

Recommended Reading

SACRED GEOMETRY AND THE MERKABA

Frissell, Bob, *“Nothing in this book is true, but it’s exactly how things are”*

Frog Books Berkeley CA 1994

Hurtak J.J., *“The Book of Knowledge. The Keys of Enoch”*

Academy for Future Science Los Gatos CA 1987

Lawlor, Robert. *“Sacred Geometry: Philosophy and practice (Art and Imagination)”*.

Thames & Hudson, 1989

Lundy, Miranda *“Sacred Geometry”*

Wooden Books, Glastonbury 2006

Melchizedek Drunvalo, *“The Ancient Secret of the Flower of Life Vol.1.”*

Light Technology Publishing Sedona AZ 1990

Melchizedek Drunvalo, *“The Ancient Secret of the Flower of Life Vol.2.”*

Light Technology Publishing Sedona AZ 2000

Melchizedek, Drunvalo *“Living in the Heart”*

Light Technology Publishing Sedona AZ 2003

Michell, John *“The View over Atlantis”*

Garnstone Press London 1972

PHYSICS & SCIENCE

Bradden Gregg *“Awakening to Zero Point”*

Video Recording of a conference given at Seattle 1995

Bradden, Gregg *"The God Code"*

Hay House, California 2004

Bradden, Gregg, *"The Isaiah Effect"*

Harmony Books New York 2000

Fuller, R.B., *"Synergetics: Explorations in the Geometry of Thinking"*

MacMillan New York 1975

Hamel, Peter Michael, *"Through Music to the Self"*

Element Books Shaftesbury Dorset 1978

Hawking, Stephen *"A Brief History of Time"*

Bantam Books, Boston 1988

Nilsson, Lennart, *"A Child is Born"*

Faber & Faber London 1977

Sheldrake, Rupert, *"A New Science of Life"*

Paladin Books Granada St.Albans UK 1983

Talbot, Michael, *"The Holographic Universe"*

Harper Collins New York 1991

HEALING & TRANSFORMATION

Brennan, Barbara Ann, *"Hands of Light"*

Bantam Books New York 1988

Brennan, Barbara Ann, *"Light Emerging. The Journey of Personal Healing"*

Bantam Books New York 1993

Brown, Michael *"The Presence Process"*

Namaste Publishing Vancouver, BC Canada 2010

Haich, Elizabeth, *"Initiation"*

Seed Center Palo Alto CA 1974

Huffines, LaUna, *"Healing Yourself with Light: connecting with the Angelic Healers"*

H:J:Kramer 1995

Keyes, Ken Jr., *"Handbook to Higher Consciousness"*

Living Love Publications, Coos Bay Oregon 1975

Lowen, Alexander, *"Bioenergetics"*

Coward, McCann & Geoghegan New York 1975

McFetridge, Grant *"Peak States of Consciousness – Theory and Applications"*

Institute for the Study of Peak States, Hornby Island, BC, Canada 2004

Megré, Vladimir *"The Ringing Cedars Series"* [8 books]

Ringing Cedars Press Kahului, Hawaii 1996

Naranjo, Claudio, *"Ennea-type structures. Self-Analysis for the Seeker"*

Gateways/IDHHB Inc Nevada City CA 1990

Pierrakos, Eva, *"Fear No Evil"*

The Pathwork Foundation 1989

Raphaell, Katrina, *"Crystal Enlightenment"*

Aurora Press Santa Fe New Mexico 1985

Roman, Sanaya, *"Spiritual Growth. Being your Higher Self"*

H.J.Kramer Tiburon CA 1989

Stone, Hal & Winkelman, Sidra, *“Embracing Ourselves”*

DeVorss & Co Marina del Rey CA 1985

Szekely, Edmond Bordeaux, *“The Essene Gospel of Peace”*

IBS Internacional Matsqui B.C. Canada 1978

Taylor, Kylea, *“The Ethics of Caring”*

Hanford mead Publishers Santa Cruz CA 1995

Wall, Vicky, *“The Miracle of Colour Healing”*

The Aquarian Press, Wellingborough England 1990

YOGA & ORIENTAL TRADITIONS

Bakhtiar, Laleh *“Sufi – Expressions of the Mystic Quest”*

Thames & Hudson New York 1987

Choa Kok Sui *“The Ancient Science & Art of Pranic Healing”*

1987

Fryba, Mirko, *“The Art of Happiness. Teachings of Buddhist Psychology”*

Shambala Boston 1989

Gurdjieff, G. *“Meetings with Remarkable Men”*

Routledge & Kegan Paul, London 1963

Gurdjieff, G. *“Life is Real only then, when ‘I am’”*

Routledge & Kegan Paul, London 1981

Gurdjieff, G. *“Beelzebub’s Tales to his Grandson”*

Routledge & Kegan Paul, London 1950

Harding, Douglas *“On Having No Head”*

The Buddhist Society, London 1971

HH Dalai Lama & Cutler, Howard C. *“The Art of Happiness at Work”*

Peregrin Press 2003

Kriyananda, Goswani, *“The Spiritual Science of Kriya Yoga”*

Italian Edition Amrita Books 1993

Lysebeth, André van, *“Pranayama. The Yoga of Breathing”*

George Allen & Unwin 1979

Ma?ju?rim?tra *“Primordial Experience – An Introduction to rDzogs-chen Meditation”*

Ed. Namkhai Norbu & Kennard Lipman. Shambala Boston 1987

Padmasambhava *“The Tibetan Book of the Dead: Awakening Upon Dying”*

Namkhai Norbu Ed. Amazon 2012

Swami Vivekananda *“Raja Yoga”*

Advaita Ashrama, Calcutta 1966

Yogananda Paramahansa, *“Autobiography of a Yogi”*

Self-Realization Fellowship Los Angeles 1946

Yogananda Paramahansa, *“Man’s Eternal Quest”*

Self-Realization Fellowship Los Angeles 1975

THE CREATIVE PROCESS

Fritz, Robert, *“The Path of Least resistance”*

Fawcett Columbine New York 1989

Fritz, Robert, *“Creating”*

Fawcett Columbine New York 1991

Gawain, Shakti, *“Creative Visualization”*

Whatever Publishing Mill Valley CA 1978

Metzner Ralph *“Maps of Consciousness”*

Collier Books, New York 1971

Spangler, David, *“The Laws of Manifestation”*

DeVorss & Co Marina del Rey CA 1975

ESOTERIC PSYCHOLOGY & METAPHYSICS

Bailey, Alice A., *“Esoteric Psychology”* Vol.I

Lucis Publishing New York 1936

Bailey, Alice A., *“Esoteric Psychology”* Vol.II

Lucis Publishing New York 1942

Bailey, Alice A., *“From Bethlehem to Calvary. The Initiations of Jesus”*

Lucis Trust New York 1965

Bailey, Alice A., *“Initiation, Human and Solar”*

Lucis Publishing New York 1922

Bailey, Alice A., *“The Rays and the Initiations”*

Lucis Publishing New York 1993

Cooke, Maurice B., *“Seasons of the Spirit”*

Marcus Books 1980

Rendel, Peter, *“Introduction to the Chakras”*

The Aquarian Press Wellingborough 1979

Roeder, Dr. Dorothy, *“Reach for Us!”*

Light Technology Publishing Sedona AZ 1991

Skarin, Annalee, *“Ye Are Gods”*

Philosophical Library Inc. New York 1952

Stone, Joshua David, *“The Complete Ascension Manual. How to achieve Ascension in this lifetime”.*

Light Technology Publishing Sedona AZ 1994

Stone, Joshua David, *“Soul Psychology. Keys to Ascension”*

Light Technology Publishing Sedona AZ 1994

Stone, Joshua David, *“Hidden Mysteries. ETs, Ancient Mystery Schools and Ascension”*

Light Technology Publishing Sedona AZ 1995

Stubbs, Tony, *“An Ascension Handbook”*

Oughten House Publications Livermore CA 1991

West, Devra, *“Thresholds. Gateways of Consciousness”*

Teachings of Light Stevensville Montana 1997

West, Devra, *“The Christ Heart. Vol.1”*

Teachings of Light, Victor, Montana 1999

CHANNELLING

A Course in Miracles

Foundation for Inner Peace, Tiburon CA 1975

Cayce, Edgar Evans, *“Edgar Cayce on Atlantis”*

Warner Books New York 1968

Clow, Barbara Hand, *“The Pleiadian Agenda. A New Cosmology for the Age of Light”*

Bear & Co, Santa Fe, New Mexico 1995

Cousins, David, *“A Handbook for Light Workers”*

Barton House Totnes Devon 1993

Essene, Virginia & Nidle, Sheldon, *“You are becoming a Galactic Human”*

Spiritual Education Endeavours Santa Clara California 1994

Grattan, Brian, *“Mahatma I & II. The I AM Presence”*

Light Technology Publishing Sedona AZ 1994

Marciniak, Barbara, *“Bringers of the Dawn. Teachings from the Pleiadians”*

Bear & Company Santa Fe New Mexico 1992

McClure, Janet, *“Scopes of Dimensions. How to experience Multidimensional Reality”*

The Tibetan Foundation Sedona AZ 1989

McClure, Janet, *“The Story of Sanat Kumara. Training a Planetary Logos”*

Light technology Publishing Sedona AZ 1990

McClure, Janet, *“The Twelve Rays Seminars”*

The Tibetan Foundation Sedona AZ

Milanovich, Norma, *“We, the Arcturians”*

Athena Albuquerque New Mexico 1990

Essene, Virginia *“New teachings for an Awakening Humanity”*

Spiritual Education Endeavours Santa Clara 1986

Ridall, Kathryn, *“Channelling. How to reach out to your Spirit Guides”*

Philip Lief Group 1988

Roman, Sanaya, *“Opening to Channel”*

H.J.Kramer Tiburon CA 1989

BREATHWORK

Beard, James *“Thirteen Breaths to Freedom: An Introduction to Breathwork”*

Amazon 2011

Dowling, Catherine *“Rebirthing and Breathwork: A Powerful Technique for Personal Transformation”*

Amazon 2014

Kravitz, Judith *“Breathe Deeply, Laugh Loudly”*

Free Breath Press, Center Sandwich New Hampshire 2002

Minett Gunnel, *“Breath and Spirit”*

Aquarian/Thorsons Northampton England 1994

Minett, Gunnel *“Exhale. An Overview of Breathwork”*

Floris Books, Edinburgh 2004

Morningstar, Jim *“Breathing In Light and Love”*

Transformations Inc. 1994

Orr, Leonard, *“Breath Awareness”*

Inspiration University Sierraville CA 1988

Orr, Leonard & Ray, Sondra, *“Rebirthing in the New Age”*

Celestial Arts Berkeley CA 1977

Ouellette, Denis W., *“Rebirthing according to Spirit”*

Privately Printed 1982

Ray, Sonda, *“Celebration of Breath”*

Celestial Arts Berkeley CA 1983

Taylor, Kylea, *“The Breathwork Experience”*

Hanford Mead Publishers Santa Cruz CA 1994

FICTION

Bach, Richard, *“The Bridge across Forever”*

Pan Books 1985

Castaneda, Carlos, *“The Fire from Within”*

Transworld Publishers London 1985

Castaneda, Carlos, *“A Separate Reality”*

The Bodley head 1971

Castaneda, Carlos, *“The Power of Silence. Further lessons of Don Juan”*

Pocket Books New York 1988

Carroll, Lewis *“Alice's Adventures in Wonderland”*

Dover Thrift Editions 1993

Carroll, Lewis *“Through the Looking-Glass”*

Dover Thrift Editions 1999

Morgan, Marlo, *“Mutant Message Down Under”*

Harper Collins New York 1994

Redfield, James, *“The Celestine prophecy”*

Merkaba Seminars

healing, transformation & empowerment

<http://www.merkabaseminars.com>

Warner Books New York 1994

Redfield, James, *"The Tenth Insight"*

Warner Books New York 1996