Book Recommendations for Participants in Our Workshop:

Wake Up Now: A Guide to the Journey of Spiritual Awakening by Stephan Bodian

Beyond Mindfulness: The Direct Approach to Lasting Peace, Happiness, and Love by Stephen Bodian

Toward the Psychology of Awakening: Buddism, Psychotherapy, and the Path of Personal and Spiritual Transformation by John Welwood

Passionate Presence: Experiencing the Seven Qualities of Awakened Awareness by Catherine Ingram

Three Brains: How the Heart, Brain, and Gut Influence Mental Health and Identity by Karen Jensen, N.D.

Aware: The Science and Practice of Presence by Daniel J. Siegel, M.D.

Being Aware of Being Aware by Rupert Spira

The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle

The Art of Being a Healing Presence: A Guide for Those in Caring Relationships by James E. Miller and Susan C. Cutshall

The Book of Joy: Lasting Happiness in a Changing World by His Holiness the Dalai Lama and Archbishop Desmond Tutu by Douglas Abrams

Becoming a Healing Presence: A Guide for Those Who Offer Care by Tom Balles

The Untethered Soul: The Journey Beyond Yourself by Michael Singer

The End of the World: Uncensored Straight Talk on the Nature of Enlightenment by Adyashanti

The Transparency of Things: Contemplating the Nature of Experience by Rupert Spira

Integral Meditation: Mindfulness as a Path to Grow up, Wake Up, and Show Up in Your Life by Ken Wilber

From Science to God: A Physicist’s Journey into the Mystery of Consciousness by Peter Russell