

Feedback on Supawan's works

17 Feb. 04

Dear all,

Many years ago when I was struggling to get *A Handful of Leaves* published in the UK, I wrote a letter to The Reverend Desmond Tutu, the Bishop of Cape Town. I thought that if he could agree with what I said in this book and could write a foreword for me, it would be a great opportunity to introduce the four foundations of awareness (vipassana) to the Christians as I have no doubt that vipassana is for humanity and definitely not just for the Buddhists. At that time, although the content of that book was about taking care of an individual human as well as the world community, I felt totally alone. I couldn't help thinking that I must be totally mad sitting here, writing all these challenging words without any support from anyone since no one knew what I was doing at the time. My determination was so strong that I quoted a couple sentences from the film *Titanic*, which had just been released at the time. The part when Jack was locked up in a room and Rose was trying frantically to find him as the ship was sinking. She bumped into the ship architect so she forcefully asked him where that room was. Rose looked at him in the eyes and said: "*I will find him, with or without your help but with your help, I would do better.*" These two sentences stayed with me; I always remember them because it was my character.

In the letter to the Reverend of Cape Town, I felt that it was necessary for him to have some idea about my true character because I was an unknown person and he didn't know me personally. After I talked about the purpose of my work, I told him that I was determined to carry my work through with or without his help but with his help, I would do better.

Indeed, I caught the Reverend's attention; he kindly wrote back to me and admired my compassionate intention. He also apologised that he could not possibly write the preface for my book because of his tight schedule, his workloads as well as his weak health. He did, however encourage me to persevere with my charitable work and wished me all the best of luck and success. I was so happy to receive his letter and wholeheartedly understood his reasons. His encouragement was enough to inspire me to work hard until today.

As you know, Dr. Thongchai, a lecturer of the Computer Engineering department of Chulalongkorn University, Bangkok, Thailand, is working on a website for me. I would like to have a file containing feedback from my students and readers. Like most people, whenever I buy a book, I go straight to the back cover and read the blurb and also the short critiques. Although we know that the author would never think about putting negative criticism at the back of one's own book, positive critiques still influence the readers to buy the book. I intend to put my three books in the website so that people can help themselves. My point is that I am still a very anonymous person. Being a woman without any support from the establishments such as religion and education, I can do very little comparing to the huge message I want to deliver

to humanity. Therefore, with the very limited resources I have, I intend to use them to the full potential. Your feedback will be one of the significant resources I can use. To make this website more effective, potential readers need to be convinced whether it would be worth their time to browse through my website or not. This is where your help will be very much appreciated. To help you have the perspective regarding my work, I will summarise the whole structure of my written work and teaching.

The goal of my work is to tell humanity that:

- 1) The "ultimate truth" does exist.
- 2) Saints in the past have called the ultimate nature Nirvana, God, The Tree of Life or Tao. My role is to simplify the holy words and unite them by leading people to witness a simple experience called the "innocent perception".
- 3) The four foundations of awareness or vipassana is the method leading people to the ultimate truth or the innocent perception and to encourage as many people as possible to take part in the vipassana practice.
- 4) Tai chi and Qi gong movements can be the ideal non-religious ways helping people to witness the ultimate truth.

I would be so grateful if you could help me to help others by writing a few sentences telling others how you had benefited from my works. You are welcome to bring up one issue that you feel compelled to talk about and how my work had helped you to understand - if not, just general feedback. Please state your name as well as your profession and credentials as these things are still important to potential readers. Please kindly email your feedback to me so I can compile them into a file for Khun Thongchai to transfer onto the website.

My students who know me personally know how determined I am. As I said to the Reverend Desmond Tutu, I would deliver the above messages to my fellow human beings with or without your help but with your help, I could do better. I don't mean to be harsh or threatening, I am just in the mood to use this line since it fits into the right context, that's all. Many thanks in advance.

I hope you are still working hard with your practice. Please persevere despite any obstacles you may encounter.

With metta,

Supawan

May 2, 2005

After I finished reading "*A Handful of Leaves*" and "*The User Guide to Life*", I found that Supawan Green writing is very powerful and has touched me profoundly. She introduces the noble subject "The Ultimate Truth" in simple and friendly terms that laypersons without much Buddhism knowledge are able to understand clearly. Using the current life issues as metaphor makes the difficult subject "The Four Foundations of Awareness" look simple

and practical. Her books give me a great deal of encouragement to follow the path to the ultimate happiness from seeing the ultimate truth. Supawan Green has convinced me that everyone is capable of practicing the four foundations of awareness and reach the ultimate happiness that is the best available option in life. She offers hope and clear direction on how to reach the ultimate happiness.

I strongly recommend Supawan's books to anyone who wants to reach the ultimate happiness in life. The path is available and reachable. From one of the statements in "*The User Guide to Life*", she said "If the ultimate truth is not right where you are, where do you think you can find it?"

Dr. Supranee Wang
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2 May 2005

I am a 53-year-old Englishman, and I have been living in Thailand for the past twelve years. The main reason I choose to do so is because I have been a Buddhist for more than twenty years. I have always been an avid reader and have read and owned many Dharma books in both the Theravada and Tibetan Buddhist traditions. I personally try to practise the Theravada Buddhism with particular emphasis on Vipassana meditation.

I first came across the books by Supawan Green a couple of years ago and was immediately struck by how different they were. I searched for and read all her works that I could find, and since most of them are written both in English and Thai I also read the Thai versions too. After making contact with Supawan via e-mail I was put on her mailing list and so received many of the letters she wrote to her past and present students, answering their questions and giving advice when problems occurred in their personal practise. Now they are all available on her website to anyone who is interested.

I can state that without a shadow of doubt I am convinced that Supawan has achieved the goal which all Buddhists are striving for..... Enlightenment! All my past study and practise has given me enough wisdom to be able to judge this from reading her works. I have not yet had the opportunity to meet Supawan personally, and although She has not made any such claims or boasts in her writing, it is easy for those travelling the same path as her to determine her progress from her references to details of her own practise, and by the authority and wisdom she displays in all of her works. There may be other authors 'equally' qualified to write about the way to enlightenment, but there are none 'more' qualified. If we wish to make a journey to a place we have not been to, we would all rather take advice from

one who has completed the same journey that we are on and actually been there, rather than one who, although in possession of more information than ourselves about the journey, has yet to get there.

People like to flock to monks who are 'supposed' to have achieved holiness, but one can never know for sure. Such a one would never boast about any achievements, and in fact would be forced to disrobe were he to do so, whether it were true or not. Supawan is not under any such restrictions, because she is not a monk and is not ordained, but although she does not seek fame or fortune or glory, she knows that many people would be more inclined to listen to her teachings if they were convinced of her authenticity.

What makes Supawan really unique is the fact that she has been living in England for the past twenty-five years, as a housewife and mother. Most Dharma books are written by Buddhists for the consumption of Buddhists and some knowledge of Buddhism, the life of the Buddha and the Buddhist scriptures is necessary to understand the terms and references. Many people in the west, particularly the young, have turned away from the traditional religions, finding no solace and help to guide them in our modern world's complex times. Supawan has been teaching tai-chi to university students for several years, and using it as a way to have them practise vipassana meditation without them realising it. Once they make progress and 'see' the results for themselves she can then allow them to realise that they have been practising Buddhist meditation all along.

With this background and her having teenage sons of her own, Supawan is able to put the Buddha's teachings into a more modern and easily understandable language, which non-Buddhists and Buddhists alike can grasp. Supawan's command of the English language is remarkable, but then she is no longer restricted by ordinary knowledge and ordinary wisdom. I believe that once one becomes one with the universe, then universal knowledge comes to one.

I like to compare it with a single computer..... knowledge or data is fed into it from discs (reading= secondhand knowledge) or by typing in at the keyboard (personal experience)..... but one who achieves universal knowledge is like that same computer being connected to the internet!

Supawan has never strived for any personal gain from all the years of hard work, but like all great beings with an altruistic compassion, hopes that if one person is assisted to achieve the same freedom then it will all have been worth it. I can now put away all the other books, which were only striving to teach the same as her, but in a less simple and understandable way.....

Fabian Frederick Blandford
Fang, ChiangMai, Thailand
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16 May 2005

I remember the moment I learned that Khun Supawan wanted to get her books published in the UK. It was the moment of mix feelings; mostly ‘hopelessness’ because I know that, as an unknown foreign author, to get a book published in the UK is like winning a round trip ticket to the moon. But it was also the moment of a strange ‘knowing’ feeling that this was the way things were meant to be. In that moment of hopelessness, there was still a tiny ray of hope, a believe rather, that Khun Supawan’s books would eventually get published somehow. For Khun Supawan, whom I believe to possess no desire for fame or fortune for herself, to be driven (by her husband’s redundancy) to get her books out in the open, is not by a random chance. I believe that these books are destined to be published for the greater benefit to the broader mass – the so called ‘searching souls’ in the western world.

My belief – that Khun Supawan’s books will be published – though it seems like a blind faith, is based on key facts that her books are of a very rare and distinct quality. I have read 3 of Khun Supawan’s books; The user guide to life part 1, and part 2, and Aud Uta ri manusatham (Eureka! I Know It...). Plus several of her articles in her website. The most striking character of her writing is the down to earth, true to life, and easy to understand language. She has completed the most difficult task: to simplify the core essences of Buddhism and make it easy for everyone to digest.

I see that, generally, books on Buddhism in the western market can be classified into 3 types:

- 1) books from well-known leaders and practitioners like Krisna Murati or Thich Nhat Hanh
- 2) books from authors with impressive credentials: PhD and the like
- 3) books that are translated from the works of famous Buddhist monks.

I have read some books from the first group. They were quite enjoyable to read and very thought provoking. They, however, did not give me the answer. To be more specific, those books did not show me ‘the way’. As for the second group, I have tried reading some of them and they merely confirmed what I and all other Buddhists have already known: Buddhism is a religion that you would understand only by practicing it. So I found no point in reading any more. As for the third group, these are very valuable and of high quality. Nevertheless, what they primarily lack of especially for the western market is the ability to look into the important issues of life from the western point of view.

This is the reason why Khun Supawan’s books are unique, rare and different. Unlike the first group’s, her books have lay down distinctive guidelines that are easy to follow as far as walking the Lord Buddha’s path is concerned. Very unlike

the second group's, her books are from the one who have 'been there' (in the land of Nirvana) which is indeed a one in a million chance. Unlike the third group's, Khun Supawan's books are from a person who has lived half of her life in the west and is determined to cater her write ups to include westerners. As she said it many times throughout her books, those in the west have a poor chance of meeting Buddhism. Among those who have, Khun Supawan would be happy to get even just one to get into the path to Nirvana.

Now, please allow me to try putting myself in the marketers' shoes. The western market seems to have a constant and unfulfilling demand for those 'How to' books. How to lose 10 pounds in a day? How to attract the right man/woman? How to get an instant success in business? How to be really truly happy for the rest of your life? And so on...I see that Khun Supawan's story is the ultimate 'How to' in a sense that it's about HOW TO PUT AN END TO ALL YOUR SUFFERING FOREVER. (Key word is 'forever', not just this life. That's how we Buddhists believe). So, what more should a marketer ask for?

The drawbacks of her books, as I will most frankly point out, are its length and the repetitiveness of some stories in a few places. In good editors' hands, these drawbacks shall be overcome very easily. And your publishing house will get a rare gem polished and ready for your awaiting readers. I, for one, will look forward to buying them for sure.

Ploycheun Thanachanan
Housewife, 40.
Ex-director at Kimberly-Clark.
Former employee at P&G, and Lever.
MBA from The University of Chicago, USA
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May 10, 2005

I have known Supawan since I started taking her *Taichi and meditation* class at The University of Birmingham in 2001 while I was doing my Ph.D. Since I was a mature student and we both are Chinese, we got to know each other more than just teacher and student relationship; we became friends. I have learnt through her teaching, her books and our conversation. I admire her persistence and dedication towards her Buddhist practice through her 17 years of life as a housewife and a part-time *Taichi* teacher.

Supawan is a successful *Vipassana* practitioner; she has set herself a good example for all of us. Everyone has a Buddhahood's seedling in their heart; everyone can achieve their own "*Nirvana*" as long as they keep on practising *Vipassana*.

If you want to know how to achieve your inner peace, Supawan's books can offer you the guidance.

Dr. Jianhui Xoung
Microbiologist
The University of Birmingham

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I always love to read words of the wise and the experienced. To me, it seems

Khun Supawan's writings are one of those works I love to read. She had made the explanation of Vipassana with clear exemplification rarely found in traditional works. Many terms are also simplified so I got new useful aspects in my Vipassana practicing. Plus, Khun Supawan's achievement as a layperson that has known the ultimate truth has boosted my morale and diligence to follow suit to a greater degree.

For seekers of spiritual freedom, I think this is like an oasis where you can quench your thirst as well as get a map for the shortcut route.

Somsiri Pramudwinai, MBA, MA
Small business owner

There are so many positive things that I'm able to say regarding Sue's class and her writing that I'm unsure where to begin. Since attending my first class 15 months ago my life has changed dramatically. As a student, I faced the usual pressures that young people face. Like most people, I found it very easy to escape from my problems through drink and drugs, completely unaware of what it was that I was hiding from.

By attending Sue's class and through regular meditation I have become more aware of myself, my true self, that is the part which most people miss in the hectic pace of their lives. Through learning the simple technique of concentrating on one's breathing and movement life is a lot more peaceful and I'm able to feel a calmness and serenity, which other things did not bring. I now live in the moment, as opposed to rushing around trying to do one thing whilst thinking of another and find that my concentration has improved greatly.

Whatever your age, race or profession, Sue's teachings are right for you. That is the wonder of her class. You don't have to be a certain type of person or have certain problems to benefit from her wisdom, the skills that she teaches are universal and everyone can benefit.

By simply devoting a little time to meditation life will change for the better. Put simply, you will feel calmer, happier and at peace. Isn't that what we're all striving for! Sue's class has brought magic into my life and has shown me the difference between living and simply existing. For that I am externally grateful.

Elen Evans [student]

Supawan Green is a most gifted writer, not only are her words sculpted with clarity and vision but they truly reflect the Dhamma; without ambiguity or unskilful agendas.

Supawan manages to convey the Dhamma in a way that is very sympathetic to lay people and people of other faiths, using parables we can all relate to.

I found Supawans' writing style to be candid, fluid, non judgemental, easy & enjoyable to read.

If you really want to improve your life and help the whole world too, read Supawan Greens writings.

Metta

Mr Glenn P Lawrence - BA Hon, Legal Advisor

I was given *A Handful of Leaves* and *The User Guide to Life* by a friend who attends Supawan's Tai Chi class in Birmingham. I had not really encountered Buddhism before and certainly had not considered the possibility of leading a life that encompassed Buddhist values and ideals. Many things I read about in "*A Handful of Leaves*" struck a chord within me and I realised that what Supanwan was writing about could only be the truth. I have found her books to be a great inspiration and I know that because of them my life has changed as I now have a sense of spiritual direction, something that was lacking before. I would encourage anyone to read her work because she explains a complex subject with great clarity, therefore making it accessible to anyone, no matter who you are.

Sarah Henderson. Piano Teacher. BA Hons RSAMD, M.Mus.

My name is Justin Mills. I am an Executive Recruitment Consultant in the IT and Technologies sector. I met Sue 10 years ago as a student at Birmingham University. I studied Tai Chi and meditation with Sue during my studies and for some time after leaving university before moving back to my home area.

Sue was able to offer a user friendly guide to practising meditation through Chinese Health Exercises and also through Buddhist approaches. She always succeeded in identifying the essence of the teachings // practices and

conveying these in concepts and terms appropriate to Western minds. Indeed she helped me to realise that my "Western Mindset" is not a permanent immutable way of seeing the world but just another set of values, perceptions, judgements and often barriers, something that can be turned off to allow a true mind to perceive the world innocently without value judgements and attachments.

This is one of the great gifts offered to me, one that I have been given to carry with me through this life and something that I can use whenever I feel low, stressed or just simply want to relax and enjoy life. I may not practice everyday and certainly won't be reaching Nirvana this lifetime, but benefit greatly from having been introduced to this practice.

I am very grateful to Sue and hope that as many people as possible have the chance to accept this gift that she is offering.

Justin Mills
Consultant
Board, Executive & Interim Recruitment
Career Transition & Outplacement
Coaching & Mentoring
Individual & Organisational Development

For a long time I tried to understand how meditation could help me in my daily life. Books failed to explain me how to achieve peace and understanding of my true self because they were too complicated and were full of the things that meditation tries to eradicate. Thanks to Sue's teachings I finally understood how to get rid of unnecessary thoughts and how to perceive my true self and the world as they are. Her technique is so simple and effective than anyone can meditate immediately and improve their well-being.

I hope my impression can help other people. I really appreciate how easy you have made your teachings and your patience.

Belem Vasquez
P.h.D student in Economics
University of Birmingham

Dear Supawan,

I am writing to give some feedback on your meditation course that I have

been taking this semester. I was very eager to do anything that might aid stress relief this year as I am in my final year and therefore am constantly swamped with work as I prepare for my exams. I am the sort of person to always laugh off my problems and stresses and pretend they don't exist or go for a beer to forget them but doing your class has made me realise how cluttered my mind is at the moment and how difficult it is for me to find a moments peace in my hectic lifestyle. Since I started your class I have been trying to take a short amount of time every week to practice the techniques so I can recognise my problems and learn to keep them from attacking me. I realise that it is a very slow process and I think I'm still a long way from achieving the fourth stage of self-awareness but at least now I have a better idea of my goal and will work toward it without allowing stress to get the better of me.

I have enjoyed reading the emails you've sent me and would be grateful if you could continue to send me any information and reading material you think might interest me.

Thanks a lot

Liz Elliman

Jamal's comment on Sue's class

Commenting on Supawan's classes either as feedback for her or in an attempt to explain it to other people quickly turns into praise as a means of expressing gratitude towards her.

Thanking Sue face to face for the knowledge she had imparted in itself is something that I am sure Sue would not accept anyway, because the base of natural normality she highlights in her lessons are indeed something quite personal and subjective to each person, something beyond. I can though and will thank her for her dedication and perseverance in teaching us aspects of life that even though they are right in front of us, still remain profoundly "hidden" especially in our western eyes. Supawan is teaching and bringing our attention to something so natural and blindingly easy and simple. To our classically scientific minds that tends to over complicate things, making an attempt to perceive "the innocent perception" as Supawan puts it, goes the opposite way.

"The innocent perception" is not a set of the concepts understood only by professors of academic or autistic "rain men", but it is a suggestion towards something so basic and natural that we take it for granted.

We need teachers and inspired people to relate these kinds of basic ideas to curb the spiral of negativity we are embrace on: fuelled by ideas brought by anti-intellectualism in denying the need for a teacher and forming opinions on the scant knowledge that we have.

As a Muslim, I am familiar with the danger posed by those who ignore the years of study and dedication that scholars lay into the passionate fields of expertise. They feel that they can get by on relying on what they are familiar with and not actively seeking “knowledge”, a concept explicitly stated in the Koran as “men of understanding”.

Indeed, many of the concepts that Supawan impart are very analogous to Islamic thought. The bandits that tempt you in craving or laziness, the idea of Jerry, the mouse, coming into your house, attacking Tom and sending you into a physical and mental frenzy, remind me of Shaitan (similar to the Christians’ satan – but devoid of real power). These similarities are also the conclusion that the prophet Mohamed reached. The prophet is known to have said “don’t rush haste is from Shaitan”.

It is Supawan’s expertise in her field of knowledge, which enables her to reflect a distinctive guideline of practice such as the 4 foundations of awareness or returning to the four homes – a simple meditation skill leading to the innocent perception. It is also very similar to the Islamic prayer.

Prayer is a typically physical endeavor on the surface and does provide platform to know your movements. With the prostration, the kneeling, the ablutions and the purification, these movements provide a home for sensational awareness too. They are recommended by the prophet to be mindfully focused on. Without the awareness towards those movements during prayers, the same act would be declared void.

Indeed many Muslim through the century have known how to practice prayer by declaring one null of emotion and thought. Fathers and mothers who have heard of the death of their sons and daughters or any bad news would immediately experience a need to pray. They would calmly perform the ablution and pray, conversing with Allah, devoid of thoughts and feelings.

The melting of the individual into “the innocent world” (the 4th foundation or the 4th home) happening when devoid of thoughts and feelings (Jerry) as we do in Sue’s Tai chi class can be analogized to the very meaning of the word “Islam”. A direct translation is difficult but it can be approximated to “submission”, rooted in the word “slam” meaning peace (hence the Islamic greeting).

I would urge everybody with any desire either to probe the realms of simplicity, or any spiritual inclination, to at least read through Sue’s book to gain an insight into what she said. This is the knowledge that should be actively sought by us all.

Jamal
Student of Engineering Department
Birmingham University

Dear Sue,

Firstly, I would like to say how much of a difference your classes have made to me. I have been practicing, although not as often as I would like to. I have been trying not to "drift", some days it is easier than others and the overall affect that this has had on my mental well being has been remarkable.

Secondly, I would like to apologise for the classes that I unfortunately missed. A family crisis that has flung itself upon me, you know how life does, has taken some of my time away. However, your classes and my practicing have helped me to deal with these problems with more clarity and resolve.

Lastly but definitely not leastly, I would like to thank you for your expert and friendly tuition. Your classes have been the highlight of my weeks and I can't wait to enrol again next term.

I hope that you have a lovely Easter break and that you remain happy and well.

Kindest regards,

John.

Dr. John D. O'Neil
Cancer Research UK Institute for Cancer Studies
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Edgbaston
B15 2TT

Dear Sue

Words can never be enough to thank you for all you have done in my life. I have never been the same again since I got to know the innocent perception. Yes, there was time when I lost my patience. I tried to pretend that I had never heard about it but then deep down within that unfathomable doubt of my heart, there was always a small voice that kept telling me where I had to look for solutions to all my problems – Vipassana practice.

Thank you for your kindness and understanding.

Love,
Abansekya Sylvester
P O box 1413 Limbe
SWP
Cameroon

I have been to Sue's meditation and Tai Chi blend classes two terms in a row and have found them immensely useful to help me cope with the anxiety of being in the final year. In the first year my parents split up and in the second year I had a really painful break-up with my boyfriend so by the third year of being at university I decided that I needed some help to cope with the stress of university life! After going to Sue's classes and practising what she taught me at home I started to have a lot more control over what I was thinking and feeling. I realised that I didn't have to put up with these feelings of being overwhelmed or upset; I had the ability to gain perspective and see them as something I could conquer. I've just handed in my dissertation and thanks to Sue, it was a relatively stress-free experience because I was able to see the bigger picture and this gave me the ability to approach it in a calm manner rather than completely stressing out like I used to. Thank you so much for keeping me motivated to make meditation become a part of my everyday life; it really has made a difference.

Kathryn
Student of Birmingham University

Supawan's books reflect the enthusiasm and superb clarity that she also brings to her Tai Chi classes. Supawan deals with issues that relate importantly and directly to people, via the lessons available in eastern philosophy, culture and religion. Her books have the strength of her beliefs and learning and have the happy knack of making these things readily available to readers who have no prior knowledge of eastern spirituality.”

Phil Croft

At first I attended Supawan's Tai Chi class partly out of interest but mainly to keep a friend company. After only a few short weeks my indifference turned to intrigue. Supawan's teaching of the Four Foundations through the movements of Tai Chi is both unique and unbiased allowing people to experience for themselves a sense of stillness. If only these classes were available to everyone the world over! However, at least people can experience the next best thing through her writings. I would strongly encourage Waterstone's Booksellers to stock Supawan's books for this reason.

Sarah

To whom it may concern

I am writing in support of Supawan Green whose books I am pleased to have found. At present I am working in the south of Thailand and of course surrounded by Buddhists. I have started to read several different books about Buddhism but never got far because they were too complicated or too difficult to relate to. Supawan has the advantage of having lived in the United Kingdom for some time, which helps make her writing more accessible. The language used in her books is concise and easy to relate to.

It took me some time to find her latest book here in Thailand where the number of English language books is limited but I did find it, I would have expected to find it in any good bookshop in the United Kingdom.

Louise Gee

Dear Sir/Madam,

I strongly urge you to consider stocking the following titles in your store: '*The User Guide to Life*', '*Can a Caterpillar Be Perfect*' and '*A Handful of Leaves*' all written by Supawan P. Panawong Green.

I am personally acquainted with the author as I have been attending her Tai Chi meditation classes for some three years now. In these classes I have been lucky enough to receive the knowledge and acquire the skills of meditation in a very direct manner from a teacher who teaches in her own unique style, and has done for many years, developed from her own personal experiences. The three books Supawan has written are in my opinion a very successful attempt by a non-academic, non-native English speaker to put into words what she has been teaching to students in her classes. Not only does she explain in clear and accessible language, she also provides effective metaphors and comparisons and simple meditation techniques which help to enhance the better understanding of this knowledge within the context of the Buddhist traditions and beliefs. After all, it is the wisdom of the Buddha that is being discussed.

However I must stress that while Supawan's knowledge is rooted in her Thai Buddhist background, her goal in her work since she came to the West has been to find ways of passing on her knowledge in such a manner that it may benefit and appeal to people of all faiths and cultures. It is through her comparisons of different faiths and references to contemporary culture and societies along with her non-authoritative, non-dogmatic style that these works gain their broad appeal.

These books are the most valuable contribution to the literature on this subject as they are not simply the voice of another male monk reciting the Buddhist canon but the result of a deeply personal journey of self-discovery by one simple woman who has committed her life to the pursuit and dissemination of the most profound knowledge.

Yours sincerely,
Mr Iain Armstrong
Part-time lecturer in Music University College Northampton and
University of Birmingham
PhD Research in Musical Composition, University of Birmingham

I think it is very rare to have found a teacher of tai chi and Buddhism after my initial interest was sparked on a visit to Thailand. Supawan has enabled the development of this interest through a guidance process. Not inflicting her thoughts but sharing her ideas. I never realised how many questions I had until I started reading the answers in Supawan's books.

Steph Poulton
University of Birmingham

I believe Waterstones should stock Supawan Green's books. I have had first hand experience of the author's enthusiastic teaching style in her Tai chi qi gong classes. I find her books to be a very useful companion to further study concepts introduced in these classes. She has developed a very palatable way of introducing Buddhist concept even to non-religious people by her use of simple analogy in the classes and her books.

Dr. Amit P. Mehrohra
School of Chemical Sciences
University of Birmingham

My name is Annette and I also attend Supawan Greens Tai Chi class. It was actually through my sister Diana that I went to this class and I am so glad that I did. I feel Tai chi has taught me to stay calmer and to be more relaxed with myself through doing the breathing and gentle movements. It is strange that now I can calm down sooner than I would have before doing Tai chi whether I am at home or at work and feeling tense. Supawan talks to us throughout the lesson, as she doesn't let us drift, which helps us to meditate easier. I would like to thank her for her knowledge.

Annette
Office Clark

My name is Diana and I have been going to Tai chi for 12 weeks, it is something that I have wanted to do for some time. Since going my experience of Tai chi has improved the way I look and feel about things in general. Stress

is very much part of our life, 24 hours seems not enough in a day as there are so much to do and not enough time to do it. This is where stress overtakes and anger builds up inside. Tai chi has made myself feel more relaxed and calmer, I feel it is getting to know oneself within and handle situations easier than I would have before experiencing Tai chi. I also feel the teacher has a big influence on how quick you progress, Supawan Green our tutor keeps me home from start to finish.

Diana
A housewife

Supawan's course has been an important spiritual compass for me during the past two years. I've discovered a way of cutting across the pressures of student life to a refuge of calm and perspective. In the same way, Supawan's books are invaluable guides to positive thinking as a means to positive living.

Our whole culture is based on the view that the world is understood through the thinking apparatus, rather than through the silent mind.

You have to learn to reduce your 'problem' into something that is called unhappiness and deal with it as a whole.

Amy
Student of Birmingham University

There is one truth. Whatever we call it: Heaven, The Other Side, The Better Side, it remains the ultimate goal of all religions. We all hope to get to that truth some day.

It takes several routes to attain this one destination but over the years, Sue Green has shown to us that they all lead to the one ultimate truth.

By following the prescribed method, or the four foundations of awareness, Sue takes us to the world once shadowed and reserved for a few selected people. Sue proves to us that the Buddha's path is open to every body and is also the best way to get to that ultimate goal of life.

She also gives an insight on how Tai chi and Qui Gong can help us to get closer to that truth. So whether we are die hard Catholics, Protestants, Muslims, or Jews, we can work towards the ultimate goal even in a non-religious manner.

And for those who still don't have peace within, Sue's books give great insight on how a few good steps could change a lot in your life forever.

Masong Tarkang
Student from Cameroon

I started to attend Sue's *Taichi* class in 2001 for a pure purpose of improving my physical health when I was studying at the University of Birmingham, UK. To my surprise, I was attracted by her teaching, which blended meditation, Buddhism with her *Taichi* movements. This is very much different from what I had learned in my previous *Taichi* classes. The way of her teaching made me understand the philosophy behind these slow, relaxed and continuous smooth movements. I felt that my heart was cheered and lightened. That is something I had been searching for a long time. I started to read her books found in the university bookstore or given by her. From her first book "*Dear Colin, What Is the Truth of Life?*" to her later manuscripts "*A Handful of Leaves*", "*Can the Caterpillar Be Perfect?*" "*A User's Guide to Life*", I had read them all. I was very much attracted by her books and her ways of teaching. Going to her *Taichi* class twice a week had become something I looked forward to during my university years. I felt my heart so closed to her and I enjoyed talking to her. Through my attending her class for the years, I have noticed the changes myself that I have felt fresher and strengthened after the *Taichi* or meditation class. My turbulent mind has become clearer. I have started to understand that our physical illness is obvious but our mental unwellness is invisible. *Taichi* only may excise our body but combining *Taichi* with *Vipassana* practice can help us both physically and mentally. Without a purified and settled mind, one can never do *Taichi* (or any jobs) well at the end! *Taichi* in mind and mind in *Taichi*! It is that simple! Unfortunately reading books \neq understanding \neq practice, also everyone is different from the others, that is why we need good and RIGHT teachers like Sue to guide us to understand us and life better!

Jianhui Xiong; Ph.D
Microbiologist, Birmingham University