

Title	Sub-Title	Author	Year	Information or Quote
The Grace of Great Things	Creativity and Innovation	Robert Grudin	1990	In the Introduction, Robert Grudin writes, "Creativity is dangerous. We cannot open ourselves to new insight without endangering the security of our prior assumptions. We cannot propose new ideas without risking disapproval and rejection. Creative achievement is the boldest initiative of mind, an adventure that takes its hero simultaneously to the rim of knowledge and the limits of propriety. Its pleasure is not the comfort of the safe harbor, but the thrill of the reaching sail."
Pillow Mountain	Notes on Inhabiting a Living Planet	Michael Bridge	1991	Civilization has become a threat to the continuity of nature on the Earth because its premise is rooted in fear. Michael's book is a very unique and special guidebook to help us let go of those fears and base our future on Universal Truths.
Practical Shamanism	bringing Spirit into matter and matter into Spirit	Shiela Baker	2005	Includes a CD "Sacred Journey Drumming" to help you on your shamanic journeys. Shiela helped me facilitate Seattle Wisdom School in 2002.

Story About Feeling

Bill Neidjie

1989

Listen to and pay attention to nature, and nature will communicate with you in amazing, unexpected, and mysterious ways. That is Bill Neidjie's message to us. This little book was told in the oral tradition by Bill Neidjie, an Australian Aborigine elder born in 1913, to Keith Taylor who created the book. It is best to read it aloud to each other to share in the special quality of the oral tradition. The words form a special kind of poetic prose that is best heard by the ears. I love the way Bill uses e instead of it, he, or she. Bill has turned "e" into a universal pronoun. The preface states, "Story About Feeling is the name Bill gave to the talks we had together in October and November of 1982. I recorded many hours of Bill's words on audio tape during that time. this work is a transcript from those tapes ... I haven't attempted to explain or interpret Bill's story. As he says, "Someone can't tell you. Story e telling you yourself." His use of this language is not standard English, so a glossary of terms can be found on pp. 176-7 to assist the reader." -Keith Taylor

The Spell of the Sensuous

Perception and Language in a
More-Than-Human World

David Abram

1996

David writes, "Language, then, cannot be genuinely studied or understood in isolation from the sensuous reverberation and resonance of active speech." My mentor, Dr. Jean Houston, demonstrates this in her seminars when she reads a passage from the English bible, and then reads that same passage in the original Aramaic language. When you hear that and sense that with all of your 50+ senses, you can feel parts of yourself open up that you never even knew existed. In David's book, I tried to find a passage that I liked best to quote here, but I found everything in the book so valuable that all I can do is say, read it and feel it with all of your senses.

Reconnecting with Nature	Finding wellness through restoring your bond with the Earth	Michael J. Cohen, Ed.D.	1997	Mike teaches us that we actually have 50+ senses, not just 5 senses. His book includes many exercises that you can do to help you reconnect with nature. Mike says, "The natural world, including our inner nature, contains attractions that intelligently hold it together and sustain it in balance. The activities in this book enable the reader to consciously connect with these attractions in nature and in you. Participating in the the activities lets nature's intelligence show your mind that it is reasonable to enjoy and benefit from nature-connected thinking. It is attractive ... The activites enable your verbal-reasoning mind to reconnect with your sensory mind while it is connected with nature's ways. This connection enables you to think with nature." Mike reminds us, however, that reading the book is not enough; you actually need to do the activities. That is, to get from point A to point B with a car, it isn't enough to just read the how-to-drive manual; you actually have to drive the car.
A Mythic Life	Learning to Live Our Greater Story	Jean Houston, Ph.D.	1996	Jean is the most amazing and powerful teacher I have ever known. I am so grateful to know her and have her guidance as my mentor. The gratitude I feel for the gifts she has given me cannot be expressed in words. Jean has written more than 25 books, and all of them are wonderful. However, if you can only read one of her books, this is the one. This is a Mythic book.
Bashar: Blueprint for Change	A Message from Our Future	Channeled by Darryl Anka and Compiled and Edited by LuanaEwing	1990	Regardless of whether you believe this material is from a channeled being or from Darryl Anka, it is amazing information that will help you create a NEW STORY for your life. I can pick up the book at any time, open to a random spot, and find that the tiny part read in that moment was exactly what I needed to read to validate what I already knew, at a deep level, was true for me. I am so grateful to the Universe for giving us Bashar.

The Path of Least Resistance	Learning to Become the Creative Force in Your Own Life	Robert Fritz	1989	This is an excellent resource to help you create a NEW STORY for your life. It give emphasis to Bucky Fuller's quote, "You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete." Fritz says, "There is a profound difference between problem solving and creating. Problem solving is taking action to have something go away--the problem. Creating is taking action to have something come into being--the creation. Most of us have been raised in a tradition of problem solving and have had little real exposure to the creative process." This book will give you that exposure. It is a brilliant book that shows you how problem solving keeps your life small and limited to the problem; it actually puts the focus on the problem. Creating puts the focus on the life you want to create. By placing the focus on what you want to create, you give the Universe the opportunity to lay out the path of least resistance for you so that you can be successful in creating a new story for your life.
The Teachings of Don Carlos	Practical Applications of the Works of Carlos Castaneda	Victor Sanchez	1995	The works of Carlos Castaneda are brilliant, but it is often hard to see how we can practice his teachings. Victor brings very practical exercises that we can do to feel the power of the Castaneda teachings. Victor is one of my teachers. I have experienced the power of these exercises first hand and will incorporate some into the Experiencing Mystery instensives. Victor says, "My curiosity to know about human beings and their possibilities is what brought me to the study of anthropology; the encounter with indigenous peoples is what caused me to adopt anti-anthropology with the air of transforming myself instead of transforming them... My encounters with nature ... allowed me to discover that nature herself was the best therapist and teacher I could find."

Walking a Sacred Path	Rediscovering the Labyrinth as a Spiritual Tool	Dr. Lauren Artress		Lauren says, "In the Labyrinth, our life patterns become clear. One man had a very uncomfortable walk through the labyrinth during a workshop. He did not feel free to pass his friend, a serious Buddhist meditator who walked the labyrinth matching one breath to one step. Staying behind her, he disregarded his own pace, his own needs. He found himself getting depressed on the labyrinth. Later, he realized what he had done. He also recognized that subjugating his own needs to follow someone he perceived as more knowledgeable, or as having more authority, had been a pattern in his life."
The Toltec Path of Recapitulation	Healing Your Past to Free Your Soul	Victor Sanchez	2001	Victor has written a very practical guide that we can use. He teaches us an indigenous process that works to help us let go of our past, our old story, so that we can be entirely present in the NOW of our new story. I will be offering recapitulation practice sessions in Experiencing Mystery intensives with this book as our guide.
Animal-Speak	The Spiritual and Magical Powers of Creatures Great and Small	Ted Andrews	1993	Ted says, "The animal world has much to teach us... When we learn to speak with the animals, to listen with animal ears and to see through animal eyes, we experience the phenomna, the power, and the potential of the human essence, and it is then that the animals are no longer our subordinates. They become our teachers, our friends, and our companions. They show us the true majesty of life iteslf. They restore our forgotten childlike wonder at that world, and they reawaken our lost belief in magic, dreams, and possibilities." Chief Dan George says, "If you talk to the animals, they will talk with you and you will know each other. If you do not talk to them, you will not know them, and what you do not know, you will fear. What one fears, one destroys."