



MEDICINE WHEEL READING LIST

Session One:

Masters of Living Energy, Joan Parisi-Wilcox
Loving What Is, Byron Katie
Rising Strong, Brené Brown
Radical Acceptance, Tara Brach
Emptiness Dancing, Adyashanti

Session Two:

The Diamond in Your Pocket, Gangagi
The Diamond Approach, John Davis
Being, Florain Schlosser (if you like it, move on to his books Given and Space!)
Focusing, Eugene Gendlin (particularly good for those having trouble with body sensing)
YouTube videos, A.H. Almaas talks.

Session Three:

Initiations, Elizabeth Jenkins
Soul Without Shame, Byron Brown
Love and Awakening, John Welwood
The Unfolding Now OR Diamond Heart, Book One, A.H. Almaas,

Session Four:

The Spiritual Dimension of the Enneagram: Nine Faces of the Soul, Sandra Maitri
Facets of Unity: The Enneagram of Holy Ideas, A.H. Almaas
Being with Dying, Joan Halifax,
Review:
Loving What Is, Byron Katie
Focusing, Eugene Gendlin,

Session Five:

Spacecruiser Inquiry, A.H. Almaas
The Enneagram of Passions and Virtues: Finding the Way Home, Sandra Maitri
The Pearl Be and Price, A.H. Almaas (For the brave and insane)

Session Six

The Translucent Revolution, Ardagh
Soul Craft, Bill Plotkin