



COURAGEOUS DREAMING: HOW SHAMANS DREAM THE WORLD INTO BEING

BY ALBERTO VILLOLDO

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Shamanic knowledge and modern physics tell us the same thing – that we are dreaming the world into being with every thought. The ancient shamans or Earthkeepers believe we dream up the nature of reality itself. They hold on to the notion that we can dream bravely and with grace to change the course and quality of our own lives. In this book, Villoldo shares the shamanic belief that dreaming requires an act of courage or we are destined to live the nightmares conjured by others.

Business World (Weekly)
Kolkata, 21 April 2008

SELECTION 2



Make-believe Friends

IN HER BEAUTIFULLY CRAFTED debut novel **THE FINGER PUPPET** (HarperCollins), Anu Jayanth takes the reader on a nostalgic journey about childhood. The story is set in

the 1960s town of Tiruchirapalli (Tirchy) and tells the tale of 11-year-old Tara who tries to cope with her speech impediment. The novel explores the young girl's relationship with her English-educated, strict father and a gentle, tradition-bound, ritualistic mother with a passion for Carnatic music and the Vedas. Her relationship with her two sisters – the beautiful and gentle Padmini and the eccentric, sharp-tongued Cordelia – is narrated with compassion. But it is the skilful telling of Tara's make-believe friendship with her thumb which is really touching. The girl takes refuge in pouring her heart out to her thumb – her best friend.

Sometimes, Tara also tries to do away with the tongue which not only gives her an inferiority complex but also irritates her father, who therefore seldom interacts with her. Various elements of the novel – a wistful tale, deft prose, a charmingly evoked Tirchy, girlhood days of jasmine flowers in the hair and an ambivalent relationship with parents – invite us all to remember instances from our own childhoods and indulge in a bit of heartwarming nostalgia.

—Janhavi Abhyankar