

# *Living an Extraordinary Life*

## Resources for Further Development

In the spirit of life-long learning, we include this reading list. Some of the books mentioned here are referenced in the text and some are not. All are included here because in one way or another they have illuminated our understanding of the many facets of ITP. Also included at the end is a list of organizations which offer opportunities to participate in their research, as well as a sampling of like-minded organizations which we appreciate.

### **Books and Articles**

#### **General**

*The Life Divine* by Aurobindo Ghose. (Lotus Press, 1990)

*The Lives of Sri Aurobindo* by Peter Hees. (Columbia University Press Illustrated edition, 2008)

*Esalen: America and the Religion of No Religion* by Jeffrey J. Kripal (University of Chicago Press, 2007)

*The Lost Knowledge of the Imagination* by Gary Lachman (Floris Books, 2017)

*Pantheism across the World's Traditions* edited by Loriliai Biernacki and Philip Clayton (Oxford University Press, 2013)

*Evolutionaries: Unlocking the Spiritual and Cultural Potential of Science's Greatest Idea* by Carter Phipps (Harper Perennial, 2012)

*Theory U, Leading from the Future as it Emerges* by Otto Scharmer (Berrett-Koehler Publishers, 2016)

*River Flow: New & Selected Poems* by David Whyte (Many Rivers Press, 2012)

#### **Founders' Works**

*The Life We are Given, A Long-Term Program for Realizing the Potential of Body, Mind, Heart, and Soul* by George Leonard and Michael Murphy (reissue TarcherPerigee, 2005)

*The Future of the Body: Explorations into the Further Evolution of Human Nature* by Michael Murphy (TarcherPerigee, 1993)

*Golf in the Kingdom* by Michael Murphy. (Penguin, 2022 revised edition)

*Jacob Atabet* by Michael Murphy (Jeremy Tarcher, 1988)

*The Silent Pulse: A Search for the Perfect Rhythm that Exists in Each of Us* by George Leonard (Gibbs Smith, 2006)

## **Living an Extraordinary Life: Resources for Further Development**

*Mastery: The Keys to Success and Long-Term Fulfillment* by George Leonard (Plume, 1992)

*Leonard Energy Training Manual* by George Leonard and Joel Kirsch (ITP International, 2007)

*The Emergence of Evolutionary Panentheism* by Michael Murphy. (Find his white paper in the library on the ITPI web site with the QR code below, or by visiting [itp-international.org](http://itp-international.org))



### **On Aikido**

*Journey to the Heart of Aikido, The Teachings of Motomichi Anno Sensei* by Linda Holiday (Blue Snake Books, 2013)

*The Way of Aikido: Life Lessons from an American Sensei* by George Leonard (Plume, 2000)

*The Intuitive Body: Discovering the Wisdom of Conscious Embodiment and Aikido* by Wendy Palmer (Blue Snake Books, 2008)

*Aikido and the Harmony of Nature* by Mitsugi Saotome (Shambhala, 1993)

*The Spirit of Aikido* by Kisshomaru Ueshiba (Kodansha International; Translation edition, 2013)

*The Secret Teachings of Aikido* by Morihei Ueshiba (Kodansha International, 2012)

### **Conscious Eating**

*How to be a Conscious Eater, Making Food Choices that are Good for You, Others, and the Planet* by Sophie Egan (Workman Publishing, 2020)

### **On Love**

*The Wisdom Way of Knowing; Reclaiming an Ancient Tradition to Awaken the Heart* by Cynthia Bourgeault (Jossey-Bass, 2003)

*Imaginal Love: The Meanings of Imagination in Henri Corbin and James Hillman* by Tom Cheetham (Spring Publications, 2020)

*Evolutionary Love and The Ravages of Greed* by Adam Crabtree (FriesenPress, 2017)

*Living Presence: The Sufi Path to Mindfulness and the Essential Self* by Kabir Helminsky (TarcherPerigee, 2017)

### **Staying Current/Psychology**

*Radical Acceptance: Embracing your Life with the Heart of a Buddha* by Tara Brach (Random House Publishing Group, 2004)

*The Gifts of Imperfection* by Brené Brown (Hazelden Publishing, 2010)

## **Living an Extraordinary Life: Resources for Further Development**

*Forgive for Good: A Proven Prescription for Health and Happiness* by Fred Luskin (HarperOne, 2003)

*Self Compassion: The Proven Power of Being Kind to Yourself* by Kristen Neff (William Morrow Paperbacks, 2015)

*Nonviolent Communication: A Language of Life: Life-Changing Tools for Healthy Relationships* by Marshall Rosenberg (PuddleDancer Press, 2015)

### **The Classics**

*The Relaxation Response* by Herbert Benson (William Morrow Paperbacks, 2000)

*The Varieties of Religious Experience* by James, William (Digireads.com Publishing, 2018)

*Essays in Psychological Research* by James, William (Harvard University Press, 1986)

*Towards a Psychology of Being* by Abraham Maslow (Sublime Books, 2014)

*The Further Reaches of Human Nature* by Abraham Maslow (Penguin/Arkana, 1993)

*Human Personality and Its Survival of Bodily Death* by Frederick Myers (Forgotten Books, 2012) Also available on the Esalen Center for Theory and Research website: [Esalenctr.org](http://Esalenctr.org)

*The Physical Phenomena of Mysticism* by Herbert Thurston (White Crow Books, 2013)

### **Somatics**

*Groundworks: Narratives of Embodiment* by Bonnie Bainbridge Cohen et al. (North Atlantic Books, 1997)

*Sensing, Feeling, and Action: The Experiential Anatomy of Body-Mind Centering®* by Bonnie Bainbridge Cohen. (Wesleyan University Press, 2012)

*Diverse Bodies, Diverse Practices; Towards an Inclusive Somatics* edited by Don Hanlon Johnson (North Atlantic Books, 2018)

*Reclaiming Vitality and Presence: Sensory Awareness as a Practice for Life* by Charlotte Selver (North Atlantic Books, 2007)

### **Psychology**

*Emotional Intelligence* by Daniel Goleman (Bloomsbury Publishing, 2020)

*The Soul's Code, In Search of Character and Calling* by James Hillman (Ballantine Books, 2013)

*Towards a Psychology of Being* by Abraham Maslow (Martino Fine Books, 2011)

*No Boundary, Eastern and Western Approaches to Personal Growth* by Ken Wilber (Shambhala Publications, 1979)

**Science and Consciousness**

*Transcendent Mind: Rethinking the Science of Consciousness* by Imants Baruss, PhD and Julia Mossbridge, PhD (American Psychological Association, 2016)

*First Sight, ESP and Parapsychology in Everyday Life* by James C. Carpenter (Rowan Littlefield Publishers, 2012)

*Visual Intelligence* by Amy V. Herman (First Mariner Books, 2017)

*Healing Ourselves: Biofield Science and the Future of Health* by Shamini Jain and Kelly A. Turner (Sounds True, 2021)

*Irreducible Mind* edited by Edward F Kelly, Emily Williams Kelly, and Adam Crabtree (Rowan Littlefield Publishers, 2007)

*Beyond Physicalism* edited by Edward F Kelly, Adam Crabtree and Paul Marshall (Rowan Littlefield Publishers, 2015)

*Consciousness Unbound* edited by Edward F Kelley and Paul Marshall (Rowan Littlefield Publishers, 2021)

*The Master and his Emissary: The Divided Brain and the Making of the Western World* by Ian Gilchrist (Yale University Press, 2019)

*The Matter with Things: Our Brains, Our Delusions, and the Unmaking of the World*

*Perspectiva* by Ian Gilchrist (November 9, 2021)

*Transcendent Mind: Rethinking the Science of Consciousness* by Julia Mossbridge (American Psychological Association, 2017)

*Extended Mind: The Power of Thinking Outside the Brain* by Anne Murphy Paul (Mariner Books, 2021)

*Mind Beyond Brain, Buddhism, Science and the Paranormal* by David Presti (Columbia University Press, 2018)

*The Conscious Universe; The Scientific Truth of Psychic Phenomena* by Dean Radin (HarperOne, 2009)

*Entangled Minds: Extrasensory Experiences in a Quantum Reality* by Dean Radin (Gallery Books, 2006)

*Science Set Free: 10 Paths to New Discovery* by Rupert Sheldrake (Deepak Chopra, 2013)

*The Presence of the Past: Morphic Resonance and the Memory of Nature* by Rupert Sheldrake (Park Street Press, 2012)

*The Holographic Universe* by Michael Talbot (Harper Collins Publishers, 1991)

*Time Loops; Precognition, Retrocausation and the Unconscious* by Eric Wargo (Anomalist Press, 2018)

*Precognitive Dreamwork and the Long Self* by Eric Wargo (Inner Traditions, 2021)

*Quantum Questions: Mystical Writings of the World's Greatest Physicists* by Ken Wilber (Shambhala Publications Inc, 2004)

### **Meditation**

*Future directions in meditation research: Recommendations for expanding the field of contemplative science.* <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0205740>

### **Awe and Wonder**

*The Overview Effect: Space Exploration and Human Evolution* by Frank White (Independently published, 2021)

*Awe: The New Science of Everyday Wonder and How It Can Transform Your Life* by Dacher Keltner. (Penguin Press, 2023)

### **Nature**

*Selected Writings on the Earth Community* by Thomas Berry (Orbis Books, 2014)

*The Presence of the Past; Morphic Resonance and the Memory of Nature* by Rupert Sheldrake (Park Street Press, 2012)

*Entangled Life: How Fungi Make our Worlds, Change our Minds, and Shape our Future* by Merlin Sheldrake (Random House Trade Paperbacks, 2021)

*The Secret Wisdom of Nature* by Peter Wohlleben (Ludwig Verlag, 2017)

### **The Supernormal**

*The Man who could Fly: St Joseph of Copertino and the Mystery of Levitation* by Michael Grosso (Rowman & Littlefield Publishers, 2015)

*Mysticism; Experience, Response and Empowerment* by Jess Byron Hollenback (Pennsylvania State University, 1996)

*Secret Body: Erotic and Esoteric Currents in the History of Religions* by Jeffrey J. Kripal (University of Chicago Press, 2019)

*The Flip: Epiphanies of Mind and the Future of Knowledge* by Jeffrey J. Kripal (Bellevue Literary Press, 2019)

*Mutants and Mystics: Science Fiction, Superhero Comics, and the Paranormal* by Jeffrey J. Kripal (University of Chicago Press, 2015)

*Supernormal; Science, Yoga, and the Evidence for Extraordinary Psychic Abilities* by Dean Radin (Deepak Chopra, 2013)

*The Reality of ESP: A Physicist's Proof of Psychic Abilities* by Russell Targ (Quest Books, 2012)

*The Source and Significance of Coincidences* by Sharon Hewitt Rawlette (Sharon Hewitt Rawlette, 2019)

*Transcendent Sex: When Lovemaking Opens the Veil* by Jenny Wade (Gallery Books, 2004)

### **Psychic Development**

*The Premonition Code: The Science of Precognition, How Sensing the Future can Change your Life* by Julia Mossbridge and Teresa Cheung (Watkins Publishing, 2018)

*The Intuitive Way: The Definitive Guide to Increasing your Awareness* by Penny Peirce (Atria Books/Beyond Words, 2009)

*Everybody's Guide to Natural ESP: Unlocking the Extrasensory Power of Your Mind* by Ingo Swan (Swann-Ryder Productions, LLC, 2018)

### **Engage in Research**

#### **Institute of Noetic Sciences**

Website: <https://noetic.org/science/participate-research/>

#### **Rupert Sheldrake, biologist and researcher**

Website: <https://www.sheldrake.org/participate>

#### **Department of Perceptual Studies, University of Virginia (DOPS)**

<https://med.virginia.edu/perceptual-studies/who-we-are/>

<https://med.virginia.edu/perceptual-studies/participate/participate-in-research/>

<https://med.virginia.edu/perceptual-studies/resources/links-to-other-sites-of-interest/>

#### **Institut Metapsychique International in Paris**

Psi@Home

<https://www.imiresearch.fr/psi-home>

### **Websites**

#### **Esalen Institute**

<https://www.esalen.org/>

#### **The Esalen Center for Theory and Research**

<https://www.esalen.org/ctr-main>

#### **Consciousness and Healing Initiative**

<https://www.chi.is/>

Find their report on Biofields-Biofield Science here: [reportonhealing.com](http://reportonhealing.com)

**Center for Greater Good at UC Berkeley**

Research on awe and wonder.

<https://greatergood.berkeley.edu/>

**Windbridge Research Center** – focus on mediumship

<https://www.windbridge.org/>

<https://www.windbridge.org/resources/>

**Institute of Noetic Sciences**

<https://noetic.org/>

**Purpose Earth** – a grant and mentorship program

<https://www.purposeearth.org/>