

Reading Lists

REQUIRED READING

Secrets of Meditation: A Practical Guide to Inner Peace & Personal Transformation – davidji
destressifying: A Real World Guide to Personal Empowerment, Lasting Fulfillment & Peace of Mind – davidji
Sacred Powers: The Five Secrets to Awakening Transformation – davidji
Soul Shifts - Barbara DeAngelis
Paths to God – Ram Dass
The Heart of the Buddha's Teaching – Thich Nhat Hanh
The Yoga Sutras of Patanjali – Translated by Sri Swami Satchidananda
The Bhagavad Gita – Eknath Easwaren translation
The Crest Jewel of Discrimination – Adi Shankara (translated by Christopher Isherwood)
The Ten Commitments – David Simon, MD
The Four Agreements – don Miguel Ruiz
When Things Fall Apart – Pema Chodron
Autobiography of a Yogi – Paramahansa Yogananda

SUGGESTED READING

The Upanishads – Eknath Easwaren translation |
Sacred Contracts - Carolyn Myss |
The Essential Wayne Dyer Collection - Wayne Dyer
The Seat of the Soul – Gary Zukov
The Power of Now – Eckhart Tolle
Mindfulness for Beginners – Jon Kabat-Zinn
Nonviolent Communication – Marshall Rosenberg
Power vs. Force – David M. Hawkins
After the Ecstasy, the Laundry – Jack Kornfield
The Seven Spiritual Laws of Success – Deepak Chopra, MD

Reading Lists (cont.)

NEXT WAVE FOR HIGH ACHIEVERS

The Book: On the Taboo of Knowing Who You Are -
Alan Watts (on Vedanta)
The Way of Zen – Alan Watts (classic)
Comfortable with Uncertainty – Pema Chodron
Walden – Henry David Thoreau
Love Your Enemies – Sharon Salzberg & Robert Thurman
Loving What Is – Byron Katie
Siddhartha – Hermann Hesse
Zen Mind, Beginner's Mind - Shunryu Suzuki
The Farther Reaches of Human Nature - Abraham H. Maslow
Tao Te Ching – Victor Mair is The BEST translation (as are all of his)
Back to Sanity: Healing the Madness of Our Minds – Steve Taylor
Destructive Emotions – Dalai Lama & Daniel Goleman
Polishing the Mirror – Ram Dass
The Fire from Within – Carlos Castaneda
Freedom from the Known – Jiddu Krishnamurti
Island – Aldous Huxley