

**J. J. Anderson's**  
**Book Recommendations**

As of June 22<sup>nd</sup>, 2012

*Note: Some books are out of print but available through used book dealers and online sources. Try Powell's Books in Portland, Oregon ([powells.com](http://powells.com)) or [Amazon.com](http://Amazon.com).*



**Highly Recommended**

***Listening In: Dialogues With the Wiser Self***, Ellen Meredith, Horse Mountain Press (1993) This wise and wonderfully balanced book is listed first because it is a “must read.” In December of 2008, I found my used copy through an Amazon.com third party offering. Although it may be out of print, the book is still available on the Internet. It is inexpensive but priceless. See *About “channeling”* (pages 3 and 4) in my book, *Only a Leaf*, for more on Meredith.

***How to Know God***, Deepak Chopra, Harmony Books, NY (2000) In this, perhaps the crown jewel of his writing, Chopra explores his ideas that everyone can have a direct experience of God and that “the brain is hardwired to know God.” He says the human nervous system has seven biological responses corresponding to seven levels of experience with God. Our purpose in striving to know God is so we each can “become the author” of our own existence.

***Consent***, Newton Dillaway, The Montrose Press (1947) or Unity Books (1947, 1950, 1957) This classic is well worth searching for. Dillaway offers timeless insights into consenting to “go with the inward the flow” of universal power and to follow its leading. This consent gives rise to what he calls “normal [effortless] action.” “Tension is the source of all error,” he says, and our basic problem is “the inability to *consent* to the release of fear.”

***Only Two Can Play This Game***, G. Spencer-Brown writing as James Keys, The Julian Press, NY (1972) In this unorthodox book that almost defies categorization, Spencer-Brown (James Keys) tells a love story that seeks to dissuade “those who are still seeking rationalistic answers to non-rationalistic needs.” He does it with prose, poetry, philosophy and satire. For you mathematicians, he also wrote ***Laws of Form***, published by E. P. Dutton, NY (1972). Go [here](#) to buy both books.

***Frequency, the Power of Personal Vibration***, [Penney Peirce](#), Atris Books of Simon & Schuster, New York, NY (2009) Peirce is a clairvoyant empath and pioneer in the field of intuition development. Her book explores the dynamics of energy, personal resonance, and our accelerating ultrasensitivity. If humankind is indeed in the process of a great evolutionary shift in consciousness, this can be a handbook to help us understand how to better prepare for our New Earth.



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***The Medium, the Mystic and the Physicist***, Lawrence LeShan, The Viking Press, NY (1966) An important and excellent read to help satisfy your “left brain.” A psychologist and researcher in parapsychology, LeShan, examines how the medium, the mystic and the physicist arrive at incredibly similar world views and ways of understanding reality while taking quite different paths.

***Alternate Realities***, Lawrence LeShan, M. Evans and Company, NY (1974) A perfect follow-up to *The Medium, the Mystic and the Physicist*. See *Atheists, Theists and Modes of Reality* (pages 7 and 8) of my book, *Only a Leaf*, for more about this book.

***How to Meditate***, Lawrence LeShan, Little, Brown and Company, NY, hardcover edition (1974), Back Bay Books paperback edition (1999) An easy-to-follow guide to meditation with some excellent insights and examples.

***Voices of Spirit***, Charles H. Hapgood and Elwood Babbitt, Delacourt Press, NY (1975) Hapgood provides excellent insights on how “spirit communication” works and Babbitt, a full trance medium, channels some eminent and famous personalities.

***A New Earth – Awakening to Your Life’s Purpose***, Eckhart Tolle, Penguin Book Ltd. (2005) This bestseller examines our normal ego-based consciousness, the potential for transcending it, and the possibilities of consciously creating a new Earth.

***Tao Te Ching***, Lao Tsu, translated by Gia-Fu Feng and Jane English, Vintage Books, NY (1972, 1997) I recommend buying the 25<sup>th</sup> Anniversary Edition (1997) of this beautifully done Taoist classic.

***Markings***, Dag Hammarskjöld, translated from the Swedish by Leif Sjöberg and W. H. Auden, Alfred A. Knopf (1964) *Markings* is the poignant personal journal—not a political or career history—of the man who was Secretary General of the United Nations from 1953 until his death in a plane crash in September of 1961. It reveals his spiritual struggles and is filled with insights, wisdom and poetry. It is available from [Amazon.com](http://Amazon.com).



***Also of Interest***

***Channeling***, Jon Klimo, North Atlantic Books, Berkeley, CA (1998) This is a definitive work on channeling that examines historical and modern channeling, including its psychology and physiology.

***The Biology of Transcendence, A Blueprint of the Human Spirit***, Joseph Chilton Pearce, Park Street Press (2002) Humankind longs for transcendence. The author examines how culture, myth and religions thwart this desire and ultimately lead to

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violence. He examines human biology and how it relates to transcendence and explores the intelligence of the heart as it relates to the human brain.

***Communion with God***, Neale Donald Walsch, G. P. Putnam's Sons, NY (2000) This is my favorite of the Walsch books. Other books by Neale Walsch include *Conversations with God, Book 1* (1995), *Book 2* (1997), *Book 3* (1998), *And Friendship with God* (1999) He has a [website](#) and a [foundation](#).

***God is Not One***, Stephen Prothero, HarperOne, an Imprint of Harper Collins Publishers, New York, NY (2010) Professor Prothero of Boston University has produced what "could be the most highly readable, accurate, and up-to-date introduction to the world's major religions." If you seek to eliminate the false and misleading ideas you have collected about the world's largest religions, this book is the place to start.

***god is not Great – How Religion Poisons Everything***, Christopher Hitchens, Hachette Book Group, an Imprint of Grand Central Publishing, New York, NY (2009) "A case against religion and a description of the ways in which religion is man-made" is how this book is described in its summary. If you are a faint-hearted and/or closed-minded religionist, this book is not for you, but if you're open-minded, exploring, have a sense of humor and a sense of human, I recommend it. Hitchens is scholarly and has a sharp wit which he uses throughout the book. He examines important issues, including "Is Religion Child Abuse?"

***Essential Sufism***, Edited by James Fadiman and Robert Frager, HaperCollins, NY (1997) Sufis are the mystics of Islam and this book is an excellent collection of Sufi stories and wisdom.

***Mysticism, The Development of Humankind's Spiritual Consciousness***, Evelyn Underhill, Bracken Books, London (1995); first published in 1911 by Methuen & Co., London This classic is not light reading but is an excellent and authoritative reference on mystics and mysticism.

***The Dead Have Never Died***, Edward C. Randall, original publisher unknown, published many different times from 1917 to the present. Randall's psychic investigations of two decades through the skill of trance medium Emily S. French declares to reveal afterlife conditions "prevailing beyond the earth-plane" and strives to allay the fear of death. This interesting book may be [downloaded for free](#) or purchased in [paperback](#) or hardcover.

***New Mexico on My Mind***, Introduction by Jim Arnholtz, Falcon Press(1990), Helena, MT This book is a collection of excellent photographs—some of them spectacular—of New Mexico subjects, including flora, fauna, landscapes, people and events. This book is available from [Amazon.com](#) and [Powell's Books](#) and is offered at various prices.

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