

Suggested Reading for the Art of Meditation Class

Farnaz Masumian

Helpful sources for meditation and visualization practices:

Hanh, Thich Nhat. ***The Miracle of Mindfulness***. Boston: Beacon Press, 1987.

Salzberg, Sharon. ***Loving-Kindness: The revolutionary art of happiness***. Boston, Massachusetts: Shambhala, 1997.

Lawrence, of the Resurrection brother. ***The Practice of the Presence of God with Spiritual Maxims***. Old Tappan, N.J.: Fleming H. Revell, 1967.

Easwaran, Eknath. ***The Mantram Handbook***. Tomales, California: Nilgiri Press, 1998.

Masumian, Farnaz. ***The Divine Art of Meditation: Meditation and visualization techniques for a healthy mind, body and soul***. Oxford: George Ronald Publisher, 2014.

Newberg, Andrew and Mark Waldman. ***How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist***. New York: Ballantine Books, 2009.

LeShan, Lawrence. ***How to Meditate: A Guide to Self-Discovery***. New York: Little Brown and Company, 1974.

Gandhi, Mohandas K. ***Ramanama***. Ahmedabad, India: Navajivan Publishing House, 1949.

Bays, Jan. ***How to Train a Wild Elephant: And Other Adventures in Mindfulness***. Boston: Shambhala Publications, 2011.

Gawain, Shakti. ***Creative Visualization***. New York: Bantam Books, 1982.

Allen Luks. ***The Healing Power of Doing Good: The Health and Spiritual Benefits of Helping Others***. New York: Fawcett Columbine, 1991.

Ryan, M.J. ***Attitude of Gratitude: How to Give and Receive Joy Every Day of Your Life***. San Fransico, CA: Conari, 2009.

For meditation and contemplation practices:

Visit the Cyber Temple:

<https://www.cyber-temple.org/>

Helpful sources for developing positive thinking and cultivating virtues:

Peale, Norman. ***The Power of Positive Thinking***. New York: Fireside Rockefeller Center, 1956.

Popov, Linda and Dan Popov. ***The Family Virtues Guide: Simple Ways to Bring Out the Best in Our Children and Ourselves***. New York: Plume, 1997.