

Books to Inspire... Energize... Empower...

❧ ❧ ❧ Expand your mind, integrate body, mind and soul ❧ ❧ ❧

1. *A New Earth - Awakening to Your Life's Purpose*, Eckhart Tolle, 2005
2. *For Your Own Good - Hidden Cruelty in Child-Rearing and the Roots of Violence*, Alice Miller, 1980
3. *Health and Happiness*, Jock McKeen and Bennet Wong, 2005
"Withholding feelings is a very common human defense that underlies many illnesses."
(p.79)
4. *I Am That - Talks with Sri Nisargadatta Maharaj*, 1973
"All happiness comes from awareness. The more we are conscious, the deeper the joy." (p.278) *"Abandon false ideas, that is all."* (p.360)
5. *Journey of the Heart - The Path of Conscious Love*, John Welwood, 1990
6. *Loving What Is*, Byron Katie, 2002
"Inquiry is a way to end confusion and to experience internal peace, even in a world of apparent chaos." (p.9)
7. *New and Selected Poems*, Mary Oliver, 2005
8. *Nonviolent Communication - A Language of Life*, Marshall Rosenberg, 2003
9. *On Relationship*, J. Krishnamurti, 1992
"Unless there is a radical mutation in relationship, do what you will, have the most noble ideas, discuss infinitely about God and all the rest of it, it has no meaning whatsoever, because all that is an escape." (p.59)
10. *Practicing Peace in Times of War*, Pema Chodron, 2006
"Becoming intimate with our pain is the key to changing at the core of our being." (p.71)
11. *Collapse - How Societies Choose to Fail or Succeed*, Jared Diamond, 2005
12. *Conscious Evolution*, Barbara Marx Hubbard, 1998
"We are moving from unconscious evolution through natural selection to conscious evolution by choice." (p.8)
13. *Thank God for Evolution - How the Marriage of Science and Religion Will Transform Your Life and the World*, Michael Dowd, 2007
14. *Recovering a Sense of the Sacred - Conversations with Thomas Berry*, Carolyn W. Toben, 2012
"In the new sacred story, relationships are the primary context of existence." (p.55)
15. *The Last Hours of Ancient Sunshine*, Thom Hartmann, 2004
"Nothing but changing our way of seeing and understanding the world can produce real, meaningful and lasting change." (p.3)
16. *The Universe is a Green Dragon - A Cosmic Creation Story*, Brian Swimme, 1984
"...we are dragon fire. We are the creative, scintillating, searing, healing flame of the awesome and enchanting universe." (p.171)
17. *Presence*, Peter Senge, Otto Scharmer, Joseph Jaworski, Betty Sue Flowers, 2004
"The fate of the human species is still very much in our hands – there must be a profound transformation of our spirit and mind and of our relationships to each other and to the earth." (p.234)
18. *World as Lover, World as Self*, Joanna Macy, 2007 *"When we unblock our despair, everything else follows – the respect and awe, the love."* (p.91)
19. *Hold on to Your Kids - Why Parents Need to Matter more than Peers*, Gordon Neufeld, 2004
"What the young need – stability, presence, attention, advice, good psychic food, unpolluted stories – is exactly what the sibling society won't give them." (p.35)
20. *Evolutionary Enlightenment - A New Path to Spiritual Awakening*, Andrew Cohen, 2012
21. *Yoga - The Science of the Soul*, Osho, 2002
"Yoga is existential. No belief is required, no faith is needed – only courage to experience."
(p.7)