Tab 1

# Week

14

# Day

1

# Day Title

Nothingness and Everythingness

# Lesson Name

Silence and the Void

# Meme

(insert meme image)

# Summary

Nothingness and everythingness are not opposites but reflections of the same reality. When all identity and form fall away, we discover a vast fullness that has always been here. This experience can arise in silence, meditation, or expanded states of consciousness, reminding us that the emptiness we fear is actually the overflowing wholeness of being.

# Daily Passage

There is a moment, in deep stillness or surrender, when all that we believed ourselves to be dissolves. The boundaries soften, the stories fall away, and what remains feels like nothing at all. Yet in that nothingness, something extraordinary reveals itself. Beneath the absence, there is fullness. Within the quiet, there is radiance. When all forms fade, what remains is everything.

Nothingness and everythingness are not opposites. They are two sides of the same reality. The mind sees them as separate because it divides the world into presence and absence, form and void, life and death. But when awareness deepens, these distinctions begin to blur. The same space that appears empty is also teeming with unseen life. The same silence that feels still hums with infinite potential.

To experience this directly is to glimpse the essence of unity. It is not a concept to grasp, but a reality to rest in. When we no longer cling to what we think should be, the moment opens into vastness. That vastness is not cold or detached. It is alive, aware, and deeply intimate. Everything we could ever seek, belonging, peace, love, arises naturally from that space once we stop searching for it.

Psychedelic experiences sometimes bring people into contact with this paradox. One moment, everything dissolves into what feels like pure nothingness. The next, there is a flood of light, love, or understanding that feels infinite. It can feel as if the self has vanished into an endless ocean of awareness. The boundaries between inner and outer, personal and universal, disappear. What was terrifying a moment before becomes the most liberating truth: that the emptiness is not void of life, but brimming with it.

Mystics throughout history have tried to describe this revelation. In the writings of the Sufi poet Rumi, the beloved and the void are the same. Zen teachers call it the Great Perfection, where there is nothing to attain because everything is already whole. Christian mystics speak of it as divine union, the moment when the soul realizes it was never separate from God.

This recognition does not belong only to saints or mystics. It lives in each of us. We touch it in moments when beauty stops us completely, when time disappears, when love dissolves the edges of self. It may come during meditation, grief, awe, or laughter. In those moments, the infinite reveals itself as ordinary life, and ordinary life becomes infinite.

To live with this understanding is to carry both nothingness and everythingness gently in the heart. We no longer need to chase meaning in constant motion. We find it in stillness, in the space between breaths, in the awareness that holds both joy and sorrow without resistance.

This is not about rejecting the world, but embracing it more completely. When we realize that all form arises from the same empty fullness, we begin to honor life in every detail. The sound of rain, the curve of a hand, the fleeting expression on a loved one’s face, each becomes a doorway into the infinite.

In the deepest sense, nothingness is not the absence of being, but the freedom from needing to be anything in particular. Everythingness is not an overwhelming abundance of form, but the quiet recognition that all forms are one. Together, they form the pulse of creation, the breathing in and out of existence.

When we rest in this truth, even briefly, life feels complete. There is nothing missing, nothing to fix. Only this vast, living presence that holds us in every moment.

# Alternative View

The mind often resists this paradox, wanting clarity and certainty. It can be unsettling to sense both nothing and everything at once. Yet this tension is part of awakening. Learning to stay present with the mystery, without forcing it into explanation, allows deeper peace to unfold naturally.

# Activity

What does “nothingness” mean to you, and how do you relate to it emotionally?

Have you ever experienced moments where emptiness felt alive or full?

How does it feel to imagine that everything and nothing are part of the same truth?

What helps you relax into mystery instead of trying to define it?

In what ways might you honor the wholeness that already exists within this moment?

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# Domain

Transpersonal

# Modality

Spiritual and Energy Oriented

Tab 2

# Week

14

# Day

2

# Day Title

Silence in Nature

# Lesson Name

Silence and the Void

# Meme

(insert meme image)

# Summary

Silence in nature is not empty but alive with presence. Gordon Hempton describes it as the presence of everything, a living field that holds all natural sound. Listening in this way helps us feel our connection to the world and teaches us patience, belonging, and reverence. Even when noise intrudes, it can become an opportunity to listen more deeply and reconnect with what is near.

# Daily Passage

If we spend enough time in nature, we begin to notice that silence is not the absence of sound. The forest hums with quiet music. The wind moves through leaves, birds call and answer, water ripples and rests. Every sound belongs to a larger stillness that holds it all. The deeper we listen, the more we sense that this stillness is alive.

Acoustic ecologist Gordon Hempton describes silence as not the absence of something, but the presence of everything. For him, true silence is the quiet between and beneath natural sounds, a fullness that allows the world to speak in its own voice. He reminds us that silence is not a void to be filled, but a relationship to be tended. It is the living presence of the earth in conversation with itself.

Nature’s silence has depth and texture. It is the silence of belonging, of rhythm, of patience. In the mountains, in the desert, by the ocean, or beneath the trees, silence breathes. It receives. It waits. When we rest in this kind of quiet, our bodies begin to match its rhythm. The nervous system softens. The mind settles. Awareness opens to the subtle symphony that was always here.

Hempton often calls silence an endangered species. He notes that truly quiet places are rare, as human noise now reaches even the most remote wilderness. His project, *One Square Inch of Silence*, was created to preserve and honor small areas of natural quiet. Listening in these spaces, he says, reveals the character of a place. Each landscape has a unique frequency, a tonal quality that gives it voice. In that sense, silence is not emptiness but a field of resonance that holds life in balance.

Many indigenous teachings echo this understanding. To sit quietly on the earth is to enter into relationship with it. The trees, stones, and water are listening too. When we meet the natural world with presence rather than thought, something mutual unfolds. We remember that we are not observers standing apart from the world, but participants in a single, ongoing song.

In the modern world, it can be easy to forget this. Surrounded by constant sound and movement, we lose touch with the quiet intelligence of the living earth. Yet nature’s silence is always speaking, through the slow turning of the seasons, the shift of light, the hush after rain. To listen deeply is to hear life as a whole organism breathing.

Silence in nature also teaches patience. A mountain does not rush to grow. A river does not hurry toward the sea. The stillness of trees is not stagnation but trust. Their silence reminds us that growth and renewal happen in their own time.

When you spend time in nature, let silence be your guide. Listen not only to the sounds, but to the spaces between them. Notice the layers of quiet. If a human sound breaks through, such as an airplane, a distant voice, a passing car, use it as a moment of practice. Instead of reacting with frustration, pause. See if you can soften, accept, or reframe. Let the intrusion become a cue to listen more deeply. Redirect your attention to what remains near: the breeze in the grass, a nearby birdsong, your own steady breath. The quiet is still there, waiting beneath the surface of sound.

Silence in nature is not something to capture or hold. It is a state of relationship that invites us into belonging. When we listen with humility, the world responds. The more we attune to its stillness, the more we realize that the silence we hear outside is the same one that lives within us.

# Alternative View

For many people, silence in nature can feel elusive or easily interrupted. It takes time to shift from hearing noise to sensing presence. Rather than striving for perfect quiet, we can treat every sound as part of the larger whole. Acceptance transforms distraction into participation, helping us return to the living silence beneath it all.

# Activity

What happens in you when you listen to the natural world without trying to interpret it?

How does your body respond to nature’s stillness?

When sound interrupts a quiet moment, how do you react? Can you reframe or redirect your attention?

What might it mean to treat silence as a relationship rather than an absence?

Where in your life can you create or protect small “square inches” of silence?

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# Domain

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# Modality

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Tab 3

# Week

14

# Day

3

# Day Title

The Stillpoint Within

# Lesson Name

Silence and the Void

# Meme

(insert meme image)

# Summary

The still point within is the inner center of awareness, the place of calm and stability beneath all change. It is found through deep listening, through the ability to hear with the ear of the heart, and through connection with the truth of who we are. Practices such as meditation, solitude, and time in nature help us cultivate this space. The still point offers peace amid movement, clarity amid confusion, and belonging amid uncertainty.

# Daily Passage

If we listen closely enough, we find that silence is not only out there in the world, but also within us. Beneath thought, beneath emotion, beneath the steady hum of doing, there is a quiet place that never moves. It is what T. S. Eliot called “the still point of the turning world,” the unmoving center around which all of life turns.

The still point is not an escape from experience but the ground that allows experience to unfold. It is the calm beneath the waves, the silence beneath the sound. We touch it in moments of presence, in the breath between words, the pause before a decision, or the simple act of feeling fully alive in the moment. Even when our outer life feels chaotic, this inner stillness remains untouched.

At its essence, the still point is the inner center of our being, a place of stability and presence that does not depend on circumstance. It is the space where we can rest in who we truly are, even as life continues to move around us. From this center, we begin to listen differently. We develop what some mystics call “the ear of the heart,” a deep listening that allows us to hear the quiet wisdom beneath the noise of daily life.

This stillness is not emptiness but awareness. It connects us with the deeper truth of our existence, with the soul’s quiet yearning to belong fully to this moment. In touching the still point, we awaken to a reality rooted in the here and now. There is no striving, only a soft remembering that we are already home.

For many, psychedelic journeys reveal this still point directly. In the midst of vivid visions or emotional intensity, there may come a moment when everything dissolves into perfect stillness. Time stops. The boundary between inner and outer disappears. What remains is awareness itself, vast and steady. This realization can feel like coming home to something that was never lost.

The still point is not something we create through effort. It is always here. What hides it is not noise but our attachment to movement and thought. The mind’s restlessness and our compulsion to fix, analyze, or achieve pull us away from the quiet center. The practice is not to suppress this activity but to notice it without being carried away. When we pause, breathe, and soften attention, the still point naturally reveals itself.

There are many ways to cultivate this inner stillness. Spiritual practices such as meditation, yoga, and contemplative prayer help us settle into the present moment and expand awareness beyond thought. Solitude and time in nature allow the nervous system to rest, giving us space to hear our own truth. Even simple acts of disengaging from habits, relationships, or activities that drain our energy can help clear a path toward the center.

Finding the still point is an antidote to the busyness that drives modern life. When we pause and rest in this inner quiet, we interrupt the cycle of constant doing and returning to the need to fix or control. This pause offers perspective. It allows intuition and creativity to rise naturally from the silence.

Cultivating the still point supports not only personal well-being but also the collective. When we are more centered, we bring steadiness and presence to our communities. We listen more deeply, speak more gently, and create space for genuine connection. From this place, relationships strengthen and empathy grows.

Meditation, prayer, time in nature, or simply a few conscious breaths can reconnect us to the still point. It is not something distant or mysterious but the natural state of awareness itself. When we live from this place, we carry a quietness that is alive and responsive, guiding us with clarity and compassion.

Try pausing for a few breaths today. Let attention rest in your chest, your belly, or the quiet awareness behind your eyes. Notice the stillness that exists even as thoughts move and breath flows. The still point is always here, patient and steady. When we rest in it, life moves in harmony once again.

# Alternative View

In a fast and noisy world, finding the still point can feel difficult. The mind resists quiet, and restlessness can arise quickly. This is part of the process. Stillness does not require us to stop the noise but to relate to it differently. With time and patience, awareness grows stronger than distraction, and the still point becomes a trusted home.

# Activity

What does your inner center feel like when you slow down and listen within?

How do you experience the difference between hearing with your mind and listening with the ear of the heart?

What practices help you return to stillness and clarity?

Where in your life might you need to let go of distractions or overactivity to reconnect with your center?

How does living from the still point influence how you show up for others?

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Tab 4

# Week

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# Day

4

# Day Title

Embracing Mystery

# Lesson Name

Silence and the Void

# Meme

(insert meme image)

# Summary

Embracing mystery means learning to rest in not knowing. It is the practice of trusting life without needing to control or explain it. Mystery is not the absence of understanding but the presence of infinite possibility. When we stop demanding certainty, we open ourselves to awe, creativity, and connection with the deeper intelligence of existence.

# Daily Passage

There is a moment in every genuine journey of awakening when the desire to understand begins to dissolve. The questions that once felt urgent start to open into something wider and quieter. We realize that not everything is meant to be known in the way the mind wants to know it. Some truths are not solved but lived. This is the heart of mystery.

To embrace mystery is to make peace with uncertainty. It is to stand in the middle of life’s vastness without needing to grasp every thread. The mind resists this because it has been trained to believe that safety comes from clarity and control. But the deeper intelligence of the heart knows otherwise. The heart understands that mystery is not a threat to truth but its expression.

Mystery is the pulse beneath all creation. Every sunrise, every breath, every heartbeat carries it. Even the most ordinary moment is saturated with unknowns. How does life keep moving? What animates consciousness? Why does love pull us toward one another despite all fear? We do not need to answer these questions to feel their power. The mystery itself is the answer.

When we begin to trust what cannot be seen, life opens in new ways. We start to sense that uncertainty is not a void but a fertile space. Out of it, creativity, insight, and transformation emerge. In this way, mystery is a companion, not a barrier. It invites us to live with curiosity rather than fear.

Psychedelic experiences often deepen our relationship with mystery. They can dissolve the illusion of certainty, showing us that reality is far more fluid, interconnected, and alive than we imagined. Many people return from such experiences with fewer conclusions but greater awe. What remains is a reverence for the unknown, and a felt sense that mystery is woven into the structure of being itself.

Embracing mystery is not passive. It calls for deep presence and humility. We learn to listen without rushing to interpret, to sit with paradox, to allow multiple truths to coexist. This way of being cultivates inner spaciousness. It softens the edges of certainty and opens the heart to wonder.

To live in relationship with mystery also means releasing the need to predict or control the unfolding of our lives. There is a freedom in admitting that we cannot always see what is coming next. Each moment becomes an invitation to trust. This trust does not erase fear, but it allows love to move alongside it.

Mystery reminds us that the universe is alive, dynamic, and still becoming. When we surrender to it, we participate in that unfolding consciously. We begin to see that what we call “not knowing” is not emptiness but potential. Just as the fertile void holds the seeds of creation, so does the mystery hold the seeds of transformation.

As we grow more comfortable with uncertainty, we discover that mystery is not something we need to solve. It is something we can belong to. It invites us to be part of life’s great unfolding, to live as a question rather than an answer, and to find beauty in the spaces between what we know and what we do not.

# Alternative View

It can feel uncomfortable to release control and accept the unknown. The mind often equates mystery with danger or failure. This is natural. Trust develops slowly. By staying present and curious, we learn that uncertainty does not mean we are lost. It means we are alive and participating in something far greater than the self can comprehend.

# Activity

What happens when you allow yourself to pause instead of rushing to find answers?

When have you felt awe in the face of mystery?

How might you relate to not knowing as a form of trust rather than fear?

What would it feel like to live as a question instead of an answer?

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Tab 5

# Week

14

# Day

5

# Day Title

Trusting the Unknown

# Lesson Name

Silence and the Void

# Meme

(insert meme image)

# Summary

Trusting the unknown is the practice of releasing control and surrendering to divine guidance. It means doing what we can and letting go of what we cannot, trusting that a higher power knows what is best. This spiritual release brings peace, strength, and resilience. When we stop grasping for outcomes, we open to a flow of life that is wiser than our plans and more loving than our fears.

# Daily Passage

There comes a point in every path of transformation when we must step into territory we cannot map. The familiar markers fall away. The stories that once gave us meaning no longer fit. This is the threshold of the unknown. It can feel vast and disorienting, but it is also alive with potential. To trust the unknown is to walk forward without needing to see the whole path, guided by something quieter and wiser than certainty.

Trust does not mean blind faith or ignoring fear. It means allowing both courage and vulnerability to coexist. It is the willingness to keep moving even when clarity has not yet arrived. The unknown often begins as a space of surrender, where our usual strategies no longer work. We cannot force the next chapter to appear. We can only listen.

Spiritually, trusting the unknown means releasing control and placing faith in a higher power; whether we call it God, the Universe, or the intelligence of life itself. It is an act of handing over our plans, outcomes, and expectations to something larger, trusting that it knows what is best for our unfolding. This surrender is not passivity. It is an empowered choice to trust the wisdom that moves through all things, while still addressing what is within our reach.

Letting go of control brings a profound sense of inner peace and strength. When we release the need to determine every outcome, we make room for the unexpected. The solutions that arise may be different from what we imagined, yet often they are exactly what we need. Walking by faith means stepping away from the compulsion to know or fix everything, and instead walking with quiet confidence that we are being guided.

Psychedelic experiences often bring us face to face with this truth. At the height of dissolution, there may be a moment when the ego surrenders completely. There is no map, no anchor, only vastness. For some, this feels terrifying; for others, liberating. Yet beneath both is the same invitation: to trust the process, to allow the unknown to unfold as a teacher. When integrated with care, these moments reveal that the same force that created us continues to guide us.

Trusting the unknown asks us to recognize what we can and cannot control. We can take responsibility for our choices, our words, and our actions. Beyond that, life belongs to a greater current. The practice is to do what we can with presence and integrity, and then consciously surrender what lies beyond our reach. This balance between effort and release brings harmony to the inner life.

Silence can help us cultivate this trust. In quiet moments of prayer or meditation, we can feel the gentle rhythm of the universe breathing through us. When we drop into stillness, we reconnect with the divine presence that is always near, whispering reassurance beneath the noise of the mind.

Trusting the unknown is not passive. It is an act of deep engagement with life. It asks us to stay awake, to listen, and to respond with openness rather than resistance. Trust transforms uncertainty into possibility. It shifts our focus from fear of what might go wrong to curiosity about what might emerge.

We can practice spiritual release in everyday ways. When plans fall apart, when conversations surprise us, when outcomes differ from what we hoped, we can pause. Breathe. Acknowledge what is within our control and what is not. Then consciously let go of the rest. This letting go is not resignation but participation in the larger harmony.

As we release control, we begin to feel held. The unknown stops feeling like emptiness and begins to feel like trust itself; the quiet knowing that we are part of something vast and benevolent. Walking by faith, we discover that life does not need to be managed at every turn. It only needs to be met, one moment at a time.

# Alternative View

Letting go of control can feel impossible when we are afraid or uncertain. The mind will cling to familiar patterns of planning and prediction. This resistance is natural. Trust grows through practice, not perfection. Each small act of surrender strengthens faith and helps us remember that we are not separate from the intelligence that guides life itself.

# Activity

What areas of my life am I trying to control right now?

Which of these are within my influence, and which are not?

How does it feel in my body when I release control and choose trust instead?

What helps me remember that I am supported by a higher power or greater intelligence?

How can I practice walking by faith, one step at a time, in my daily life?

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Tab 6

# Week

14

# Day

6

# Day Title

Living From Silence

# Lesson Name

Silence and the Void

# Meme

(insert meme image)

# Summary

Living from silence means carrying inner stillness into daily life. It is an expression of quiet confidence, humility, and presence. When the ego softens, action becomes effortless, speech becomes mindful, and awareness deepens. Silence becomes not a refuge we escape to, but the source we live from, a calm strength that guides every moment.

# Daily Passage

Silence is not only a place we visit in meditation or retreat. It is a way of being. Once we have touched the stillness within, the invitation is to live from it, to let it infuse the way we speak, act, create, and connect. Living from silence means carrying quiet awareness into the noise of daily life. It means moving through the world without losing the center that never moves.

The silence we live from is not the absence of sound, but the presence of depth. It is the awareness beneath thought, the space beneath reaction. When we live from that space, our lives become more deliberate. Words arise with care. Actions carry intention. Even in the middle of chaos, we feel a thread of calm that is not disturbed by circumstance.

Living from silence gives birth to quiet confidence. This confidence is not arrogance or certainty, but a steady trust in the wisdom of the moment. It comes from knowing that truth does not need to be shouted. Presence speaks for itself. We no longer need to prove, persuade, or perform. When silence becomes our foundation, authenticity becomes our natural expression.

The ego often believes it must fill every space, defend every idea, and control every outcome. But in the presence of silence, the ego relaxes. Its edges soften. It begins to understand that not every impulse requires a reaction and not every emotion needs to be explained. In silence, we learn to pause before we speak, to breathe before we act, and to listen before we respond. This is the practice of conscious presence.

Living from silence is also a practice of humility. It reminds us that we are part of something larger than ourselves. When we stop trying to dominate the conversation of life, we begin to hear the subtler voices, intuition, guidance, the quiet intelligence of the heart. Silence allows us to become instruments of something greater, whether we call it God, love, or awareness itself.

In many spiritual traditions, this is described as selfless action. The Taoists call it wu wei, effortless doing. In Christianity, it is the peace that surpasses understanding. In Buddhism, it is mindfulness in motion. All point to the same truth: when the ego quiets, life flows naturally. The right words come. The right timing appears. What needs to happen happens without strain.

Psychedelic experiences sometimes reveal this same wisdom. After profound journeys, many people describe moving through life with a softened sense of identity and a heightened awareness of presence. The boundaries of self feel less rigid, and there is an intuitive sense that life can be trusted. These insights only become real when they are lived, when silence becomes not a momentary state but a way of being.

Living from silence does not mean withdrawing from the world. It means engaging with it more deeply. It is speaking with kindness, acting with integrity, and creating with love. It is noticing the subtle rhythms around us, the breath of others, the tone of the room, the quiet undercurrent of connection. Silence teaches us that presence is the greatest form of influence.

To live from silence, practice returning to the breath throughout the day. Notice when the mind begins to rush or the ego begins to tighten. Pause. Listen for the quiet beneath the noise. Ask, “What would stillness do here?” Over time, you will begin to feel that silence is not something to reach for. It is something you can return to at any moment.

When we live from silence, we embody peace. Our presence becomes a calm field that steadies others. We move through life with grace, not because it is easy, but because we are no longer fighting against what is. We have learned to trust the quiet guidance that has been with us all along.

# Alternative View

It can be difficult to live from silence in a world that values noise, speed, and certainty. The ego will often try to reclaim control or demand attention. This is part of the practice. The goal is not to silence the world, but to stay anchored in awareness while moving through it. Each time we pause and return to the quiet within, we strengthen our connection to that steady center.

# Activity

What does living from silence mean to you in daily life?

When do you feel most connected to your quiet inner center?

What helps you soften your ego’s need to speak, control, or prove?

How might you bring more stillness into your communication and relationships?

What would it feel like to let your confidence arise from peace rather than from effort?

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