

References

Recommended Books

I heartily recommend the following books as ways to go deeper into subjects that I've barely scratched. In order by chapter:

1. Benefits of a Religious Practice.

Varieties of Religious Experience (James 1902) is essential to anyone who wants to understand the range of meanings that religion can have; it is full of first-person experiences as well as wise commentary by James. The full text is online as (Web James). *How We Believe* (Shermer 1999) is a modern exploration of why belief is so powerful.

Thought Contagion (Lynch 1996) is a wide-ranging review of the possible applications of the concept of the meme. Packed full of intriguing ideas, many highly debatable.

2. Finding Validity.

The Sacred Depths of Nature (Goodenough 1998) and *The Fermenting Universe* (Malville 1981) are two well-written, readable, sometimes lyrical reflections on the depth and wonder to be found in the world through science.

Finding Darwin's God (Miller 1999) has detailed arguments against Creationism in all its various forms. *Darwin's Dangerous Idea* (Dennet 1996) is an intellectual's tour of the breadth of the idea so simply expressed as "evolution by natural selection" — a phrase that rivals $E=MC^2$ for the compression of the greatest meaning into the fewest symbols.

Age of Reason (Paine 1794) is a mordant critique of organized religion and an exposition of Deism by one of the greatest writers in an age of great writers. Gain heart from reading Paine's thunderous prose, preferably aloud.

3. Finding Community.

Connect (Hallowell 1999) is a therapist's eloquent explanation of why human connections are so important to mental and physical health. For an enthusiastic popular treatment of the

research on health and human connections, with many citations, see Dean Ornish's *Love & Survival* (Ornish 1998).

4. Practicing Contemplation and Tranquility.

Mindfulness in Plain English (Gunaratana 1993) is a detailed, practical introduction to mindfulness meditation, without any trace of supernaturalism. An earlier edition can be read online at (Web Gunaratana).

Full Catastrophe Living (Kabat-Zinn 1990) describes the use of meditation in a clinical setting, for pain and stress relief, with examples and exercises.

A Heart as Wide as the World (Salzberg 1997) goes in detail into the methods and benefits of metta practice.

5. Using Ritual.

New Traditions (Lieberman 1991) is a wonderful compilation of the experiences of real people who invented traditions to serve the needs of singles, families, single parents and neighborhoods. *From Beginning to End* (Fulghum 1995) is a warm and folksy read, and very good on wedding rituals. *The Joy of Ritual* (Biziou 1999), despite some new-age flakiness, has good ideas for designing rituals.

6. Pursuing Bliss.

The Mystical Mind (d'Aquili and Newberg 1999) presents a detailed, credible model for how the Bliss experience might work, based in neuroanatomy.

Zen and the Brain (Austin 1998) contains several good books interwoven: One is a detailed, well-written tour of the brain and what is known of the function of each of its parts; another is a layman's study of Zen meditative practices; a third is a doctor's survey of different methods of Bliss induction, with special attention to the use of mind-altering drugs.

Cosmic Consciousness (Bucke 1901) is *not* recommended.

Although a citation to this pioneering work is obligatory in any work on mysticism, the book has no modern relevance. The text reveals Dr. Bucke as an eccentric, a naive racist, and charmingly innocent of any concept of statistical rigor.

7. Inspiring Self-Transcendence.

What Are Little Girls Made Of? (Allen 1999) has capsule reviews of many current and classic children's books provide a useful resource for any parent who wants to build up a stock of hero material.

Immigrant American Women Role Models (Reynolds 1997) has short biographies of fifteen interesting women, clearly written in matter-of-fact style.

Shambhala (Trungpa 1988) is an inspiring, poetic, yet purely secular invocation to reach for the best you can find within yourself. It calls you to be a "warrior," not in an aggressive sense but in the sense of one who fears nothing and acts with decision and forethought.

8. Articulating Your Ethics.

Ethics for the New Millennium (Dalai Lama 1999) contains an eloquent argument for the need of a secular ethical system that can be respected world-wide. It explores the practical reasons why one needs to rid oneself of anger and replace it with compassion.

9. Dancing With Mister D.

Living Through Personal Crisis (Stearns 1984) is a deservedly popular manual on the experience of bereavement. But don't give a copy to a bereaved person; the bereaved lack the patience to read. Read it yourself in order to get insight and practical knowledge on how to be genuinely helpful.

Dying at Home (Sankar 1999) is a comprehensive guidebook for home care of the dying.

The Affordable Funeral (Markin 1999) is a detailed consumer's guide to purchasing funerary services. Markin explains industry jargon and reveals the marketing tricks in a style that is crisp, bordering on irascible.

Estate Planning Basics (Clifford 1999) explains in lucid and reassuring style the options of preserving and passing on an estate.

10. Being Happy.

The Pursuit of Happiness (Myers 1992) is a readable, entertaining survey of the research on happiness.

Learned Optimism (Seligman 1990) goes at length into the many effects of cognitive style (optimistic versus pessimistic) on every part of life. *A Guide to Personal Happiness* (Ellis and Becker 1986) is a brisk introduction to Rational Emotive Behavior Therapy.

In addition to these, the online resources listed under (Web Bible) and (Web Pali Canon) are endlessly useful as well as entertaining.

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Internet Resources

As any internet user knows, web addresses change all the time. These were checked just before press time, but see this book's home page at *www.tassos-oak.com* for the latest, and for additional links of interest.

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|-----------------------|--|
| Web Adherents | A rich compendium of statistics on religious membership and attendance, covering most countries and all religions, assembled by Preston Hunter:
<i>http://www.adherents.com/</i> |
| Web AHP | The web presence of the Association for Humanistic Psychology, containing historical and philosophical overview papers, a list of practitioners, and an annotated bibliography:
<i>http://ahpweb.org/</i> |
| Web Bible | The complete text of the Bible is available at several sites. One of the most useful is the Blue Letter Bible, which provides word-by-word translation to Greek and Hebrew as well as various commentaries.
<i>http://www.blueletterbible.org/</i>
The Bible Browser provided by the Scholarly Technology Group at Brown University offers an advanced search engine for access to the Bible in several translations:
<i>http://www.stg.brown.edu/webs/bible_browser/</i> |
| Web Book Search | There are several used-book search engines, but BookFinder is a meta-search engine that interrogates several others:
<i>http://www.bookfinder.com</i> |
| Web Carlyle | Carlyle, Thomas P. <i>Heroes and Hero Worship</i> . Quotes taken from the online text of the <i>Complete Works</i> available from Project Gutenberg:
<i>http://www.gutenberg.net/index.html</i> |
| Web Catholic Enc. | The Catholic Encyclopedia is online at:
<i>http://www.knight.org/advent/cathenc/</i> |
| Web Cognitive Therapy | The International Association for Cognitive Psychotherapy:
<i>http://iacp.asu.edu</i>
The Albert Ellis Institute supports Rational Emotive Behavior Therapy with online articles and a catalog of books and tapes at:
<i>http://www.rebt.org/</i> |

- Web Dhammapada The *Dhammapada*, an ancient collection of poetic aphorisms illuminating aspects of the Buddha's teachings, is available at:
<http://www.accesstoinsight.org/canon/khuddaka/dhp/index.html>
- Web Dostoevsky The text of the Constance Garnett translation of Dostoevsky's *Brothers Karamazov* can be found at the English Server at the University of Washington:
<http://www.eserver.org/fiction>
- Web Dying A good starting point for an Internet exploration of dying, with many useful articles and links, is:
<http://dying.about.com/health/dying/>
Other useful starting points include:
<http://www.nlm.nih.gov/medlineplus/deathanddying.html>
http://dir.yahoo.com/Society_and_Culture/Death_and_Dying/
<http://www.death-dying.com/>
<http://www.aarp.org/indexes/life.html>
- Web EHE The Exceptional Human Experience network is an earnest attempt to collect and document a variety of experiences, including unitive or mystical ones:
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<http://classics.mit.edu/Epicurus/menoe.html>
- Web Forgiveness Luskin's Forgiveness research is documented at
www.learningtoforgive.com
- Web Freud The text of *On the Interpretation of Dreams* (1900) is online at:
<http://www.yorku.ca/dept/psych/classics/Freud/Dreams/index.htm>
- Web Funerals The Federal Trade Commission's Consumer Guide to Funerals is at
<http://www.ftc.gov/bcp/online/pubs/services/funeral.htm>
The American Association of Retired Persons (AARP) publishes a guide to funeral costs and options at
<http://www.aarp.org/confacts/money/funeral.html>
A condensed version of (Markin 1999) is online at
<http://www.dragonet.com/funeral/>

- Web Genealogy Amateur genealogists are everywhere on the internet; start with
<http://dir.yahoo.com/Arts/Humanities/History/Genealogy/>
<http://genealogy.about.com/hobbies/genealogy/index.htm>
- Web Gunaratana The text of the first edition of (Gunaratana 1993):
<http://www.enabling.org/ia/vipassana/Archive/G/Gunaratana/MindfulnessIPE/index.html>.
- Web Happiness A comprehensive bibliography and database of multinational happiness research is maintained for free access by the Erasmus University Rotterdam:
<http://www.eur.nl/sw/research/happiness/index.htm>
- Web Holidays Suggestions for secular seasonal holidays are at:
<http://www.secularseasons.com/>
 Tips for frugal and noncommercial celebrations:
<http://www.frugalitynetwork.com/holidays.html>
- Web James The text of (James 1902):
<http://www.csp.org/experience/james-varieties/james-varieties.html>.
- Web Kant The works of Kant are available online at the English Server sponsored by the University of Washington:
<http://eserver.org/philosophy>
 The Categorical Imperative is covered in his *Metaphysics of Morals*,
<http://eserver.org/philosophy/kant/metaphys-of-morals.txt>
- Web Lucretius Lucretius, Titus Carus. "Folly of the fear of death." in *On the Nature of Things, Book III*. William Ellery Leonard (tr). On the Project Gutenberg system:
<http://www.gutenberg.net/index.html>
- Web Mysticism A well-organized collection of quotations about mysticism and the mystical experience, drawn from the literatures of six world religions:
<http://www.digiserve.com/mystic/>
- Web NAS 1 The pamphlet "Science and Creationism":
<http://www.nap.edu/catalog/6024.html>
- Web NAS 2 The National Academies' website on Creationism:
<http://www4.nas.edu/opus/evolve.nsf>
- Web NASA Images of the planets from all NASA/JPL missions:
<http://photojournal.jpl.nasa.gov/>

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- Web Nolo Nolo Press offers articles on estate planning and other legal topics, as well as selling highly-regarded self-help legal books and software, at:
<http://www.nolo.com>
- Web Pali Canon The English text of large parts of the Pali Canon can be read at Access to Insight, along with a number of interpretive books and papers:
<http://www.accesstoinsight.org/>
- Web Philosophy A useful, brief encyclopedia of philosophical topics (which includes explanations of most philosophical schools and biographies of most philosophers) is at
<http://www.utm.edu/research/iep/>
- Web Pirsig Home page of the Metaphysics of Quality organization has many resources related to Pirsig's philosophy:
<http://www.moq.org>
The paper "Subjects, Objects, and Data Values" can be read at
<http://www.moq.org/forum/emm.html>
- Web Quran The complete text of the Quran is available at several sites. The Quran Browser provided by the Scholarly Technology Group at Brown University contains an excellent search engine with access to texts of three translations:
http://www.stg.brown.edu/webs/quran_browser/pqeasy.shtml
- Web RERC The home page of the Alister Hardy Trust, sponsoring society of the Religious Experience Research Centre at Westminster College, Oxford, is
<http://www.charitynet.org/~RERC/index.html>
- Web Rotary The internet presence of Rotary International is
<http://www.rotary.org/>
The story of Herbert J. Taylor and the Four-Way Test originally appeared in *The Rotarian*, vol 175 no 4 and is now online at:
<http://www.rotary.org/pubs/rotarian/1999/9910/page05.htm>

- Web Simplicity Two internet entry points to the subject of voluntary simplicity are:
http://dmoz.org/Society/Lifestyle_Choices/Voluntary_Simplicity/
http://dir.yahoo.com/Society_and_Culture/Cultures_and_Groups/Voluntary_Simplicity/
Many books on the subject are revealed by a search at Amazon.com using the subject keyword "simplicity." You can cause the books to be sorted with the most popular first, and thus discover which are most-read.
- Web TASTE TASTE is an online journal devoted to anonymous, first-person accounts of transcendental experiences of scientists. It is found at:
<http://www.issc-taste.org/>
- Web Thoreau Information about Henry David Thoreau, as well as the complete texts of *Walden* and other works, is available at several sites online, including
<http://www.walden.org/thoreau/>