NON-DUALITY

Buddhism


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


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


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


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
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

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

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

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

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

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

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
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

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**

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

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

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

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

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
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

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

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 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

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

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

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

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

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

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

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.

H181.482 Sar AT

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


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


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


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


A compilation of the essential teachings of one of the most respected jñānis 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


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


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

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

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

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 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

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

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
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

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**

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

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

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

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

“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
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*

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*

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*

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*

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*

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*

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**


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


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

I298.1 Ibn WSN


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**


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


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


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


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


Nhật Hạnh, Thích, *Peace is Every Step*. DVD 0744


Kornfield, Jack, *Meditation for Beginners*. DVD 0286

Krishnamurti, J., *Holistic Observation*. DVD 0674

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


Watts, Alan, *Zen Meditations.* DVD 0080

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