

Spiritual Awakening Book/Resource Recommendations:

- Aldous Huxley, "Doors of Perception"
- Valerie Brown, "Hope Leans Forward"
- Octavia Butler, "Parable of the Sower"
- Julia Cameron, "The Artist's Way: A Spiritual Path to Higher Creativity"
- Pema Chodron, "Boddhisatva Mind: Teachings to Cultivate Courage and Awareness in the Midst of Suffering," "Getting Unstuck: Breaking Your Habitual Patterns and Encountering Naked Reality," "How to Meditate: A Practical Guide to Making Friends with your Mind"
- Paulo Coelho, "The Alchemist"
- Thich Nhat Hanh, "The Art of Mindful Living: How to Bring Love, Compassion, and Inner Peace into Your Daily Life," "Old Path White Clouds: Walking in the Footsteps of the Buddha," "Peacemaking: How to Be It, How to Do It," "Reconciliation: Healing the Inner Child," "True Love: A Practice for Awakening the Heart," "Truly Seeing"
- Carl Jung, "Modern Man in Search of a Soul"
- Gopi Krishna, "Kundalini: The Evolutionary Energy in Man"
- Alice Miller, "The Drama of the Gifted Child: The Search for the True Self"

- Cal Newport, “Digital Minimalism: Choosing a Focused Life in a Noisy World”
- Jenara Nuremberg, “Divergent Mind: Thriving in a World that Wasn’t Designed For You”
- Matthieu Ricard, Trinh Xuan Thuan “The Quantum and the Lotus: A Journey to the Frontiers Where Science and Buddhism Meet”
- Sahara Rose, “Discover Your Dharma: A Vedic Guide to Living Your Best Life”
- Mary Mueller Shutan, “Working with Kundalini: An Experiential Guide to the Process of Awakening”
- Steve Silberman, “Neurotribes: The Legacy of Autism and the Future of Neurodiversity”
- Eckhart Tolle, “A New Earth: Awakening to Your Life’s Purpose,” “Practicing the Power of Now: Essential Teachings, Meditations, and Exercise from *The Power of Now*”
- Lao Tzu, “Tao di Jing”
- Vyasa, “The Bhagavad Gita”
- Rev. angel Kyodo williams, Lama Rod Owens, “Radical Dharma: Talking Race, Love, and Liberation”
- Neurodivergence:
 - Self Embark: <https://www.etsy.com/shop/SelfEmbark>

- Autism Spectrum Quotient Quiz: <https://embrace-autism.com/autism-spectrum-quotient/>
- ADHD Quiz: <https://www.psychologytoday.com/us/tests/health/adhdattention-deficit-disorder-test>
- Highly Sensitive Person (HSP) Quiz: <https://hsperson.com/test/highly-sensitive-test/>