



PERSONAL EXPLORATION & DISCOVERY LIST

UNIFIED FIELD & CONTEMPORARY APPLICATION

Books by Ervin László

Books by Jude Currivan

Selected books by John O'Donohue

Anam Āara: A Book of Celtic Wisdom

Eternal Echoes: Celtic Reflections on Our Yearning to Belong

Beauty: The Invisible Embrace

Selected books by David Whyte

The Heart Aroused: Poetry and the Preservation of the Soul in Corporate America

The House of Belonging

Crossing the Unknown Sea: Work as a Pilgrimage of Identity

The Three Marriages: Reimagining Work, Self and Relationship

Everything Is Waiting for You

Selected books by Parker J. Palmer

The Courage to Teach: Exploring the Inner Landscape of a Teacher's Life

Let Your Life Speak: Listening for the Voice of Vocation

A Hidden Wholeness: The Journey Toward an Undivided Life

The Active Life: A Spirituality of Work, Creativity, and Caring

Books by Jeff Brunson

The Rhythm of Trueness: A Poetic Journey for the Leader Within

In the Middle with Trueness: The Transforming Resonance of a Leader

The World Needs You: Selected Verse; Contemplation, Poetry, Love

Participation: Falling in Love with Reality



Books by Vince Lisi

The 10 most important things to know in life

What they know

The three U-turns

Man's Search for Meaning by Viktor E. Frankl - A psychiatrist's memoir of survival in Nazi death camps and the spiritual lessons learned.

Gene Keys – by Richard Rudd- a rich and illuminating exploration into your higher purpose

The Seat of the Soul by Gary Zukav - Explores the alignment of the personality and the soul as a pathway to spiritual growth.

The Power of Now by Eckhart Tolle - A guide to spiritual understanding and living in the present.

A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle - Explores the potential for humanity's transformation through individual expansion of consciousness.

The Book of Awakening by Mark Nepo – gentle book comprised of daily meditations on staying present and spiritually connected.

The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer - A contemplative look at consciousness, self-identity, and liberation.

Anatomy of the Spirit by Caroline Myss - The seven stages of power and healing, combining wisdom from various spiritual traditions.

The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz - Offers a code of personal conduct based on ancient Toltec wisdom.

The Alchemist by Paulo Coelho - A novel about following one's dream and listening to the heart.

A Course in Miracles by The Foundation for Inner Peace – Christianity-based self-study course for unlearning and relearning—leading to a deeper understanding of self and our shared humanity.

The Heart of the Buddha's Teaching by Thich Nhat Hanh - Core Buddhist teachings on mindfulness, compassion, and liberation.

The Third Millennium: Living in the Post-historic World by Ken Carey- Visionary book that explores the spiritual and social forces shaping humanity's future, offering insights into a new era of interconnectedness and spiritual awakening.

Falling Upward: A Spirituality for the Two Halves of Life by Richard Rohr - Explores the spiritual growth that can occur in the second half of life.

I Am That by Nisargadatta Maharaj - Transcripts of dialogues with a spiritual teacher about the nature of existence.



A course in mastering alchemy – by Jim Self and Roxane Burnett – regarded as “A Course in Miracles for the 21st century” this text offers step by step guidance on the expansion of your consciousness.

Awakening the Buddha Within by Lama Surya Das - Tibetan wisdom for the Western world.

The Wisdom of Insecurity by Alan Watts - A message for an age of anxiety, discussing the importance of living in the present.

Living Buddha, Living Christ by Thich Nhat Hanh - Explores the similarities and differences between Buddhism and Christianity.

The Book of Mastery – channeled text via Paul Selig – first in the Mastery Trilogy series, offers insights into overcoming fear and self-doubt to achieve true personal fulfillment and a deeper spiritual understanding.

The Book of Truth – channeled text via Paul Selg - second volume in the Mastery Trilogy, this book guides readers through a journey of self-discovery, challenging established truths and encouraging the embrace of one's authentic divine nature.

The Book of Innocence – channeled text via Paul Seling - part of the Manifestation Trilogy, this book channels wisdom emphasizing a return to the essential purity and simplicity of being, urging readers to rediscover their innate innocence and the power it holds to transform their lives and the world around them.

CONTEMPORARY BOOKS ON PERSONAL PEACE

Poems from the Path of Peace, Volumes 1 & 2 by Julie Norman – explorations on nature, forgiveness, and personal peace

The Joy Adjustment by Joy Behymer- an invitation to self-awareness and joyful daily living

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chödrön - Offers Buddhist wisdom for finding strength and peace in the face of pain and uncertainty

The Wisdom of No Escape: And the Path of Loving-Kindness by Pema Chödrön - A collection of teachings on embracing life with all its challenges and joys

Peace Is Every Step: The Path of Mindfulness in Everyday Life by Thich Nhat Hanh

The Art of Peace by Morihei Ueshiba

The Dance: Moving to the Deep Rhythms of Your Life by Oriah Mountain Dreamer - Explores the heart's call to live passionately and authentically.



CONTEMPORARY BOOKS ON ENERGY MEDICINE

Electric Body, Electric Health by Eileen McKusick - pioneering book delving into the science of the human biofield

Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality by Donna Eden

The Subtle Body: An Encyclopedia of Your Energetic Anatomy by Cyndi Dale

Hands of Light: A Guide to Healing Through the Human Energy Field by Barbara Brennan

Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self by Anodea Judith

Wheels of Life: A User's Guide to the Chakra System by Anodea Judith

Quantum-Touch: The Power to Heal by Richard Gordon

The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life by Sue Morter

Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies by Richard Gerber

CONTEMPORARY BOOKS ON LIGHT MEDICINE

Living Light: The Art of Using Light for Health and Happiness by Karl Ryberg - groundbreaking guide to maximizing the restorative and regenerative benefits of light

Light Therapies: A Complete Guide to the Healing Power of Light by Anadi Martel - A comprehensive overview of light therapy, examining its scientific basis and applications in healing

The Healing Power of Light: A Comprehensive Guide to the Healing and Transformative Powers of Light by Primrose Cooper - This book explores the use of light in various therapeutic contexts, from ancient practices to modern technology

Let There Be Light: Practical Manual for Spectro-Chrome Therapy by Darius Dinshah - Offering a practical approach to Spectro-Chrome therapy, a form of light therapy using colored filters and light

Biophoton Therapy: Uses of Light in Healing by Johan Boswinkel - Boswinkel discusses the concept of biophotons and their role in the body's healing processes, providing a foundation for understanding light therapy

Quantum-Touch 2.0 - The New Human: Discovering and Becoming by Richard Gordon, Chris Duffield, Ph.D., & Vickie Wickhorst, Ph.D. - While primarily focused on energy healing, this book also touches on how light and sound frequencies can be integrated into healing practices



CONTEMPORARY BOOKS ON SOUND MEDICINE

Tuning the Human Biofield: Healing with Vibrational Sound Therapy by Eileen Day McKusick - McKusick's work delves into the concept of the human biofield and how sound therapy can be used to resolve physical and emotional imbalances

Sound Healing with Gongs: A Gong Book for Beginners by Sheila Whittaker - A practical guide to understanding and using gongs in sound therapy, offering insights into the instrument's healing properties

The Complete Guide to Sound Healing by David Gibson - This book covers various aspects of sound healing and how different sounds affect the physical and energetic body

Sacred Sounds: Magic & Healing Through Words & Music by Ted Andrews - Andrews explores the power of sound and how it can be used in healing rituals and practices

<https://www.psychologytoday.com/us/blog/connecting-with-coincidence/202401/the-consciousness-code-sound-frequency-and-synchronicity>

WATER as LIVING CONSCIOUSNESS

The Hidden Messages in Water & The Secret Life of Water by Masaru Emoto

Water Codes: The Science of Health, Consciousness, and Enlightenment by Carly Nuday, Ph.D.

The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor by Gerald H. Pollack

See research and work by **Veda Austin**



CHILDRENS BOOKS

Books by Sarah Canter

Bad day go away

Try, try again

Books by Andrew Newman (Conscious Bedtime stories)

The Boy Who Searched for Silence

The Hug Who Got Stuck

The Elephant Who Tried to Tiptoe

The Fish Who Nearly Drowned in His Search for Water

A Little Light

The Laughing Witch

How Diablo Became Spirit

The Bee Who Could Not Choose Her Flower

The Tree of Goodness

The Prayer Who Searched for God

The Girl with Waterfall Eyes

A nighttime trip to planet NUF by Mayra Porrata & Crystal Pirri



SPIRITUAL CLASSICS

The Atharvaveda

The Upanishads

The Tao Te Ching by Lao Tzu (translated by Stephen Mitchell) - Ancient Chinese wisdom on the art of living.

Bhagavad Gita as translated by Eknath Easwaran - A spiritual classic from India offering deep insights into duty, faith, and spirituality.

The Bible

The Interior Castle by St. Teresa of Avila - A classic of Christian mysticism describing the soul's journey to union with God.

The Dialogue by St. Catherine of Siena - A series of conversations between St. Catherine and God, covering topics of faith, the Church, and the spiritual life.

The Way of Perfection by St. Teresa of Avila - A guide for spiritual growth through prayer and practice, written for the nuns in her convent.

The Life of Saint Teresa of Ávila by Herself - An autobiography that offers insight into the mystical experiences of this Doctor of the Church.

Revelations of Divine Love by Julian of Norwich - The first book in English known to have been written by a woman, this work is a series of mystical visions about God's love.

Story of a Soul: The Autobiography of St. Thérèse of Lisieux - Chronicles the life of St. Thérèse and her approach to the "Little Way" of spiritual childhood.

The Dark Night of the Soul by St. John of the Cross - Explores the painful experiences that can lead to spiritual enlightenment.

The Prophet by Khalil Gibran - Poetic essays on life and the human condition.

The Essential Rumi translated by Coleman Barks - A collection of poems from the 13th-century Persian poet, Rumi, exploring themes of love, faith, and human experience.

Autobiography of a Yogi by Paramahansa Yogananda - A spiritual classic introducing the teachings of Kriya Yoga.