



SPIRITUAL BOOK VOYAGE

Read 26 Books in 2026

BOOKS LIST





MEDITATION MAGIC
(A Non Profit Organization, USA)



SPIRITUAL AWAKENING & ANCIENT WISDOM

These books focus on universal truths, Vedic principles, and the evolution of consciousness.

Book Title	Author	Brief Summary
Autobiography of a Yogi	Yogananda Paramahansa	A seminal work introducing the West to Kriya Yoga and the life of a God-realized saint.
The Four Agreements	Don Miguel Ruiz	Outlines four simple but powerful codes of conduct for personal freedom and happiness.
The Fifth Agreement	Don Miguel Ruiz	Adds a fifth code: "Be skeptical, but learn to listen," to reach the level of self-mastery.
7 Spiritual Laws of Success	Deepak Chopra	Bridges material success and spiritual fulfillment through Vedic principles.



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Book Title	Author	Brief Summary
The Prophet	Kahlil Gibran	A series of poetic essays offering timeless wisdom on love, work, and freedom.
The White Book	Ramtha	Spiritual teachings focused on the divinity within every human being.
Fire from Within	Carlos Castaneda	Adds a fifth code: "Be skeptical, but learn to listen," to reach the level of self-mastery.



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METAPHYSICAL, SOUL PURPOSE & PAST LIVES

A deep dive into the journey of the soul, past-life regression, and pre-birth planning.

Book Title	Author	Brief Summary
Many Lives, Many Masters	Brian Weiss	A psychiatrist's account of past-life regression therapy and soul survival.
Same Soul, Many Bodies	Brian Weiss	Explores how past-life regression can affect our future lives through "progression" therapy.
Only Love Is Real	Brian Weiss	A true story of soulmates reunited through the ages via past-life memories.
Messages from the Masters	Brian Weiss	Channeled wisdom regarding the ultimate power of love and the nature of the soul.



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Miracles Happen	Brian Weiss	Real-life stories of transformational healing through past-life memory recall.
Through Time into Healing	Brian Weiss	A practical guide to using regression to heal physical and emotional pain in the present.
Only Love Is Real	Brian Weiss	A true story of soulmates reunited through the ages via past-life memories.
Your Soul's Plan	Robert Schwartz	Investigates the idea that we plan our life's biggest challenges before we are born.
A Soul's Journey	Peter Richelieu	An exploration of the astral planes and the progression of the soul after death.



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HEALING, PSYCHOLOGY & THE MIND

Focusing on the connection between thought patterns, the energy body (Chakras), and physical health.

Book Title	Author	Brief Summary
You Can Heal Your Life	Louise Hay	Teaches how self-limiting beliefs cause physical illness and how affirmations can heal the body.
Chakras - Wheels of Life	Anodea Judith	A comprehensive guide to the seven chakras as a map for personal and spiritual growth.
Eastern Body, Western Mind	Anodea Judith	Links the chakra system to Western psychology and childhood developmental stages.



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Book Title	Author	Brief Summary
Ageless Body, Timeless Mind	Deepak Chopra	Explores how we can reverse the aging process by changing our perceptions and thoughts.
You are a Placebo	Dr. Joe Dispenza	Explores how thoughts alone can heal the body through the science of belief.
Power of Subconscious Mind	Joseph Murphy	Explains how to reprogram the subconscious to attract wealth and health.



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MEDITATION & MINDFULNESS

Practical guides for calming the mind and reaching higher states of consciousness.

Book Title	Author	Brief Summary
The Power of Now	Eckhart Tolle	A spiritual guide to ending suffering by living fully in the present moment.
The Power of Silence	Carlos Castaneda	Teaches how to quiet the mind to perceive the "abstract" and the spirit.
Meditation is very very easy	Patriji	A simple, direct approach to Anapanasati meditation for all seekers.



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MEDITATION & MINDFULNESS

Practical guides for calming the mind and reaching higher states of consciousness.

Book Title	Author	Brief Summary
Art and Science of Meditation	Dr. Newton	Explores both the spiritual and physiological benefits of a regular meditation practice.
No Mud, No Lotus	Thich Nhat Hanh	Explains the art of transforming suffering into joy and understanding.



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FORGIVENESS & RELATIONSHIPS

Tools for emotional release and understanding the spiritual purpose of human connection.

Book Title	Author	Brief Summary
Radical Forgiveness	Colin Tipping	Offers a spiritual technology for moving beyond victimhood into deep peace.
Love What Is	Byron Katie	Introduces "The Work," a method to challenge and end painful thoughts.
Sex to Super Consciousness	Osho	A provocative look at transforming sexual energy into a meditative state of higher awareness.



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FORGIVENESS & RELATIONSHIPS

Tools for emotional release and understanding the spiritual purpose of human connection.

Book Title	Author	Brief Summary
The Path of Love	Osho	Discourses on the songs of Kabir, focusing on the heart's journey toward the divine.
To Love is Letting Go of Fear	Gerald Jampolsky	Teaches that forgiveness is the key to releasing fear and experiencing love.



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PERSONAL TRANSFORMATION & SUCCESS MINDSET

Tools for emotional release and understanding the spiritual purpose of human connection.

Book Title	Author	Brief Summary
Atomic Habits	James Clear	A guide to building good habits through small, incremental changes.
7 Habits of Highly Effective People	Stephen Covey	A framework for personal effectiveness based on timeless principles.
Courage to be Disliked	Ichiro Kishimi	Introduces Adlerian psychology through a dialogue on how to find true freedom.
The Monk who sold his Ferrari	Robin Sharma	A story-based guide to finding your destiny and living with purpose.



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