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.