**Awakening Retreat Reading List Suggestions**

* The Oracle Within – by Jennifer Posada
	+ Speaks to the power within and that our ascension to higher levels of consciousness are not outside of us but inside
* The Woman in the Shaman’s Body – by Barbara Tedlock
	+ Speaks to the work of shamanism and the history of women throughout the ages who have been demonized for their power rather than honored
* Andean Awakening" - by Jorge Luis Delgado
* Ayahuasca religions
	+ A book containing critical essays and study of Brazilian ayahuasca based religion.
* The World as You Dream It - by John Perkins
* Shape Shifting - by John Perkins
* Confessions of an Economic Hit Man, by John Perkins, from Destiny Books
* The Gift of Life – by Bonnie Glass-Coffin
	+ Personal account of author's both ethnographic description and personal diary of her experiences describing lives and the healing arts of female shamans in northern Peru. She is an anthropologist and teacher.
* Black Smoke – by Margaret De Wys
	+ A Woman's Journey of Healing, Love and Transformation in the Amazon. Personal story of her experience working with a shaman over time and the adventure and romance she experiences through this spiritual journey.
* The Book of Awakening – by Mark Nepo
	+ Excellent book of inspiration, daily reflections guide using stories, great wisdom traditions, poetry and practices to help us examine and awake to ourselves.
* Awakening to the Spirit World, The Shamanic Path of Direct Revelation-Sandra Ingerman & Hank Wesselman
	+ Presents a comprehensive manual for making these practices accessible and available in our daily lives, including: How the original practice of shamanism shaped the world's spiritual traditions and why it is still relevant today. The art of the shamanic journey--a time-tested meditative method for experiencing important spiritual lessons and truths. Guidance for avoiding common pitfalls of shamanic practice. Instruction for working with your dreams, connecting to your spirit guides, healing yourself and your environment.
* The Time of the Black Jaguar by Arkan Lushwala
* The Way of the Shaman by Michael Harner
* Ishmael, by Daniel Quinn, from Bantam/Turner books
* A Path with Heart – by Jack Kornfield
	+ A Buddhist approach to developing consciousness
* Soul of Money, by Lynne Twist, from W. W. Norton & Company