



*Spiritual Awakenings
for Soulful Living*

Suggested Reading List for Soulful Living

Jean Shinoda Bolen, Goddesses in Everywoman: A New Psychology of Women

Jean Shinoda Bolen, M.D., is a psychiatrist and Jungian analyst. She writes: "this is a book that has become a text in a very wide variety of courses from high school to graduate school, in mythology, psychology, women's studies, literature, creative writing, drama, and counseling, and had a major influence in women's spirituality. Its perspective and mine is Jungian, feminist, spiritual, clinical, right brain and left." "I've been told how useful it has been to facilitate discussions between mothers and daughters, sisters, and friends about their differences and similarities. It's helped men understand the significant women in their lives.

Julia Cameron, Vein of Gold

An inspirational guide and companion to *The Artist's Way* offers essays on the creative process designed to inspire the artist in everyone and presents tasks to involve the reader in "inner play" that will lead to artistic growth. Many fun exercises to spark one's creativity. Excellent and fun!

Pema Chödrön, When Things Fall Apart

Written by an American Buddhist nun. All of her books are full of wisdom, love and peace. Life is a series of births and deaths, every day, every minute; once we "get it," we'll stop chasing off pain, realizing that we may use the pain in our lives to cultivate wisdom, compassion and courage. Also, *The Wisdom of No Escape*, as well as *The Places that Scare You*.

The Dalai Lama, My Land, My People

A very honest and personal but also historical and Buddhist account of the Dalai Lamas life written in his very own words. Besides the tragedy of the destruction to Tibet and its people, which was the cause for the Dalai Lamas exile and indirectly for the writing of this book, it shows the development of the Dalai Lama, the monk Tenzin Gyatso, as he likes to call himself. Without pretension he reports about his privileged education as "a prisoner" of the Potala, the castle of Lhasa. Highly recommended.

Victor Frankl, Mans Search for Meaning

This book is among the most influential works of psychiatric literature since Freud. The book begins with a lengthy, austere, and deeply moving personal essay about Frankl's imprisonment in Auschwitz and other concentration camps for five years, and his struggle during this time to find reasons to live. The second part of the book, called "Logotherapy in a Nutshell," describes the psychotherapeutic method that Frankl pioneered as a result of his experiences in the concentration camps. Freud believed that sexual instincts and urges were the driving force of humanity's life. Frankl, by contrast, believes that man's deepest desire is to search for meaning and purpose. Frankl's logotherapy, therefore, is much more compatible with Western religions than Freudian psychotherapy. This is a fascinating, sophisticated, and very human book. Will definitely stir the soul.

Shakti Gawain, Living in the Light

In this updated classic, Gawain suggests that we listen to our intuition and let it be a guiding force in our lives. But she also suggests that we need to acknowledge and embrace our shadow side to create more power and balance in ourselves. Speaking your truth and living life your way are major themes. Highly recommended.

David Hawkins, Power vs. Force

An exquisite explanation of "levels of thinking," based on kinesiology or muscle testing. Eye-opening context and framework for how level of thought influences our view of what's possible in life, and therefore the actions we take. A must read for everyone on the planet!

Huang, & Lynch, Mentoring: The TAO of Giving and Receiving Wisdom

This book offers a fresh approach and explanation to what sometimes seems to be difficult work. It discusses the relationship between the mentor and the mentoree as a dance that is accomplished between two people in an effort to gain wisdom and knowledge. To become a good mentor one must first experience what it is like to be a good mentoree. It is apparent that the two authors have achieved and practice a level of mentor/mentoree as you read through the background explanation of what is called the "dance".

Rick Jarow, Creating the Work You Love

Not your basic "how to" book, but a rather unique exploration of how work shapes our life, and vice versa. Focuses on how we use our energy as an expression of self through an overview of the chakra system. This is the best introduction I've seen to the "new" idea of designing your work and career around the passion inside you. Beautiful meditations for discovering where you are blocked in your energy and spirit and how to get through those blocks.

Jon Kabat-Zinn, Wherever You Go, There You Are

In his follow-up to Full Catastrophe Living, a book in which he presented basic meditation techniques as a way of reducing stress and healing from illness, here Jon Kabat-Zinn goes much more deeply into the practice of meditation for its own sake. To Kabat-Zinn, meditation is important because it brings about a state of "mindfulness," a condition of "being" rather than "doing" during which you pay attention to the moment rather than the past, the future, or the multitudinous distractions of modern life. In brief, rather poetic chapters, he describes different meditative practices and what they can do for the practitioner. The idea that meditation is "spiritual" is often confusing to people. Kabat-Zinn writes; he "prefers to think of it as what you might call a workout for your consciousness". This book makes learning meditation remarkably easy (although practicing it is not). But it also makes it seem infinitely appealing.

David Keirsey, Please Understand Me

This book will be a quick introduction to personality typing the Myers-Briggs way--with a Jungian accent. After presenting a brief rundown of 20th-century psychology movements, Keirsey and Bates encourage you to take the 70-question "Keirsey Temperament Sorter," a sort of mini-Myers-Briggs test that places you in 1 of 16 personality types. Like the Myers-Briggs system, this test sorts your personality into groups of extraversion/introversion (E/I), sensation/intuition (S/N), thinking/feeling (T/F), and perceiving/judging (P/J). The book delves into a detailed analysis of each type, with sections on mates, children, and leaders. An appendix paints portraits of the 16 possible personality types.

Jack Kornfield, A Path With Heart

A Buddhist look at the importance of following your heart in life and not just your head, ego, etc. His message: Any path in life is a right path as long as it has heart.

Thomas Moore, Care of the Soul

Care of the Soul is considered to be one of the best primers for soul work ever written. Thomas Moore, an internationally renowned theologian and former Catholic monk, offers a philosophy for living that involves accepting our humanity rather than struggling to transcend it. By nurturing the soul in everyday life, Moore shows how to cultivate dignity, peace, and depth of character.

Caroline Myss, Sacred Contracts

A look into the soul's purpose for being here on the planet. Helps you define your "sacred contract" as a way of deeply understanding self. Also a great overview of personality archetypes. Deep insight. Also by Caroline Myss, The Anatomy of the Spirit, and Invisible Acts of Power.

Oriah Mountain Dreamer, The Invitation

Chapter by chapter, the author uses passages from her "Invitation" to welcome readers into a life that is more soul fulfilling and passionate, and has far greater truth and integrity. In a sense, she invites readers to get a life instead of buying into a lifestyle. Each chapter ends with a guided meditation specific to the theme of the chapter, such as "The Joy" and "The Failure."

Paramahansa Yogananda, Autobiography of a Yogi

More than the story of the life of Paramahansa Yogananda (1893-1952), this autobiography offers an insider's view of many of the great teachers, saints and traditions of yoga. Yogananda's autobiography has long been regarded as a spiritual classic, revealing the sentiments and teachings of one who helped spread Eastern knowledge in the West. Highly recommended.

Rachel Naomi Remen, Kitchen Table Wisdom

Remen, a physician, therapist, professor of medicine, and long-term survivor of chronic illness, is also a down-home storyteller. Reading this collection of real-life parables feels like a late-night kitchen session with a best friend, munching on leftovers while listening to the good-as-gossip stories of everyday heroes and archetype villains. Every story guides us like a life compass, showing us what's good and lasting about ourselves as well as humanity. Fun, insightful reading.

don Miguel Ruiz, The Four Agreements

A clear and focused statement of four promises you can make to yourself to have a life of meaning: (1) Be impeccable with your word. (2) Don't take anything personally. (3) Don't make assumptions. (4) Always do your best. Highly recommended for everyone!

Helen Schucman, A Course in Miracles

In 1965 Helen Schucman, a professor of medical psychology at Columbia University, responded to an authoritative inner voice who identified himself as Jesus, and who urged her to take down what would become A Course in Miracles from inner dictation. A self-study course in spiritual psychology, A Course in Miracles focuses on the principles of universal love and forgiveness. Intense reading; can be used with a study group.

Eckhart Tolle, The Power of Now

This is an extraordinary book, with insightful concepts, as well as practical exercises, on living wholly in the present. This book can be life-changing.

Ben & Rosamund Zander, The Art of Possibility

An inspiring view of the possibility that lives in each of us, and how we can live from its positive energy. One of the best books I know; extremely approachable.

Gary Zukav, Seat of the Soul

Zukav questions the Western model of the soul, alleging that the human species is in the midst of a great transformation, evolving from a species that pursues power based upon the perceptions of the five senses, "external power," to one that pursues power based upon perceptions of the soul--"authentic power." He believes that humans are immortal souls first, physical beings second, and that once we become conscious of this transformation--once we align our personalities with our soul--we will stimulate our spiritual growth and become better people in the process. This insightful, lucid synthesis of modern psychology and new-age principles has been described as the "physics of the soul." My bible.

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