

Recommended Reading List

1. 'The Power of Now' – Eckhart Tolle
2. 'Awareness' – Anthony DeMello
3. 'Stillness Speaks' - Eckhart Tolle
4. 'A New Earth' – Eckhart Tolle
5. 'The Tibetan Book of Living and Dying' - Sogyal Rinpoche
6. 'The Way to Love' – Anthony DeMello SJ
7. 'The Heart of Understanding' – Thich Nhat Hanh
8. 'Come to the Quiet: The Principles of Christian Meditation' - John Michael Talbot
9. 'Silent Music: the science of meditation' – Bill Johnson SJ
10. 'Meditation in Motion' – Susan Muto
11. 'The Other Side of Silence: A Guide to Christian Meditation' – Morton Kelsey
12. 'The Present Christ: First Steps in Meditation' – John Main
13. 'Light Within: The Inner Path of Meditation' – Laurence Freeman
14. 'Teach Yourself to Meditate' – Eric Harrison
15. 'Full Catastrophe Living' – Jon Kabat-Zinn
16. 'Mindfulness for Beginners' – Jon Kabat-Zinn
17. 'Calming your Anxious Mind' – Jeffrey Brantley
18. 'Wherever You Go, There You Are' – Jon Kabat-Zinn
19. 'Anam Cara' – John O'Donoghue
20. 'No Death, no Fear' – Thich Nhat Hanh
21. 'Finding Fire with Tony DeMello' – John Callanan
22. 'The Miracle of Mindfulness' – Thich Nhat Hanh
23. 'A Path with Heart' – Jack Kornfield
24. 'The Big Dummies Guide to Meditation' – Stephen Bodian
25. 'The Inner Experience – notes on contemplation' – Thomas Merton
26. 'Calming your Anxious Mind' – Jeffrey Brantley
27. 'Everything Belongs The gift of contemplative prayer' – Richard Rohr
28. 'The Divine Indwelling Centering Prayer and Its Development' – Thomas Keating
29. 'Open Mind Open Heart' – Thomas Keating
30. 'Care of the Soul, A Guide for Cultivating Depth and Sacredness' – Thomas Moore
31. 'Now is the Time, Spiritual Reflections' – Sr.Stan Kennedy
32. 'The Naked Now, seeing as the Mystics' – Richard Rohr