

# RESOURCES

## Spirituality Center

### Books

[Being Nobody, Going Nowhere: Meditations on the Buddhist Path](#) by Ayya Khema

[Eat Sleep Sit: My Year at Japan's Most Rigorous Zen Temple](#) - Kaoru Nonomura

[The Mystic Heart: Discovering a Universal Spirituality in the World's Religions](#) - Wayne Teasdale

[The Cloud of Unknowing](#) - Anonymous

[Into the Silent Land: A Guide to the Christian Practice of Contemplation](#) - Martin Laird, O.S.A.

[A Sunlit Absence: Silence, Awareness, and Contemplation](#) - Martin Laird, O.S.A.

[An Ocean of Light: Contemplation, Transformation, and Liberation](#) - Martin Laird, O.S.A.

[Wherever You Go, There You Are](#) - Jon Kabat-Zinn

[Mindfulness: A Practical Guide to Awakening](#) - Joseph Goldstein

[Buddha's Brain](#) - Rick Hanson

[Open Heart Open Mind](#) - Thomas Keating

[Quantum and the Lotus](#) - Matthieu Ricard and Trinh Xuan Thuan

### Websites and YouTube Channels

[Jack Kornfeld's Website](#)

[Spiritual Unfoldment YouTube Channel](#)

[Cynthia Bourgeault's Website](#)

[Yongey Mingyur Rinpoche's YouTube Channel](#)