

Reading List

REQUIRED READING

Books by davidji

Secrets of Meditation- 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 Miracle of Mindfulness – Thich Nhat Hanh
The Four Agreements – don Miguel Ruiz
When Things Fall Apart – Pema Chodron

SUGGESTED READING

destressifying_– davidji
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
Nonviolent Communication – Marshall Rosenberg