

at all. The word 'politics' does not appear in the index, and neither does Marxism, terrorism, vandalism, Catholicism, democracy or feminism - though to be fair, there is one sentence where the word 'feminism' appears.

This is a nice book, and it contains a lot of interesting information, and it is not too expensive. I just wish it were a lot tougher.

John Rowan

References

- John Rowan **The real self and mystical experiences** *Journal of Humanistic Psychology* (forthcoming) 1983)
Ken Wilber (ed) **The holonomic paradigm and other paradoxes** Shambhala 1982.
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CHANGE

Change is water flowing
under bridges
a leaf carried by flood
to fortune or to oblivion

Change is boundaries dissolved
space unlimited reaching stars

Change is being lost in strange
readiness to end or to begin

Change is fear of things
unknown approaching

Change is mourning for things ended
regret for things undone
now never to be known

Change is challenge
to begin even anew,
letting go, renouncing, moving on
to live a new and unpredicted
life new shaped

Jean Clark