



The International Metaphysical Ministry
and
University of Metaphysics • University of Sedona



RECOMMENDED READING LIST (Optional)

SUBJECT	RECOMMENDATION
New Thought (Introduction)	The New Thought Christian , by William Warch Dictionary of New Thought Terms , by Ernest Holmes
New Thought (History)	Spirits in Rebellion: The Rise and Development of New Thought by Charles S. Braden
Unity (New Thought Christianity)	Metaphysical Bible Dictionary , by Charles Fillmore Spiritual Economics , by Eric Butterworth
Divine Science	The Cosmic Power Within You , by Joseph Murphy
Christian Science	Science and Health With Keys To The Scriptures , by Mary Baker Eddy
Religious Science	The Science of Mind , by Ernest Holmes
Bible	New Age Bible Interpretation , by Corinne Heline (7 volumes) Aquarian Gospel of Jesus Christ , by Levi Dead Sea Scrolls Deception , by Michael Baigent
Meditation	A Master Guide To Meditation , by Roy Eugene Davis How To Meditate: A Guide To Self-Discovery , by Lawrence LeSha Spiritual Direction & Meditation , by Thomas Merton

Dreams

Understand Your Dreams, by Alice Anne Parker

A Dictionary of Dream Symbols: With An Introduction to Dream Psychology, by Eric Ackroyd

Self-Hypnosis

Self Hypnotism: The Techniques and Its Use in Daily Living

by Leslie Lecron

Hypnosis For Change, by Josie Hadley and Carol Staudacher

**Hatha Yoga
(Physical)**

Richard Hittleman's Yoga 28 Day Exercise Plan, by Richard Hittleman

**Yoga
(Philosophy &
Psychology)**

Jnana Yoga (Vedanta School), by Swami Vivekananda

Bhagavad-Gita: The Song of God, by Swami Prabhavanda and Christopher Isherwood

How To Know God: The Yoga Aphorisms of Patanjali, by Swami Prabhavanda, Christopher Isherwood and Pantanjali

**Comparative
Religion**

The Illustrated World's Religions: A Guide To Our Wisdom Traditions, by Huston Smith

Major Religions of the World, by Marcus Bach and Henry M. Bullock

An Interfaith Minister's Manual, by Rev. Angela Plum (Minister of Spiritual Science)

Mysticism

A Most Surprising Song: Exploring The Mystical Experience

by Louann Stahl and James Dillet Freeman

Ordinary People As Monks & Mystics: Lifestyles for Spiritual Wholeness, by Marsha Sinetar

Living the Mystical Life Today, by Jim Rosemergy

Cosmic Consciousness (A Study in the Evolution of the Human Mind)

Edited by Dr. Richard Maurice Bucke

Power vs. Force, The Hidden Determinants of Human Behavior: An Anatomy of Consciousness, by David R. Hawkins, M.D., Ph.D.

Transcending the Levels of Consciousness, The Stairway to Enlightenment, by David R. Hawkins, M.D., Ph.D.

I Am That: Talks with Sri Nisargadatta Maharaj, by Nisargadatta Maharaj

Mysticism	<p>Talks With Ramana Maharshi: On Realizing Abiding Peace and Happiness, by Ramana Maharshi</p> <p>The Practice of the Presence of God, by Brother Lawrence</p> <p>Impersonal Life, by Anonymous</p>
Women's Interests	<p>The Feminine Face of God: The Unfolding of the Sacred in Women by Sherry Ruth Anderson and Patricia Hopkins</p>
Sexuality	<p>Sacred Sexuality, by A.T. Mann and Jane Lyle (Filled with beautiful 4-colored plates)</p> <p>Tantric Massage, by Kenneth Ray Stubbs (Illustrated manual for meditative sexuality – contains explicit illustrations)</p>
Relationships	<p>Awakening In Time: The Journey from Codependence to Co-Creation by Jacquelyn Small</p> <p>Expansive Marriage, by J. Donald Walters</p>
Addictions	<p>Alcoholism & Spirituality: Stress Management and Serenity During Recovery, by Charles L. Whitfield, M.D.</p> <p>Spiritual Dimensions of Healing Addictions, by Andrew Ramer</p> <p>Addictive Thinking, Second Edition: Understanding Self-Deception by Abraham J. Twerski, M.D.</p> <p>Paths to Recovery: Al-Anon's Steps, Traditions, and Concepts by Al-Anon Family Groups</p>
Life After Death	<p>Research: Reflections on Life After Death, by Raymond Moody, M.D.</p> <p>Specific Teachings: The Life Beyond Death, by Yogi Ramacharaka</p> <p>Astral World: Its Scenes, Dwellers, and Phenomena (Occult Manuals) by Swami Panchadasi</p>
Spiritual Healing	<p>Healers On Healing, by Richard Carlson</p> <p>The Anatomy of Healing Prayer (The Holmes Papers, Volume 2) by Ernest Holmes and George P. Bendall</p> <p>Myrtle Fillmore's Healing Letters, by Myrtle Fillmore</p>

Spiritual Healing **Healing Light**, by Agnes Sanford

Put a Little Light in Your Life: A Guide to Sending and Receiving Positive Energy, by Rev. Cindy Paulos

The Energy of Intention: The Joyful Movie That Is Your Life
by Dr. Debra Ford, Msc.D.

**Medicine
(Metaphysically
Inclined)**

Recovering the Soul: A Scientific and Spiritual Approach
by Larry Dossey, M.D.

Healing Words, by Larry Dossey, M.D.

Quantum Healing: Exploring the Frontiers of Mind/Body Medicine
by Deepak Chopra, M.D.

Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old, by Deepak Chopra, M.D.

Health and Healing: The Philosophy of Integrative Medicine and Optimum Health, by Andrew Weil, M.D.

**Psychology
(Spiritually
Inclined)**

Becoming Naturally Therapeutic: A Return to the True Essence of Helping, by Jacqueline Small

Guru, Psychotherapist and Self: A Comparative Study of the Guru-Disciple Relations, by Peter Coukoulis

Psychosynthesis: A Collection of Basic Writings, by Roberto Assagioli, M.D.

The Inward Arc: Healing in Psychotherapy and Spirituality
by Frances Vaughan, Ph.D.

The Psychology of Consciousness (Arkana), by Robert Ornstein

Yoga and Psychotherapy: The Evolution of Consciousness, by Swami Rama, Swami Ajaya, and Rudolph Ballentine, M.D.

Buddhism And Psychotherapy, by Manly P. Hall

Reference Books

The Secret Teachings of All Ages (Hardcover), by Manly P. Hall

Occult Glossary: A Compendium of Oriental and Theosophical Terms
By G. DePurcker

Numerology

Your Days Are Numbered: A Manual of Numerology for Everybody
by Florence Campbell

Jewish Mysticism **Path of The Kabbalah (Patterns of World Spirituality/Paths)**
by David Sheinkin, M.D.

On The Kabbalah And Its Symbolism, by Gershom Scholem

Buddhism **Buddhism: An Introduction And Guide,** by Christmas Humphreys

What Buddha Taught, by Walpola Rahula

The Way of Zen, by Alan W. Watts

**Science and
Spiritual
Synthesis** **Mysticism And The New Physics (Arkana),** by Michael Talbot

God, Man, And The Dancing Universe: Volume 1, by Jef Bartow

**The Perennial Philosophy: An Interpretation of the Great Mystics,
East and West,** by Aldous Huxley

Spirituality **The Mystic Path to Cosmic Power,** by Vernon Howard

Words of Light: Inspiration from the Letters of Padre Pio, by Padre Pio
(Father Pio)

Living at the Source, by Swami Vivekananda

A Course in Miracles: Combined Volume, by Dr. Helen Schucman

Children **What Is God,** by Etan Boritzer and Robbie Marantz

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