

Resource List – Spiritual Books, Etc.

Books

These are listed in no particular order and are simply suggestions just to get you going. Some I have read, some have been recommended. I suggest you start with the one that “speaks” to you and go from there. Or, take a trip to the library or bookstore and see what jumps off the shelf. If you are looking with right intent, you will be guided. Note: most of these authors have multiple titles.

J Krishnamurti (aka Alcyone)

- At the Feet of the Master
- The Book of Life: Daily Meditations with Krishnamurti

Joel Goldsmith

- Consciousness is What I Am
- A Parenthesis in Eternity
- Man Was Not Born To Cry

Eckhart Tolle

- A New Earth
- The Power of Now

Richard Rohr

- The Naked Now
- Immortal Diamond

Divine Matrix – Gregg Braden

Radical Acceptance – Tara Brach

Radical Forgiveness – Colin Tipping

Truth, Triumph, and Transformation – Sandra Anne Taylor

The Four Agreements – Don Miguel Ruiz

The Kingdom Within – John Sanford

The Untethered Soul: The Journey Beyond Yourself – Michael A. Singer

Foundations of Buddhism – Helena Roerich (you can get this in PDF; can be converted for e-readers)

Meditations: www.insighttimer.com , www.buddhify.com, www.calm.com

Videos

- I Am, The Documentary (Tom Shadyac): <http://www.iamthedoc.com>
- My Stroke of Insight (Jill Bolte Taylor): <https://www.youtube.com/watch?v=UyyjU8fzEYU>
- The Power of Vulnerability (Brene Brown): <https://www.youtube.com/watch?v=iCvmsMzIF7o>

Suggested Courses

- Kabbalah: A Process of Awakening: <http://www.karinkabbalahcenter.com>
- Living a Spiritual Life – for graduates of SPF
- Review SPF