



Recommended Resources – Books, CDs, and DVDs

*Available for sale in workshops

BOOKS

Yoga: The Spirit and Practice of Moving Into Stillness, by Erich Schiffmann, ISBN: 0-671-53480-7. The chapters before the Asana pictures are the clearest text on the physical, mental, and spiritual benefits of yoga explained in stages of growth I have ever seen.

Tantra, The Art of Conscious Loving*, by Charles and Caroline Muir, ISBN: 0-916515-55-9. Excellent coverage of Tantra, Sacred Sexuality, and Healing.

Relationship Runes, A Compass for the Heart*, by Ralph Blum and Bronwyn Jones, ISBN: 0-312-32098-0. Pick a rune and read helpful relationship wisdom for your selection.

Tantra for the West, A Guide to Personal Freedom, by Marcus Allen, ISBN: 0-931432-06-5. Useful for understanding everything in your life NOW is the perfect teacher and opportunity for personal growth.

Blue Truth, A Spiritual Guide to Life & Death and Love & Sex*, by David Deida, ISBN: 1-59179-259-2. All books, tapes, and DVDs by David Deida are highly recommended.

The Way of the Superior Man, A Spiritual Guide to Mastering the Challenges of Work, Women, and Sexual Desire*, by David Deida, ISBN: 1-59179-257-6. Women should read this one too.

Dear Lover, A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, by David Deida, ISBN: 1-59179-260-6. Men should read this one too.

Finding God Through Sex, Awakening the One of Spirit Through the Two of Flesh*, by David Deida, ISBN: 1-59179-273-8 (many women like this as a first Deida book)

The Enlightened Sex Manual, Sexual Skills for the Superior Lover*, by David Deida, ISBN: 1-59179-197-9. Includes an audio CD of solo and partnered exercises)

Books (continued)

Eastern Body Western Mind, Psychology and the Chakra System as a Path to the Self, by Anodea Judith, ISBN: 1-58761-225-9. Good modern text on Chakras and healing.

Wherever You Go There You Are, Mindfulness Meditation in Everyday Life, by John Kabat-Zinn, ISBN: 0-7868-8099-6. Easily understood introduction to mindfulness practice.

The Book of Awakening, Having the Life You Want by Being Present to the Life You Have, by Mark Nepo, ISBN: 1-57324-117-2. A marvelous daily reader that starts every day with guiding thoughts.

You Can Heal Your Life, by Louise L Hay, ISBN: 1-56170-628-0. Insight into emotional, spiritual and energetic components of illness with healing guidance.

Sacred Mirrors, The Visionary Art of Alex Grey, ISBN: 0-89281-257-5. Inspirational art showing interconnectedness of our physical and energetic bodies and chakras.

Sexual Energy Ecstasy, A Practical Guide to Lovemaking Secrets of the East and West, by David and Ellen Ramsdale, ISBN: 0-553-37231-9. Excellent information.

The Art of Sexual Ecstasy, by Margo Anand, ISBN: 158542028X. A classic.

Sexual Reflexology, Activating the Taoist Points of Love, by Mantak Chia and William U. Wei, ISBN: 0-89281-088-2. Exercises for both men and women.

The Multi-Orgasmic Man, How Any Man Can Experience Multiple Orgasms and Dramatically Enhance his Sexual Relationship, by Mantak Chia and Douglas Abrahams, ISBN: 0-06-251336-2. Learn ejaculatory choice and yet still have orgasms.

Guide To Getting It On! by Paul Joannides, ISBN: 1-885535-67-8. An encompassing guide of practical information about sex and human sexuality. If I had only had a no-nonsense guide like this as young man.

The Illustrated Guide to Extended Massive Orgasm, by Steve Bodansky, Ph.D., and Vera Bodansky, Ph.D., ISBN: 0-89793-362-1. It will not leave you wondering "what", "where", or "how".

The Four Agreements: A Practical Guide to Personal Freedom, by Don Miguel Ruiz, ISBN: 1878424319. Also available on CD as "Mastery of Love".

Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam Wilber, by Ken Wilber, ISBN: 1-57062-742-8. The spiritual journey of Ken and Treya Wilber as they face the relationship and personal crisis of Treya's cancer. A deep exploration of spiritual traditions, healing modalities and sacred partnership operating under great stress.

Books (continued)

Reiki Energy Medicine: Bringing Healing Touch into Home, Hospital and Hospice, by Libby Barnett and Maggie Chambers, ISBN: 0-89281-633-3. Great information on Reiki and how you can bring healing Chi to EVERY touch; Reiki attunement and initiation is easy. Reiki is such a powerful tool for healing the self and others.

AUDIO

Audio Learning Series, available through SOUNDS TRUE, P.O. Box 8010, Bolder, CO 80306. <http://www.soundstrue.com>, 800-333-9185.

Enlightened Sex: Finding Freedom and Fullness through Sexual Union, by David Deida. A six-CD audio learning course, a transformational “must hear” enlightened audio series on relationship dynamics, stages of growth and sexual intimacy that will guide you for the rest of your life; includes solo and partner exercises the last two CDs.

Spiral Dynamics Integral with Don Beck. An amazing and encompassing integral approach to human stages of growth that is more comprehensive than any preceding psychological model of Jung, Freud, Maslow, Piaget, Gardner, etc. It will help you understand, appreciate and accept the perfection of where you (and others) are in the journey to conscious living and loving.

Getting Unstuck: Breaking Your Habitual Patterns and Encountering Naked Reality, by Pema Chondron, a 3-CD set, an excellent series on stillness.

Kosmic Consciousness, by Ken Wilbur, a 10-CD set on the integral model, very comprehensive.

OTHER SOURCES

Mastery of Love, by Don Miguel Ruiz. A wonderful body of work on love, self healing, relationship, and creating our own beautiful life through holding guiding intentions.

David Deida; The Complete Recordings, by David Deida. A 3-CD set of MP3 compressed files with 40 hours of workshop excerpts. Helps to see applied principles of Deida’s relationship work. All David Deida media is available through <http://www.deidacentral.com>.

Findhorn Retreat, by Eckhart Tolle. An exceptional introduction to stillness and noticing and living from our own divine nature.

Awakening the Goddess: Freeing the Female Orgasm*, by Charles and Caroline Muir. Two cassettes of instruction and a booklet.

DVDs

The Secrets of Female Sexual Ecstasy*, Source School of Tantra, <http://www.sourcet Tantra.com>, an excellent and explicit DVD.

Ancient Secrets of Sexual Ecstasy*, Source School of Tantra, <http://www.sourcet Tantra.com>.

Function, Flow and Glow, by David Deida. A recording of a workshop conducted at Ken Wilbur's Integral Institute, explaining the distinct differences between therapy, yoga, and spiritual practice. Helped me to become aware of the utility of each mode and understand the opportunities and limitations of each. All David Deida media is available through <http://www.deidacentral.com>.

The Secret, available at <http://www.theseecret.tv>. A modern packaging of the “Universal Law of Attraction”. You create reality through the intentions you hold, whether you know it or not!

What the Bleep Do We Know? Science and spirituality come together in this mind-bending trip down the rabbit hole. A fascinating series of interviews woven into a storyline of a young woman experiencing life changing realizations regarding the nature of reality. Explores from quantum physics to metaphysics. Great body, emotion, and graphics.