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# Dreaming Bhutan:

## *Journey in the Land of the Thunder Dragon*

Review by Sydney L. Murray

I have had a very challenging month where who and what I am have been tested to the extreme. Luckily I had the great gift of the new book by Nicole Grace entitled, "Dreaming Bhutan." I sat with this beautiful book and meandered through it. Not once upon picking it up have I not found a smile on my face as well as my heart and mind lifted. As they have in the past, the words of Ms. Grace have once again soothed and inspired me.

"Dreaming Bhutan" is a pictorial journey through the remote country of Bhutan, accompanied by both historical and spiritual references as well as insightful observations. The photography is stunning and truly remarkable.

The colors, the vistas, the descriptions offered of sacred rituals are illuminating and inspiring. I love that Grace's words are both powerful in their brevity as well as delicate in their movement. She distills in few words the amazing images of this sacred country, monasteries of great power so high up they touch the sky. Wedged between sheer granite cliffs, I wondered of their construction and know of the great power found in these sacred sites.

I have yet to have the privilege to travel to this sacred place, but I feel closer to both the people and the majesty of this kingdom on top of the world having been introduced in such a poetic book.

Reading her words was almost a meditation. There is such strength and, yes, grace in them, and they were a balm on my soul.

I was transported to this very spiritual and moving place set deep within mountains that reach up into the heavens but are grounded by green valleys and adorned everywhere with prayer flags. There was an absolute serenity in having been informed where these great teachers sat and came to great wisdom and enlightenment.

Even in this exotic locale her words remind me to sit, still my mind, and come back to myself.

Grace's book, "Dreaming Bhutan," has an incredible vibrancy from the images presented, as well as a deep look into the window of the soul of these proud and majestic people.

Most of the images were of these amazing edifices such as Trongsa Dzong. The prayer flags everywhere never fail to lift my heart as they are physical reminders of our need to turn toward the heavens and ask for help.

Even in the midst of a harrowing month I was comforted by the book, and in its elegant simplicity my mind was quieted and my heart renewed.

I can only tell you that the many people who have learned and been inspired by Nicole Grace will not be disappointed. This book is a work of art.

*Nicole Grace's book, Dreaming Bhutan: Journey in the Land of the Thunder, will be available for purchase in bookstores and on Amazon.com beginning September 23, 2011. To learn more about Grace and her other books, please visit [www.likeswans.com/author](http://www.likeswans.com/author).*

