

## NON-DUALITY

### Buddhism

King, Sallie B., *Buddha Nature*, 1991, 205 pages.

The first book-length study in English of the concept of Buddha-nature as discussed in a treatise attributed to Vasubandhu. It is a detailed discussion of one of the most important concepts in East Asian Buddhism.

**B181.4 Kin BN**

Nāgārjuna, *The Fundamental Wisdom of the Middle Way*, 1995, 372 pages.

Jay L. Garfield provides a clear and readable translation of Nagarjuna's seminal work, the Mūlamadhyamaka-kārikā, offering those with little or no prior knowledge of Buddhist philosophy a view into the profound logic of Nagarjuna.

**B294.23 Gar FWMW**

Chödrön, Pema: *Taking the Leap: Freeing Ourselves from Old Habits and Fears*, 2010, 111 pages.

Pema Chödrön explores how the ego-based mind tends to trap us in states of anger, blame, self-hatred, and addiction, pointing out that the recognition of these patterns, itself, instantly loosens their hold on us.

**B294.22 Cho TL**

### Tibetan

Dalai Lama XIV, *The Gelug/Kagyü Tradition of Mahamudra*, 1997, 395 pages.

Mahamudra is a group of methods of meditation on both the conventional and ultimate natures of the mind, examining the relation of appearances and reality. This book presents two commentaries by the Dalai Lama on the First Panchen Lama's root text on Mahamudra.

**T294.3 Dal-XIV GKTM**

Low, James, *Being Right Here*, 2004, 160 pages.

Commenting on Nuden Dorje's Dzogchen treasure text entitled the Mirror of Clear Meaning, the author presents a very distinct and authentic teaching of the viewpoint and essential meditation of Dzogchen, the practice of nondual experience.

**T294.34 Nus DSML Low**

Namkhai Norbu, *Cycle of Day and Night*, 1984, 126 pages.

As a clear and direct guide to the practice of the Dzogchen system of Tibetan Buddhism, this text shows how to contemplate the immediate experience of the primordial state of the individual, which is the unconditioned nature of the mind.

**T294.34 Nam CDN**

Thubten, Anam, *No Self, No Problem: Awakening to our True Nature*, 2013, 121 pages.

Avoiding jargon and addressing those who may not have any knowledge of Buddhism, the author elaborates on the spiritual practice and shows how the sense of ego keeps the aspirant from seeing his true nature.

**B294 Thu NSNP**

Thrangou, Rinpoche, *Pointing out the Dharmakaya*, 2003, 170 pages.

At the heart of successful Mahamudra practice is the ability to understand the nature of mind. This easy-to-use manual offers an invaluable guide for Mahamudra practitioners on how to look at the mind. Its instructions are easy to recall and easy to put to use.

**T294.3 Thr POD**

Trungpa, Chögyam, *The Myth of Freedom and the Way of Meditation*, 1988, 176 pages.

This renowned meditation master explores the true meaning of freedom showing how preconceptions, attitudes, and even spiritual practices based on the ego, can become chains that bind us to repetitive patterns of frustration and despair.

**T294.32 Tru MOF**

## **Zen**

Abe, Masao, *A Study of Dōgen: His Philosophy and Religion*, 1992, 251 pages.

Presenting the central ideas of the most important Buddhist teacher in Japanese history, Masao Abe explores his unique approach to non-duality in doctrines such as the oneness of practice and attainment, the unity of beings, Buddha-nature, and others.

**B294.32 Abe SD**

Glassman, Bernie, *Infinite Circle: Teachings in Zen*, 2002, 142 pages.

One of America's most distinctive Zen teachers comments on three key texts of Zen Buddhism: *The Heart Sutra*--the Buddha's essential discourse on emptiness, *The Identity of Relative and Absolute*--the complex relationship between these realms, and *The Zen Precepts*--the rules of conduct for laypeople and monks.

**B294.3 Gla IC**

Nhat Hanh, Thich, *Zen Keys*, 1995, 197 pages.

Clear explanations of the central elements of Zen practice and philosophy are presented here. Thorough attention is given to concepts such as awareness and impermanence, and to contemporary issues such as the conflicts between modern technology and spirituality.

**B294.3 Nha ZK**

Reps, Paul, *Zen Flesh, Zen Bones*, 1989, 174 pages.

This book is a collection of accessible, Zen and pre-Zen primary sources about the meaning of Zen. Stories and tales recount actual experiences of Chinese and Japanese Zen teachers over a period of more than five centuries.

**B294.3 Rep ZF**

Suzuki, Shunryu, *Zen Mind, Beginner's Mind*, 1980, 138 pages.

In this modern classic, frequently recommended as the first book to read on Zen, the author presents the basics in a clear and insightful manner—from the details of posture and breathing in zazen to the perception of non-duality.

**B294.32 Suz ZM**

## Christianity

Bailey, Raymond, *Thomas Merton on Mysticism*, 1987, 275 pages.

With an academic style that will appeal to serious students, this engaging study traces Merton's spiritual evolution chronologically, exploring his mystic theology and how this view influenced all other aspects of his faith.

**248.22 Bai TMM**

Bennett, Francis, *I Am That I Am: Discovering the Love, Peace, Joy and Stability of the True Self*, 2013, 142 pages.

Begun as a journal to explore the shift in perception that had come upon the author, a young Trappist, this book brings a freshness and humanity to the meeting of Christianity with Eastern investigation of the nature of the self.

**147.3 Ben IAT**

Bourgeault, Cynthia, *The Wisdom Jesus: Transforming Heart and Mind*, 2008, 223 pages.

Regarding Jesus as a Wisdom teacher grounded in the universal traditions of spiritual transformation, the author offers a deeply mystical and non-dual perspective on his message and explores traditional contemplative practices for everybody to practice.

**232 Bou WJ**

Charlton, James, *Non-dualism in Eckhart, Julian of Norwich and Traherne: A Theopoetic Reflection*, 2014, 196 pages.

The works of these three Christian mystics are brought within the context of non-dual Hinduism, highlighting their passion for the unitive spiritual experience and providing a vital contribution to non-dual awareness and connectedness.

**147.3 Cha NDE**

De Mello, Anthony, *Awareness: The Perils and Opportunities of Reality*, 1992, 184 pages.

Mixing Christian spirituality, Buddhist parables, Hindu breathing exercises, and psychological insight, the author offers a synthesis that shows us how to leave the mechanical and restless way of life to wake up and live with full awareness.

**248.482 Dem A**

Goldsmith, Joel S., *Conscious Union with God*, 1977, 253 pages.

A practical guide to an inner life lived in conscious oneness with God, which flowers as a fulfilled life in the outer experience. It teaches that this awareness “is the unfoldment and revelation of spiritual Being, the harmonious and eternal manifestation of God.”

**248.2 Gol CUWG**

Lawrence, Brother, *The Practice of the Presence of God*, 1974, 126 pages.

A collection of letters, conversations, thoughts, and philosophy, presenting the wisdom and teachings of Brother Lawrence, a 17th century Carmelite monk, chiefly focusing on the development of an awareness of the presence of God.

**248.22 Law PPG 1974**

Leong, Kenneth, *The Zen Teachings of Jesus*, 1995, 204 pages.

Maintaining that insights into the teachings of Christianity can be obtained by using the lens of other religions, the author reveals how the spiritual aspect of Zen philosophy parallels the core message of the gospel.

**B294.91 Leo ZTJ**

Rohr, Richard, *The Naked Now: Learning to See as the Mystics See*, 2013, 187 pages.

Rohr offers probably the single most accessible introduction to non-duality within a Christian context, a down-to-earth book containing reflections upon why the Christian life is about a new way of seeing — where “everything belongs”. Specific methods for identifying dualistic thinking are presented with simple practices for stripping away ego and the fear of dwelling in the present.

**248.22 Roh NN**

Shannon, William H., *Thomas Merton's Dark Path: The Inner Experience of a Contemplative*, 1981, 245 pages.

The author studies one of Merton’s unpublished works originally titled *The Dark Path*. It examines Merton’s thoughts on the inner or contemplative life, redemption, and the nature of grace, especially in relation to the “dark” way explored by John of the Cross, Master Eckhart, himself, and others.

**248.34 Sha TMDP**

Steindl-Rast, David, *A Listening Heart: The Art of Contemplative Living*, 1983, 95 pages.

A small collection of essays by a monk of St. Benedict, a pioneer of the East-West dialog, the practices of which, form the ancient tradition of contemplative Christianity rooted in the heart, that “center of our being where we are most fully one with all that we are and all that is”.

**248.4 Ste LH**

## Comparative Studies

Griffiths, Bede, *Vedanta and Christian Faith*, 1991, 232 pages.

Presenting the best of the modern East-West religious dialogue, Bede Griffiths, Swami Abhishiktananda, and Swami Paramananda speak from profound personal experience illustrating a search for Truth that transcends the creeds of each of their faiths.

**H181.48 Gri VCF**

Heifetz, Harold, *Zen and Hasidism*, 1978, 242 pages.

The Zen Buddhist practice of zazen and Hasidism's devequth, or meditation on God, is discussed including how each religion comes to terms with distracting thoughts and their approach to concepts such as annihilating selfhood and attaining ecstasy.

**296.833 Hei ZH**

Loy, David, *Nonduality: A Study in Comparative Philosophy*, 1999, 346 pages.

A scholarly but very readable analysis of the philosophies of non-dualism from (Hindu) Vedanta, Mahayana Buddhism, and Taoism, in which the author extracts the 'core doctrine' of non-duality, of seer and seen, from each of these perspectives and then applies it in various ways.

**153.44 Loy ND**

Monk of the West, *Christianity and the Doctrine of Non-Dualism*, 2004, 136 pages.

Penned by an anonymous Cistercian, this theological treatise outlines conditions leading to a doctrinal accord between the Advaita Vedanta and orthodox Christian doctrine. It offers a better understanding of Hinduism in light of the Christian experience and suggests a better application of Christian principles in light of the profound spirituality of the Eastern tradition.

**147.3 Moi CDND**

Sharma, Chandradhar, *The Advaita Tradition in Indian Philosophy*, 1996, 283 pages.

A comparative and critical study of the four main systems of non-duality in Indian philosophy: the Buddhist Shunyavada and Vijñanavada, and the Hindu Advaita Vedanta and Kashmir Shaivism; using original sources and discussing their similarities and differences.

**H181.4822 Sar AT**

Wolfe, Robert, *Science of the Sages*, 2012, 175 pages.

Scientists encounter non-duality in the fields of quantum physics, cosmology, and consciousness, and show the harmony between modern science and the conscious insight that has been the message of sages throughout human history.

**501 Wol SS**

## Hinduism

### Advaita Vedanta

Balsekar, Ramesh S., *A Duet of One: The Ashtavakra Gita Dialogue*, 1989, 221 pages.

The translation and interpretation of this beautiful Advaitic text—a dialogue between the earnest seeker of Truth, King Janaka, and the enlightened sage, Ashtavakra, provides an in-depth look at the nature of duality and awakens an understanding of the true nature of us all.

**H294.596 Ast BAL**

Greenlees, Duncan, *The Gospel of the Advaita*, 1953, 315 pages.

Various Sanskrit texts are translated here including a number of Upanishads and Gitas, the Yoga-Vasistha Laghu, various works ascribed to Sri Sankaracharya, and others. Intended to be a handy reference to the essence of the world's scriptures, it contains introductory and explanatory commentary, full annotations, and an appendix.

**290.08 Gre WGS V.10**

Nisargadatta Maharaj, *I Am That*, 1973, 550 pages.

This book, regarded by many as a modern spiritual classic, is a collection of dialogues from one of the greatest sages of India, Sri Nisargadatta Maharaj, speaking with people who came from around the world seeking guidance in discovering the true Self.

**H294.556 Nis IAT**

Osborne, Arthur (compiler), *The Teachings of Ramana Maharshi*, 1971, 200 pages.

A compilation of the essential teachings of one of the most respected jñanis of modern times, the text is skillfully arranged by subject. Helpful editorial notes make this book a good introduction to the non-dualistic teachings of Ramana Maharshi.

**H294.558 Osb TRM**

Sri Sankaracharya, *Aparokshanubhuti or Self Realization*, 1966, 77 pages.

Expounding the Advaita Vedanta philosophy, this popular introductory work describes a method that seekers can follow to directly experience the essence of their own nature. The literal translation of its title is “Direct Experience”.

**H181.482 AP Vim**

Sri Sankaracharya, *Vivekachudamani or Crest-Jewel of Wisdom*, 1968, 228 pages.

A foundational Sanskrit text, which is in the form of dialogue between the master and the disciple, the *Crest-Jewel of Wisdom* expounds the philosophy of Advaita Vedanta. It explains the nature of the Atman (Self) and the ways to research and attain a direct knowledge of It.

**H181.482 VC Cha 1968**

Venkatesananda, Swami, *The Concise Yoga Vasistha*, 1984, 430 pages.

Containing the instructions of the sage Vasistha to Lord Rama this scripture is full of intricately woven tales exploring the illusory nature of the manifest world and the principle of non-duality.

**H294.59 Ven CYV**

## **Kashmir Shaivism**

Chatterji, J. C., *Kashmir Shaivism*, 1986, 228 pages.

A brief introduction to the nature of ultimate reality and the manifestation of the universe according to the non-dualist Saiva philosophy of Kashmir, as well as a short history of this North Indian movement.

**H181.61 Cha KS 1986**

Kundu, Nundo Lall, *Non-dualism in Saiva and Sakta Philosophy*, 1964, 199 pages.

A critical and liberal study of the Saiva and Shakta Agamas reveals their profound non-dualistic approach to the solution of the perennial problem of *being* and *becoming*.

**H181.62 Kun NSS**

Lakshman Joo, Swami, *Self-Realization in Kashmir Shaivism*, 1994, 139 pages.

This book presents the oral teachings of Swami Lakshmanjoo, the twentieth century's great Kashmir Shaivite master. In his own discourses and comments on traditional texts he reveals this tantric yoga philosophy and its understanding of the purpose for creation.

**H294.551 Lak SR**

Muller-Ortega, P. E., *The Triadic Heart of Śiva*, 1989, 330 pages.

Muller-Ortega provides a useful contribution to the study of the practices of the Kaula lineage of non-dual Kashmir Shaivism. Translating into English for the first time Abhinavagupta's short meditation manual, the *paratrisika-laghuvritti*, the author explains his teachings on the ultimate reality and the methods to experience it, which center on the symbolism of the Heart-mantra.

**H181.62 Mul THS**

## **Judaism**

Cooper, David A., *God is a Verb: Kabbalah and the Practice of Mystical Judaism*, 1997, 333 pages.

After centuries of secrecy and near-extinction, the powerful spiritual tradition of the Kabbalah is explained clearly by one of its most prominent teachers, helping us appreciate fully this great mystical process we know as God.

**296.16 Coo GIV**

Cosgrove, Elliot J. (editor), *Jewish Theology in Our Time*, 2010, 202 pages.

A collection of essays explores a new stage of Jewish theological thought and brings together a cross section of viewpoints from a new generation of movements in Judaism, that includes the mystical and non-dual approaches.

**296.3 Cos JT**

Green, Arthur, *Seek My Face: A Jewish Mystical Theology*, 2012, 269 pages.

Using the Hebrew letters that make up the divine name, the author offers a roadmap of meaning for our lives in the light of Jewish mysticism, from God as the oneness of being to redemption and our return to God through the life of Torah.

**296.3 Gre SMF**

Michaelson, Jay, *Everything Is God: The Radical Path of Nondual Judaism*, 2009, 276 pages.

Taking on the radical, yet ancient, idea that everything and everyone is God, this book examines the closely guarded secret among Kabbalists and Hasidics—the non-dual view that God is not separate from us at all.

**296.3 Mic EG**

## **Modern Non-Duality**

Adamson, “Sailor” Bob, *What's Wrong with Right Now?* 2004, 146 pages.

A student of Sri Nisargadatta Maharaj, Bob Adamson compiled dialogues with seekers who attended weekly meetings at his home in Melbourne, Australia. His words have the ability to cut through the self-imposed barriers of the mind to reveal the freedom that is our original nature.

**H181.4822 Ada WW**

Gangaji, *The Diamond in Your Pocket: Discovering Your True Radiance*, 2005, 280 pages.

Exploring a breadth of topics from the search for happiness to the need for inner surrender, the author shows how to stop the endless activity of the mind and experience the radiance of who we really are in every present moment.

**291.44 Gan DP**

Hillig, Chuck, *Looking for God: Seeing the Whole in One*, 2007, 110 pages.

A lighthearted, amusing approach to what is often a ponderous subject—the search for ultimate truth. To read it is to experience a gentle meditation on the nature of existence; an easy-to-take introduction to non-dualism.

**204 Hil LG**

Kabat-Zinn, Jon, *Wherever You Go, There You Are*, 1994, 278 pages.

How can anyone practice mindfulness? The author explains a technique of meditation but also, the art of living each moment fully, as it happens, leading us to reduced anxiety, inner peace, and a life enriched.

**242.2 Kab WYG**

Klein, Jean, *I Am*, 2007, 156 pages.

“What you are looking for is what you already are, not what you will become.” The author explores the feeling of “I am” as it is experienced prior to all qualification, that is, the pure sense of being before the intrusion of the mind. In a clear and simple way, he points out our real nature, beyond appearances, and how it can be perceived in a direct way.

**H181.4822 Kle IA**

Krishnamurti, J., *Freedom from the Known*, 1975, 124 pages.

Regarded as one of the best summaries of Krishnamurti's teachings, the book conveys just how people can free themselves radically from the tyranny of the expected in the present moment and open the door to transforming their relationships and human society.

**T K897 FFK**

Krishnamurti, J., *Choiceless Awareness*, 1992, 139 pages.

Excerpts selected from public talks, questions and answers, conversations, and writings of Jiddu Krishnamurti on subjects such as the nature of choiceless awareness, the division between the observer and the observed, awareness and transformation, among others.

**T K897 CA**

Parsons, Tony, *Invitation to Awaken*, 2004, 131 pages.

A radical call to liberate ourselves from the mistaken belief that we exist as a separate individual, this simple yet profound message, conveyed in a clear and often humorous manner, helps us break free from self-imposed limitations.

**204 Par IA**

Rupert Spira, *The Transparency of Things: Contemplating the Nature of Experience*, 2008, 253 pages.

Clear text leads the reader through a series of contemplations, or explorations, of actual experience in this moment, bringing one to a direct, experiential realization of the boundless openness and immediacy that is present here and now.

**H181.4822 Spi TT**

Swartz, J. B., *How to Attain Enlightenment: The Vision of Non-Duality*, 2009, 317 pages.

Taking the reader from the beginning to the end of the spiritual path, this guide presents the wisdom of the ancient science of self-inquiry and other time-tested means for purifying the mind and achieving spiritual freedom.

**H181.4822 Swa HAE**

Tolle, Eckhart, *The Power of Now: A Guide to Spiritual Enlightenment*, 1999, 193 pages.

In this book the author shows how we create our own suffering and shows a way to put an end to it. By accessing the deepest self we can get free from the conflicting and unreasonable demands of the mind and lead a pain-free existence, living fully in the present.

**291.44 Tol PN**

Watts, Alan, *The Book: On the Taboo against Knowing Who You Are*, 1989, 163 pages.

A classic in its genre, the well-known spiritual author puts forward a witty attack on the illusion that the self is a separate ego confronting a universe of alien physical objects, and questions the most fundamental assumptions about who or what we are.

**128.3 Wat BTAK**

## Sufism

Ḥāfīz, *Hafiz: The Mystic Poets*, 2004, 123 pages.

This beautiful sampling of Persia's greatest poet shares his experiences and desire for union with the Divine, capturing his deep spiritual understanding in symbolic language that borders on magical.

**I298.1 Haf H**

Ibn al-'Arabī, *What the Seeker Needs: Essays on Spiritual Practice, Oneness, Majesty and Beauty*, 1992, 112 pages.

Three short essays and poems, as well as Ibn al-'Arabi's collection of Sufi terms, is translated by two devotees who introduce the collection with a short narrative of Ibn al-'Arabi's life and thoughts; a prominent Sufi theologian of the 13th century and its most prolific writer.

**I298.1 Ibn WSN**

Jalāl al-Dīn Rūmī, *The Essential Rumi*, 1997, 302 pages.

A selection of the best poems by the most famous mystic in the Islamic Sufi tradition living in the mid-thirteenth century, Rumi's universal vision of oneness is presented here through the lyrical translations of Coleman Barks.

**I298.1 Rum ER**

## Taoism

Chia, Mantak, *Living in the Tao: The Effortless Path of Self-Discovery*, 2009, 407 pages.

Based on the view that Tao is the flow of nature, this book presents techniques to quiet the mind by the effortless path of self-discovery, so that you can find your true self in the wisdom of the heart.

**C294.7 Chi LT**

Lao Tzu, *Tao Te Ching: The Definitive Edition*, 2003, 349 pages.

This classic manual on the art of living gives advice about walking life with a serene and generous spirit. It teaches how to work for the good with the effortless skill that comes from being in accord with the Tao, the basic principle of the universe.

**C181.12 Lao TT STA**

Mitchell, Stephen, *The Second Book of the Tao*, 2010, 202 pages.

Drawing from the work of Lao-tzu's disciple Chuang-tzu and Confucius's grandson Tzu-ssu, scholar and translator Stephen Mitchell composed an innovative book collecting the freshest, and most profound teachings from these two great students of the Tao.

**C181.12 Mit SBT**

## Sound Recordings

- Ananda, Olande, *The Teachings of Buddhism, Krishnamurti, and Advaita Vedanta*. CDA 0446
- Beck, Charlotte Joko, *Living Everyday Zen*. CDA 0671
- Brach, Tara, *Mindfulness Meditation*. CDA 0860
- Chödrön, Pema, *Natural Awareness*. CDA 0763
- Hao Chin, Vicente, *Power of Awareness*. CDA 0907
- Kabat-Zinn, Jon, *Mindfulness for Beginners*. CDA 0755
- Kornfield, Jack, *Guided Meditation*. CDA 0862
- Krishnamurti, J., *Thought Breeds Fear*. CDA 0406
- Mullin, Glenn, *Emptiness, Bliss, and the Legend of Duality*. CDA 0892
- Mullin, Glenn, *The Five Stages of Mahamudra*. CDA 0478
- Sender, Pablo, *The Power of Awareness*. CDA 0809
- Tolle, Eckhart, *Entering the Now*. CDA 0100
- Watts, Alan, *Myself, a Case of Mistaken Identity*. CDA 0093

## Videorecordings

- Hao Chin, Vicente, *Power of Awareness*. DVD 0478
- Hatfield, Jack, *Mindfulness Meditation*. DVD 0369
- Kabat-Zinn, Jon, *Mindfulness, Healing and Transformation*. DVD 0690
- Nhất Hạnh, Thích, *Peace is Every Step*. DVD 0744
- Kearns, Kell, *Rumi Returning: The Triumph of Divine Passion*. DVD 0415
- Kornfield, Jack, *Meditation for Beginners*. DVD 0286
- Krishnamurti, J., *Holistic Observation*. DVD 0674
- Krishnamurti, J., *Ojai, 1982, Public Talks*. DVD 0402 (6 DVD set)

Muesse, Mark W., *Practicing Mindfulness: An Introduction to Meditation*. DVD 0465

Sender, Pablo, *The Power of Awareness*. DVD 0829

Tolle, Eckhart, *Awakening in the Now*. DVD 0305

Vaughan-Lee, Llewellyn, *A Conversation About Oneness*. DVD 0433

Watts, Alan, *Zen Meditations*. DVD 0080

Wolinsky, Stephen, *I am that I am: The Teachings of Sri Nisargadatta Maharaj*. DVD 0699