

Supplemental reading for anyone interested in health, wellness and the art of living. This list is not exhaustive, nor attempts a premise of 'complete' study. This list is a compilation of wonderful writings, all of which may provide important catalysts and opportunities for creative transformation.

Entries are organized as "Book Title," Author. Comments. Comments are intended to invoke appropriate response.

User guide – How to use this list: scan through the list without looking too carefully at any specific entry. A title, author, or word that jumps out at you may be a good book to spend some time with. Don't overthink it – have fun, laugh, enjoy the journey, be the promise. JP

1. "*A Joseph Campbell Companion*," Diane K. Osborn. Reflections on the Art of Living
2. "*A Path with Heart*," Jack Kornfield. A guide through the perils and promises of spiritual life.
3. "*Learning How to Learn-Psychology and Spirituality in the Sufi Life*," Idries Shah. 1st to be read in the Shah books "Gain new insights" in how to look at life in a different way.
4. "*A Perfumed Scorpion*," Idries Shah. 2nd to be read in the Shah books psychology of human behavior and the learning process.
5. "*The Commanding Self*," Idries Shah. 3rd to be read in the Shah books. Psychological ways to "Know thyself."
6. "*Knowing How to Know*," Idries Shah. 4th to be read in the Shah books. Recognizing barriers that prevent learning.
7. "*A Spiritual Psychology*," JG Bennet. A practical way to view and to learn to "work on yourself."
8. "*Deeper Man*," JG Bennet. A way in which to transcend our conditioning.
9. "*Awareness*," Anthony de Mello. The perils and opportunities of reality. Down to earth, no nonsense spirituality.
10. "*Basic Self-Knowledge*," Harry Benjamin. Based on the Gurdjieff System of Development
11. "*Gurdjieff The Key Concepts - Reference book*," Sophia Wellbeloved. Gives a tool for working with Gurdjieff's concepts.
12. "*Toward Awakening*," Jean Vaysse. An introduction to the Gurdjieff teachings.
13. "*Waking Up, Overcoming the Obstacles to Human Potential*," Charles T. Tart. Practical book based on the psychological and spiritual teachings of Gurdjieff.
14. "*Boomeritis*," Ken Wilber. "A novel that will set you free."
15. "*Integral Psychology Consciousness, Spirit, Psychology, Therapy*," Ken Wilber. Integral of western and eastern psychology.
16. "*The Eye of Spirit*," Ken Wilber. "An integral vision for a world gone slightly mad."
17. "*Comfortable with Uncertainty*," Pema Chodron. Mahayana Buddhism
18. "*Conversations with God book 1 \*an uncommon dialogue\**," Neale Donald Walsch. Presents "personal topics, focusing on an individual's live challenges and opportunities.
19. "*Conversations with God book 2 \*an uncommon dialogue\**," Neale Donald Walsch. Presents "global topics geopolitical and metaphysical life on the planet."
20. "*Conversations with God book 3 \*an uncommon dialogue\**," Neale Donald Walsch. Presents "universal truths of the highest order"

21. "*Creative Thinking*," Lucille Cederans. Thoughtform techniques. High quality material, purportedly from members of the Brotherhood.
22. "*Cutting Through Spiritual Materialism*," Chogyam Trungpa. Spiritual Materialism.
23. "*Discourses*," Meher Baba. Gaining true love which transforms.
24. "*Esoteric Healing*," Alice A. Bailey. Causes of disease, physical/etheric bodies, chakras, emotions.
25. "*Esoteric Psychology Vol I & 2*," Alice A. Bailey. The psychology of the soul and the human instrument.
26. "*Light of the Soul*," Alice A. Bailey. Commentaries on the Yoga Sutras of Patanjali. Raja Yoga
27. "*The Magus of Strovolos*," Kyriacos C. Markides, First book. The extraordinary world of a spiritual healer and teacher.
28. "*Fire in the Heart - Healers, Sages and Mystics*," Kyriacos C. Markides. Third book. Good for anyone wanting to understand the true nature of reality.
29. "*Homage to the Sun Kyriacos*," C. Markides. Second book. The wisdom of the Magus of Strovolos.
30. "*Riding With the Lion*," Kyriacos c. Markides Fourth book. Quest for higher knowledge.
31. "*Letters of the Scattered Brotherhood*," Mary Strong. The life within. Powerful words of wisdom from the Soul.
32. "*Living the Mindful Life*," Charles T. Tart. A handbook for living in the present moment.
33. "*Meditations of the Soul*," Marsilio Ficino. Selected letters of Marsilio Ficino (1433-99) "a midwife to the birth of the modern world."
34. "*Personality Types*," Don R.Riso. Enneagram for Self-Discovery. Nine personality types.
35. "*Psychological Commentaries on Gurdjieff & Ouspensky*," Maurice Nicoll, in 5 volumes. May be hard to find.
36. "*Psychosynthesis A Collection of Basic Writings*," Roberto Assagioli, M.D. Psychology of the soul.
37. "*The Act of Will*," Roberto Assagioli, M.D. "...the individual will merges with the universal will."
38. "*Reimagination of the World*," D Spangler & W Thompson. A critique of the New Age, Science, and Popular Culture.
39. "*Seeking the Heart of Wisdom, the Path of Insight Meditation*," J Goldstein & J Kornfield. Excellent discussions on mindfulness. Practical advice.
40. "*Self Remembering*," Robert Earl Burton. A way to be present in the NOW.
41. "*Seth Speaks The Eternal Validity of the Soul*," Jane Roberts. Expands consciousness concerning multi-dimensional reality and the journey of the soul.
42. "*Shambhala, The Sacred Path of the Warrior*," Chogyam Trungpa. Life can become workable and even wonderful.
43. "*Shifting Worlds Changing Minds*," Jeremy W. Hayward. A place where science and Buddhism meet.
44. "*The Common Experience*," J. M. Cohen and John-Francis Phipps. A journey into "personal enlightenment and spiritual consciousness."
45. "*The Experience of Insight*," Joseph Goldstein. "A simple and direct guide to Buddhist Meditation". A classic.
46. "*The Initiate*," Cyril Scott, first book. Tells the veiled history of an adept who lived and worked in his community.

47. "*The Initiate, In the New World*," by his pupil (C. Scott) Second book. Tells of the adept's journey to America.
48. "*The Initiate, In the Dark Cycle*," by his pupil (C. Scott) Third book. The life of a disciple, its ups and downs.
49. "*The Knowing Heart*," Kabir Helminski. A Sufi path of transformation.
50. "*The Myth of Freedom and the Way of Meditation*," Chogyam Trungpa. Re-examine our concepts of freedom and our thoughts about activities.
51. "*The Nature of the Soul*," Lucille Cederans. Understanding the relationship of the soul.
52. "*The Soul and Its Instrument*," Lucille Cederans. Understanding of group awareness, the soul and how it works with its instrument.
53. "*Quest: The Quest Vol 2 (Notebooks of Paul Brunton: Quest V.2)*," Paul Brunton. The "promises and pitfalls of spiritual seeking."
54. "*The Tibetan Book of Living and Dying*," Sogyal Rinpoche. Gives life new hope.
55. "*The Way of Non Attachment*," Dhiravamsa. The practice of insight, meditation, mindfulness.
56. "*The Wholeness of Life*," Krishnamurti. Dialogues with Professor D. Bohm, Dr. D. Shainberg and Krishnamurti.
57. "*What We May Be*," Piero Ferrucci. Based on Psychosynthesis- Spiritual psychology.
58. "*Word to the Wise*," Manly P. Hall. Helps the reader to discern the difference between true and false paths to wisdom.
59. "*Collected Works of the Wingmakers Volume I 1998-2011*," James Mahu. A mythology for our modern time.
60. "*Ancient Arrow Project*," James Mahu. What really happened out there in the desert?
61. "*Dohrman Prophecy*," James Mahu. A journey into consciousness and the stirring of the soul.
62. "*Quantusum*," James Mahu. The irrefutable scientific discovery of the Human Soul.
63. "*Illusions*," Richard Bach. A simple classic.
64. "*Dao de Jing*," Laozi. More is unnecessary.