

RESOURCE LIST

This is a relatively short list and, by no means exhaustive, I share only what I have read and found useful. These books can help anyone who desires to access their True Self more consistently in their daily lives.

The True Self is an inner jewel within each of us. It is perfect, omnipresent, and eternal. Our ego is not our True Self. It is an identification system that limits our access to our intuition and to lasting fulfillment. There is nothing wrong with the Ego, but most of us over-use it. Accessing your True Self is the key to Living Your Jam.

BOOKS TO HELP ACCESS YOUR TRUE SELF

Start Where You Are: A Guide to Compassionate Living,
Pema Chodron

Awareness, Anthony de Mello

You are Here, Thich Naht Hahn

The Liberated Mind, Steven Hayes

Let Your Life Speak: Listening for the Voice of Vocation
Parker Palmer

The Untethered Soul, Michael Singer

Immortal Diamond, Richard Rohr

Silence - The Mystery of Wholeness, Robert Sardello

A New Earth, Eckhart Tolle