

NITYANANDA INSTITUTE STUDY GROUP READING LIST

Kashmir Shaivism: Foundational Texts

Siva Sutras: The Yoga of Supreme Identity, translated by Jaideva Singh
Motilal Banarsidass, 1979

An early text that outlines the strategies for liberation. Commentary by Ksemaraja, a disciple of Abhinavagupta.

The Aphorisms of Siva, translated by Mark Dyczkowski
State University of New York, 1992

The *Shiva Sutras* with a commentary by Bhaskara.

The Yoga of Vibration and Divine Pulsation (Spanda Karikas), translated by Jaideva Singh

State University of New York, 1992

A commentary on the *Siva Sutras*. Focuses on the divine creative pulsation called *spanda*. Includes a discussion on mantra and the process of liberation.

The Stanzas on Vibration, translated by Mark Dyczkowski. Edited by H.P. Alper, *The SUNY Series in the Shaiva Traditions of Kashmir*.

State University of New York, 1992

The *Spanda Karikas* with four commentaries.

The Yoga of Delight, Wonder and Astonishment: A Translation of the Vijnanabharaiva, translated by Jaideva Singh

State University of New York, 1991

A treasury of 112 different yoga practices from the ancient Tantras. These practices or, more accurately, moments of illumination, provide concrete examples of the upayas or strategies explained in the *Siva Sutras*.

Ksemaraja, ***The Doctrine of Recognition***, translated by Jaideva Singh

State University of New York, 1990

A digest of the main principles of the Pratabhijna school of Kashmir Shaivism. Focuses on the nature of the Absolute and the process of worldly manifestation.

Abhinavagupta, ***A Trident of Wisdom***, translated by Jaideva Singh

State University of New York, 1998

A translation of the *Paratrisika Vivarana*, an extensive commentary on tantric sadhana.

Abhinavagupta's Commentary on the Bhagavad Gita (Gitartha-Samgraha), translated by Boris Marjanovic

Indica Books, 2002

This commentary interprets the Bhagavad Gita according to the principles of Kashmir Shaivism. An excellent translation.

Kashmir Shaivism: Philosophy

Chetanananda, Swami. *Dynamic Stillness-Part I: The Practice of Trika Yoga*.
Rudra Press, 1990

An introduction to the three aspects of practice: the teacher, meditation, and extending the energy.

---. *Dynamic Stillness-Part II: The Fulfillment of Trika Yoga*

Rudra Press, 1991

An elaboration of the *upayas* or strategies for practice

Dyczkowski, Mark. *The Doctrine of Vibration: An Analysis of the Doctrines and Practices of Kashmir Shaivism*

State University of New York, 1987

An introduction to the texts and scriptures of Kashmir Shaivism with emphasis on the concept of spanda.

Nityananda Institute Lineage Books

Chetanananda, Swami. *The Breath of God*

Sterling, 2001

A collection of short essays on many aspects of living a spiritual life.

---. *Choose to Be Happy: The Craft and the Art of Living Beyond Anxiety*

Rudra Press, 1996

Describes a process for continuously deepening our experience of happiness.

---. *There Is No Other*

Rudra Press, 2000

Simple, profound and practical ways to live a life of love, growth and integration.

---. *Will I Be the Hero of My Own Life?*

Rudra Press, 1995

A discussion of how to live an inspired life through spiritual work.

---. *Open Heart, Open Mind: Practical Lessons in Loving Your Life*

Sterling, 2001

An exploration of the nature of authentic love and advice about how to experience and live our lives from a position of genuine strength.

---. *Songs from the Center of the Well*

Rudra Press, 1984

A collection of short inspirational verse that speaks to the heart of living a conscious spiritual life.

Rudrananda, Swami. *Spiritual Cannibalism*

Rudra Press, 1987

A discussion of Rudi's experience of spiritual growth and the reality of spiritual work.

---. *Rudi in His Own Words*

Rudra Press, 1990

Explains how life's tensions and stress can be transformed into energy for spiritual growth.

---. *Entering Infinity*

Rudra Press, 1994

A collection of talks given by Rudi in the last year of his life.

Hatengdi, M. U. *Nityananda: In Divine Presence*

Rudra Press, 1984

Stories collected from devotees of Nityananda provide an intimate portrait of a life filled with the divine presence.

Nityananda, Bhagavan. *The Sky of the Heart: Jewels of Wisdom from Nityananda*

Rudra Press, 1996

A collection of sutras spoken by Nityananda and compiled by devotees in the early 1920's. These verses contain the essence of Nityananda's spiritual wisdom.

Vajrayana Buddhism (Primarily Nyingma)

Edou, Jerome. *Machig Labdrön and the Foundations of Chöd*

Snow Lion, 1996

A biography of Machig Labdrön and an overview of the origins of Chöd.

English, Elizabeth. *Vajrayogini: Her Visualizations, Rituals and Forms*

Wisdom, 2002

A comprehensive study of the Vajrayogini tantras.

Labdron, Machik. *Machik's Complete Explanation: Clarifying the Meaning of Chöd*, translated by Sarah Harding.

Snow Lion, 2003.

A collection of Machik's oral teachings to her disciples.

Longchenpa. *Kindly Bent to Ease Us, Part One: Mind*, translated by Herbert V. Guenther

Dharma Publishing, 1975

A guide to enlightenment by one of Tibet's most brilliant scholars and writers.

---. ***Kindly Bent to Ease Us, Part Two: Meditation***, translated by Herbert V. Guenther
Dharma Publishing, 1976

---. ***Kindly Bent to Ease Us, Part Three: Wonderment*** , translated by Herbert V. Guenther
Dharma Publishing, 1976

Padmasambhava. ***Advice from the Lotus-Born***
Rangjung Yeshe, 1994

A collection of oral teachings given by Padmasambhava to his close disciples. A companion volume to *Dakini Teachings*.

---. ***Dakini Teachings***

Shambala, 1990

Padmasambhava's oral instructions on spiritual practice.

Penick, Douglas J. ***The Warrior Song of King Gesar***.

Wisdom, 1996.

The epic story of one of Tibet's greatest kings.

Santideva. ***A Guide to the Bodhisattva Way of Life***, translated by Vesna A.

Wallace and B. Alan Wallace

Snow Lion, 1997

A classic treatise and the most widely read text in Indo-Tibetan Buddhism.