

# Reading List

## REQUIRED READING

### Books by davidji

Secrets of Meditation- davidji  
destressifying - davidji  
Sacred Powers- davidji

### Ancient Wisdom & Buddhist Philosophy

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)

### Modern Interpretations of Ancient Wisdom

Paths to God - Ram Dass  
The Heart of the Buddha's Teaching - Thich Nhat Hanh  
The Four Agreements - don Miguel Ruiz  
When Things Fall Apart - Pema Chodron  
Nonviolent Communication - Marshall Rosenberg

## SUGGESTED READING

The Ten Commitments - David Simon, MD  
Soul Shifts - Barbara DeAngelis  
The Essential Wayne Dyer Collection - Wayne Dyer  
The Power of Now - Eckhart Tolle  
Mindfulness for Beginners - Jon Kabat-Zinn  
After the Ecstasy, the Laundry - Jack Kornfield  
The Seat of the Soul - Gary Zukov  
Autobiography of a Yogi - Paramahansa Yogananda

# Reading List cont...



## NEXT WAVE FOR HIGH ACHIEVERS

- The Upanishads - Eknath Easwaren translation
- The Way of Zen - Alan Watts (classic)
- Comfortable with Uncertainty - Pema Chodron
- Siddhartha - Hermann Hesse
- Zen Mind, Beginner's Mind - Shunryu Suzuki
- Tao Te Ching - Stephen Mitchell
- Destructive Emotions - Dalai Lama & Daniel Goleman
- Polishing the Mirror - Ram Dass
- The Fire from Within - Carlos Castaneda

