



BOOKS AND DISSERTATIONS

Thomas Berry, *The Dream of the Earth*, San Francisco: Sierra Club 1990.
245pp16pp annotated bibliography

Our planet, *Gaia*, is sorely in need of healing. Her earth, waters, and air are polluted. Natural resources are being depleted. Thousands of plant and animal species are becoming extinct.

In this classic book, Thomas Berry summarizes and discusses the dire needs of our planet for healing. While not going so far as to advocate spiritual healing as a solution, Berry strongly advocates for awareness of the innate intelligence of Gaia.

Our problem is, of course, the problem of recognizing the primacy of the natural world and its spontaneous functioning in all that we do. Our own actions can be truly creative only when they are guided by these deeper spontaneities. Human administration of the universe in any comprehensive manner is far too great a task for any controlled process on the part of humans, just as the movement of the arm to pick up and drink a cup of tea would hardly be possible if we were required to consciously manipulate each movement of the eye, the arm, the nervous system, the oxygen, and the blood flow. Yet we do the act spontaneously, with extensive awareness and control. There is deliberation, but also spontaneity. As with our earth in all its processes, so with the human community: there are inner, spontaneous, all-pervasive forces present which are gradually responding to this integral functioning of the total system. What we need, what we are ultimately groping toward, is the sensitivity required to understand and respond to the psychic energies deep in the very structure of reality itself. Our knowledge and control of the environment is not absolute knowledge or absolute control. It is a cooperative understanding and response to forces that will bring about a proper unfolding of the earth process if we do not ourselves obstruct or distort these forces that seek their proper expression.

I suggest that this is the ultimate lesson in physics, biology, and all the sciences, as it is the ultimate wisdom of tribal peoples and the fundamental teaching of the great civilizations. If this has been obscured by the adolescent aspect of our earlier scientific and technological development, it is now becoming clear to us on an extensive scale. If responded to properly with our new knowledge and new competencies, these forces will find their integral expression in the spontaneities of the new ecological age. To assist in bringing this about is the present task of the human community.

Berry masterfully explores the mind-sets that have contributed to the dangerous depletion of our planetary resources. He suggests that we have yet to find the guiding myths and images to inspire us to relinquish our focus on personal and national material gains in order to properly focus our energies on relating to Gaia in a harmonious way.

Julie Ann Brock, *A Model of Psychotherapy Based on the Soul and Spirituality: A Bridge Between Psychology and Religion*, Psy. D. (dissertation abstract) Pepperrine University 1997

Spirituality is gaining acknowledgment as an important and legitimate aspect of psychotherapy. Here is a doctoral dissertation reviewing the relevant literature and developing "a model of psychotherapy with the soul and spirituality as central constructs. "

Brock found that

. . . psychologists find spirituality to be a relevant topic in psychology and that spirituality is correlated with increased mental health.

Based on this literature a model of psychotherapy was constructed consisting of the following components: (a) philosophical underpinnings, (b) a theory of personality, c) a theory of pathology, (d) a theory of change and healing, and (e) treatment. Essentially, the model proposed that: (a) the soul and Spirit are partners in evolution; (b) the soul is seeking communion, which translates into seeking full self-expression, unconditional love, and final union with Spirit; (c) suffering is a result of the personality being unaligned with the soul, experiences of loss and isolation, injury from one another, and an unfulfilled spiritual longing; (d) healing is facilitated by the personality becoming aligned with the soul and connected to Spirit; and (e) treatment involves techniques designed to integrate the soul and spirituality into therapy, align the personality with the soul, and deepen the client's connection to their soul and spirit. Therapy is designed to be a process of inner awareness whereby clients become more self-expressive, loving, soul-connected, and Spirit-united.

P. M. H. Atwater, LhD, *Children of the New Millenium: Children's Near-Death Experiences and the Evolution of Humankind*, New York: Three Rivers Press 1999.

P. M. H. Atwater presents a very rich feast of materials on NDEs of children and how these transformed their lives.

She defines four types of experiences, finding that the distribution of each of these reported by children differs from the distribution reported by adults. :

1. An "initial" or "nonexperience," of "loving nothingness;"
2. Unpleasant or hell-like experience;
3. Pleasant, or heaven-like experience; and
4. Transcendent experience.

Significant numbers of Atwater's reporters had multiple NDEs, each adding its transformative influence to their lives.

This is a book that is worth a slow and thoughtful read, presenting a wealth of observations and thought-provoking explanations of the worlds beyond physical existence.

Marc Ian Barasch, *Healing Dreams: Exploring the Dreams That Can Transform Your Life*, New York: Riverhead/ Putnam 2000. \$26.95

Dreams are invitations from the deeper parts of your mind to explore your awareness and to develop wholistic healing. Richly supported with real-life dreams, this book is an outstanding doorway into inner realms of exploration.

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There are dreams, and then there are dreams. There are those simple, straightforward, recycle-the-mental-clutter dreams; get-rid-of-the-boss dreams; and get-the-girl-of-your-dreams dreams. And then there are dreams that feel bigger, more compelling. These are dreams that stop us in our tracks, tell us that we're not who we think we are, reveal dimensions of experience beyond the everyday. They can shock us, console us, arouse us, repulse us. And they can change our lives. These are Healing Dreams.

In his new book *Healing Dreams: Exploring the Dreams That Can Transform Your Life*, Marc Ian Barasch, author of *The Healing Path* and co-author of *Remarkable Recovery*, offers us a new, multidimensional method of dreamwork that can help us achieve greater wholeness and authentic living through understanding and appreciating these "larger-than-life" dreams. Going beyond Freud and Jung, Barasch takes us through the new fundamentals of dream interpretation, helping us to both understand our dreams and embrace their essential mystery.

Based on hundreds of revealing, real-life dream examples and drawing upon fifteen years of research, Barasch explores the many facets of dreamlife and what it can tell us about ourselves:

- Dreams of Personal Calling. How dreams can help you reenter the realm of your potentiality and find your meaningful, meant-to-be vocation.
- Dreaming Together. What dreams can reveal about your closest relationships: the ones we have, the ones we hope to have, and the ones we are destined for.
- The Otherworld. How dreams can offer us otherworldly visions and take us into the sacred realm.
- The Dream of the Body. How dreams can take us through an inner journey from sickness to health.
- Healing the Shadow. How dreams can help you face the darkness within and embrace your contradictions with compassion and understanding.
- Healing Time's Wound. How dreams can collapse the boundaries between past, present, and future, and give you wings to escape your own personal limitations.
- The House of Dreams. How dreams can cross the border between your dream-life and your waking-life, allowing you to become more fluid and creative.

This review is taken from the publisher's brochure, with which I wholeheartedly agree. Read more at www.healingdreams.com

Paul Pearsall, *The Heart's Code: Tapping the Wisdom and Power of Our Heart Energy: The New Findings About Cellular Memories and Their Role in the Mind/Body/Spirit Connection*, New York: Broadway 1999. 20pp of endnotes, 23pp bibliography, glossary \$13.95

Claire Sylvia, with William Novak, *A Change of Heart, a Memoir*, New York: Warner 1997 \$6.50

Consciousness does not reside solely in the brain. Every cell in your body may participate in your consciousness. Cellular memory is being demonstrated in organ transplants, where the recipients are reporting memories of lifestyle preferences of the donors.

Pearsall documents many cases of transplant recipients who report new and unusual (for them) tastes in foods, entertainment, and other activities. In some instances it has been possible to verify that these preferences were prominent in the organ donors. He discusses a variety of research evidence suggesting ways in which we can understand this phenomenon.

He also suggests a spectrum of ways for getting in touch with your own heart awareness. Connecting with the world through your heart is very different from connecting through your head.

Paul Pearsall's book is a rare combination of a scholarly work that is easy and fascinating reading. Highly recommended for advanced as well as novice explorers in bodymind awareness.

Claire Sylvia shares a heart-lung transplant recipient's experiences of cellular memories. For instance, she found herself craving Kentucky Fried Chicken, something she had never cared for prior to her surgery. These sorts of experiences nagged at her awareness to the point that she managed to identify and locate the relatives of the organ donor and verified that he had had these preferences that she was experiencing.

Roger J. Callahan, Ph. D. with Richard Trubo. *Tapping the Healer Within: Using Thought Field Therapy to Instantly Conquer Your Fears, Anxieties, and Emotional Distress*, Contemporary Books. 124 pages \$22. 95

At long last, something truly exciting is happening in the field of mental health. Therapists around the world are discovering that human beings are not only bio-chemical systems but are bio-energetic systems as well. The incorporation of this typically Eastern understanding of the mind-body relationship and meridian (acupuncture) therapy, along with insights from Western research in quantum physics, has opened the door to a whole new way to view emotional distress and treat specific disorders.

More than two decades ago, Dr. Roger Callahan intuited this East/West connection. He theorized that even thought is energy existing in a field. As such, emotional distress corresponds to a disturbance in that "thought field" and can be corrected by simply balancing the field's energy. He called this discovery Thought Field Therapy (TFT). Now, after more than 20 years, Dr. Callahan presents his discoveries and clinical experiences in treating thousands of emotional problems in a well written, easy to understand book that should satisfy both the theorist and the clinician.

The first 65 pages explain what TFT is, how it works, and (especially important for the skeptical mind) the science behind TFT. While Dr. Callahan's 27 pages devoted to scientific research may not exactly typify the scientific method favored by mainstream Western medical science, it is nevertheless impressive. For instance, it demonstrates a positive impact on Heart Rate Variability, reflecting the overall functioning of the autonomic nervous system. This can provide important information on a person's health and well being

For those practitioners eager to go straight to the practical application of the technique, part two of the book begins with the ABC of algorithms (basic step-by-step treatment procedures) for identifying and correcting specific ailments, including phobias, emotional traumas, anxieties, obsessions, and physical pain. The four treatment chapters present easy to follow instructions. Clearly illustrated figures show the various tapping points that will enable the reader to immediately use this powerful tool for healing oneself or others. Dr. Callahan's instructions make it virtually impossible to make a procedural mistake.

One criticism: Being familiar with TFT and derivative variations developed by students of Dr. Callahan, including Gary Craig's Emotional Freedom Technique and Larry Nims' Be Set Free Fast, I feel that the first time reader and practitioner may find the TFT technique over-sold. Without doubt, Dr. Callahan has discovered and developed a very powerful tool in alleviating emotional distress, as have others following in his footsteps. However, the successful application of this method is truly an art that requires practice, intuition and a pure intention. Self-promotion aside, however, *Tapping The Healer Within* offers what many therapies do not offer - a tool for self-empowerment.

I agree with Dr. Callahan that energy medicine is on the cutting edge of a new era in healing. For those who want to become part of this exciting therapeutic adventure, *Tapping The Healer Within* is a good place to get started.

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Stairways Behavioral Health is a community mental health center working with persons with serious mental illness. We have recently begun exploring the uses of energy medicine, and specifically, meridian therapies such as Emotional Freedom Technique for this population. We are encouraged by the initial results.

Pharmacopoeia Of The People's Republic Of China (2000 English Edition)

This seventh edition of the Pharmacopoeia of the People's Republic of China (known as Chinese Pharmacopoeia 2000 or in abbreviation as Ch. P 2000) has been prepared in accordance with the principles and requirements by the Seventh Pharmacopoeia Commission and accomplished with the effort of more than tree years. The draft test has been reviewed and approved by the Executive Committee of the Pharmacopoeia Commission and authorized by the State Drug Administration for publication.

Chinese Pharmacopoeia 2000 is published in 2 volumes, with extensive revision in comparison with previous edition. It contains up to 2691 monographs of drugs and other articles with 399 new entries.

Volume I contains 992 monographs of Chinese crude drugs and traditional Chinese patent medicines, etc, in which 76 new admissions and 248 monographs are revised. Contemporary analytical techniques are adopted more extensively in the requirements of the monographs admitted to this edition. In Volume I, the number of monographs adopted the thin layer chromatography in test for identification reaches 602 and 308 monographs adopted assay as pharmaceutical requirements, quite an increase in number compared with those in the 1995 edition.

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Volume II deals with 1699 monographs of chemical drugs, antibiotics, biochemicals, radiopharmaceuticals and biological products, of which 323 monographs are new admissions and 314 monographs are revised. A system of national pharmaceutical specification with the pharmacopoeia as the main part has been established. New admissions of biotechnological products such as the recombinant insulin are included for the first time.

The application of high performance liquid chromatography has been adopted in the requirements of 282 monographs and in assay of most antibiotics and synthetic hormones admitted. 44 monographs in Volume II have adopted gas chromatography, and 69 monographs requested test of bacterial endotoxin. The dissolution test and Test for content uniformity for quality control are adopted for 183 and 121 monographs, respectively. Monographs of the biological products in Volume II have been revised in accordance with the features and format of national pharmaceutical specification system and they are presented in on section in Volume II.

Considerable changes and improvements are made in the new or amended general monographs in Appendix in this edition. New Admissions under General Requirement for Preparations are Cataplasms (Babu Plasters), liniments, Nasal Drops, Ear Drops, Transdermal Patch, etc. In Volume II, new admissions under General Requirement for tablets are dispersing tablets, sublingual tablets, etc. Aerosols have been divided into aerosols (aerosol powder) and sprays with new definitions. New General testing methods have been admitted such as Organic Chloro-pesticide Residues, Test for Related Substances in Injections, Determination of Molecular Weights and Molecular Weights Distribution of Polysaccharides, Capillary Electrophoresis, Limit Test for Particulate Matter, Determination of Molecular Concentration by Osmotic Pressure, Method of Thermal Analysis, X-ray Diffraction and Test for Tablet Friability, etc. Photoresistance method has been added for the Testing of Insoluble particulates for Injection, and chromatic aberration detector has been used for testing of Color of Solution.

The appendices are more precise, complete and standardized. Appendices in volume II adopted 6 guidelines for Validation of Analytical Method Adopted in Pharmaceutical Quality, Guideline to the Stability Testing of Drug Substances and Preparations, etc, for the first time.

Although those guidelines do not serve as legal requirements, they play an important role in assessment of drug quality, in establishing, standardizing and implementing uniform pharmaceutical specification of drugs and medicines.

Considerable changes have been made in the layout of General Notices in this edition. They have been grouped into sections by content and each section has a title to facilitate usage.

International Nonproprietary Name system are adopted for titles of the monographs. The table identifies the new titles with the old ones in the hope that they can be used according to the regulations made by State Drug Administration of the State Council. In English version of Chinese Pharmacopoeia 2000, volume I adopted Latin titles for Chinese crude drugs and simple preparations, and Chinese phonetic symbols titles for Chinese patent medicines, volume II adopted English titles. Appendix is arranged and classified into sections. The "Dosage" and "Precaution" in the preceding editions were adopted for guidance in volume II, they could not reflect the actual clinical needs and therefore have been deleted in this edition in line with the international practice. Relevant contents (e. g. skin test for penicillins) are included in the " A Guide to Clinical Information".

Jan. , 2001; vol I, herbal medicine volume; vol II, west medicine volume
ISBN: 7-5025-2981-0 (volume I) and 7-5025-2982-9 (volume II)

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Shel Silverstein, *A Light in the Attic*, New York: HarperCollins 1981 \$14.95

Sometimes it's worth while reviewing a classic. This marvelous collection of poems and drawings by Shel Silverstein holds appeal for children of all ages.

My favorite:

Shadow Race
 Every time I've raced my shadow
 When the sun was at my back,
 It always ran ahead of me,
 Always go the best of me.
 But every time I've raced my shadow
 When my face was toward the sun,
 I won.

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