

LIST OF RECOMMENDED BOOKS (SUBJECT, TITLE, AUTHOR/S, PUBLISHER, ISBN)

A) PRANAYAMA AND MEDITATION

1. PRANA VIDYA, BY SWAMI SATYANANDA SARASWATI, BIHAR SCHHOL OF YOGA, 978-9381620786.
2. PRANA AND PRANAYAMA, BY SWAMI NIRANJANANANDA, YOGA PUBLICATION TRUST,
978-8186336793
3. SWARA YOGA, BY SWAMI MUKTIBODHANANDA, BIHAR SCHOOL OF YOGA, 978-8185787367.
4. THE SCIENCE OF PRANAYAMA, BY SWAMI SHIVANANDA, WWW.BNPUBLISHING.COM,
978- 9650060206.
5. BREATH AWARENESS IN DIFFERENT TRADITIONS, BY SWAMI VEDA BHARATI, HIMALAYAN
YOGA PUB.TRUST, ASIN B074J6HV5Y.
6. SILENCE-THE ILLUMINATED MIND, BY SWAMI VEDA BHARATI, HIMALAYAN YIOGA PUB.
TRUST, 978-8193589908.
7. MEDITATION, BY SWAMI VEDA BHARATI, WISDOM TREE, 978-8183281157.

B) MYSTICS AND MYSTICAL EXPERIENCE

8. SRI RAMAKRISHNA - THE FACE OF SILENCE, BY SWAMI NIKHILANANDA AND DHAN
GOPAL MUKERJI, JAICO PUB.HOUSE, 978-8184951769.
9. THE TRANSPARENT MIND - A JOURNEY WITH KRISHNAMURTI, INGARM SMITHG,
PENGUIN BOOKS, 10987654321.
10. TOTAL FREEDOM - THE ESSENTIAL KRISHNAMURTI, BY J. KRISHNAMUTY,
KRISHNAMUTY FOUNDATIONINDIA, 81-87326344.
11. PRIOR TO CONSCIOUSNESS - TALKS WITH SRI NISARGDATTA MAHARAJ, ED. BY JEAN
DUNN, CHETANA, INDIA, 81-85300356.
12. THE EXPERIENCE OF NOTHINGNESS - SRI NISARGADATTA MAHARAJ'S TALKS ON REALIZING

THE INFINITE, ED. BY ROBERT POWELL, MOTILAL BANARASIDAS PUB., 978-8120819504.

13. THE CAVE OF THE HEART: THE LIFE OF SWAMI ABHSHIKTANANDA, BY SHIRLEY DU BOULAY, ORBIS BOOKS(USA),978-1570756108.
14. THE GOLDEN STRING - AN AUTOBIOGRAPHY, BY BEDE GRIFFITH, TEMPLEGATE PUBLISHER, USA 978-0872431638.
15. GURU AND DISCIPLE, BY SWAMI ABHSHIKTANANDA, CREATSPACE INDEPENDENT PUB. 978-1497542457.

C) NEUROPHYSIOLOGY, EMOTIONS AND CONSCIOUSNESS

16. THE FEELING OF WHAT HAPPENS, BY ANTONIO DAMASIO, VINTAGE, 978-0099288763.
17. SELF COMES TO MIND: CONSTRUCTING THE CONSCIOUS MIND, BY ANTONIO DAMASIO, RHUK, 978-0099498025.
18. DESCARTE'S ERROR: EMOTION, REASON AND THE HUMAN BRAIN, BY ANTONIO DAMASIO, VINTAGE, 978-0099501640.

D) BUDDHISM AND ZEN

19. HINDUISM AND BUDDHISM, BY ANAND K. COOMARSWAMI, MUNSHIRAM MANOHARLAL PUB., 8121500370.
20. THE ZEN DOCTRINE OF NO MIND - BY D.T. SUZUKI, WEISER BOOKS, 0877281823.
21. ZEN BUDDHISM - BY D.T. SUZUKI, ED. BY WILLIAM BARETT RHUS. 038548349x.
22. ESSAYS IN BUDDHISM FIRST SERIES, BY D.T. SUZUKI, GROVE PRESS, 0802151186.
23. ESSAYS IN ZEN BUDDHISM SECOND SERIES, BY D.T. SUZUKI, MUNSHIRAM MANOHARLAL PUB. 8121509565.
24. ESSAYS IN ZEN BUDDHISM THIRD SERIES, BY D.T. SUZUKI, NEW AGE BOOK, 8178224312.

E) JAINISM

25. JANISM IN 13 CHAPTERS, BY MAHAVEERT RAJ GELRA, CREATSPACE INDEPENDENT PUB.,
978-1539117377.
26. JANISM - HISTORTY, SOCIETY, PHILOSOPHY AND PRACITICE, BY AUGUSTIN PANIKER, MOTILAL
BANARASIDAS PUB.,978-8120834606.
27. JAINISM, BY JEFFERY D. LONG, I.B. TAURIS, 978-1845116262.

F) UPANISHADS, BHAVADGEETA AND VEDANTA

28. INTRODUCTION TO VEDANTA, BY SWAMI DAYANANDA, VISION BOOKS, 978-8170942894.
29. THE PRINCIPLER UPANISHADS, BY SWAMI SHIVANANDA, DIVINE LIFE SOCIERTY, RHISHIKESH,
978-8170520016.
30. THIRTY MINOR UPANISHADS, (ENGLISH TRANSLATION) BY K. NARAYANSWAMI AIYAR,
PARIMAL PUB. DELHI, 81-711013679.
31. THE VEDIC EXPERIENCE - MANTRAMANJIRI 9 AN ANTHOLOGY OF THE VEDAS FOR MODERN
MAN AND CONTEMPRORY CELEBRATIONS BY RAIMUNDO PANIKKAR, MOTILAL BANARASIDAS
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G) INDIAN PHILOSOPHY

34. HEINRICH ZIMMER - PHILOSOPHIES OF INDIA, ED. BY JOSEPH CAMPBELL, MOTILAL
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MOTILAL BANARSIDAS PUB., 978-8120842014.

37. ENCYCLOPEDIA OF INDIAN PHILOSOPHY VOL.IV - A DUALIST TRADITION IN INDIAN PHILOSOPHY, ED. BY GERALD JEMES LARSON AND RAM SHANKAR BHATTACHARYA, MOTILAL BARASIDAS PUB., 8120803116.
38. ENCYCLOPEDIA OF INDIAN PHILOSOPHY VOL.XII - YOGA - INDIA'S PHILOSOPHY OF MEDITATION, MOTILAL BANARASIDAS PUB., 978-8120833494.
39. KALATATTVAKOSHA VOL.1 - A LEXICON OF FUNDAMENTAL CONCEPT OF INDIAN ARTS, ED. BY BETTINA BAUMER, MOTILAL BANARASIDAS PUB. 978-8120805842.
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43. JUNG AND EASTERN THOUGHT, BY HAROLD COWARD, STATE UNIVERSITY OF NEW YORK PRESS, 088706051X/8.
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