

An annotated listing of the books/magazines that I recommend

1-Chogyam Trungpa. Shambhala: The Sacred Path of the Warrior. This is a book that I read over and over and still receive profound insight from.

2-Shepherd, P. New Self, New World: Recovering our Senses in the Twenty-first Century. The best book I have read in the last ten years. The book jacket says it beautifully: “Shepherd demonstrates how we come into our true humanity only when we unite with our core—the deep, innate intelligence of our bodies... At once a spiritual handbook, a philosophical primer and a roaming inquiry into human history...”

3-Ladner, Lorne, The Lost Art of Compassion. Lorne argues convincingly that the cultivation of compassion is a sure path to human well being and happiness; and he provides ten stepping stones for the practice of compassion in daily life.

4-Plotkin, B. Soulcrafting. Many people lament the absence in our culture of significant rites and passage and initiation ordeals. Plotkin’s book provides concrete ways of addressing this issue.

5-Wellwood, J. (editor), Ordinary Magic: Everyday Life as a Spiritual Path. If you have become a *hamster rushing in circles on the treadmill of your life*, this book has the power to both shake and inspire you to embrace you one precious life NOW!

6-Katie, B. Loving What Is. A remarkable guide to questioning our beliefs and understanding our stories and how they cause our suffering..

7-Jensen, D. A Language Older Than Words. Jensen’s masterpiece. Read it if you dare!

8-Tolle, E. A New Earth. Good Book on the evolution of human consciousness and how to tame the ego.

9-Meade, Michael, The Water of Life: Initiation and the Tempering of the Soul. If you sense that you have been born to give something unique to the world, you are right and Meade will offer you timely guidance.

10-Rezendes, P. The Wild Within. Rezendes is a *Hell’s Angel* turned naturalist.... A book which is at once tender and raw.

11-Dillard, A. Pilgrim at Tinker Creek. Written at age 23, Dillard details her experiences living in the Appalachians of Virginia. A literary masterpiece.

12-Deida, D. Blue Truth: A Spiritual Guide to Life and Death and Love and Sex. The most profound essays I have ever encountered on the power and process of opening mind/body/heart.

Two Magazines that I Love

1-Yes! Magazine. If you want to learn about the amazing things that are happening to transform our world for the better, this is the magazine!

1-The Sun. If you hunger for good writing about things that matter—e.g., social justice, peace, compassion, authenticity, community, check out this magazine.