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**VIENNA WOODS STUDIOS**  
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*My idea is that there is music in the air, music all around us, the world is full of it and you simply take as much as you require.*

--Sir Edward Elgar

*Most religions teach one what to do, but yoga teaches one how to be. Meditation can give you that which nothing else can give you. It introduces you to yourself.*

--Swami Rama

**YOGA AND RELATED SUBJECTS**  
**A PERSONAL READING LIST**

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**General Spiritual and Philosophical Reference**

Bahm, Archie J. *Comparative Philosophy: Western, Indian and Chinese Philosophies Compared*, revised edition. Albuquerque: World Books, 1995. 103 pages.

Many bibliographic notes. A clear and concise summary of the philosophies with definition of the study of Comparative Philosophy.

Ballou, Robert O. *The Portable World Bible*. New York: Penguin Books, 1972. 605p.

Gives selections from Hindu, Buddhist, Zoroastrian, Jewish, Christian, Moslem, Confucian and Taoist scriptures. Contains a 10-page glossary and 18-page index.

Froese, Paul and Christopher Bader. *America's Four Gods: What We Say About God--& What That Says About Us*. New York: Oxford University Press, 2010. 258 pages.

Hinnells, John R., Editor. *The Penguin Dictionary of Religions*. New York: Penguin Books, 1974. 550p.

Contains 363 pages of terms defined, 11 pages of maps, a 60-page bibliography, an 18-page synoptic index and a 96-page general index. Helpful for defining terms as they come up outside of the readers own religious traditions.

Prabhavananda, Swami and Christopher Isherwood, translator. *The Song of God: Bhagavad-Gita*. New York: New American Library, 1972. 143p.

A concise edition of this Hindu classic, originally written in Sanskrit. The Bhagavad-Gita is an exposition of Vedanta philosophy, one of the seven systems of Indian philosophy. For more information, contact the Vedanta Press, 1946 Vedanta Place, Hollywood, CA 90028.

Prabhavananda, Swami and Frederick Manchester. *The Upanishads: Breath of the Eternal*. New York: New American Library, 1948. 128p.

The preface reads: "Our aim in this translation has not been to achieve a literal rendering, but rather, allowing ourselves such freedom as seemed desirable, to convey in clear and simple English the sense and spirit of the original." Prose has been used to express the original Sanskrit verse. One hundred and eight of an unknown original number of Upanishads ("Secret Teachings") has been preserved. This book contains twelve of the most important, in the opinions of the translators.

Prabhupada, A.C Bhaktivedanta Swami. *Teachings of Lord Kapila, The Son of Devahuti*. Los Angeles: The Bhaktivedanta Book Trust, 1977. 308p.

Kapila Muni was a sage in ancient India. He was the author of the Sankhya or Samkhya philosophy. This edition contains phonetic Sanskrit verses of the teachings, translations and interpretations of the text. Reading this edition requires that the reader is interested in the Sanskrit spiritual terms that pervade the volume. The reward for this interest is that the reader will acquire a basic knowledge of the terminology by osmosis. Contains a glossary that appears too small considering the plethora of Sanskrit terms in the text. Also has a list of references, a guide to Sanskrit pronunciation, an index to the Sanskrit verses (in phonetic English), and a 30-page index.

Putnam, Robert D., and David E. Campbell. *American Grace: How Religion Divides and Unites Us*. New York: Simon and Schuster, 2010. 673 pages.

Subrahmanian, N.S. *Encyclopaedia of the Upanishads*. London: Oriental University Press, 1986. 564 pages.

Contains summaries of all 108 extant Upanishads, to include the Yoga Upanishads. Indexed with several appendices including one on Yoga. An invaluable reference.

Zaehner, R.C. *Bhagavad-Gita*. London: Oxford University Press, 1966. 480p.

The author is the commentator. A longer, more scholarly edition of this classic than the Prabhavananda-Isherwood translation. Contains a valuable appendix which regroups philosophical ideas into subjects in outline form.

## **The Bible and Apocrypha**

Green, Jay P., Editor, translator. *The Interlinear Bible: Hebrew-Greek-English*. Hendrickson Publishers, 1986.

"The English translation in the side column, A Literal Translation of the Bible, © 1985 by Jay Green, Sr." "The Greek text © 1976 by the Trinitarian Bible Society, London, England. Used by Permission." ISBN: 978-1-56563-977-5

Gantt, Michael. *A NonChurchgoer's Guide to the Bible*. Intercourse: Good Books, 1995.

Conversational tone, offers various ways of becoming involved with The Bible.

Metzger, Bruce M. and Michael D. Coogan, editors. *The Oxford Companion to the Bible*. New York: Oxford University Press, 1983. 874 pages, plus map section and index to maps.

Ralph, Margaret Nutting. *And God Said What? An Introduction to Biblical Literary Forms*. Revised Ed. New York: Paulist Press, 1986. 307 pages.

Offers explanations of the original writers' intentions in their writing.

Rhodes, Ron. *The Complete Guide to Bible Translations*. Eugene. Harvest House Publications, 2009. 270 pages.

Society of Biblical Literature. *The HarperCollins Study Bible: New Revised Standard Version: With the Apocryphal/Deuterocanonical Books*. New York: HarperCollins Publishers, 1993.

## **Earth-based spirituality, Shamanism**

Arrien, Angeles. *The Four-Fold Way: Walking the Paths of the Warrior, Teacher, healer and Visionary*. New York: HarperCollins Publishers, 1997. 203p.

A synthesis of the shamanic traditions of the world.

## **Readings in Hatha Yoga**

Anderson, Sandra and Rolf Sovik. *Yoga: Mastering the Basics*. Honesdale, Pennsylvania: Himalayan Institute Press, 2000. 241p.

Aranya, Swami Hariharananda. *Yoga Philosophy of Patanjali*. Albany, New York: State University of New York Press, 1983. 483p.

Patanjali may have lived in the second century A.D. There is some other commentaries available, too.

Arya, Pandit Usharbudh. *Philosophy of Hatha Yoga*. Second edition. Honesdale, PA: Himalayan Institute, 1985. 95p.

Chapters: 1. Watching the Mind Watching the Body, 2. Worship, 3. Karma Purification, 4. The Whole Body Language, 5. Kundalini--The Coiled-Up Energy, 6. Hatha Yoga: Gateway to the Subtle Body. Quotes directly from several of the Yoga Sutras by Patanjali.

Feuerstein, Georg. *Encyclopedic Dictionary of Yoga*. New York: Paragon House, 1990. 430p.

Contains many illustrations of the classic Hatha Yoga asanas, definitions of terms in Eastern Philosophy. Terms are cross-referenced. An invaluable book to accompany any other reading on the subject. Contains a bibliography.

*Gheranda Samhita*. Translated into English by Rai Bahadur Srisa Chandra Vasu. Third edition. New Delhi: Munshiram Manoharlal Publishers Pvt. Ltd., 1980. 87p.

Author unknown. Probably written in the late seventeenth century. A manual of Hatha Yoga. Includes Sanskrit text, consists of 351 stanzas divided into seven chapters. Describes 32 asanas and 25 mudras. See also *Siva Samhita*. May be obtained through Nataraj Books, Springfield, Virginia.

Iyengar, B.K.S. *Light on Yoga*. New York: Schocken Books, 1965. 342p.

This modern classic of Hatha Yoga has undergone revision since this edition was published. Contains many photos of Mr. Iyengar's mastery of yoga. This book uses only the Sanskrit names of the postures, adding to the challenges the beginner will face. It contains a progression of lessons of the postures over many weeks of self-study.

Rama, Swami. *Joints and Glands Exercises*. Rudolph Ballentine, M.D., ed. Honesdale, PA: Himalayan Institute, 1977. 83p.

An excellent preparatory text for individuals with limited or no experience with exercise, or for people who cannot perform yoga postures. Contains gentle stretches and contractions for all parts of the body. Spiral bound for convenient use.

Rama, Swami. *Lectures on Yoga: Practical Lessons on Yoga*. Honesdale, PA: Himalayan Institute, 1979. 196p.

A basic text covering the yamas and niyamas (observances and restraints), asanas, pranayama, concentration, the nature of the mind, and meditation.

Samskrti and Veda. *Hatha Yoga: Manual I*. Second edition. Honesdale, PA: Himalayan Institute, 1985. 187p.

Large format, spiral bound. This is an enlarged and expanded version of the manual originally published in 1975. Contains hints for beginners, asanas, breathing exercises and sample lesson plans.

Samskrti and Judith Franks. *Hatha Yoga: Manual II*. Honesdale, PA: Himalayan Institute, 1978. 165p.

Large format, spiral bound. More advanced postures and concepts, for students who have assimilated the material in Manual I.

Saraswati, Swami Muktibodhananda. *Hatha Yoga Pradipika: The light on Hatha Yoga*. India, Bihar School of Yoga, 1985. 719p.

Written in the middle of the fourteenth century A.D. by Svamarama Yogin. This is a translation and commentary containing the original Sanskrit text. One of the most important of the original texts on Yoga. Can be obtained through the Himalayan Institute.

*Siva Samhita*. Translated into English by Rai Bahadur Srisa Chandra Vasu. Fourth edition. New Delhi: Munshiram Manoharlal Publishers Pvt. Ltd., 1990. 87p.

The original author is unknown or credit is not given in the book. A classical work on Hatha Yoga. It was probably written in the late seventeenth or early eighteenth century, according to Feuerstein's Dictionary. Contains the Sanskrit text of each stanza. Consists of 645 stanzas divided into five chapters. Covers a review of various schools of Indian thought, esoteric anatomy, the five pranas, mudras, and actual yogic practices. May be obtained through Nataraj Books in Springfield, Virginia.

Vishnudevananda, Swami. *The Complete Illustrated Book of Yoga*. New York: The Julian Press, Inc., 1960. 411p.

Contains over 140 illustrations and tables for training to accomplish the goals of Hatha Yoga.

Wills, Garry. *Why Priests? A Failed Tradition*. Toronto: The Penguin Group, 2013. 302 pages.

## Yoga Philosophy

Aurobindo, Sri. *Bases of Yoga*. Pondicherry, India: Sri Aurobindo Ashram Press, 1960. 143p.

Notes compiled from lectures and letters of the author. Can be read randomly within the book or cover to cover with equal benefit.

Iyengar, B.K.S. *The Tree of Yoga*. Boston: Shambala Publications, Inc., 1989. 194p.

Cover note reads: "...his thoughts on many practical and philosophical subjects, ranging from the place of yoga in daily life to insights from Patanjali's *Yoga Sutras*. He includes chapters on family life, love and sexuality, health and the healing arts, meditation, death, and advice to teachers. Based on lectures and discussions with his students..."

Sivananda, Swami. *Tantra Yoga, Nada Yoga and Kriya Yoga*. Himalayas, India: The Divine Life Society, 1994. 162p.

This three-dimensional work on yoga is important for the way it presents these subjects in a way that unifies them. We can see the One Truth from three different but related angles.

Vivekananda, Swami. *Raja-Yoga or Conquering the Internal Nature*. Calcutta: Advaita Ashram, May 1978. 289p.

A classic text on the subject of Raja Yoga, the Royal Path. Is concerned with prana, psychic prana, and the levels of thinking up to and including samadhi.

Zimmer, Heinrich. *Philosophies of India*. New York: Meridian Books, 1951. 687p.

A very readable, although at times technically exhausting analysis of the philosophies of India, including Yoga philosophy. Edited by Joseph Campbell.

## Yoga Physiology and Anatomy

Leadbeater, C. W. *The Chakras*. Adyar, Madras, India: The Theosophical Publishing House, 1927. 132p.

Contains methods of strengthening or developing the chakras. Use of mandalas, laya yoga and other subjects.

Rama, Swami, Rudolph Ballentine and Alan Hymes. *Science of Breath: A Practical Guide*. Honesdale: Himalayan Institute, 1979. 166p.

Contains clear explanations of the anatomy and functions of the breathing apparatus- nose, throat, lungs. Also discusses the chakras and meditation.

Saraswati, Swami Satyananda. *Moola Bandha: The Master Key*. Second edition. Bihar, India: Bihar School of Yoga, 1996. 124 p.

First published in 1978. Contains index of practices. A most thorough explanation of the anatomy and physiology of the Chakra and the Bandha.

Bloomfield, Harold H., Michael Peter Cain and Dennis T. Jaffe. *TM: Discovering Inner Energy and Overcoming Stress*. New York: Delacorte Press, 1975. 290p.

Introduction by Buckminster Fuller. Describes the Transcendental Meditation Technique. An initiation by a TM teacher is necessary for the practitioner to be within the tradition as brought to the West by Maharishi Mahesh Yogi, but the book is helpful. It is interesting to note that Mahesh Yogi and Swami Rama had the same guru.

Campbell, Anthony. *TM and the Nature of Enlightenment*. New York: Harper and Row, 1976. 223p.

Leans toward a scientific, Western-minded approach to explaining this technique of meditation.

Czukur, Ted. *Exploring Meditation Methods*. Phoenix: Ted's Gentle Yoga, 1992. 29p.

A clear, introductory booklet which includes preparation, posture and several techniques to try. The price is \$5, order from: Ted Czukur, Ted's Gentle Yoga, 12229 N. 36th Drive, Phoenix, AZ 85029-2101. Ted's fax number is (602) 843-3990.

Goleman, Daniel. *The Varieties of the Meditative Experience*. New York: Irvington Publishers, Inc., 1977. 130p.



Compares about 12 different meditation techniques, concluding that they all have the same ultimate goal. Foreword by Ram Dass.

Gonda, Jan, "The Indian Mantra" in *Selected Studies*, Volume IV, *History of Ancient Indian Religion*. 54p.

This article is referred to as a classic on the subject by Harvey P. Alper, op. cit. Gonda's definition of mantra is on page 253.

Hittleman, Richard. *Guide to Yoga Meditation*. New York: Bantam Books, 1969. 192p.

A clear and concise guide to the practice of yogic meditation, although the more advanced student may find some explanations to be overly simplistic.

Keshavadas, Sadguru Sant. *GAYATRI: The Highest Meditation*. Delhi: Motilal Banarsidass Publishers Pvt. Ltd, 1994. 148p.

A most readable and approachable book on the subject of meditation generally, then embracing the subject of meditation on the Gayatri, the highest mantra. Many Sanskrit terms are used in the text, and definitions are provided parenthetically along the way.

Rama, Swami. *Meditation and Its Practice*. Honesdale: Himalayan Institute, 1992. 129p.

Contains relaxation and breathing exercises, definition of the practice of meditation, postures and a program for progress in meditation. Contains a glossary as well.

Sadhu Mouni. *Meditation: An Outline for Practical Study*. North Hollywood: Wilshire Book Company, 1974. 363p.

Part I: Theoretical Preliminaries, Part II: Techniques of Meditation, Part III: Regular Meditation, Part IV: Advanced Meditation, Part V: Introduction to Contemplation. Index. Deals with emotional preparation for meditation. Effectively describes the differences between contemplation, concentration and meditation.

Sechrist, Elsie. *Meditation: Gateway to Light*. Virginia Beach: A.R.E. Press, 1972. 53p.

Based on the Edgar Cayce readings. Contains a method of meditation and prayers and affirmations. Refers to the spiritual centers by the names of the glands, conforming to the Western tradition.

Sivananda, Swami. *Japa Yoga: A Comprehensive Treatise on Mantra-Sastra*. India: The Divine Life Society, 1992. 180p.

Contains instruction for the use of the mala, or prayer beads. Contains an explanation of the granting of the mantra and numerous Sanskrit mantras with their translation.

Saraswati, Swami Muktibodhananda. *Swara Yoga: The Tantric Science of Brain Breathing*. Bihar, India: Bihar School of Yoga, 1983. 233 p.

This book would be appropriate for someone who is well established on a path of hatha yoga and has been on a regular schedule of meditation for a substantial period. The practices can lead to enhanced clairvoyant capability.

Tigunait, Pandit Rajmani. *The Power of Mantra and the Mystery of Initiation*. Honesdale, PA: Yoga International Books, 1996. 248p.

Chapters entitled: The Bridge to the Inner World, Blocking and Unveiling the Light, Finding a Teacher, The Universal Mantra, The Power of Initiation, Classes of Mantras and Their Powers; Mantra, Yantra and Deity, Shaktipata: The Descent of Grace. Appendices: A, Preparation for Mantra Initiation and B, How to Do a Purash Chrana

### **Of Interest With Children**

De Brunhoff, Laurent. *Babar's Yoga for Elephants*. New York: Harry N. Abrams, Inc., 2002. 48 pages.

A story book, wonderful for very young children. Wall poster. Can be appreciated by adults for its art and fantasy. Adults with knowledge of yoga should guide children with this book because the illustrations are of an elephant performing the postures, and humans will look different performing them!

Dennison, Paul E. *Brain Gym: Simple Activities for Whole Brain Learning*. Ventura: Edu-Kinesthetics, Inc., 1986. 41 pages.

This pamphlet has exercises that appear to be based on some yoga principals. This program has been used very successfully by some teachers and whole school systems.

Khalsa, Shakta Kaur. *Fly Like a Butterfly: Yoga for Children*. Portland, OR: Rudra Press, 1998. 177 pages.

All postures are illustrated with photos of young children.

Rozman, Debora. *Meditating with Children: The Art of Concentration and Centering: A Workbook on New Educational Methods Using Meditation*. Boulder Creek: Planetary Publications, 1994. 154 pages.

A program of ten classes, a section of the various meditations, guidelines for teachers or facilitators.

Stewart, Mary and Kathy Phillips. *Yoga For Children*. New York: Simon and Schuster, Inc., 1992. 128 pages.

Full color photos and step by step directions. Some photos show adults practicing with the children.

## Biographical, Inspirational and Sacred Writings

Barnstone, Willis and Marvin Meyer, eds. *The Gnostic Bible*. Boston: Shambhala, 2003. 860 pp.

*The Book of Jasher*, published by the Supreme Grand Lodge of A.M.O.R.C., San Jose, California, 1934.

Mentioned in *The Bible* in Joshua 10:13 and in 2 Samuel 1:18.

Borysenko, Joan. *Pocketful of Miracles: Prayers, Meditations, and Affirmations to Nurture Your Spirit Every Day of the Year*. New York: Warner Books, 1994. 424 pages.

Contains seed thoughts and prayers/practices and spiritual exercises for each day of the year.

Boyd, Doug. *Swami*. New York: Paragon House, 1990. 330p.

Cover note reads: "An American's personal exploration into the lives, teachings, and mental powers of the swamis of India." The first 123 pages are largely about Swami Rama, founder of the Himalayan Institute in Honesdale Pennsylvania. Other swamis mentioned are Swami Sivanandapura, Swami Saraswathi and others.

Dass, Ram. *Grist for the Mill*. With Stephen Levine. Santa Cruz: Unity Press, 1977. 173p.

Part of the Mindfulness Series. Personal observations by Ram Dass, aka Richard Alpert. Contains interpretations of Dharma, the Buddhist teachings, which are not incompatible with most religious philosophy.

Dass, Ram. *Remember: Be Here Now*. San Cristobal, N.M.: The Lama Foundation, 1971. 238p.

A cult classic of the account of Richard Alpert's odyssey into the life of Ram Dass. Contains many observations about clearing the cobwebs from our modern, Western minds and a wonderful section, "Cook Book for a Sacred Life."

Feuerstein, Georg and Stephan Bodian, eds. *Living Yoga: A Comprehensive Guide for Daily Life*. With the staff of Yoga Journal. New York: Jeremy P. Tarcher/Perigee, 1993. 290p.

Thirteen chapters divided into six parts:

Part I: Cultivating the Body: Hatha Yoga; Part II: Transcending the Mind: Raja Yoga; Part III: Cultivating Love: Bhakti Yoga; Part IV: The Path of Work: Karma Yoga; Part V: Ritual and Beyond: Tantra Yoga; and Part VI: The Path of Wisdom: Jnana Yoga.

Krishnamurti, J. *Think on These Things*. Edited by D. Rajagopal. New York: Harper and Row, 1964. 270p.

Contains thoughts on social ethics in the format of questions followed by Krishnamurti's answers.

*The Lost Books of The Bible and the Forgotten Books of Eden*, published by New American Library, New York, 1974.

These were published separately in around 1927 but were published together in this paperback edition.

Muktananda, Swami. *Play of Consciousness*. Ganeshpuri, India: Gurudev Siddha Peeth, 1978. 322p.

Cover note reads: "...a spiritual autobiography, a guide to the workings of the awakened Kundalini, a practical application of the principles of spiritual philosophy. Above all, it is a work of illumination, charged with the spiritual force of its author." For more information: S.Y.D.A. Foundation, PO Box 11071, Oakland, CA 94611.

Pagels, Elaine. *The Gnostic Gospels*. New York: Random House, 1979. 182pp.

Rama, Swami. *Living With the Himalayan Masters*. Honesdale, PA: Himalayan Institute, 1978. 487p.

Accounts of Swami Rama's many experiences in his spiritual life in the Himalayas. Contains maps and many photographs.

Rodegast, Pat and Judith Stanton. *Emmanuel's Book: A Manual For Living Comfortably in the Cosmos*. New York: Bantam Books, 1987. 262 pages.

Inspirational Channeled material. Also available: *Emmanuel's Book II: The Choice for Love* and *Emmanuel's Book III: What is an Angel Doing Here?*

Smith, Richard, managing editor. *The Nag Hammadi Library in English*. Revised edition. Translated and introduced by members of the Coptic Gnostic Library Project of the Institute for Antiquity and Christianity, Claremont, California. New York: HarperSanFrancisco, 1990. 549 pp.

Subramuniaswami, Satguru Sivaya. *Dancing With Siva: Hinduism's Contemporary Catechism*. Concord, CA: Himalayan Academy, 1993. 968p.

Many of the pages of this book are black and white illustrations from classical Eastern art works. Contains a lexicon containing many English and Sanskrit word definitions. Also contains the basic tenets of many of the world's religions.

*Upanishads, The.* Juan Mascaro, Translator. Baltimore: Penguin, 1965. 143p.

An understanding of the *Upanishads* is vital to a thorough grounding in the roots of Yoga Philosophy, however this translation may be too laborious and cryptic for some readers.

Watts, Alan. *OM: Creative Meditations from Alan Watts.* Edited and adapted by Judith Johnstone. Berkeley: Celestial Arts, 1980. 169p.

Contains short seed thoughts which can be helpful in clearing away the cobwebs in our spiritual lives, or for provoking a questioning attitude about life in general.

Wilson, Andrew, editor. *World Scripture: A Comparative Anthology of Sacred Texts.* St Paul: Paragon House, 1995. 882 pp.

A Project of the International Religious Foundation. This book has forty advisors and contributors and is written in five parts, each pertaining to different aspects of spirituality.

Yogananda, Paramahansa. *Autobiography of a Yogi.* Los Angeles: Self-Realization Fellowship, 1972. 573p.

Required reading for anyone interested in understanding the teachings of the Self-Realization Fellowship, or of the path of devotion of the yogi. Contains many photographs of Paramahansaji and the story of his coming to the West.

Yogananda, Paramahansa. *The Master Said...: Sayings and Counsel to disciples by Paramahansa Yogananda.* Los Angeles: Self-Realization Fellowship, 1957. 116p.

Inspirational messages with the characteristic tenderness of this Master.

Yogananda, Paramahansa. *Metaphysical Meditations.* Los Angeles: Self-Realization Fellowship, 1976. 115p.

Contains inspirational passages of imagery and spiritual messages which can be used as seed thoughts for contemplation leading to meditation.

Yogi, Maharishi Mahesh. *The Science of Being and The Art of Living.* New York: Signet Books, 1963. 320p.

Philosophy by the founder of the Transcendental Meditation movement in the U.S.A.

### **Rituals and Ceremonies**

Beck, Renee and Sydney Barbara Metrick. *The Art of Ritual: A Guide to Creating and Performing Your Own Rituals for Growth and Change.* Berkeley: Celestial Arts, 1990.

Farmer, Steven D. *Sacred Ceremony: How to Create Ceremonies for Healing, Transitions, and Celebrations*. Carlsbad: Hay House, 2002.

Leviton, Richard. *Weddings by Design: A Guide to the Non-Traditional Ceremony*. New York: Harper Collins Publishers, 1993.

Macomb, Susanna. *Joining Hands and Hearts: Interfaith, Intercultural Wedding Celebrations*. New York: Simon and Schuster, 2003.

Renee, Janina. *By Candlelight: Rites for Celebration, Blessing and Prayer*. St. Paul: Llewellyn Publications, 2004.

Seaburg, Carl, Ed. *Great Occasions: Readings for the Celebration of Birth, Coming-of-Age, Marriage, and Death*. Boston: Beacon Press, 1968.

Williamson, Gay and David Williamson. *Transformative Rituals: Celebrations for Personal Growth*. Deerfield Beach: Health Communications, 1994.

## **Body Work Outside of, But Compatible With, Yoga**

Chang, Stephen T. *The Book of Internal Exercises*. San Francisco: Strawberry Hill Press, 1978. 138p.

Contains exercises with very little or no movement from the discipline of Taoist healing. Many photographs and illustrations of positions from Hatha Yoga with the Chinese names.

Nan, Huai-Chin. *Tao & Longevity: Mind-Body Transformation*. Edited by Karen Allen. York Beach, ME: Samuel Weiser, Inc., 1984. 145p.

Has much in common with the yogic approach to meditation, but is in the context of Taoist healing arts. Uses the concept of chi rather than that of prana.



## **Psychology Within the Scope of Yoga**

Goleman, Daniel. *Emotional Intelligence*. New York: Bantam Books, 1995. 352 pages.

This book is not exactly in the framework of yoga philosophy, but it is valuable for students of yoga because it helps to bridge the space that sometimes exists when people neglect their emotional development to favor the intellectual, IQ approach.

Rama, Swami and Swami Ajaya. *Creative Use of Emotions*. Honesdale: Himalayan Institute, 1976. 162p.

From the introduction: "Yoga psychology offers a clear, precise and easily understood conceptualization and training program in which the energy which gives rise to such unpleasant emotional states as fear, depression, jealousy and anger, can be channeled toward the experience of positive emotional states, such as love, devotion and bliss."

Rama, Swami, Rudolph Ballentine and Swami Ajaya. *Yoga and Psychotherapy: The Evolution of Consciousness*. Honesdale: Himalayan Institute, 1976. 327p.

Discusses the yogic concepts of the koshas, or energy sheaths, the chakras and other Eastern concepts together with Western psychotherapy. Contains examples of the ways yoga can supplement and sometimes replace Western methods of psychotherapy.

Tigunait, Pandit Rajmani. *Inner Quest: The Path of Spiritual Unfoldment*. Honesdale, PA: Yoga International Books, 1995. 185p.

Question and answer format with glossary. Chapters entitled: Setting Out, Clearing the Hurdles, Moving Inward, Unlocking the Secret, Breaking the Cycle, Establishing a Personal Practice, and The Journey's End.

## **Journal Writing**

Progoff, Ira. *At a Journal Workshop: Writing to Access the Power of the Unconscious and Evoke Creative Ability*. Revised. New York: Jeremy P. Tarcher, 1992. 422 pages.

"Progoff's Intensive Journal Process is one of the great inventions of our time." --Joseph Campbell. Workshops are available for this work, can be very meaningful for people with long life experience and who desire to reflect inwardly.

Progoff, Ira. *The Well and the Cathedral*. Second edition, enlarged. New York: Dialogue House Library, 1977. 166 pages.

Meditations, non doctrinal, neutral symbols, deepening and cumulative effect, designed for preparation for the journal process.

Progoff, Ira. *The Star/Cross: An Entrance Meditation*. Second enlarged edition. New York: Dialogue House Library, 1981.

Spirituality of the world of nature.

Progoff, Ira. *The White Robed Monk: with an essay on its use in Process Meditation*. Second revised edition. Dialogue House Library, 1979. 125 pages.

Meditations: Contemplative direction, atmosphere associated with a regular religious practice, but not associated with any particular faith tradition.

### **Meditation**

Alper, Harvey P., editor. *Understanding Mantras*. Albany, N.Y.: State University of New York Press, 1989. 530p.

Contains bibliographical lists and working bibliography for the study of Mantras. One particularly applicable chapter is "The Use of Mantra in Yogic Meditation: The Testimony of the *Pasupata*", by Gerhard Oberhammer.

Arya, Usharbudh. *Superconscious Meditation*. Honesdale: Himalayan Institute, 1978. 132p.

Contains chapters on the system of Superconscious Meditation, the name given to the technique brought to us by Swami Rama, whose guru was that of Maharishi Mahesh Yogi. Chapters discuss problem thoughts in meditation, ways of deepening meditation, purification of personality and other subjects.

Baker, M. E. Penny. *Meditation: A Step Beyond With Edgar Cayce*. Los Angeles: Pinnacle Books, Inc., 1973. 166p.

A Western and God-Centered approach to meditation. Contains a bibliography of Western works on the subject.

Blofeld, John. *Mantras: Sacred Words of Power*. New York: E. P. Dutton, 1977. 106p.

The author has travelled extensively in the East. The mantras given come from a variety of traditions.

Bloomfield, Harold H., Michael Peter Cain and Dennis T. Jaffe. *TM: Discovering Inner Energy and Overcoming Stress*. New York: Delacorte Press, 1975. 290p.

Introduction by Buckminster Fuller. Describes the Transcendental Meditation Technique. An initiation by a TM teacher is necessary for the practitioner to be within the tradition as brought to the West by Maharishi Mahesh Yogi, but the book is helpful. It is interesting to note that Mahesh Yogi and Swami Rama had the same guru.

Campbell, Anthony. *TM and the Nature of Enlightenment*. New York: Harper and Row, 1976. 223p.

Leans toward a scientific, Western-minded approach to explaining this technique of meditation.

Czukur, Ted. *Exploring Meditation Methods*. Phoenix: Ted's Gentle Yoga, 1992. 29p.

A clear, introductory booklet which includes preparation, posture and several techniques to try. The price is \$5, order from: Ted Czukur, Ted's Gentle Yoga, 12229 N. 36th Drive, Phoenix, AZ 85029-2101. Ted's fax number is (602) 843-3990.

Goleman, Daniel. *The Varieties of the Meditative Experience*. New York: Irvington Publishers, Inc., 1977. 130p.

Compares about 12 different meditation techniques, concluding that they all have the same ultimate goal. Foreword by Ram Dass.

Gonda, Jan, "The Indian Mantra" in *Selected Studies, Volume IV, History of Ancient Indian Religion*. 54p.

This article is referred to as a classic on the subject by Harvey P. Alper, op. cit. Gonda's definition of mantra is on page 253.

Hittleman, Richard. *Guide to Yoga Meditation*. New York: Bantam Books, 1969. 192p.

A clear and concise guide to the practice of yogic meditation, although the more advanced student may find some explanations to be overly simplistic.

Keshavadas, Sadguru Sant. *GAYATRI: The Highest Meditation*. Delhi: Motilal Banarsidass Publishers Pvt. Ltd, 1994. 148p.

A most readable and approachable book on the subject of meditation generally, then embracing the subject of meditation on the Gayatri, the highest mantra. Many Sanskrit terms are used in the text, and definitions are provided parenthetically along the way.

Rama, Swami. *Meditation and Its Practice*. Honesdale: Himalayan Institute, 1992. 129p.

Contains relaxation and breathing exercises, definition of the practice of meditation, postures and a program for progress in meditation. Contains a glossary as well.

Sadhu Mouni. *Meditation: An Outline for Practical Study*. North Hollywood: Wilshire Book Company, 1974. 363p.

Part I: Theoretical Preliminaries, Part II: Techniques of Meditation, Part III: Regular Meditation, Part IV: Advanced Meditation, Part V: Introduction to Contemplation. Index. Deals with emotional preparation for meditation. Effectively describes the differences between contemplation, concentration and meditation.

Sechrist, Elsie. *Meditation: Gateway to Light*. Virginia Beach: A.R.E. Press, 1972. 53p.

Based on the Edgar Cayce readings. Contains a method of meditation and prayers and affirmations. Refers to the spiritual centers by the names of the glands, conforming to the Western tradition.

Sivananda, Swami. *Japa Yoga: A Comprehensive Treatise on Mantra-Sastra*. India: The Divine Life Society, 1992. 180p.

Contains instruction for the use of the mala, or prayer beads. Contains an explanation of the granting of the mantra and numerous Sanskrit mantras with their translation.

Saraswati, Swami Muktibodhananda. *Swara Yoga: The Tantric Science of Brain Breathing*. Bihar, India: Bihar School of Yoga, 1983. 233 p.

This book would be appropriate for someone who is well established on a path of hatha yoga and has been on a regular schedule of meditation for a substantial period. The practices can lead to enhanced clairvoyant capability.

Tigunait, Pandit Rajmani. *The Power of Mantra and the Mystery of Initiation*. Honesdale, PA: Yoga International Books, 1996. 248p.

Chapters entitled: The Bridge to the Inner World, Blocking and Unveiling the Light, Finding a Teacher, The Universal Mantra, The Power of Initiation, Classes of Mantras and Their Powers; Mantra, Yantra and Deity, Shaktipata: The Descent of Grace. Appendices: A, Preparation for Mantra Initiation and B, How to Do a Purash Chrana

**Music and Other Arts as Related to the Subjects OF Improvisations, Yoga,  
Eastern and Western Mysticism, and Psychological/Psychic Issues  
A Personal Reading List**

Andrews, Ted. *Sacred Sounds: Transformation Through Music and Word*. St. Paul: Llewellyn Publications, 1998. 214 pages.

Contains two major sections: "The Secret Power of the Word" and "The Renaissance of the Bardic Traditions." Also has a select bibliography.

Beaulieu, John. *Music and Sound in the Healing Arts: An Energy Approach*. Barrytown: Station Hill Press, 1987. 144 pages.

A work on the use of tuning forks and toning for healing. Especially helpful for getting over the idea that the only pitches one can use are those in tune with concert pitch. These frequencies are the Pythagorean system, or just intonation. References to Eastern philosophy.

Beck, Guy L. *Sonic Theology: Hinduism and Sacred Sound*. South Carolina: University of South Carolina Press, 1993. 290 pages.

Contains information which connects the ideas of spirituality, yoga philosophy and sound. Gives lineage of numerous classical Sanskrit texts and several yoga philosophies. Glossary, index and extensive bibliography. Some knowledge of yoga philosophical terms and texts strongly recommended.

Bernard, Patrick. *Music as Yoga: Discover the Healing Power of Sound*. San Rafael: Mandala Publishing, 2004. 190 pp.

Chapters are The Effect of Sound Vibrations, The Power of Words, The way of Song and Listening, Mantra Yoga and the Healing Names of God. Also has notes, glossary, bibliography and a discography of 12 CDs of healing music by the author.

Bernstein, Seymour. *With Your Own Two Hands: Self-Discovery Through Music*. New York: G. Schirmer, 1981. 296 pages.

Contains useful preliminary chapters such as, "Why Do You Practice?" and "Why Don't You Practice?" The book contains specific help for pianists in about 45 pages, but much of the material translates well for other instruments. There is no material in this book on the subjects of meditation, yoga, or Eastern philosophies, but there is a reference to the book *Zen in the Art of Archery* in the context of the discussion about practicing.

Bruckner-Ruggeberg. "Music and the Indian Yoga Practice." *Journal of the Indian Musicological Society*. Vol 14, (no. 1, 1983), p. 19-24.

Caldwell, Robert. *The Performer Prepares*. Dallas, TX: Pst...Inc., 1990. 158p.

Contemporary approach to preparation for performance covering all phases of preparation and follow-up.

Campbell, Don G., *The Mozart Effect: Tapping the Power of Music to Heal the Body, Strengthen the Mind, and Unlock the Creative Spirit*. New York: Avon Books, 1997. 332 p.

Campbell, Don G., ed. *Music and Miracles: A Companion to Music: Physician for Times to Come*. Wheaton, Ill: Quest Books, 1992. 280 p.

Twenty-five essays grouped into the following parts: I The Miracle of Sound, II The Body of Sound, III Instruments and Healing, IV Music Therapy and Transformation, V Therapeutic Healing With Sound, and VI Sound As World Healer.

Campbell, Don G. *Music: Physician for Times to Come*. Wheaton, Ill: Quest Books, 1991. 355p.

An anthology. On dedication page: "We trust that the magic of sound, scientifically applied, will contribute in ever greater measure to the relief of human suffering, to a higher development and a richer integration of the human personality, to the harmonious synthesis of all human "notes" of all "group chords and melodies"--until there will be the greater symphony of the One Humanity." Roberto Assagioli, M.D.

Campbell, Don G. *The Roar of Silence: Healing Powers of Breath, Tone & Music*. Wheaton, IL: The Theosophical Publishing House, 1989.

Dedication: "To the wounded listener and sleeping musician in each of us." A series of meditations and practical exercises using breath and the voice. Contains bibliography and discography. Author is a consultant in psychoacoustics.

Cornell, Judith, Ph.D. *MANDALA: Luminous Symbols for Healing*. Quest Books, 1994.

A workbook recommending sound, music, coloring pencils and black paper for making your own mandalas.

Cousto, Hans. *The Cosmic Octave: Origin of Harmony*. Mendocino, CA: LifeRhythm, 1988. 121p.

Originally published in the German Language. Exhaustive formulae on the overtone series, times and durations of celestial motion. Gives frequencies of audible pitches which correspond to the celestial frequencies.

Danielou, Alain. *Music and the Power of Sound: The Influence of Tuning and Interval on Consciousness*. Rochester, Vermont: Inner Traditions, 1995.

First published as *Introduction to the Study of Musical Scales by the Indian Society*, London, 1943. Chapter titles include: Metaphysical Correspondences, The Conflict of Musical Systems, The Measurement of Intervals and Harmonic Sounds, The Cycle of Fifths: The Musical Theory of the Chinese, and others.

Drury, Nevill. *Music for Inner Space: Music for Meditation and Visualization*. San Leandro, CA: Prism Press, 1985. 176p.

Part One: Sound and Symbol

- 1: Music and Altered States of Consciousness
- 2: Music and Archetype
3. Music for Inner Space

Part Two: Myth and Cosmos

- 4: Self-Initiation, Kabbalah, Tarot, Signs of the Zodiac, Egyptian Book of the Dead, Kundalini Yoga.

Gaynor, Mitchell L., MD. *The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music*. Boston: Shambhala, 2002. 262 pp.

Has a good number of exercises within the text of the book, plus bibliography, endnotes, list of resources and index.

Gonzalez-Wippler, Migene. *Santeria: African Magic in Latin America*. New York: Original Publications, 1987. 179p.

Contains authentic rhythms of Latin-America along with information about the religion of Santeria.

Green, Barry. *The Inner Game of Music*. New York: Doubleday, 1986. 225p.

Some chapter titles: 7. Letting go, 8. Coping with obstacles, 9. Improving the quality of musical experience. 10. Teaching and learning, 13. Integration and balance, 15. Improvisation, composition and creativity.

Gulvani, V. R. "Addendum (in Marathi)." *Journal of the Indian Musicological Society*. Vol. 11, (no. 1-2, 1980), p. 66+.

This is a follow-up article for the selection by Musalagoankar, V. "Music and Sound in Yoga." Translation will be necessary except for readers of Marathi.

Hall, Manly Palmer. *Secret Teachings of All Ages: An Encyclopedic Outline of Masonic, Hermetic, Qabbalistic and Rosicrucian Symbolical Philosophy*. L.A., CA: The Philosophical Research Society, 1975. 245p.



"Being an interpretation of the secret teachings concealed within the rituals, allegories and mysteries of all ages." Many articles on music from the alchemists' perspective, including mystical drawings by Robert Fludd and others. Indexed.

Hamel, Peter Michael. *Through Music to the Self: How to Appreciate and Understand Music Anew*. Translated from German by Peter Lemesurier. Great Britain: Element Books, Ltd., 1978.

Major sections of the book are: 1 Old and New Paths in Western Music, 2 Encounter with Non-European Music, 3 The Esoteric World of Sound and Research into Harmonics, 4 Music Between the Worlds, 5 Social Practice and Exercise Methods, also contains appendices, texts of other authors, musical examples and illustrations.

Hanser, Suzanne B. *Music Therapist's Handbook*. St. Louis: Warren H. Green, Inc., 1987. 172p.

A work designed for health professionals and students in the field of music therapy.

Hodges, Donald A., Editor. *Handbook of Music Psychology*. Second edition. San Antonio: IMR Press, 1996. 589 p.

Text for graduate level course work at George Mason University. Twelve sections dedicated to various subjects such as memory, musical perception and psychoacoustical processes.

Jaideva Singh. *The Yoga of Vibration and Divine Pulsation*. New York: State University of New York Press, 1992. 210 p.

"A Translation of the Spanda Karikas with Ksemaraja's Commentary: The Spanda Nirnaya." From the foreword: "Vasugupta is the author. Vasugupta is the ninth-century Kashmiri sage to whom the foundational text of the Siva-Sutra-s is said to have been inspirationally revealed."

Khanna, Madhu. *Yantra: The Tantric Symbol of Cosmic Unity*. New York: Thames and Hudson, 1979.

Profuse illustrations, diagrams and exercises.

Khan, Hazrat Inayat. *The Music of Life*. New Lebanon, N.Y.: Omega Press, 1983. 353p.

Sufi Author: Part I: The Mystery of Sound, Part II: The Harmony of Life, Part III: The Knowledge of Vibration, Part IV: The Analysis of Atoms, Part V: The Harmonious Grouping of Atoms.

Khan, Hazrat Inayat. *The Mysticism of Sound and Music*. Revised edition. Boston: Shambhala, 1996. 322 pages.

A metaphysical work of great aesthetic and poetic sensitivity.

Ling, Dorothy. *The Original Art of Music*. Lanham, Maryland: The Aspen Institute and the University Press of America, 1989. 178 pages.

From the introduction: This work is one of a series of monographs “which represent important insights into the intrinsic relationships which exist between the arts and the individual and the arts and society.” “Dorothy Ling’s life and work are based on the belief that the arts—all of the arts—inform all of school life, and that they are not to be treated as separate subjects. Contains discussions of archetypal material and the earliest roots of music.

Lingerman, Hal A. *The Healing Energies of Music*. Wheaton, Ill: The Theosophical Publishing House, 1983.

The author's own views on many selections of music and the emotional implications of the musical effects. Bibliography.

Maisel, Eric. *Staying Sane in the Arts: A Guide for Creative and Performing Artists*. New York: Putnam's Sons, 1992. 290 pages.

Maisel is a psychotherapist based in San Francisco who has counseled actors, writers, dancers, musicians and other artists. He examines the psychological and business issues all artists must confront. Some subjects addressed are the personality of the artist and the various blocks artists face and how to overcome them.

McClain, Ernest. *The Myth of Invariance: The Origin of the Gods, Mathematics, and Music From the Rg Veda to Plato*. York Beach, Maine: Nicolas-Hays, Inc., 1976. 216p.

Many numerical tables attempting to link numbers to music and to poetry. Footnotes, index. Appendices of tables of numbers.

McClellan, Randall. *The Healing Forces of Music: History, Theory and Practice*. Rockport, Mass: Element, Inc., 1991. 213p.

Contains bibliography, notes. Cover note: "The first comprehensive cross-cultural study of the philosophy & methodology of sound & music for therapeutic purposes."

Meyer, Leonard B. *Emotion and Meaning in Music*. Chicago: The University of Chicago Press, 1956. 307p.

Musalagoankar, V. "Music and Sound in Yoga." *Journal of the Indian Musicological Society*. Vol. 11, (1980, n. 1-2), p. 44+.

See also the entry by Gulvani, V. R., "Addendum (in Marathi)," although most readers will need the assistance of a translator.

Nachmanovitch, Stephen. *Free Play: Improvisation in Life and Art*. Los Angeles, CA: Jeremy P. Tarcher, Inc., 1990. 208p.

Centers around musical improvisation, but can be applied to any discipline. Contains many insights through foreign words and their etymologies.

Ostrander, Sheila, and Lynn Schroeder. *Superlearning*. New York: Dell Publishing Co., 1979. 357p.

Encourages the use of music and rhythmic breathing to enhance memory work and the learning process. Listening list, suggestions for format of sessions. Section IV has exercises: yoga, visualization, children's exercises...

Ristad, Elois. *A Soprano On Her Head*. Moab, UT: Real People 1982. 203p.

Help for performers, contains excerpts from real workshops conducted by the author.

Robbins, Lois B. *Waking Up! In the Age of Creativity*. New Mexico: Bear and Company, 1985. 187p.

Ronget, Gilbert. *Music and Trance: A Theory of the Relations Between Music and Possession*. Chicago: University of Chicago Press, 1985.

Salmon, Paul G. and Robert G. Meyer. *Notes From the Green Room: Coping With Stress and Anxiety in Music Performance*. New York: Macmillan, Inc., 1992. 228p.

Gives practical help on self-assessment and the cultivation of more healthful attitudes toward performing. Chapter headings include: The Performer, The Psychology of Coping with Performance Stress, The Whole Performer, Stress and Performing, The Nature of Anxiety, Getting Help for Stress and Anxiety, The Cognitive Side of Performing, Basic Stress Management Skills, and Anxiety and Stress In Perspective. Written by two psychologists from the University of Louisville.

Steiner, Rudolf. *Speech and Drama*. Translated by Mary Adams. Spring Valley, New York: Anthroposophic Press, and London: Rudolph Steiner Press, 1959. 418p.

Cover notes: "During the last two decades of the nineteenth century the Austrian-born Rudolf Steiner (1861-1925) became a respected and well-published scientific, literary, and philosophical scholar, particularly known for his work on Goethe's scientific writings. After the turn of the century he began to develop his earlier philosophical principles into an approach to methodical research of psychological and spiritual phenomena."

Page 7: "Rudolf Steiner saw in art a redemptive and healing power for man's life of soul..."

Stewart, R.J. *The Spiritual Dimensions of Music: Altering Consciousness for Inner Development*. Rochester, Vermont: Destiny Books, 1987. 160 p.

Discusses changes that are possible in moods and emotions through chanting, the use of musical harmonics and particular sustained intervals. From the cover notes: "He also draws on the works of Hermes Trismegistus, Pythagoras, Dr. John Dee, and the Qabalists and discusses the musical implications of the Tree of Life, the Chakras, and the Four Elements."

Sudnow, David. *Ways of the Hand: The Organization of Improvised Conduct*. Southampton, England: Camelot Press, Ltd., 1978. 156p.

Views and describes the techniques of improvisation at the keyboard in terms of the conveniences of the hand and the keys which lie beneath the fingers in different positions. Many photographs of players' hands on the keyboard, ostensibly while playing.

Tame, David. *The Secret Power of Music*. Rochester, Vermont: Destiny Books, 1984. 304 p.

"The Transformation of Self and Society Through Musical Energy" is the subtitle on the cover. Contains chapters on Chinese and Indian music, Jazz and the Blues, the Physics of OM, and the mysteries of the Pythagorean Comma.

Winston, Shirley Rabb. *Music as the Bridge*. Virginia Beach, A.R.E. Press, 1972. 68p. Spiritual philosophy of music, based on the writings of Edgar Cayce.

## **Books That Stimulate Creative Thinking**

- Ash, Mel. Shaving the Inside of Your Skull: Crazy Wisdom for Discovering Who You Really Are. New York: G.P. Putnam's Sons, 1996.
- Bromley, Karen, Linda Irwin-DeVitis and Marcia Modlo. Graphic Organizers: Visual Strategies for Active Learning. New York: Scholastic Professional Books, 1995.
- Fried, Robert L. The Passionate Teacher: A Practical Guide. Boston: Beacon Press, 1995.
- John-Steiner, Vera. Notebooks of the Mind: Explorations of Thinking. Revised edition. New York: Oxford University Press, 1997.
- Langer, Ellen J. The Power of Mindful Learning. Reading, Mass.: Addison-Wesley Publishing Co., 1997.
- McNiff, Shaun. Trust the Process: An Artist's Guide to Letting Go. Boston: Shambhala, 1998.
- Tufte, Edward R. Visual Explanations: Images and Quantities, Evidence and Narrative. Cheshire, Conn.: Graphics Press, 1997.

## **Beginners' Reading List**

The following books are available through the Himalayan Press, 1-800-822-4547

Anderson, Sandra and Rolf Sovik. *Yoga: Mastering the Basics*. Honesdale, Pennsylvania: Himalayan Institute Press, 2000. 241p.

Arya, Pandit Usharbudh. *Philosophy of Hatha Yoga*. Second edition. Honesdale, PA: Himalayan Institute, 1985. 95p.

Chapters: 1. Watching the Mind Watching the Body, 2. Worship, 3. Karma Purification, 4. The Whole Body Language, 5. Kundalini--The Coiled-Up Energy, 6. Hatha Yoga: Gateway to the Subtle Body. Quotes directly from several of the Yoga Sutras by Patanjali.

Rama, Swami. *Joints and Glands Exercises*. Rudolph Ballentine, M.D., ed. Honesdale, PA: Himalayan Institute, 1977. 83p.

An excellent preparatory text for individuals with limited or no experience with exercise, or for people who cannot perform yoga postures. Contains gentle stretches and contractions for all parts of the body. Spiral bound for convenient use.

Rama, Swami. *Lectures on Yoga: Practical Lessons on Yoga*. Honesdale, PA: Himalayan Institute, 1979. 196p.

A basic text covering the yamas and niyamas (observances and restraints), asanas, pranayama, concentration, the nature of the mind, and meditation.

Rama, Swami, Rudolph Ballentine and Alan Hymes. *Science of Breath: A Practical Guide*. Honesdale: Himalayan Institute, 1979. 166p.

Contains clear explanations of the anatomy and functions of the breathing apparatus- nose, throat, lungs. Also discusses the chakras and meditation.