

The Visible Woman by Irene Brankin

Are you a confident and mature woman who is still growing and learning? Or, are you someone who feels middle-aged and miserable? These are the questions posed for the reader on the cover to this book, "The Visible Woman".

This book is a delightful gift, for it offers an awakening magic equivalent in power to the kiss that Prince Charming bestowed upon Sleeping Beauty. And could it be that you, dear reader, are a sleeping beauty who does not consciously realise it?

We all know and recognise that women down the ages have sacrificed their time and effort in pursuit of the wellbeing of others. This is their historic role. It is part of their genetic inheritance and gift for now and into the future. It is a wonderful role in the scheme of things, as this default position nurtures the curiosity of adventure and the joy of fulfilling relationships in others, whether it is in the home, at work or within the kaleidoscope of social friendships.

However, whilst in this role of service, women over time and from choice can and do lose sight of their own inner cherished dreams and aspirations. The time flies by and eventually a choice point comes in this journeying through life where the fledglings have fledged, the all engrossing projects have been launched and then time can lie heavy on one's hands. Slowly, imperceptibly, the recognition of this change of pace and position dawns as a question – "Is this the end of my life of service?"

If you are nudging into this dynamic of wondering, then this book will be a revelation and its simple yet potent exercises has the potential to rekindle your zest for life. For it sets off with clear self-assessment questions that lay bare that emptiness which may be lurking and taking root within. The book goes gently into disclosing more fully any gaps in the management of your self-care that has need of attention. It calls you initially to review and set up a support network before inviting you to change your daily routine. Attention is drawn to the composition of your support systems, suggesting the use of close friends, of some me-time activities or with the use of additional professional help when needed. One of the very first exercises that is deceptively simple, invites the reader

Irene Brankin

to review their average week. A timetable outline is clearly set out in the book and the reader is invited to complete, this paying attention to the feelings that emerge as note is taken of the patterns revealed. Irene sets out the need to stay in the neutrality of 'observer' without giving way to judgements or censorship. She gently guides the reader through a review that is profoundly revealing with the potential to shock and move. The message being disclosed throughout is the wisdom that is needed to stay in touch with and to re-connect to the innate spiritual source that brings vitality and joy to all that we do.

Irene's style is accessible and full of compassion and wisdom. She skilfully enables the reader to avoid the pit of self-pity and shame and blame. She urges the reader ever onward in their quest to reconnect with what they cherish and hold dear. She calls them to pay attention to their psychosynthesis, which is the living dynamic that exists between soul and personality.

The gift of the book is that by following these simple exercises and reading the shared case studies, the reader is gradually put in touch again with their own forgotten heart held dreams. The space created by this book calls the reader to activate their strong, good and skilful will, to make choices and to awaken to the call, the kiss of the soul. In this way, gradually, the reader chooses to live life with curiosity, joy and with relish.

The surprise is in how surreptitiously this forgetfulness, this oblivion to the call of Self came into being, the 'poisoned apple' in this case was the busy willingness to dedicate oneself wholeheartedly to the service of others needs. And now this book has arrived and makes it abundantly clear that it has within it the means to achieving a more authentic relationship with the essential Self. This renewed alliance between soul and personality holds the promise of a host of new vitality and adventures in this next stage of the journey of life.

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