



## **WHEEL OF WISDOM PROGRAM**

**Dr. SALLY M. TORKOS and BELA F. TORKOS**  
**RECOMMENDED READING LIST OZORA 2019**

A partial list of material researched for our presentations

## **ANCIENT WISDOM, PHILOSOPHY AND HISTORY**

Pema Chödrön, *How To Meditate: A Practical Guide to Making Friends with Your Mind*, Boulder, Colorado: Sounds True, 2013. Very clear instructions and explanation of Meditation process, highly recommended. See also by Chödrön, *Start Where You Are*.

Confucius and Lao Tse (also known as Lao Tsu), *The I Ching: or Book of Changes*, Translated from Chinese to German, Richard Wilhelm; translated into English, Cary F. Baynes with a forward by C.G. Jung and forward of new edition by Helmut Wilhelm, New York: Bollingen Foundation, 1959, 1967, renewed copyright, Princeton: Princeton University Press, 1977, 27<sup>th</sup> printing 1997. This is one of the best and earliest translations from the Chinese. The I Ching is an ancient Chinese oracle, over 5000 years old. The readings, when entered into sincerely, result in direct communication with Soul.

B.H. Liddell Hart, *Why Don't We Learn From History*, Philadelphia: The Great Library Collection by R.P. Pryne, 2015, [greatlibrarycol@gmail.com](mailto:greatlibrarycol@gmail.com). Excellent book about the ways history repeats itself.

Anthony O. Neuron, *Quantum Metaphysics*, [qmetaphysics.com](http://qmetaphysics.com), 2016.

Dr. Colm O'Connor, *The Awakening: Living an Enchanted Life in a Disenchanted World*, Dublin: Gill & Macmillan, 2015. The Celtic Cross is very similar to the symbol of the WoW and this work brings back an ancient Celtic tradition of seven truths and the horizontal and vertical planes of existence, representing ancient Celtic practices for wholeness, again similar to WoW.

Solomon Schimmel, *The Seven Deadly Sins*, NY: Oxford University Press. Understanding how these "sins" operate in modern humans to lead them astray from a sane and healthy life. See also his book: *Wounds Not Healed By Time: The Power of Repentance and Forgiveness*, NY: Oxford University Press, 2002. Guide to help heal wrongdoing and forgive others.

Michael S. Schneider, *A Beginner's Guide to Constructing the Universe: Mathematical Archetypes of Nature, Art, and Science*, NY: HarperCollins, 1994, Harper Perennial, 1995, also Harper e-books. Excellent book, exploring many fascinating ideas and details, including geometric designs, that make numbers and mathematics exciting to explore and learn.

Pierre Teilhard de Chardin, *Pierre Teilhard DeChardin: Selected Writings*, with an introduction and editing by Ursula King, Maryknoll, NY: Orbis Books, 1999. Some of his most ecstatic writings.

## **BODY AND HEALTH**

Judson Brewer, *The Craving Mind: From Cigarettes to Smartphones to Love – Why We Get Hooked And How We Can Break Bad Habits*, Forward by Jon Kabat-Zinn, New Haven: Yale University Press, 2019. An excellent book, giving the addicted reader hope and a wealth of information about the brain and meditation as well as being a guide to overcoming egoic desires.

H. David Coulter, *Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners*, Forward by Timothy McCall M.D., Honesdale, PA: Body and Breath, Inc., 2001. Comprehensive.

Mingtong Gu, *Wisdom Healing (Zhineng) Qigong: Cultivate Wisdom and Energy for Health, Healing and Happiness*, Based on the work of Dr. Pang Ming, Published by Mingtong Gu, 2011, [www.chicenter.com](http://www.chicenter.com), email contact: [admin@chicenter.com](mailto:admin@chicenter.com)

Carolyn Myss, Ph.D., *Why People Don't Heal and How They Can*, New York: Three Rivers Press, 1997. Highly recommended for becoming consciousness about how we can heal ourselves. See also her book on Archetypes.

Clinton Ober, Stephen T. Sinatra, M.D. and Martin Zucker: *Earthing: The Most Important Health Discovery Ever!*, Laguna Beach, CA: Basic Health Publications, Inc. 2014. . Gives the Science behind why/how Earthing works and how much humans need to reconnect with the Earth for their physical and mental health, also gives easy ways to do it.

Yogiraj Sri Swami Satchidananda: *Integral Yoga Hatha*, New York: Holt, Rinehart, and Winston, 1970. Classic Yoga with pictures of Satchidananda demonstrating the poses.

## ECOPSYCHOLOGY AND ECOLOGY

Stephen Harrod Buhner, *Plant Intelligence and the Imaginal Realm: Beyond the Doors of Perception Into the Dreaming of Earth*, Rochester, Vermont: Bear & Company, 2014. Reading this book will give you a deeper understanding of the intelligence of nature and how to relate to it.

Michael J. Cohen, *Reconnecting with Nature: Finding Wellness Through Restoring Your Bond with the Earth* Corvallis, Oregon: Ecopress, 1997. Includes information about how we have 53 senses including the fives we commonly know about.

Jared Diamond, *Collapse: How Societies Choose to Fail or Survive*, New York: Penguin Books, 2005. See also *Guns, Germs, and Steel* by Diamond. Discusses how societies have collapsed in the past and what we need to consider for surviving into the future.

Justin J. Ferguson, Mary Jane Engh, *TOO MANY: How Population Growth Leads Us, Inexorably into the GREAT FAMINE, WORLD WAR, GOING DARK and EXTINCTION*, Self Published by authors through Amazon, e-book version, 2015. The authors are a bit emphatic in their expressions but deserves to be because this is the fundamental problem with many of our environmental and social problems. Overpopulation is a problem that the world is mostly ignoring, hence furthering our potential extinction as a species. This book, or others like it are a *must read*.

Calvin Fray, *Climate Change Reality Check: Basic Facts that Quickly Prove the Global Warming Crusade is Wrong And Dangerous*, Amazon e-book, 2016. Eye opening about how small (.04%) the amount of Co2 is in the atmosphere as a whole, as well as the human caused amount of that (4%). Additionally, useful information about the benefits of more Co2 for plant life.

Elana Freeland: *Under an Ionized Sky: From Chemtrails to Space Fence Lockdown*, Forward by Clifford Carnicom, Port Townsend, WA: Feral house, 2019. This is a very important and somewhat scary book about what is happening in the sky daily (jets spraying a mixture of substances designed for military purposes, including climate control and other things) all over the world. It provides evidence for electromagnetic overload and how Nature can help with it.

José Goldemberg, *Energy: What Everyone Needs To Know*, NY: Oxford University Press, 2012.

Alan Moran, Editor: *Climate Change: The Facts*, Woodsville, NH: Stockade Books, 2015; First Published by the Institute of Public Affairs, Melbourne, Victoria, 2015. Information packed research by many scientists who go against the climate change scare, yet do not deny the climate is changing.

Peter Seidel, *Invisible Walls: Why We Ignore the Damage We Inflict on the Planet . . . and Ourselves* (Amherst: Prometheus Books, 1998). Consequences of human disconnection from the earth.

Deborah DuNann Winter, *Ecological Psychology: Healing the Split Between Planet and Self* (New York: HarperCollins, 1996). Psychological exploration of human-nature separation, it's destructiveness, and ways to heal it.

## EVOLUTION OF CONSCIOUSNESS

Felipe Fernandez-Armesto, *Civilizations: Culture, Ambition, and the Transformation of Nature*, Touchstone/Simon & Schuster: New York, 2001. Takes us through the development of civilization/culture through time and location on planet earth; illustrates forces that shape “evolution” of civilization.

Henri Bergson, *Creative Evolution*, Perennial Press, 2016

Robert Bly, *The Sibling Society: An Impassioned Call for the Rediscovery of Adulthood*. New York: Vintage Books, 1996. Modern humans trapped in adolescence and necessity to evolve to adulthood

Daniel J. Boorstin, *The Discoverers; A history of Man's Search to know his World and Himself*, NY: Vintage Books, 1985; *The Creators: A History of Heroes of the Imagination*, NY: Vintage Books, 1993 and *The Seekers: The Story of Man's Continuing Quest to Understand His World*, New York: Vintage Books, 1998.

Gregg Braden: *The Divine Matrix: Bridging Time, Space, Miracles, and Belief*, Carlsbad, CA: Hay House, Inc. 2007. Inspiring and informative about how we can participate with the Universal Matrix to have an effect on ourselves and world.

Dennis Ford, *The Search for Meaning: A Short History*, Berkeley: University of California Press, 2007. Ford writes about the changes in consciousness through searching for meaning: mythic, philosophic, scientific, & post-modern, highly recommended.

Eva Herr, *Consciousness: Bridging the Gap Between Conventional Science and the New Super Science of Quantum Mechanics*, Faber, Virginia: Rainbow Books, 2012. Interviews with physicists, etc. on the nature of Consciousness, very informative and some of it quite amazing.

Walter Isaacson: *Leonardo da Vinci*, NY: Simon & Schuster, 2017. Inspiring story of da Vinci's life, his driving curiosity, and the powerful inventiveness of his genius in art and many other things.

\*Richard Moss, M.D., *The Mandala of Being: Discovering the Power of Awareness*, Novato, CA: New World Library, 2007. Excellent book with many parallels to the Wheel of Wisdom.

Richard Tarnas, *Cosmos and Psyche: Intimations of a New World View*, New York: Viking/Penguin Group, 2006. Thinking beyond modernity, hopeful prospects of the future of human species.

Eckhart Tolle, *A New Earth: Awakening to your Life's Purpose*, NY: Plume, Member of Penguin group, 2006. Ways to evolve in consciousness, how to master the ego and become your True Self.

## **MEDICINE WHEELS AND NATIVE AMERICAN INDIAN WAYS**

Ruth Beebe Hill, *Hanta Yo: An American Saga*, NY: Warner Books. Written in collaboration with Dakota and Lakota Indians, this is an excellent depiction of Native American Indian life and how it changed when settlers came and disrupted their traditional ways.

Kenneth Meadows, *The Medicine Way, How to Live the Teachings of the Native American Medicine Wheel*, Rockport, Massachusetts: Element Books, 1991. Clear instructions for working with the Medicine Wheel.

\*Hyemeyohsts Storm, *Lighteningbolt*, Hammersmith, London: Thorsons, 1997. Storm writes an autobiographical account of being taught the Medicine Wheel wisdom from his Zero Chief teacher, Estcheemah. Highly recommended reading for understanding the Native American History of Medicine Wheels and how to work with them.

Arthur Versluis, *Sacred Earth: The Spiritual Landscape of Native America*, Rochester, VT: Inner Traditions International, 1992. Understanding Native American ideas of the sacred, including the worship of stones, among other things

## **MYTHOLOGY, SHAMANISM, INDIGENOUS CULTURES**

Joseph Campbell with Bill Moyers, *The Power of Myth*, Betty Sue Flowers, ed. New York: Doubleday, 1988. Campbell helps us recognize the mythic realm and its importance.

Mircea Eliade, *Myth and Reality*. Translated by Willard R. Trask. New York: Harper and Row, 1963, Harper paperback edition, 1975. The necessity of myth and how it unconsciously operates in modern humans and is a source of religion and religious belief. See also his *Rites and Symbols of Initiation: The Mysteries of Birth and Rebirth*.

\*C. G. Jung, *Man and His Symbols*, Garden City, NY: Doubleday & Co. Inc., 1964. Clearly written essays by Jung and prominent Jungians about Jung's basic psychological philosophy, especially the symbolic realities of the collective unconscious.

Arnold Mindell, *The Shaman's Body: A New Shamanism for Transforming Health, Relationships, and the Community*, San Francisco: HarperSan Francisco, 1993.

Jamie Sams, *Dancing The Dream: The Seven Sacred Paths of Human Transformation*, New York: Harper One, 1998. Native American wisdom elder teachings.

## POETRY, BIOGRAPHY, LITERATURE

Hafiz, *The Subject Tonight is Love: 60 Wild & Sweet Poems by Hafiz*, translated by Daniel Ladinsky, N. Myrtle Beach, S. Carolina: Pumpkin House Press, 1996.

\*Eiji Yoshikawa: *Musashi: An Epic Novel of the Samurai Era*, Translated by William Scott Wilson, Boston: Shambhala Pub., 2002. See also Miyamoto Musashi (1584-1645) *The Book of Five Rings*, translated by Charles S. Terry, forward by Edwin O. Reischauer, First published in Japan 1971, by Fumiko Yoshikawa, this edition NY: Kodansha USA, Inc., 2012. Fascinating glimpse into the life of a true and dedicated warrior of the body, mind and spirit.

Ranier Maria Rilke, *Selected Poems of Ranier Maria Rilke*, Translation, editing & commentary by Robert Bly, NY: Harper & Row, 1981.

Jelaluddin Rumi, *The Essential Rumi*, translated by Coleman Barks with John Moyne, San Francisco: Harper, 1995. Great collection of Rumi's sacred poetry.

## SCIENCE

Peter Atkins, *Conjuring the Universe: The Origins of the Laws of Nature*, Oxford: Oxford University Press, 2019.

David Bohm, *Wholeness and the Implicate Order*, London & NY: Routledge, 1980, 2005, 2006. Physicist & Philosopher discusses the fragmentation in modernity and counters it with the reality of wholeness.

Roy F. Baumeister, John Tierney, *Willpower: Rediscovering the Greatest Human Strength*, New York: Penguin Books, 2012. Interesting research about the will and how to develop it.

Peg Dawson, Ed.D, Richard Guares, Ph.D, *Smart But Scattered Guide to Success: How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home*, NY: Guilford Press, 2016. Useful, informative & helpful.

Rolf Dobelli, *The Art of Thinking Clearly*, Trans. Nicky Griffin, London: Sceptre, 2013. Details many ways our thinking goes wrong and how to correct it.

Amit Goswami, Ph.D. with Richard E. Reed and Maggie Goswami, *The Self-aware Universe: How Consciousness Creates the Material World*, NY: Jeremy P. Tarcher/Putnam, 1995. Ties physics and psychology together to understand the nature of quantum consciousness. What we think affects our reality.

Thomas S. Kuhn, *The Structure of Scientific Revolutions*, 3<sup>rd</sup> edition, Chicago: University of Chicago Press, 1962, 1970, 1996. The explanation of paradigm shift in science.

Ervin Laszlo, Anthony Peake, *The Immortal Mind: Science and the Continuity of Consciousness Beyond the Brain*, Rochester, Vermont: Inner Traditions, 2014. Explores Near Death Experiences, ESP, etc. and finds scientific verification.

\*Bruce H. Lipton, Ph.D., *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*, Carlsbad, CA: Hay House, Inc., 2005, 2008 (e-book). Research about how our beliefs, thoughts & emotions affect our cells.

Andrew Newberg, M.D., Eugene D'Aquili, M.D., Ph.D., And Vince Rause, *Why God Won't Go Away: Brain Science and the Biology of Belief*, NY: Ballentine Books, 2001. "A wonderful assessment of the brain & its activity when God is experienced." The research took the researchers beyond their mechanistic view of spiritual experiences.

Robert M. Schoch, *Forgotten Civilization: The Role of Solar Outburst in Our Past and Future*; Rochester, Vt.: Inner Traditions, Bear & Co., 2018.

Edward O. Wilson, *The Meaning of Human Existence*, NY: Liveright Pup. Corp., 2014.

## SOUL, SPIRIT, AND PSYCHE

Roy F. Baumeister, John Tierney, *Willpower: Rediscovering the Greatest Human Strength*, New York: Penguin Books, 2012. Interesting research about the will and how to develop it.

Tom Cheetham, *Green Man Earth Angel: The Prophetic Tradition and the Battle for the Soul of the World*, Forward by Robert Sardello, Albany, NY: State University of New York Press, 2005. Writes of the core longing in humans for when we "lived reverently in relation to the earth and cosmos." This longing is covered over by the modern view (now everywhere & with nearly everyone) of seeing the earth as a supplier of commodities, only materialistic substance, which he called the Great Disjunction. Excellent.

Viktor E. Frankl, *Man's Search for Meaning*, Trans. by Ilse Lanch, Forward by Harold Kushner, Afterword by William Winslade, Boston: Beacon Press, 2006 edition, originally written 1959. How he found meaning and survived Nazi concentration camp.

James Hillman, *Re-Visioning Psychology*. New York: HarperCollins, 1975, 1976, 1977, 1992. Powerful psychological description and understanding of soul, among other things, including the archetypal, imaginal approach to psychology. See also by Hillman *The Dream and the Underworld*.

William James, *A Pluralistic Universe: Hibbert Lectures at Manchester College on the Present Situation in Philosophy*, 1909 (available free on Internet & Amazon). Brilliant thinking, still relevant now.

C.G. Jung, *The Collected Works of C.G. Jung: Vol. 6, Psychological Types*, Revised edition, Edited & Translated by Gerhard Adler & R.F.C. Hull of the original translation by H.G. Baynes, Bollingen Series XX; Princeton: Princeton University Press, 1971, revised edition, 1976. Especially useful as a tool for understanding personality differences.

\*Paul Levy: *Dispelling Wetiko: Breaking the Curse of Evil*, Forward by Katherine Austin Fitts, Berkeley, CA: North Atlantic Books, 2013. Very important book that is helpful in understanding the multidimensional workings of evil in today's rapidly changing world; and what you can do to avoid it.

Frank M. Lobsiger, *The Art of Selflove: Loving Yourself is the Key to Happiness*, Switzerland: AraKara Publication, 2010. Helpful for those who suffer from lack of self-understanding and love.

Thomas Merton, *The Way of Chuang Tzu*, Preface by His Holiness The Dalai Lama, NY: New Directions Book, 1969, reissued with preface 2010, original copyright by the Abbey of Gethsemani, 1965.

Thomas Moore, *Care of the Soul*. New York: Harper Collins, 1994. Description of soul and how we must care for it.

Alex Pattakos, *Prisoners of our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work*, San Francisco: Barrett-Koehler Publishers, Inc., 2010.

Michael A. Singer, *the untethered soul: the journey beyond yourself*, Oakland, CA: New Harbinger Pub., Inc., 2007. See also *The Surrender Experiment: my journey into life's perfection*. Both books show how Singer uses the events of his own life to teach the process of deep inner surrender that leads to spiritual liberation.

Whitley Strieber and Jefferey J. Kripal, *The Super Natural: A New Vision of the Unexplained*, NY: Jeremy P. Tarcher/Penguin, 2016. Excellent book bringing new analysis and understanding of paranormal experiences, primarily utilizing Whitley Strieber's experiences, including multiple witnesses. These types of experiences include: UFOs, aliens, ghosts, ESP, &etc.

Marie Louise von Franz & James Hillman: *Lectures on Jung's Typology; Part One: The Inferior Function* by Marie Louise von Franz, Spring Publications, 2015, (e-book addition), Part Two: *The Feeling Function* by James Hillman, Margot McLean, 2015 (e-book edition)

## BASIC DESCRIPTIONS OF SEVEN DIRECTIONS

### HUB OF WHEEL (VERTICAL DIRECTIONS)

ABOVE	BELOW	CENTER
Father Sky (Energy)	Mother Earth (Matter)	True Self
Masculine	Feminine	Psyche
Universe	Life	Yin/Yang
Evolution	Sustenance	Consciousness
Blue	Green	Purple
Universal Consciousness	Earth/World Consciousness	Unitive Consciousness

### SPOKES OF WHEEL (HORIZONTAL DIRECTIONS)

SOUTH	WEST	NORTH	EAST	
Child	Adolescent	Adult	Elder	
Feeling				Sensate
				Thinking
				Intuitive
Heart	Body & Soul	Mind	Spirit	
'Close To'	'Looks Within'	'Gives Back'	'Far Seeing'	
Summer	Fall	Winter	Spring	
Water	Earth	Air	Fire	
Red	Black	White	Yellow	
Mythic/Shamanic	Philosophic/Soul	Scientific/Modern	Multidimensional	
Mouse, Snake, Frog	Bear, Panther	Buffalo, Wolf	Eagle, Falcon, Lion	
Midday	Sunset	Midnight	Sunrise	

All spokes connect to the center and therefore to each other, allowing the energy & information in all directions to be connected. One practice with the Wheel is to stand in one of the directions and consciously connect an aspect of the direction with an aspect of yourself. For example, you can stand in the South and connect with your Heart to become aware of how you are feeling, or your capacity to love, or to connect your heart with the Heart of the Universe. There are many ways the tool of the Wheel can be used to expand your consciousness. The animals of the directions are based on the dominant animal types of American Indians. They are not fixed because all indigenous cultures honor the animals of

their area on the planet. If these animals do not fit for you, bring in the animals that do. Animals often represent qualities of the direction or powers to be developed.

Think of the Wheel of Wisdom as a giant Memory Palace, each direction a room. Memory Palaces are mnemonic structures, imaginal places that people from oral traditions constructed to store, locate, and place memories. One can store a tremendous amount of information in a symbol like the Wheel of Wisdom. See Joshua Foer, *Moonwalking With Einstein: The Art and Science of Remembering Everything*, NY: Penguin, 2012.

Psychologist Carl Jung states: “. . .there is thinking in primordial images—in symbols which are older than historical man; which have been ingrained in him from earliest times, and, eternally living, outlasting all generations, still make up the groundwork of the human psyche. It is only possible to live the fullest life when we are in harmony with these symbols; wisdom is to return to them . . . They are the source of all our conscious thoughts . . . They are indispensable conditions of the imagination; they are primary data—the materials whose expediency and warrant to exist science cannot deny offhand.” C. G. Jung, “The stages of Life,” *Modern Man In Search Of a Soul*, trans. W. S. Dell and Cary F. Baynes (New York: Harcourt, Brace, and World Inc., 1933), p. 113.