



## Spirituality

**Adventures with the Buddha: a personal Buddhism reader / Jeffery Paine, 2005**

The breathtaking adventures of nine Westerners who traveled in China, Tibet, and Japan, in Nepal, India, and also America, chanced across Buddhism, and made it an integral part of their lives.

**Non-Fiction 294.309 Pai**

**Be here now; remember; / Ram Dass, 1978**

One man's transformation upon his acceptance of the principles of Yoga and gives a modern restatement of the importance of the spiritual side of man's nature. Illustrated.

**Non-Fiction 154 Be**

**The book of secrets : unlocking the hidden dimensions of your life / Deepak Chopra, 2004**

If it weren't for the enormous effort we put into denial, repression, and doubt, life would be a constant revelation. Chopra shares 15 spiritual secrets for enlightenment.

**Non-Fiction 158.1 Cho**

**Chop Wood, Carry Water : A Guide To Finding Spiritual Fulfillment In Everyday Life / Rick Fields, With Peggy Taylor, Rex Weyler, And Rick Ingrassci, 1984**

It is the greatest challenge for people living in contemporary society to find the spiritual aspects of working in an office, store, or factory; balancing a checkbook; raising a family; or making a relationship work. This book is a handbook filled with information, advice, hints, stories, inspiration, encouragement, connections, warning, and cautions, for the inner journey as we live it throughout our lives.

**Non-Fiction 291.448 Cho**

**Entering the castle: an inner path to God and your soul / Caroline Myss; forward by Ken Wilbur, 2007**

A guide to awakening the spirit within, in order to build an interior castle sustained by prayer and the practice of silence, healing, channeling grace, and forming circles of soul companions.

**New Books, Non-Fiction 248.22 Mys**

**The gift of change : spiritual guidance for a radically new life / Marianne Williamson, 2004**

Williamson offers ten simple but profound changes to empower us to see life's transitions as opportunities for growth and rebirth, providing not only keys for shaping our lives today, but also hope for transforming our world into a place of greater love and peace.

**Non-Fiction 158.1 Wil**

**The integral vision : a very short introduction to the revolutionary integral approach to life, God, the universe, and everything / Ken Wilber, 2007**

What if we attempted to find the critically essential keys to human growth, based on the sum total of human knowledge now open to us? Wilbur's Integral Map, or Integral Operating System (IOS), of quadrants, levels, lines, states, and types is drawn from developmental psychology, worldviews, multiple intelligences, gender studies, the nature of consciousness, etc.

**New Books, Non-Fiction 191 Wil**

**Invisible Acts Of Power : Personal Choices That Create Miracles / Carolina Myss, 2004**

The myriad simple but profound ways that people connect to create small miracles, gain a greater sense of spirituality, and transform their own -- and others' -- lives in an instant will inspire you to your own invisible acts of power...and attract them to you.

**Non-F 205.677 Mys**

**A Life At Work : The Joy Of Discovering What You Were Born To Do / Thomas Moore, 2008**

Finding the right work, finding one's vocation, is also part of the care of the soul. Although confident that even the most mundane job can be enjoyable and life-giving, Moore sets the question of vocation in a broader frame, suggesting that it is best addressed as a part of fashioning lives that are organically whole and meaningful.

**New Books, Non-Fiction 158 MOO**

**Light on life : the yoga journey to wholeness, inner peace, and ultimate freedom / B.K.S. Iyengar, with John J. Evans and Douglas Abrams, 2005**

An invitation to both those new to yoga and those who are experienced practitioners on an Inward Journey designed to increase their physical stability, emotional vitality, mental clarity, intellectual wisdom, and spiritual bliss.

**Non-Fiction 294.543 Iye**

**A new earth ; awakening to your life's purpose / Eckhart Tolle, 2005**

Tolle takes us beyond our own lives to show that we now have an opportunity to birth a new, more loving world. This involves a radical inner leap of consciousness from the current identification with our ego to an entirely new way of thinking about who we are.

**Non-Fiction 204.4 Tol**

**The simple feeling of being : embracing your true nature / Ken Wilber ; compiled and edited by Mark Palmer ... [et al.], 2004**

An anthology of selections from "the Hegel of Eastern spirituality," including poetic passages of contemplative insights and reflections; commentary on the spiritual contributions of figures such as Ralph Waldo Emerson, Saint Teresa of Ávila, and Meister Eckhart; anecdotes of personal experience; practical spiritual instructions and guided meditations, and more.

**Non-Fiction 204.4 Wil**

**The water will hold you : a skeptic learns to pray / Lindsey Crittenden, 2007**

An articulate meditation on the ineffable as well as an inspiring narrative of family, loss, and love, this poignant memoir shows the power of prayer and how it can affect lives.

**New Books, Non-Fiction 248.092 Cri**

**Wisdom walk : 9 practices from the world's spiritual traditions / Sage Bennet, 2007**

After experiencing a crisis of faith, Sage Bennet looked to the practices of the world's religions for help. In Wisdom Walk, she beautifully outlines nine of these teachings, making them accessible without diminishing them, while exploring the essential beliefs of each tradition.

**New Books, Non-Fiction 204 Ben**