



Perfect Madness: From Awakening to Enlightenment, Donna Lee Gorrell, Inner Ocean Publishing/Innisfree Press, 2001, 193072201X, 9781930722019, 220 pages. The term "spiritual journey" is now almost a cliché, so it is a shock when one encounters the real thing. It was in 1972 that Donna Lee Gorrell made this astonishing and often harrowing nine-month passage that shattered all her concepts of mind and reality. It took her twenty years of contemplation and writing to gain the perspective she needed to describe it. Driven by the flow of a primary energy force, she experienced bizarre physical symptoms, disorientation, trances and visions. She feared the disintegration that had befallen her schizophrenic mother, whom she remembered being taken from her home in a straightjacket. Donna Lee Gorrell's passage was marked by a series of shattering insights and classic choices on the road to spiritual integration, which she amplifies and illuminates with crystalline confirmations by the masters of many mystical traditions. Exquisitely observed and written, Perfect Madness is destined to be a spiritual classic in the tradition of best sellers such as Robert Monroe's *Journeys Out of the Body*, and Robert Pirsig's *Zen and the Art of Motorcycle Maintenance*..

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Collision with the Infinite A Life Beyond the Personal Self, Suzanne Segal, Nov 1, 2002, Religion, 196 pages. .

The Nazi Doctors Medical Killing and the Psychology of Genocide, Robert Jay Lifton, 2000, History, 561 pages. This book explores the psychological conditions that promote the human potential for evil, relating medical killing to broader principles of doubling and genocide.

The Diamond in Your Pocket , Gangaji, Nov 1, 2004, Self-realization, 304 pages. A master thief waited his whole life to acquire the most beautiful diamond in the world. When he heard it had been purchased, he spent three days trying to steal the rare jewel ....

The Great Equations Breakthroughs in Science from Pythagoras to Heisenberg, Robert P. Crease, 2008, Mathematics, 315 pages. Shares behind-the-scenes stories for ten of the most significant equations in human history, covering a range of topics, from Feynman's statement about Maxwell's pivotal ....

Spiritually Dysfunctional Being the True and Amazing Story of how a Confirmed Jewish Atheist and His Seriously Catholic Wife Explore the Meaning of Life, God, the Universe, and Their Own Relationship with the Help of One Demented Uncle, the Great Minds of the Past, and Some Odd Characters from the Bronx, Fred Singer, 2006, Religion, 330 pages. The "Woody-Allenesque" quest of a Jewish-atheist professor and his devout Catholic wife to understand the meaning of life, eternity...and each other, in our increasingly "mixed ....

Halfway Up the Mountain The Error of Premature Claims to Enlightenment, Mariana Caplan, Jun 1, 1999, , 568 pages. Author and anthropologist Caplan plunges into the complex domain of contemporary spirituality where she boldly faces the grave distortions and fraudulent claims to

power that ....

Morgan Freeman and Friends Caribbean Cooking for a Cause, Wendy Wilkinson, Donna Lee, Oct 3, 2006, , 256 pages. Academy Award®-winning actor Morgan Freeman and a star-studded group of celebrities contribute exotic recipes and personal island tales in a splendid cookbook created to help ....

Moby Dick , W. T. Robinson, May 1, 2002, , 192 pages. A classic of the sea, telling of the pursuit of Moby Dick, the white whale who defied capture..

The five biggest ideas in science , Charles M. Wynn, Arthur W. Wiggins, 1997, , 200 pages. Presents five basic scientific hypotheses: the atomic model, the periodic law, the big bang theory, plate tectonics, and evolution.

Kundalini The Evolutionary Energy in Man, Gopi Krishna, 1971, Hatha yoga, 252 pages. "This is an autobiographical account of what happens to the mind and body when the Kundalini is aroused spontaneously. It describes the perils, upheavals and final balanced ....

I myself had a Kundalini Awakening that I did not consciously invoke in 1993 and I can vouch that it tends to be very disruptive, sometimes glorious and sometimes very painful, but once started is best continued and hard to stop anyway. I highly recommend this book to anyone on the path of spiritual enlightenment and I very much respect the almost scientific way she reveals the many layers of reality and awarenesses one journeys through in this type of experience. The thing to be mindful of is that your journey will use the symbols that you and your cultural background relate to most. This awareness will help keep those on this path out of judgment about others beliefs and the correctness of their symbols as truth.

I believe that everyone goes through their own spiritual journey ( whether they realize it is another thing.) I felt that this book brought to the surface deep truths within each of us. If you allow yourself to feel and believe outside of the box, then you can appreciate Donna's journey as well as your own(if you allow it to happen). I highly recommend this book. It is both inspirational as well as real.

I truly enjoyed reading this book. I felt it was an honest view of one womans journey towards enlightenment. The subject matter is not easy but the Author's descriptive ability clearly allows one to see what she was seeing. The wisdom gained from her experience really shines through and I'm really looking forward to the next installment.

Each persons journey is different. This one I would not consider a typical example of the awakening process, nor a work that should serve as a guide. But it does outline the challenge transformation can be if there is anything held against it. It also exemplifies the challenge of doing it alone, without context, plus the depths to which the transformation will go.

I noted that she does hold it together in her day to day life. It's not unusual for people to find their life circumstances changing if those are what they are holding instead. A reverse story might be someone who surfs through the inner transformations pretty smoothly but finds their outer life continually falling apart. It depends on where we resist.

Some say that once awakening begins, the process is automatic and continual. This book illustrates that. I would also say that how we engage the process makes a big difference. It can change how smooth and quick it is. Of course, none of us really know what we're doing in this, so all of us will stumble in some ways. Donna gives us a great example of how she worked through that. And she tells a story that takes great courage to publish.

I was fascinated by this story of a personal search for enlightenment! The author's writing style is eloquent, and admiration and great thanks go to her for sharing her life experiences. Her book will help others in their search for meaning in life and spirituality. It took a lot of courage for her to

document her life on paper for others to read, but I believe she has offered help and inspiration. She truly would have gone mad was it not for her strength, intelligence, and her love of life. Her writing style in sharing her acquired knowledge on the one hand, and then writing about life experiences that corresponded to that knowledge on the other, gripped me. Thanks to the author for her courage in sharing her experience with us and for her inspiration.

The term "spiritual journey" is now almost a cliché, so it is a shock when one encounters the real thing. It was in 1972 that Donna Lee Gorrell made this astonishing and often harrowing nine-month passage that shattered all her concepts of mind and reality. It took her twenty years of contemplation and writing to gain the perspective she needed to describe it. Driven by the flow of a primary energy force, she experienced bizarre physical symptoms, disorientation, trances and visions. She feared the disintegration that had befallen her schizophrenic mother, whom she remembered being taken from her home in a straightjacket. Donna Lee Gorrell's passage was marked by a series of shattering insights and classic choices on the road to spiritual integration, which she amplifies and illuminates with crystalline confirmations by the masters of many mystical traditions. Exquisitely observed and written, *Perfect Madness* is destined to be a spiritual classic in the tradition of best sellers such as Robert Monroe's *Journeys Out of the Body*, and Robert Pirsig's *Zen and the Art of Motorcycle Maintenance*.

Most of us hoping to reach some degree of enlightenment probably experience it as a long, slow process occurring over many years. We may have our moments of insanity, which may manifest as depression, panic attacks, or an inability to think clearly lasting from minutes to weeks or months, or longer. *Perfect Madness* is Donna Lee Gorrell's story of her nine-month path from insanity to "enlightenment." Much like a woman who has a two-hour labor and delivery, Gorrell experienced one intense self-birthing experience.

The subject of *No Less than Greatness* is how to achieve personal greatness through the life we all want: a life of love. Mary Morrissey starts with the unequivocal belief in a Higher Power, which she unabashedly calls God: a Loving Presence in which each person is alive in the greatness of total acceptance and love. Her words about happiness, forgiveness, change, love, and prayer all center on the awareness of God in our lives, not just at church on Sundays, or at baptisms, weddings, and funerals, but the unceasing practice of the presence of God. Thus, true greatness is the realization that God is within you; true greatness affirms the goodness that is the nature of life itself.

This enchanting story, written for children four to eight years of age, is based on a true happening. The Doll Lady is very old. She has been making dolls her whole life. She takes care to make each doll as an individual. Each one is different from the next; no two are the same. The Doll Lady believes that their true beauty is in their differences.

Most dolls that The Doll Lady makes are given to children. She says to each child to whom she gives a doll, "Take very special care of your doll, for dolls are just like people. They need to be well loved, held tenderly and always respected for their uniqueness." As she takes her daily walks, she tells the parents that she meets to give their children a doll, for if they had one, they would learn to be kind and to express love.

Reading Carlos Castaneda was almost *de rigueur* as I was growing up. I can remember looking forward to each volume as it came out, serving my own "apprenticeship" with the Yaqui sorcerer don Juan at the same time as Castaneda. It was a great shock to discover later that it may not have actually happened; accusations were bandied about in the press that it was a great hoax perpetuated by Carlos Castaneda on the reading public.

Whether or not his accounts were real, Castaneda created interest and excitement in an entire generation about the path of the shaman and the "Yaqui way of knowing." This story and more than sixty others are described in a fascinating and comprehensive overview by editors Jeremy Narby and Francis Huxley in the book *Shamans through Time: 500 Years on the Path to Knowledge*. In a clever juxtaposition of stories and history, they share with us the accumulated wisdom of centuries of exploration into the mysterious and mystical ways of the shaman.

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From "Breaking the Crazy Barrier," to reaching "The Goal," Donna Lee Gorrell's astonishing struggle illuminates the path traveled by masters of many mystical traditions. In the process, which includes bizarre physical symptoms, disorientation, trances and visions, we learn how Donna avoids the disintegration that has befallen her schizophrenic mother. We also discover that the road to enlightenment (as well as channeling kundalini) is not about "getting happy;" it is about critical choices, acceptance, surrender, and the conscious birth of one's true Self. Ultimately, Donna finds: "Our consciousness is the center of everything that ever has been or ever will be created. It is Self, loving and eternal. Most of all, it is real." Peppered with quotes from the Upanishads to the Bible, from Einstein to Zen masters, Perfect Madness is a well-researched and exquisitely written work that will find its place among the spiritual classics. « less

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