



iRest Certification Required Reading List

RICHARD MILLER (*All of the Following*)

- Miller, Richard. (2005) *Yoga Nidra, the Meditative Heart of Yoga*, Sounds True.
- Miller, Richard. (2007) *Integrative Restoration: The ancient practice of Yoga Nidra for easing stress, healing trauma and awakening to your timeless Presence*: 6 CD Set. Anâhata Press. (Order through nondual.com)
- Miller, Richard (2007) *Level I & Level II iRest Training Manuals*. Anâhata Press.

JEAN KLEIN (*One of the following*)

- Klein, Jean. (1984). *The Ease of Being*. Third Millennium Publications.
- Klein, Jean. (1986). *The Sacred Quest*. Third Millennium Publications.
- Klein, Jean. (1988). *Who Am I?* Third Millennium Publications.
- Klein, Jean. (1989). *I Am*. Third Millennium Publications.
- Klein, Jean. (1990). *Transmission of the Flame*. Third Millennium Publications.
- Klein, Jean. (1992). *Open to the Unknown*. Third Millennium Publications.
- Klein, Jean. (1994). *Beyond Knowledge*. Third Millennium Publications.
- Klein, Jean. (1995). *Living Truth*. Santa Barbara. Third Millennium Publications.

KASHMIR NONDUALISM (*One of the following*)

- Hughes, John. (1994) *Self Realization in Kashmir Shaivism, The Oral teachings of Swami Lakshmanjoo*, SUNY.
- Odiar, Daniel. (2001) *Desire, The Tantric Path To Awakening*, Inner Traditions, VT.
- Singh, Jaideva. (1998) *Pratyabhijñâhrdayam: The Secret of Self-Recognition*, Motilal, India.
- Singh, Jaideva. (1998) *Siva Sutras, The Yoga of Supreme Identity*. Motilal, India.
- Singh, Jaideva. (1994) *Spanda Kârikâs: The Divine Creative Pulsation*. Motilal, India.
- Singh, Jaideva. (1979) *Vijñanabhairava (The Yoga of Delight, Wonder & Astonishment)* Motilal, Delhi, India.

ADVAITA (*One of the following*)

- Aiyer, N.R.K. (1984) *The Essence of the Ribbhu Gita*, Ramanasramam, India.
- Maharshi, Ramana (1988) *The Spiritual Teachings of Ramana Maharshi*, Shambala, CA.

- Nikhilananda, Swami. (1975) *Self-Knowledge of Sri Shankaracarya*, Ramakrishna Math, India.
- Nikhilananda, Swami. (1976) *Drg-Dr̥sya-Viveka*, Sri Ramakrishna Sharama, Mysore, India.
- Nityaswarupananda. Swami (1990) *Astavakra Samhita*, Advaita Ashrama, India.
- Saraswathi, Swami. (1989) *Tripura Rahasya: The Mystery Beyond the Trinity*, Ramanasramam, India.

YOGA SUTRA OF PATAÑJALI (*One of the following*)

- MSI, *Enlightenment*. (1995) SFA Publications, Waynesville, NC.
- Venkatesananda, Swami. (1998) *Enlightened Living*, Anahata Press, P.O. Box 1673, Sebastopol, CA 95473.

SAMKHYA (*One of the following*)

- Miller, Richard. (2008) *Samkhya Karika of Ishvara Krsna*. Anahata Press. (Order through nondual.com)
- Virupakshananda, Swami. (1995) *Samkhya Karika of Ishvara Krsna*. Sri Ramakrishna Math. Madras, India

OTHER PERSPECTIVES

- Dunn, Jean (1994) *Consciousness and the Absolute: The Final Talks of Sri Nisargadatta Maharaj*, Acorn Press, NC.
- Segal, Suzanne. (1996) *Collision with the Infinite: A Life Beyond the Personal Self*, Blue Dove Press.
- Johnston, W. Ed. (1973) *The Cloud of Unknowing*, Image Books, NY.
- Rabjam, Lonchen. (2001) *The Precious Treasury of The Way of Abiding*. Padma Publishing.
- Gazzaniga, Michael S. (1998). *The Minds Past*. U of CA Press. Berkeley.
- Goleman, Daniel. (2003). *Destructive Emotions: How Can We Overcome Them: A Scientific Dialogue with the Dalai Lama*. New York. Bantam.
- Levine, Peter, Frederick, Ann. (1997) *Waking the Tiger: Healing Trauma: The Inner Capacity to Transform Overwhelming Experiences*. North Atlantic Books. Berkeley, CA.
- Prendergast, J., Fenner, P., Krystal, P. (2003) *The Sacred Mirror, Nondual Wisdom & Psychotherapy*. Paragon Press. MN.
- Prendergast, J., Bradford, K. (2007). *Listening from the Heart of Silence: Nondual Wisdom & Psychotherapy, Vo. 2*. Paragon Press. MN.
- Satyananda, Swami. (1976). *Yoga Nidra*. India. Bihar School of Yoga.

For further readings recommendations please see 'References' in the iRest Level I Manual