

RTC LIBRARY E-NEWSLETTER

AUGUST 2021

Welcome to the AUGUST 2021 issue of RTC LIBRARY E-NEWSLETTER

In this issue: Recommended Reads: [The General in His Labyrinth](#), [Many Lives, Many Masters](#) and [The Color of Water: A Black Man's Tribute to his White Mother](#).

Recommended Reads from the RTC community

[The General in His Labyrinth](#): Gabriel Garcia Marquez

"Damn! How will I get out of this labyrinth?" The main protagonist Bolivar laments to his servant as he watches his dreams crumble into pieces. Based on the actual life of a commendable leader known for his visions of a united Latin America under one government, General Simon Bolivar, the book is best known for the humane portrayal of Bolivar. While Bolivar in real life is celebrated for his untiring strength and tenacity, Mr. Marquez has chosen to highlight the overall aspects of Bolivar as a defeated and aging man whose life is marred by his inability to unite Latin America. Historically, the book is inaccurate in places, and in several areas, Mr. Marquez has resorted to his own imagination to paint a grave picture of severity, death, and despair.

But, the lack of historical inaccuracy is compensated by the slow and vivid accounts of Bolivar's life when he was nearing his tragic death. As a matter of fact, the novel itself starts with a disturbing description of the General's body which has been ravished by the infestations of old age, and the hardships of wars that he had led to fulfil his dreams. Consequentially, while the book may make the reader who prefers a fast-paced plot or characters bored, if one is patient enough to read the book and enjoy the slow burgeoning of the characters, it is not difficult to understand the reasons behind it getting mentioned in notable books of authors such as John Green, who alluded to the book for several times in his work "Looking for Alaska." Thus, while one may argue about the historical inaccuracies of the book and condemn it for allegedly defaming and reducing one of the most respected leaders of the world to a mere shell of a man and complain about the snail-paced plot, the book is not meant for describing the historical events or for creating an atmosphere of suspense. Rather, it is an interesting overview of the importance of dreams and ideals that a person cherishes and how even the best of leaders or people have to undergo sufferings while living hence devolving to the integral question placed by the book, "How will I get out of this labyrinth?"

Thank you
Sangay Zam
BA Eng Studies

Many Lives, Many Masters: Brian Weiss

The book 'Many Lives Many Masters' is a realistic fiction written by a prominent psychiatrist Dr. Brian Weiss. It was published in 1988 and consequently became a widely read novel with over 1.5 million copies sold. The book is based on a true story about a prominent psychiatrist, his young patient Catherine and the past-life therapy that directs both of them into a new dimension of discovery. The book further sheds light on themes about a connection with the dead, reincarnation, charity, faith, love, and spiritual enlightenment.

Initially, the book provides brief detail about the author who is also the narrator, Dr. Brian Weiss, who is an American psychiatrist and a hypnotherapist. Dr. Brian's research works include purported reincarnation, past life regression, future life progression, and survival of the human soul after death. Moreover, he also conducts national and international seminars and experiential workshops. Apart from the book 'Many Lives, Many Masters' he is also the author of *Only Love is Real*, *Messages from the Masters*, *Through Time into Healing*, *Mirrors of Time*, and *Meditation*.

BOOK SUMMARY

It was during his service at Mount Sinai Medical Center in Miami Beach as a Chief of Psychiatry that he met Catherine. Catherine, in the novel, is described as a twenty-seven-year-old attractive blonde, who works as a lab technician at the same hospital where Dr. Weiss practiced. Catherine approached Dr. Weiss on her friends' recommendation. After close inspection, Dr. Weiss worked on treating Catherine's acute anxiety and major depression for as long as eighteen years. Dr. Weiss, at first, started her treatment with conventional therapy but altered his method later when the patient did not show any sign of improvement. She was further advised to take anti-anxiety medication but she refused, considering the side-effects of the medicines.

Catherine's life is presented as if she is in the labyrinth. For instance, Catherine once visited an art museum with Stuart, a man she was having an affair with. While at the museum, she surprisingly began to correct the guide's lectures on Egyptian history, and later, all her statements were found to be true. This incident leaves Catherine in confusion and she doubts if all her statements were related to her memories from past life since it was her very first time visiting the museum. Catherine then consents for hypnosis after the incident. Dr. Weiss hopes that the very technique of hypnosis helps her ameliorate her panic attacks because no other techniques and therapies were effective on her.

The entire experience led Catherine into healing and helped her resume her life, happier and more at peace than ever before. Weiss likes to call this experience transformative because it completely changed the way they perceived things and could comprehend the true meaning of life. Weiss tried the past-life therapy on twelve different patients after Catherine and all the cases were successful. Weiss chose to dedicate his life to explore the untold truths.

The book is written not to infuse the fear of death in an individual – rather, it aims to help people accept death, past lives, and maintain harmony with reality.

Thank you
Nar Maya Chettri (Former Student)

[The Color of Water: A Black Man's Tribute to his White Mother: James McBride](#)

Little James McBride asks his mother whether the color of God is black or white. She replies, "Oh boy...God's not black. He's not white. He's a spirit." "What color is God's spirit?", he asked again. She tells him that God doesn't have a color. "God is the color of the water. Water doesn't have a color."

In a huge family of twelve siblings raised by Ruthie Shilsky McBride Jordan, the mother, eight of them were from her first husband, Rev. Andrew McBride, who died from cancer, and four were from her second husband Hunter L Jordan Sr., who later died from a stroke. An astonishing woman who was married twice to supporting and loving African-American men, Ruth firmly believed in educating her children, and instilled the values of religion in them from a very young age. She fought against the odds of being a white Jewish woman while bringing up her black children in a lower-income neighborhood. All of the children became highly educated and successfully employed in various professions.

McBride alternately switches his chapters between accounts his experiences as a black child and biography of his mother. She lived in a time and in a community where colorism, classism, and racism were very strong. Some of the more memorable sections focus on her life as a young Jew in Suffolk, Virginia raised by an abusive father and loving mother who was crippled; eventually, her faith changes and turns her into a fervent Baptist.

This is a beautifully written life story that makes us value our family, our value in the world, and the memories we hold.

**Thank you
Jamyang Choden
Assistant International Relations Officer
Development and External Relations Department.**

Wanted! Book reviews from Faculty, Staff, and Students

If you have read a good book and would like to contribute a review to the Library Newsletter, we would love to receive one from you. Tell us a little about the book and why you liked it in 250-500 words. If interested, send your review to gyanupradhan@rtc.bt or come by the library and see the library staff.

Thanks!!

YOU MUST TELL YOURSELF, "NO MATTER HOW HARD IT IS, OR HOW HARD IT GETS, I AM GOING TO MAKE IT..."-Les Brown.