

RECOMMENDED READING LIST

for the

University of Metaphysics

and the

University of Sedona



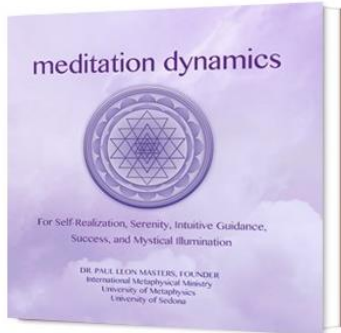
Wisdom is a rapture of consciousness
between the finite and the Infinite.

— Dr. Paul Leon Masters

Books by the Universities' Founder Dr. Paul Leon Masters

Meditation Dynamics

by Dr. Paul Leon Masters

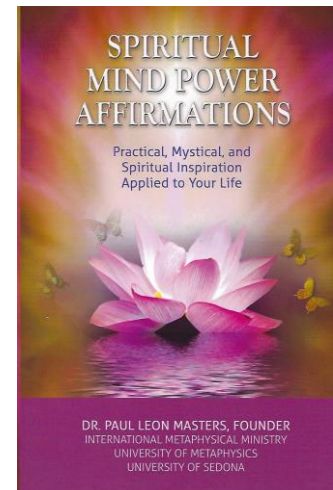


Dr. Masters' enhanced version of *Meditation Dynamics* includes an abundance of practical meditation exercises that will assist you in opening to higher levels of self-realization, inner happiness, and outer success. *Meditation Dynamics* is a how-to book with emphasis on the actual practice of meditation, self-hypnosis, and related metaphysical disciplines. Download the free e-book using the **Study Material Link**. It's listed under the **Bachelor's/Minister's Degree Coursework**.

Spiritual Mind Power Affirmations

by Dr. Paul Leon Masters

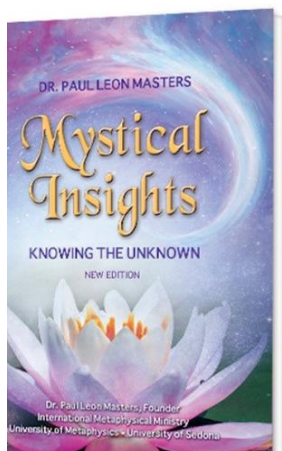
Affirmations—to be used together with the Inspirational Lecture Series—are a cornerstone of Dr. Masters' teachings. The collection of affirmations within this book stand as a testament to Dr. Masters' belief in the power of positive thinking and using affirmations to advance and enlighten all areas of the human experience and to elevate human potential. Students and graduates can download the free e-book using the **Study Material Link**. A three-part meditation workshop by Dr. Masters, “**The Art and Practice of Mystical Meditation and Self Hypnotic Meditation,**” is also downloadable for free in video format (mp4) in the **Online Center**.



Mystical Insights: Knowing the Unknown

by Dr. Paul Leon Masters

Dr. Masters dedicated over five decades of full-time professional work involving the research and application of his findings to improving human lives. His soul's fulfillment was to share how Universal Mystical Presence and psychic/mystical energy factors influence every aspect of our lives. Dr. Masters explores these concepts and shares his realizations and wisdom with *Mystical Insights: Knowing the Unknown*. Download the free e-book using the **Study Material Link**.



University of Metaphysics and University of Sedona

Recommended Reading List



The books on this list are suggested reading only. Students are under no obligation to purchase or read them. However, should you choose to read them, you will likely find them helpful and enjoyable, as they have been personally reviewed by members of the University staff to ensure they are worthy of a place on this list.

For a list of places to purchase metaphysical books, and read or download free spiritual books, please go to the end of this document. The websites listed there are a great place to find out-of-print books too!

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**Books with an asterisk came from Dr. Masters' original Recommended Reading List*

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| <p>Addiction</p> | <p>Addictive Thinking: Understanding Self-Deception,* Second Edition by Abraham J. Twerski, M.D.</p> <p>Alcoholism and Spirituality: Stress Management and Serenity During Recovery* by Charles L. Whitfield, M.D.</p> <p>Overcoming Addictions: The Spiritual Solution by Deepak Chopra, M.D.</p> <p>Paths to Recovery: Al-Anon's Steps, Traditions, and Concepts* by Al-Anon Family Groups</p> <p>Spiritual Dimensions of Healing Additions* by Andrew Ramer</p> |
| <p>Affirmations</p> | <p>Be Here Now by Ram Dass</p> <p>Creating Money by Sanaya Roman and Duane Packer</p> <p>Law of Success, The by Napoleon Hill</p> <p>Law of Success, The by Paramahansa Yogananda</p> <p>Mystic Secrets Revealed: 53 Keys to Spiritual Growth and Personal Development by Edwin Harkness Spina</p> <p>Spiritual Mind Power Affirmations: Practical, Mystical, and Spiritual Inspiration Applied to Your Life* By Dr. Paul Leon Masters</p> <p>Seven Mysteries of Life, The by Guy Murchie</p> |
| <p>Akashic Records</p> | <p>Edgar Cayce on the Akashic Records: The Book of Life by Kevin J. Todeschi</p> <p>Heaven Knows What by Grant Levi</p> <p>Intimate Relationships by Joan Evers</p> |
| <p>Angels, Guides</p> <p><i>Continued on next page</i></p> | <p>Angels by Billy Graham</p> <p>Angels in Our Lives: Everything You've Ever Wanted to Know About Angels and How They Affect Your Life by Marie Chapian</p> <p>Archangels and Ascended Masters: A Guide to Working and Healing with Divinities and Deities by Doreen Virtue</p> |

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| <p>Astrology</p> | <p>A to Z Horoscope Maker and Delineator by Llewellyn George</p> <p>Astrology: The 12 Zodiac Signs by Luna Sidana</p> <p>Astrological Houses, The: The Spectrum of Individual Experiences by Dane Rudhyar</p> <p>Rising Sign, The: Your Astrological Mask, The by Jeanne Avery</p> <p>Secret Language of Relationships by Gary Goldschneider and Joost Elffers</p> |
| <p>Biblical Studies and Christian Science</p> <p>(Also See "Reference Books for Metaphysical Bibles")</p> <p><i>Continued on next page</i></p> | <p>Alter Your Life by Emmet Fox</p> <p>And There Was Light by Rocco A. Errico</p> <p>Aquarian Gospel of Jesus Christ* by Levi H. Dowling</p> <p>Beyond Mortal Boundaries by Annalee Skarin</p> <p>Bible Mystery and Bible Meaning by Thomas Troward</p> <p>Christology: A Biblical, Historical, and Systematic Study of Jesus by Gerald O'Collins S. J.</p> <p>Course in Miracles and Christianity, A: A Dialogue by Kenneth Wapnick, Ph.D. and W. Norris Clarke, S.J., Ph.D.</p> <p>Course in Miracles, A: Combined Volume, including Text, Student Workbook, and Manual for Teachers,* scribed by Dr. Helen Schucman</p> <p>Dead Sea Scrolls Deception* by Michael Baigent</p> <p>Edgar Cayce's Story of the Old Testament: From Joshua to the Golden Age of Solomon by Robert W. Krajenke</p> <p>End of the Search, The: Discovery and Encounter with the Divine by Marchette Chute</p> <p>Esoteric Keys to the Christian Scriptures: The Universal Mystery Language of Myth and Symbol by Henry T. Edge</p> <p>Gospel Light: From Aramaic on the Teachings of Jesus by George M. Lamsa</p> |

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**Biblical Studies
and Christian
Science**

**(Also See
"Reference
Books for
Metaphysical
Bibles")**

Greatest Story Never Told, The by Kirk Nelson

Holy Bible from the Ancient Eastern Text by George M. Lamsa's,
Translations from the Aramaic of the Peshitta

Jesus, Teacher and Healer from White Eagle's Teachings

Let There Be Light: Old Testament Interpretations by Elizabeth Sand Turner

Mysteries of Genesis by Charles Fillmore

Mystery of The Dead Sea Scrolls Revealed, The by John Allegro

New Age Bible Interpretation* by Corrine Heline (7 Volumes)

Revealing Word, The by Charles Fillmore

Science and Health with Keys to the Scriptures* by Mary Baker Eddy

Spiritual Interpretation of Scripture by Joel S. Goldsmith

Sermon on the Mount, The by Emmet Fox

**Song of Songs and Enlightenment, The: A Metaphysical Interpretation of
the Song of Solomon** by Dorothy Elder

Way to the Kingdom, The by Joseph Benner

Yoga of Jesus, The by Paramahansa Yogananda

Buddhism

Buddhism: An Introduction and Guide* by Christmas Humphreys

**Buddhist Handbook, The: A Complete Guide to Buddhist Teaching and
Practice** by John Snelling

Emptiness Dancing by Adyashanti

Falling into Grace: Insights on the End of Suffering by Adyashanti

How to Practice the Way to a Meaningful Life by His Holiness the Dalai
Lama, trans. by Jeffrey Hopkins, Ph.D.

Jewel Tree of Tibet, The: The Enlightenment Engine of Tibetan Buddhism by
Robert Thurman

Opening of the Wisdom-Eye, The by H.H. the Dalai Lama Tenzin Gyatso

Sacred World: A Guide to Shambhala Warriorship in Daily Life by Jeremy Hayward

Story of Tibet, The: Conversations with the Dalai Lama by Thomas Laird

Third Eye, The by T. Lobsang Rampa

Three Pillars of Zen, The by Roshi Philip Kapleau

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| <p>Children</p> | <p>Little Soul in the Sun, The by Neale Donald Walsch</p> <p>Moonbeam: A Book of Meditations for Children by Maureen Garth</p> <p>Seven Spiritual Laws for Parents, The: Guiding Your Children to Success and Fulfillment by Deepak Chopra</p> <p>What is God? by Etan Boritzer and Robbie Marantz</p> |
| <p>Comparative Religion</p> | <p>Illustrated World's Religions, The: A Guide to Our Wisdom* Traditions by Huston Smith</p> <p>Jesus and Buddha: The Parallel Sayings by Marcus Borg with Introduction by Jack Kornfield</p> <p>Jesus, Buddha, Krishna, and Lao Tzu: The Parallel Sayings by Richard Hooper</p> <p>Major Religions of the World* by Marcus Bach and Henry M. Bullock</p> <p>Metaphysical Interpretation of the Bible, A by Steven L. Hairfield</p> <p>Mysticism in the World's Religions by Geoffrey Parrinder</p> <p>Wisdom from World Religions: Pathways Toward Heaven on Earth by Sir John Templeton</p> <p>World Scriptures (Vols. 1 and 2) by Leland P. Steward</p> |
| <p>Conscious Business Ethics</p> <p><i>Continued on next page</i></p> | <p>8th Habit, The: From Effectiveness to Greatness by Stephen R. Covey</p> <p>Business Ethics: Best Practices for Designing and Managing Ethical Organizations by Denis Collins</p> <p>Business Secrets from the Bible: Spiritual Success Strategies for Financial Abundance by Rabbi Daniel Lapin</p> <p>Conscious Capitalism, With a New Preface by the Authors: Liberating the Heroic Spirit of Business by John Mackey and Rajendra Sisodia</p> <p>Dare to Lead: Brave Work. Tough Conversations, Whole Hearts by Brené Brown</p> |

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| <p>Creativity</p> | <p>Artist's Way: A Spiritual Path to Higher Creativity, The by Julia Cameron</p> <p>Courage to be Creative, The by Doreen Virtue</p> <p>Creative Mind by Ernest Holmes</p> <p>Creativity: Where the Divine and the Human Meet by Matthew Fox</p> <p>Hiring the Heavens: A Practical Guide to Developing Working Relationships with the Spirits of Creation by Jean Slatter</p> <p>Soul Tells a Story, The: Engaging Creativity with Spirituality in the Writing Life by Vinita Hampton Wright</p> <p>Writing Down Your Soul: How to Activate and Listen to the Extraordinary Voice Within by Janet Conner</p> <p>Writing the Divine: How to Use Channeling for Soul Growth & Healing by Sara Wiseman</p> |
| <p>Death and Dying, Life after Death, Reincarnation</p> <p><i>Continued on next page</i></p> | <p>After Death Experience, The by Ian Wilson</p> <p>Astral World: Its Scenes, Dwellers, and Phenomena (Occult Manuals) by Swami Panchadasa</p> <p>Book of the Dead, The by E.A. Wallis Budge</p> |

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**Death and Dying,
Life after Death,
Reincarnation**

Between Death and Life: Conversations with a Spirit by Dolores Cannon

Case for Reincarnation, A by James Dillet Freeman

**Citizens of the Cosmos, The: Life's Unfolding from Conception through
Death to Rebirth** by Beredene Jocelyn

Destiny of Souls: New Case Studies of Life between Lives by Michael
Newton, Ph.D.

Egyptian Book of the Dead, The: The Book of Coming Forth trans. by
Ogden Goelet and Raymond Faulkner

Egyptian Book of the Dead, The by E.A. Wallis Budge

**Erasing Death: The Science That is Rewriting the Boundaries Between Life
& Death** by Sam Parnia

Harmonics of Evolution by Florence Huntley

Healing Grief: Reclaiming Life after Loss by James Van Praagh

Journey of Souls: New Case Studies of Life between Lives by Michael
Newton, Ph.D.

Life Beyond Death*, The by Yogi Ramacharaka

Life & Teaching of Masters of the Far East (Vols. 1-5) by Baird T. Spalding

Lifetimes by Frederick Lenz

Lost and Found: A Closer Look at Dying by Barbara Bernstein

Many Lives, Many Loves by Gina Cerminara

**Memories of the Afterlife: Life between Lives & Stories of Personal
Transformation** by Michael Newton

No Death, Do Fear: Comforting Wisdom for Life by Thich Nhat Hanh
**Psychiatrist's Search for God, A: Back to God Finding Joy in Divine
Union** by Adrian Finkelstein, M.D.

Reflections on Life After Death* by Raymond Moody, M.D.

Reincarnation and Your Past-Life Memories by Gloria Chadwick

Reincarnation: Ancient Beliefs and Modern Evidence by David Christie-Murray

**Science and Near Death Experience: How Consciousness Survives after
Death** by Chris Carter

**Spiritual Unfoldment 1: How to Discover the Invisible Worlds and Find
the Source of Healing** by White Eagle

Suicide: What Really Happens in the Afterlife by Pamela Rae Heath and Jon Kimo

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| <p>Divination</p> | <p>Big Book of Angel Tarot, The: The Essential Guide to Symbols, Spreads, and Accurate Readings by Doreen Virtue</p> <p>Book of Divination, The by Ann Fiery</p> <p>Book of Runes, The: 25th Anniversary Edition by Ralph H. Blum</p> <p>Complete I Ching, The — 10th Anniversary Edition: The Definitive Translation by Taoist Master Alfred Huang</p> <p>Easy Tarot Handbook, The by Josephine Ellershaw</p> <p>Guide to the I Ching, A by Carol K. Anthony</p> <p>I Ching or Book of Changes, The by Richard Wilhelm and Cary F. Baynes</p> <p>Palm Decoder: Read Your Palm and Foretell Your Future by Tre McCamley</p> <p>Pendulum Magic for Beginners: Tap Into Your Inner Wisdom by Richard Webster</p> <p>Tarot Handbook, The: Practical Applications of Ancient Visual Symbols by Angeles Arrien</p> <p>Your Life in the Palm of Your Hand by Kathryn Harwig</p> |
| <p>Divine Science</p> | <p>Citizens of the Cosmos, The: Life's Unfolding from Conception through Death to Rebirth by Beredene Jocelyn</p> <p>Cosmic Power Within You*, The by Joseph Murphy</p> <p>Universe of Consciousness, A: How Matter Becomes Imagination by Gerald M. Edelman</p> |
| <p>Dreams</p> <p><i>Continued on next page</i></p> | <p>All About Dreams by Gayle Delaney, Ph.D.</p> <p>Art of Dreaming, The by Carlos Castaneda</p> <p>Bedside Guide to Dreams, The by Stase Michaels, M.A.</p> <p>Catching the Thread: Sufism, Dreamwork, & Jungian Psychology by Llewellyn Vaughan-Lee</p> |

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Dreams

Conscious Dreaming: A Spiritual Path for Everyday Life by Robert Moss

Creative Dreaming by Patricia Garfield, Ph.D.

Dictionary of Dream Symbols, A: With an Introduction to Dream Psychology* by Eric Ackroyd

Dreambody in Relationships by Arnold Mindell

Dream Directory, The by David C. Lohff

Dreamgates: Exploring the Worlds of Soul, Imagination and Life Beyond Death by Robert Moss

Dreaming the Divine: Techniques for Sacred Sleep by Scott Cunningham

Dreams and Healing: A Succinct and Lively Interpretation of Dreams by John A. Sanford

Dreams and the Search for Meaning by Peter O'Connor

Dreams and What They Mean to You by Migene Gonzalez-Wippler

Dreams: God's Forgotten Language by John A. Sanford

Dreams: Your Magic Mirror by Elsie Sechrist

Edgar Cayce on Dreams by Harmon H. Bro, Ph.D., ed. by Hugh Lynn Cayce

Man and His Symbols by Carl G. Jung

Understand Your Dreams* by Alice Anne Parker

Venture Inward by Hugh Lynn Cayce

Ego

Dissolving the Ego Realizing the Self by David R. Hawkins

Easy Ego State Interventions: Strategies for Working with Parts by Robin Shapiro

Ego is Not the Real You, The: Wisdom to Transcend the Mind and Realize the Self by David R. Hawkins

Ego Tunnel: The Science of the Mind and the Myth of the Self by Thomas Metzinger

Our Imprisonments: Anger, Jealousy, Lust, Ego Attachment, Addiction, Fear & Greed by C.S. Bairagi

Paths Beyond Ego: The Transpersonal Vision: by Roger Walsh and Frances Vaughan

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| <p>Emotions, Limiting Behavior</p> | <p>Easy Ego State Interventions: Strategies for Working with Parts by Robin Shapiro</p> <p>Emotion Code, The by Bradley Nelson</p> <p>Excuse Me, Your Life is Waiting by Lynn Grabhorn</p> <p>“I Am” Solution: Simple Practices to Transform Fear Back to Love, The by Dr. Karmen Smith</p> <p>Love is Letting Go of Fear by Gerald G. Jampolsky, M.D.</p> <p>Our Imprisonments: Anger, Jealousy, Lust, Ego Attachment, Addiction, Fear & Greed by C.S. Bairagi</p> <p>Voice of Knowledge, The by Don Miguel Ruiz w/Janet Mills</p> |
| <p>Empathic</p> | <p>Awakened Empath: The Ultimate Guide to Emotional, Psychological, and Spiritual Healing by Aletheia Luna and Mateo Sol</p> <p>Empath's Survival Guide, The: Life Strategies for Sensitive People by Judith Orloff</p> |
| <p>Fiction that Enlightens</p> | <p>Celestine Prophecy, The by James Redfield</p> <p>Ishmael by Daniel Quinn</p> <p>Nine Faces of Christ by Eugene E. Whitworth</p> <p>Return of Merlin, The by Deepak Chopra</p> <p>Secret of Shambhala, The: In Search of the Eleventh Insight by James Redfield</p> <p>Siddhartha by Hermann Hesse</p> <p>Tenth Insight, The by James Redfield</p> <p>Third Eye, The by T. Lobsang Rampa</p> <p>Way of the Wizard, The: Twenty Spiritual Lessons for Creating the Life You Want by Deepak Chopra</p> |
| <p>Forgiveness</p> <p><i>Continued on next page</i></p> | <p>Course in Miracles and Christianity, A: A Dialogue by Kenneth Wapnick, Ph.D., and W. Norris Clarke, S.J., Ph.D.</p> <p>Course in Miracles, A: Combined Volume, Handbook, and Manual by Dr. Helen Schucman</p> <p>Course in Miracles Made Easy, A by Alan Cohen</p> <p>Forgiveness: The Greatest Healer of All by Gerald G. Jampolsky, M.D.</p> |

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| <p>Geographical Spiritual Influences</p> | <p>Aboriginal Secrets of Awakening: A Journey of Healing and Spirituality with a Remote Australian Tribe by Robbie Holz and Christiann Howard</p> <p>African Traditions in the Study of Religion in Africa: Emerging Trends, Indigenous Spirituality and the Interface with other World Religions (Vitality of Indigenous Religions) by Ezra Chitando and Afe Anogeme</p> <p>Anan Cara: A Book of Celtic Wisdom by Reginald McKnight</p> <p>Cunningham's Book of Hawaiian Magic and Spirituality by Scott Cunningham</p> <p>Wisdom of the African World ed. By Reginald McKnight</p> |
| <p>Healing</p> <p>Also See "Reiki, Chakras, Sound, Breathwork and Crystals"</p> <p><i>Continued on next page</i></p> | <p>Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old* by Deepak Chopra, M.D.</p> <p>Anatomy of Healing Prayer, The: The Holmes Papers,* Vol. 2 by Ernest Holmes and George P. Bendall</p> <p>Art of Spiritual Healing, The by Joel S. Goldsmith</p> <p>Biofeedback and Mindfulness in Everyday Life: Practical Solutions for Improving Your Health and Performance by Inna Khazan</p> <p>Celebration of Breath (Rebirthing) by Sondra Ray</p> <p>Core Light Healing: My Personal Journey and Advanced Healing Concepts for Creating the Life You Long to Live by Barbara Ann Brennan</p> <p>Edgar Cayce Remedies, The by William A. McGarey M.D.</p> <p>Encyclopedia of Native American Healing by William S. Lyon</p> <p>Energy of Intention, The: The Joyful Movie That is Your Life* by Dr. Debra Ford, Msc.D.</p> <p>Esoteric Healing by Alice A. Bailey</p> <p>Four Levels of Healing, The: A Guide to Balancing the Spiritual, Mental, Emotional, and Physical Aspects of Life by Shakti Gawain</p> <p>Heal Your Body by Louise L. Hay</p> <p>Healers on Healing* by Richard Carlson</p> |

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Healing

**Also See "Reiki,
Chakras, Sound,
Breathwork and
Crystals"**

Healing Energies by Stephen Shepard

Healing Light* by Agnes Sanford

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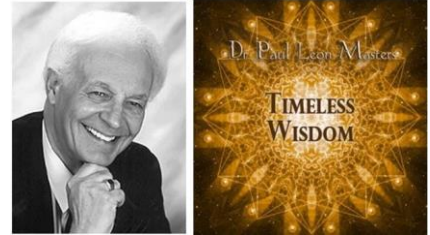
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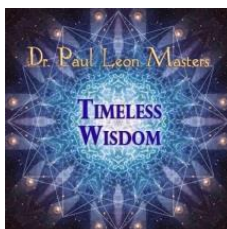
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