

# Visionary

## BOOKS FROM MESA PUBLIC LIBRARY

### **CREATING MANDALAS: HOW TO DRAW AND DESIGN ZENDALA ART**

*Deborah A. Pace*

The art of making mandalas and zendalas is about slowing down and opening up to your inner creative flow. There is no need to know how to draw. All you need are some simple everyday tools and a little effort.

### **DIVINE MASTERS, ANCIENT WISDOM: ACTIVATIONS TO CONNECT WITH UNIVERSAL SPIRITUAL GUIDES**

*Kyle Gray*

The Ascended Masters are enlightened souls who once walked the Earth (or other planets) and continue to offer their spiritual teachings to the world. Gray offers a guide that explains how they can bring healing to the Earth, the cosmos, and your life.

### **EVERYDAY YOGA MEDITATION: STILL YOUR MIND AND FIND INNER PEACE THROUGH THE TRANSFORMATIVE POWER OF KRIYA YOGA**

*Stephen Sturgess*

Drawing on the tradition of Kriya Yoga - the goal of which is to attune individual consciousness with the Divine, or Universal, Consciousness - Sturgess reveals how to progress beyond the supple body to the vital, contented mind.

### **THE FOUR AGREEMENTS**

*Don Miguel Ruiz*

Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offers a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

### **THE FOUR YOGAS:**

**A GUIDE TO THE SPIRITUAL PATHS OF ACTION, DEVOTION,  
MEDITATION AND KNOWLEDGE**

*Swami Adiswarananda*

The philosophy of Yoga tells us that the root cause of our sorrows and suffering is loss of contact with our true Self. Our recovery is only possible by reestablishing contact with our innermost Self, the Reality of all realities, and by recognizing that knowledge of Self is our salvation.

### **THE MINDFUL WAY TO A GOOD NIGHT'S SLEEP: DISCOVER HOW TO USE DREAMWORK, MEDITATION, AND JOURNALING TO SLEEP DEEPLY AND WAKE UP WELL**

*Tzivia Gover*

Good sleep, including positive dreaming, is essential to good health. In this guide to cultivating deep, restful sleep, Gover offers practical lifestyle advice, easy yoga poses, 10-minute meditations, simple breathing exercises, visualization and journaling activities, and lots of encouragement and inspiration.

### **A NEW EARTH: AWAKENING YOUR LIFE'S PURPOSE**

*Eckhart Tolle*

With his bestselling spiritual guide *The Power of Now*, Eckhart Tolle inspired millions to discover the freedom and joy of a life lived "in the now." In *A New Earth*, Tolle expands on these ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world.

### **REAL HAPPINESS: THE POWER OF MEDITATION**

*Sharon Salzberg*

Thousands of years prove it and Western science backs it: Meditation sharpens focus, lowers blood pressure, relieves chronic pain, and reduces stress. Meditation connects us to our innermost feelings and challenges our habits of self-judgment. Meditation helps protect the brain against aging and improves our capacity for learning new things. Meditation opens the door to real and accessible happiness.

### **THE SEVEN SPIRITUAL LAWS OF SUCCESS: A PRACTICAL GUIDE TO THE FULFILLMENT OF YOUR DREAMS**

*Deepak Chopra*

Teilhard de Chardin said, "We are spiritual beings having a human experience." Chopra builds on this powerful thought in this book that expands his life's work in spiritual approaches to daily living. He explains the laws of pure potentiality, giving, karma, least effort, intention and desire, detachment, and dharma and includes suggestions on how to apply these fundamental, natural principles if one is truly searching for purpose and a satisfying life.

### **WAKING UP:**

**A GUIDE TO SPIRITUALITY WITHOUT RELIGION**

*Sam Harris*

For the millions of Americans who want spirituality without religion, this book is a guide to meditation as a rational spiritual practice informed by neuroscience and psychology.

### **WAY OF THE PEACEFUL WARRIOR:**

**A BOOK THAT CHANGES LIVES**

*Dan Millman*

When Dan Millman was a young man, he expected that hard work would eventually bring a life of comfort, wisdom, and happiness. Yet, he was haunted by the feeling that something was missing. Awakened by dark dreams one night, Dan found himself at a gas station with an old man named Socrates, and his world was changed forever.

# Downloadables

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## FREEGAL

Stream commercial-free music and download 5 free MP3s a week.

Explore albums and playlists for meditation, yoga, new age, mindfulness, and much more.

## KANOPY

Video streaming service for quality, thoughtful entertainment.

### WALK WITH ME: A JOURNEY INTO MINDFULNESS

With unprecedented access, *Walk With Me* takes us deep inside the world-famous monastery of Zen Buddhist master Thich Nhat Hanh, and captures the life of a monastic community who have given up all their possessions for one common purpose - to practice the art of mindfulness.

## THE GREAT COURSES

Online courses taught by award-winning experts.

### MASTERS OF MINDFULNESS: TRANSFORMING YOUR MIND AND BODY

Top researchers and proponents of mindfulness discuss what modern science and contemporary research have revealed about this ancient practice and the many ways in which it can benefit your life.

## OVERDRIVE / LIBBY

The Greater Phoenix Digital Library (GPDL) combines the resources of several public libraries in Arizona to bring you ebooks, audiobooks, magazines, and video to use with the Overdrive or Libby app.

### EVERYTHING IS SPIRITUAL: WHO WE ARE AND WHAT WE'RE DOING HERE

Rob Bell

This audiobook is an invitation to see your life in a new way. Because we each have a story we're telling--about who and where we come from, what we've been through, and what it all means.

## UNIVERSAL CLASS

Online courses to support lifelong learning.

### DREAM INTERPRETATION 101

Across cultures and over the ages, dreams and their interpretation have both intrigued and bewildered people. That mysterious world we drift into when we sleep, is bound by neither time nor space. It is a land where the impossible becomes possible, and the nonsensical appears completely plausible.

### METAPHYSICS 101

Metaphysics, while sounding complex, is really nothing more than thinking about what exists and what the ultimate reality of the universe is. This course looks at key concepts and terms, practical ramifications, history, development, and major schools of thought from the ancient Greeks to modern times.



# MESA PUBLIC LIBRARY

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TUESDAY	10:00AM - 8:00PM
WEDNESDAY	10:00AM - 8:00PM
THURSDAY	10:00AM - 8:00PM
FRIDAY	10:00AM - 5:00PM
SATURDAY	10:00AM - 5:00PM
SUNDAY	CLOSED

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