

Dear Friends,

In the Lyricus Discourse, “The Nature of Knowledge” the teacher exhorts the student to study all he or she can in regard to the “human body, emotions, and mind” (p. 16-7). For those who may not yet be familiar with the terminology of WingMakers and Lyricus these three components, collectively, are called the soul carrier or the human instrument.

Admittedly, we have overstepped the teacher’s advice because the vast majority of the books on our list also refer to and explore the nature of that mysterious and paradoxical psychological presence called the soul.

The writings of the Lyricus Teaching Order, however, are directing our attention to an important point in this regard, which is the effort we must make to differentiate the soul from the soul carrier, or human instrument. We are confident that the books on our list will help you to do this because we know that they have helped us.

We are also very much aware that there are many other books (hundreds perhaps) which are also instructive, but this list represents the books which have helped to understand ourselves the most. In fact, some of them have been the subject of our repeated reading and deep study.

There are also many books we have studied which we have deliberately excluded from our list. These, too, have proved helpful to us, but to include them would make our list too long. That is why we say that these books have been the *most* helpful.

Finally, we have not included books on science, philosophy, religion, metaphysics, cosmology, ancient mysteries, UFOs, etc. For the most part, these books do not focus on the human instrument and the soul and that is why they are not included here. Perhaps in the future we will compile such a list.

If anyone would like further information about any of the books on this list please feel free to contact Darlene or myself at [info@planetnetworkpress.com](mailto:info@planetnetworkpress.com).

Thank you,

Darlene and John Berges

March 31, 2004

Book Title	Author	Comments
A Joseph Campbell Companion	Diane K. Osborn	Reflections on the Art of Living
A Path with Heart	Jack Kornfield	"A guide through the perils and promises of spiritual life."
A Perfumed Scorpion	Idries Shah	2nd to be read in the Shah books psychology of human behavior and the learning process
A Spiritual Psychology	JG Bennet	A practical way to view and to learn to "work on yourself."
Awareness	Anthony de Mello	The perils and opportunities of reality. Down to earth, no nonsense spirituality.
Basic Self-Knowledge	Harry Benjamin	Based on the Gurdjieff System of Development
Boomeritis	Ken Wilber	"A novel that will set you free."
Comfortable with Uncertainty	Pema Chodron	Mahayana Buddhism
Conversations with God book 1 *an uncommon dialogue*	Neale Donald Walsch	Presents "personal topics, focusing on an individual's live challenges and opportunities.
Conversations with God book 2 *an uncommon dialogue*	Neale Donald Walsch	Presents "global topics geopolitical and metaphysical life on the planet."
Conversations with God book 3 *an uncommon dialogue*	Neale Donald Walsch	Presents "universal truths of the highest order"
Creative Thinking	Lucille Cederans	Thoughtform techniques. High quality material, purportedly from members of the Brotherhood.
Cutting Through Spiritual Materialism	Chogyam Trungpa	Spiritual Materialism.
Deeper Man	JG Bennet	A way in which to transcend our conditioning.
Discourses	Meher Baba	Gaining true love which transforms.
Esoteric Healing	Alice A. Bailey	Causes of disease, physical/etheric bodies, chakras, emotions.
Esoteric Psychology Vol 1 & 2	Alice A. Bailey	The psychology of the soul and the human instrument.
Fire in the Heart - Healers, Sages and Mystics	Kyriacos C. Markides	Third book. Good for any one wanting to understand the true nature of reality.
Gurdjieff The Key Concepts - Reference book	Sophia Weilbeloved	Gives a tool for working with the Gurdjieff's concepts
Homage to the Sun	Kyriacos C. Markides	Second book. The wisdom of the Magus of Strovolos.
Integral Psychology Consciousness, Spirit, Psychology, Therapy	Ken Wilber	Integral of western and eastern psychology
Knowing How to Know	Idries Shah	4th to be read in the Shah books. Recognizing barriers that prevent learning
Learning How to Learn-Psychology and Spirituality in the Sufi Life	Idries Shah	1st to be read in the Shah books "Gain new insights" in how to look at life in a different way
Letters of the Scatter Brotherhood	Mary Strong	The life within. Powerful words of wisdom from the soul level.
Light of the Soul	Alice A. Bailey	Commentaries on the Yoga Sutras of Patanjali. Raja Yoga
Living the Mindful Life	Charles T. Tart	A handbook for living in the present moment.
Meditations of the Soul	Marsilio Ficino	Selected letters of Marsilio Ficino (1433-99) "a midwife to the birth of the modern world."
Personality Types	Don R.Riso	Enneagram for Self-Discovery. Nine personality types.
Psychological Commentaries on Gurdjieff & Ouspensky	Maurice Nicoll	In 5 volumes. May be hard to find.
Psychosynthesis A Collection of Basic Writings	Roberto Assagioli, M.D.	It is a psychology based on the soul
Reimagination of the World	D Spangler & W Thompson	A critique of the New Age, Science, and Popular Culture.
Riding With the Lion	Kyriacos c. Markides	Fourth book. Quest for high knowledge.
Seeking the Heart of Wisdom, the Path of Insight Meditation	J Goldstein & J Kornfield	Excellent discussions on mindfulness. Practical advice.
Self Remembering	Robert Earl Burton	A way to be present in the NOW.
Seth Speaks The Eternal Validity of the Soul	Jane Roberts	Expands consciousness concerning multi-dimensional and the journey of the soul.
Shambhala The Sacred Path of the Warrior	Chogyam Trungpa	Life can become workable and even wonderful.
Shifting Worlds Changing Minds	Jeremy W. Hayward	A place where science and Buddhism meet.
The Act of Will	Roberto Assagioli, M.D.	"...the individual will merges with the universal will." J-L Servan-Schreiber
The Commanding Self	Idries Shah	3rd to be read in the Shah books. Psychological ways to "know thyself"
The Common Experience	JM Cohen & J-Fhipps	A journey into "personal enlightenment and spiritual consciousness."
The Experience of Insight	Joseph Goldstein	"A simple and direct guide to Buddhist Meditation". A classic.
The Eye of Spirit	Ken Wilber	"An integral vision for a world gone slightly mad."
The Initiate	Cyril Scott	First book. Tells the veiled history of an Adept who lived and worked in his community.
The Initiate In the Dark Cycle	by his pupil (C. Scott)	Third book. The life of a disciple. Its ups and downs.
The Initiate In the New World	by his pupil (C. Scott)	Second book. Tell of the Adept's journey to America.
The Knowing Heart	Kabir Helminski	A Sufi path of transformation.
The Magus of Strovolos	Kyriacos C. Markides	First book. The extraordinary world of a spiritual healer and teacher.
The Myth of Freedom and the Way of Meditation	Chogyam Trungpa	Re-examine our concepts of freedom and our thoughts about activities.
The Nature of the Soul	Lucille Cederans	Understanding the relationship of the soul.
The Notebooks of Paul Brunton Vol 2 - The Quest	Paul Brunton	The book is about the "promises and pitfalls of spiritual seeking."
The Soul and Its Instrument	Lucille Cederans	Understanding of group awareness, the soul and how it works with its instrument.
The Tibetan Book of Living and Dying	Sogyal Rinpoche	Gives life new hope.
The Way of Non Attachment	Dhiravamsa	The Practice of Insight Meditation. Mindfulness.
The Wholeness of Life	Krishnamurti	Dialogues with Professor D. Bohm, Dr. D. Shainberg and Krishnamurti.
Toward Awakening	Jean Vaysee	An introduction to the Gurdjieff teachings.
Waking Up ( Overcoming the Obstacles to Human Potential	Charles T. Tart	Practical book based on the psychological and spiritual teachings of Gurdjieff
What We May Be	Piero Ferrucci	Based on Psychosynthesis- Spiritual psychology
Word to the Wise	Manly P. Hall	"Helps the reader to discern the difference between true and false paths to wisdom."

Book Title	Author	Comments
Esoteric Healing	Alice A. Bailey	Causes of disease, physical/etheric bodies, chakras, emotions.
Esoteric Psychology Vol 1 & 2	Alice A. Bailey	The psychology of the soul and the human instrument.
Light of the Soul	Alice A. Bailey	Commentaries on the Yoga Sutras of Patanjali. Raja Yoga
Awareness	Anthony de Mello	The perils and opportunities of reality. Down to earth, no nonsense spirituality.
The Initiate In the Dark Cycle	by his pupil (C. Scott)	Third book. The life of a disciple. Its ups and downs.
The Initiate In the New World	by his pupil (C. Scott)	Second book. Tell of the Adept's journey to America.
Living the Mindful Life	Charles T. Tart	A handbook for living in the present moment.
Waking Up ( Overcoming the Obstacles to Human Potential	Charles T. Tart	Practical book based on the psychological and spiritual teachings of Gurdjieff
Cutting Through Spiritual Materialism	Chogyam Trungpa	Spiritual Materialism.
Shambhala The Sacred Path of the Warrior	Chogyam Trungpa	Life can become workable and even wonderful.
The Myth of Freedom and the Way of Meditation	Chogyam Trungpa	Re-examine our concepts of freedom and our thoughts about activities.
The Initiate	Cyril Scott	First book. Tells the veiled history of an Adept who lived and worked in his community.
Reimagination of the World	D Spangler & W Thompson	A critique of the New Age, Science, and Popular Culture.
The Way of Non Attachment	Dhiravamsa	The Practice of Insight Meditation. Mindfulness.
A Joseph Campbell Companion	Diane K. Osborn	Reflections on the Art of Living
Personality Types	Don R.Riso	Enneagram for Self-Discovery. Nine personality types.
Basic Self-Knowledge	Harry Benjamin	Based on the Gurdjieff System of Development
A Perfumed Scorpion	Idries Shah	2nd to be read in the Shah books psychology of human behavior and the learning process
Knowing How to Know	Idries Shah	4th to be read in the Shah books. Recognizing barriers that prevent learning
Learning How to Learn-Psychology and Spirituality in the Sufi Life	Idries Shah	1st to be read in the Shah books "Gain new insights" in how to look at life in a different way
The Commanding Self	Idries Shah	3rd to be read in the Shah books. Psychological ways to "Know thyself"
Seeking the Heart of Wisdom, the Path of Insight Meditation	J Goldstein & J Kornfield	Excellent discussions on mindfulness. Practical advice.
A Path with Heart	Jack Kornfield	"A guide through the perils and promises of spiritual life."
Seth Speaks The Eternal Validity of the Soul	Jane Roberts	Expands consciousness concerning multi-dimensional and the journey of the soul.
Toward Awakening	Jean Vayse	An introduction to the Gurdjieff teachings.
Shifting Worlds Changing Minds	Jeremy W. Hayward	A place where science and Buddhism meet.
A Spiritual Psychology	JG Bennet	A practical way to view and to learn to "work on yourself."
Deeper Man	JG Bennet	A way in which to transcend our conditioning.
The Common Experience	JM Cohen & J-Fhipps	A journey into "personal enlightenment and spiritual consciousness."
The Experience of Insight	Joseph Goldstein	"A simple and direct guide to Buddhist Meditation". A classic.
The Knowing Heart	Kabir Helminski	A Sufi path of transformation.
Boomeritis	Ken Wilber	"A novel that will set you free."
Integral Psychology Consciousness, Spirit, Psychology, Therapy	Ken Wilber	Integral of western and eastern psychology
The Eye of Spirit	Ken Wilber	"An integral vision for a world gone slightly mad."
The Wholeness of Life	Krishnamurti	Dialogues with Professor D. Bohm, Dr. D. Shainberg and Krishnamurti.
Fire in the Heart - Healers, Sages and Mystics	Kyriacos C. Markides	Third book. Good for any one wanting to understand the true nature of reality.
Homage to the Sun	Kyriacos C. Markides	Second book. The wisdom of the Magus of Strovolos.
Riding With the Lion	Kyriacos c. Markides	Fourth book. Quest for high knowledge.
The Magus of Strovolos	Kyriacos C. Markides	First book. The extraordinary world of a spiritual healer and teacher.
Creative Thinking	Lucille Cederans	Thoughtform techniques. High quality material, purportedly from members of the Brotherhood.
The Nature of the Soul	Lucille Cederans	Understanding the relationship of the soul.
The Soul and Its Instrument	Lucille Cederans	Understanding of group awareness, the soul and how it works with its instrument.
Word to the Wise	Manly P. Hall	"Helps the reader to discern the difference between true and false paths to wisdom."
Meditations of the Soul	Marsilio Ficino	Selected letters of Marsilio Ficino (1433-99) "a midwife to the birth of the modern world."
Letters of the Scatter Brotherhood	Mary Strong	The life within. Powerful words of wisdom from the soul level.
Psychological Commentaries on Gurdjieff & Ouspensky	Maurice Nicoll	In 5 volumes. May be hard to find.
Discourses	Meher Baba	Gaining true love which transforms.
Conversations with God book 1*an uncommon dialogue*	Neale Donald Walsch	Presents "personal topics, focusing on an individual's live challenges and opportunities.
Conversations with God book 2 *an uncommon dialogue*	Neale Donald Walsch	Presents "global topics geopolitical and metaphysical life on the planet."
Conversations with God book 3 *an uncommon dialogue*	Neale Donald Walsch	Presents "universal truths of the highest order"
The Notebooks of Paul Brunton Vol 2 - The Quest	Paul Brunton	The book is about the "promises and pitfalls of spiritual seeking."
Comfortable with Uncertainty	Pema Chodron	Mahayana Buddhism
What We May Be	Piero Ferrucci	Based on Psychosynthesis- Spiritual psychology
Self Remembering	Robert Earl Burton	A way to be present in the NOW.
Psychosynthesis A Collection of Basic Writings	Roberto Assagioli, M.D.	It is a psychology based on the soul
The Act of Will	Roberto Assagioli, M.D.	"...the individual will merges with the universal will." J-L Servan-Schreiber
The Tibetan Book of Living and Dying	Sogyal Rinpoche	Gives life new hope.
Gurdjieff The Key Concepts - Reference book	Sophia Wellbeloved	Gives a tool for working with the Gurdjieff's concepts