

Recommended Reading List

(These books can be purchased from the Bookstore.)

Meditation and Mantra

Vishoka Meditation: The Yoga of Inner Radiance, by Pandit Rajmani Tigunait

Moving Inward: The Journey to Meditation, by Rolf Sovik

Inner Quest: Yoga's answers to life's questions, by Pandit Rajmani Tigunait

The Power of Mantra & the Mystery of Initiation, by Pandit Rajmani Tigunait

Inspirational/Biographical

Living with the Himalayan Masters, by Swami Rama

At the Eleventh Hour: The Biography of Swami Rama, by Pandit Rajmani Tigunait

Touched by Fire: The Ongoing Journey of a Spiritual Seeker, by Pandit Rajmani Tigunait

Scriptures and Tradition

Sri Sukta: Tantra of Inner Prosperity, by Pandit Rajmani Tigunait

The Secret of the Yoga Sutra: Samadhi Pada, by Pandit Rajmani Tigunait

The Practice of the Yoga Sutra: Sadhana Pada, by Pandit Rajmani Tigunait

Perennial Psychology of the Bhagavad Gita, by Swami Rama

The Himalayan Masters: A Living Tradition, by Pandit Rajmani Tigunait

Philosophy and Practice

The Art of Joyful Living, by Swami Rama

Yoga: Mastering the Basics, by Sandra Anderson and Rolf Sovik