned into a roaring lion when she finally left India!