

Center for Sacred Sciences
Course Material List for
The Way of Selflessness: a distance studies course
Revised September 2010

Instructions:

The Way of Selflessness Distance Studies Course (WOSDSC) is designed to introduce you to the universal principles and practices of the world's great mystics as taught by Joel Morwood. It is divided into 8 phases. The basic course materials consist of Joel's book, *The Way of Selflessness*, and 64 recorded talks by Joel. The course is divided into 8 phases. Joel's book is also divided into 8 parts, and the 64 talks are divided into 8 volumes. In each phase you will read a corresponding part of Joel's book, and listen to a corresponding volume of talks. So, for example, in Phase 1 of the course, you will read Part I of Joel's book and listen to Volume #1 of the talks.

There are also 5 Volumes of supplemental talks. It is recommended (though not required) that Supplemental Volume #5 "Liberating Emotions" be listen to during Phase 6 of the course. It is also recommended (though not required) that you listen to either Supplemental Volume #3 "Inquiry" or Supplemental Volume #4 "Devotion" during Phase 7 of the course, depending on whether you identify yourself as being primarily a jnani or a bhakta.

You may also want to supplemental *The Way of Selflessness* with additional reading for each phase of the course. We recommend the following books which are arranged in the order of their accessibility, with the most accessible listed first. Note that some of these books may be available for loan from your local library or a friend.

WOS COURSE PHASE ONE:

MAIN TEXT:

Morwood, Joel. *The Way of Selflessness: a Practical Guide*, Center for Sacred Sciences, 2009. Part I ISBN 9780962038730. (Non-sectarian)

SUPPLEMENTAL READING:

Smith, Huston. *The World's Religions*. Harper SanFrancisco, 1991. ISBN 0062508113. (Non-sectarian)

Lao Tsu. *Tao Te Ching*. Translated by Gai-Fu Feng and Jane English. Vintage Books, 1989. ISBN 0679724346. (Taoist)

The Dhammapada. Translated by Ananda Maitreya, edited by Rose Kramer. Parallax Press, 1995. ISBN 0938077872. (Buddhist)

Upanishads. Translated by Juan Mascaró. Penguin Books, 1965. ISBN 0140441638. (Hindu)

LISTENING:

See the recording list for the 8 recordings that correspond to this phase of the course

WOS COURSE PHASE TWO:

MAIN TEXT:

Morwood, Joel. *The Way of Selflessness: a Practical Guide*, Center for Sacred Sciences, 2009. Part II ISBN 9780962038730. (Non-sectarian)

SUPPLEMENTAL READING:

Campbell, Joseph. *The Hero with A Thousand Faces*. Princeton University Press, 1972. ISBN 0691017840. (Non-sectarian)

Anandamayi Ma. *Matri Vani Volume II: From the Wisdom of Anandamayi Ma*. Translator Atmananda. Shree Shree Anandamayee Charitable Society, 1982. ISBN 9990001758. (Hindu)

(Availability as of August, 2008: [Bodhi Tree Bookstore](#); [Blue Dove Foundation](#). Also available from [Anandamayi Ma's Books On-Line](#).)

Underhill, Evelyn. *Mysticism*. One World Books, 1999. ISBN 1851681965. (Christian)

Merrell-Wolff, Franklin. *Franklin Merrell-Wolff's Experience and Philosophy: A Personal Record of Transformation and a Discussion of Transcendental Consciousness: Containing His Philosophy of Consciousness Without an Object and His Pathways Through to Space*. State University of New York Press, 1994. ISBN 0791419649. (Non-sectarian)

LISTENING:

See the recording list for the 8 recordings that correspond to this phase of the course

WOS COURSE PHASE THREE:

MAIN TEXT:

Morwood, Joel. *The Way of Selflessness: a Practical Guide*, Center for Sacred Sciences, 2009. Part III. ISBN 9780962038730. (Non-sectarian)

SUPPLEMENTAL READING:

Goldstein, Joseph. *Insight Meditation: The Practice of Freedom*. Shambhala, 2003. ISBN 1590300165. (Buddhist)

Ramana Maharshi. *The Spiritual Teaching of Ramana Maharshi*. Shambhala, 1988. ISBN 0877730245. (Hindu)

Trungpa, Chogyam. *Cutting Through Spiritual Materialism*. Shambhala, 2002. ISBN 1570629579. (Buddhist)

Nurbakhsh, Javad. *The Path: Sufi Practices*. Khaniqahi Nimatullahi Publications, 2003. ISBN 093354670X. (Islamic)

LISTENING:

See the recording list for the 8 recordings that correspond to this phase of the course

WOS COURSE PHASE FOUR:

MAIN TEXT:

Morwood, Joel. *The Way of Selflessness: a Practical Guide*, Center for Sacred Sciences, 2009. Part IV. ISBN 9780962038730. (Non-sectarian)

SUPPLEMENTAL READING:

Keating, Thomas. *Open Mind, Open Heart: The Contemplative Dimension of the Gospel*. Continuum, 1992. ISBN 0826406963. (Christian)

Your Word is Fire: The Hasidic Masters on Contemplative Prayer. Edited by Arthur Green and Barry Holtz. Jewish Lights Publishing, 1993. ISBN 1879045257. (Jewish)

The Way of a Pilgrim And the Pilgrim Continues His Way. Translated by R.M. French. Harper SanFrancisco, 1991. ISBN 0060630175. (Christian)

Chittick, William. *The Sufi Path of Love: The Spiritual Teachings of Rumi*. State University of New York, 1983. ISBN 0873957245. (Islamic)

LISTENING:

See the recording list for the 8 recordings that correspond to this phase of the course

WOS COURSE PHASE FIVE:

MAIN TEXT:

Morwood, Joel. *The Way of Selflessness: a Practical Guide*, Center for Sacred Sciences, 2009. Part V. ISBN 9780962038730. (Non-sectarian)

SUPPLEMENTAL READING:

Chodron, Pema. *Start Where You Are: A Guide to Compassionate Living*. Shambhala, 1994. ISBN 1570628394. (Buddhist)

The Bhagavad Gita. Translated by Juan Mascaró. Viking Penguin, 1987. ISBN 0140441212. (Hindu)

Baxbaum, Yitzhak. *An Open Heart: The Mystic Path of Loving People*. Jewish Spirit Publishing, 1997. ISBN 0965711226. (Jewish)

Teresa of Avila. *Interior Castle*. Translated by E. Allison Peers. New Image Books/Doubleday, 1961. ISBN 0385036434. (Christian)

LISTENING:

See the recording list for the 8 recordings that correspond to this phase of the course

WOS COURSE PHASE SIX:

MAIN TEXT:

Morwood, Joel. *The Way of Selflessness: a Practical Guide*, Center for Sacred Sciences, 2009. Part VI. ISBN 9780962038730. (Non-sectarian)

SUPPLEMENTAL READING:

Yeshe, Lama. *Introduction to Tantra: A Vision of Totality*. Edited by Jonathan Landow. Boston: Wisdom Publications, 1987. ISBN 0861710215. (Buddhist)

Ngakpa Chogyam, and Khandro Dechen. *Spectrum of Ecstasy: The Five Wisdom Emotions According to Vajrayana Buddhism*. Shambhala, 2003. ISBN 1590300610. (Buddhist)

Eckhart, Meister. Part Two: German Works: 1. Selected Sermons. In *Meister Eckhart: The Essential Sermons, Commentaries, Treatises, and Defense*. Translated by Edmund Colledge O.S.A. and Bernard McGinn. Paulist Press, 1981. ISBN 0809123703. (Christian)

Chittick, William. *The Sufi Path of Knowledge*. State University of New York, 1989. ISBN 0887068855. (Islamic)

LISTENING:

See the recording list for the 8 recordings that correspond to this phase of the course

WOS COURSE PHASE SEVEN:

MAIN TEXT:

Morwood, Joel. *The Way of Selflessness: a Practical Guide*, Center for Sacred Sciences, 2009. Part VII. ISBN 9780962038730. (Non-sectarian)

SUPPLEMENTAL READING:

Shankara. *Shankara's Crest Jewel of Discrimination*. Translated by Swami Prabhavananda and Christopher Isherwood. Vedanta Press, 1970. ISBN 0874810388. (Hindu)

Zen Teachings of Wang Po: On the Transmission of Mind. Translated by John Blofeld. Grove Press, 1959. ISBN 0802150926. (Buddhist)

The Cloud of Unknowing and the Book of Privy Counseling. Edited by William Johnston. Image Books/Doubleday, 1996. ISBN 0385030975. (Christian)

Norbu, Namkhai. *Dream Yoga: and the Practice of Natural Light*. Revised and enlarged edition. Edited by Michael Katz. Ithaca, New York: Snow Lion Publications, 2002. ISBN 1559391618. (Buddhist)

LISTENING:

See the recording list for the 8 recordings that correspond to this phase of the course

WOS COURSE PHASE EIGHT:

MAIN TEXT:

Morwood, Joel. *The Way of Selflessness: a Practical Guide*, Center for Sacred Sciences, 2009. Part VIII. ISBN 9780962038730. (Non-sectarian)

SUPPLEMENTAL READING:

John of the Cross. *Dark Night of the Soul: A Masterpiece in the Literature of Mysticism*. Translated by E. Allison Peers. Image Books/Doubleday, 1959. ISBN 0385029306. (Christian)

Sengtsan. *Hsin Hsin Ming*. White Pine Press, 2001. ISBN 189399614X. (Buddhist)

Gospel of Thomas: Annotated and Explained. Translated by Stevan L. Davies. Skylight Paths Publishing. ISBN 1893361454. (Christian)

‘Arabi, Ibn al-. *“Whoso Knoweth Himself...”*. Beshara Publications, 1976. ISBN 0904975061. (Islamic)

LISTENING:

See the recording list for the 8 recordings that correspond to this phase of the course

OPTIONAL SUPPLEMENTAL READING:

If you are interested in reading other books, please see our comprehensive [bibliography of recommended reading](#).