

## Sacred Texts, Meditation Literature, and Loss and Grief Literature

Obtained from [Iowa Health Care Spiritual Services](#)

### Bahai

[Baha'ullah and the New Era](#) by John Esslemont

*"Baha'u'llah and the New Era" by John Esslemont delves into the life and teachings of Baha'u'llah, the visionary founder of the Baha'i Faith. This insightful book explores the profound spiritual insights and transformative principles that Baha'u'llah brought, ushering in a new era of unity, justice, and global harmony.*

[The Seven Valleys and the Four Valleys](#)

*"Baha'u'llah and the New Era" by John Esslemont explores the transformative teachings of Baha'u'llah, founder of the Baha'i Faith. Delving into spiritual principles, it unveils a new era of unity. "The Seven Valleys and the Four Valleys" by Baha'u'llah is a mystical journey through metaphorical valleys, revealing profound spiritual insights on divine love and enlightenment.*

### Buddhist

[The Lotus Sutra](#)

*"The Lotus Sutra" is a revered Mahayana Buddhist scripture. It emphasizes universal enlightenment and the Buddha's skillful means. Through parables and teachings, it encourages compassion, wisdom, and the belief that all beings possess the potential for Buddhahood, fostering a profound understanding of the nature of reality.*

[The Path to Bliss by the Dalai Lama](#)

*"The Path to Bliss" by the Dalai Lama explores the fundamentals of Tibetan Buddhism. Covering topics like compassion, ethics, and mindfulness, it provides practical guidance for leading a meaningful life. The Dalai Lama's insights and teachings offer a roadmap to inner peace, joy, and spiritual fulfillment.*

[The Metta Sutta: The Ultimate Guide to Loving-Kindness](#)

*"The Metta Sutta: The Ultimate Guide to Loving-Kindness" delves into a Buddhist scripture that extols the virtues of metta, or loving-kindness. Exploring the transformative power of compassion, the sutta offers a comprehensive guide to cultivating benevolence towards oneself and others, fostering inner harmony and harmonious relationships.*

### Catholic

[Bible – Revised Standard Version](#) Catholic Edition

*The Revised Standard Version Catholic Edition of the Bible is a widely respected translation that aligns with Catholic doctrine. It offers clear and faithful renditions of sacred scriptures, including the Old and New Testaments. This edition is valued for its accuracy and accessibility, serving as a cornerstone for Catholic biblical study and devotion.*

[Daily Comfort While Grieving](#) by Alan Wright

*"Daily Comfort While Grieving" by Alan D. Wright is a compassionate guide for those navigating the difficult journey of grief. Through daily reflections, prayers, and insights, the book provides solace and support. It addresses the emotional challenges of loss, offering practical wisdom and spiritual comfort to help individuals find healing and hope each day.*

### Celtic

[Anam Cara: Spiritual Wisdom from the Celtic World](#) by John O'Donohue

*"Anam Cara: Spiritual Wisdom from the Celtic World" by John O'Donohue is a profound exploration of Celtic spirituality. Drawing on ancient wisdom, the book delves into themes of friendship, love, and the interconnectedness of life. O'Donohue's lyrical prose and insights invite readers to embrace the mystical and spiritual dimensions of their existence, fostering a deeper connection with the world around them.*

## Hindu

### The Upanishads by Swami Paramananda

Swami Paramananda's rendition of "The Upanishads" offers a profound exploration of ancient Indian wisdom. These spiritual texts delve into the nature of reality, consciousness, and the self. Paramananda's insightful commentary enhances the reader's understanding, making these profound teachings accessible. The Upanishads guide seekers on a transformative journey toward self-realization and a deeper connection with the divine.

## Vedas

The Vedas are ancient Indian scriptures, comprising four collections: Rigveda, Samaveda, Yajurveda, and Atharvaveda. They form the foundation of Hindu philosophy, rituals, and hymns, addressing cosmic principles and spiritual knowledge. The Vedas, considered divinely revealed, guide individuals on a sacred journey toward understanding the cosmos, the self, and the ultimate reality, Brahman.

## Jewish

### The Living Torah by Rabbi Aryeh Kaplan

"The Living Torah" by Rabbi Aryeh Kaplan is a comprehensive English translation and commentary on the Torah, the foundational text of Judaism. Kaplan's work provides insights into the traditional Jewish understanding of the Torah's verses, offering cultural and historical context. It serves as a valuable resource for both scholars and those seeking a deeper understanding of Jewish scripture.

### Hebrew-English Torah

The Hebrew-English Torah is a bilingual edition of the Torah, the foundational text of Judaism. This edition presents the original Hebrew text alongside an English translation, allowing readers to engage with the sacred scripture in both languages. It serves as a valuable resource for those studying Jewish traditions, offering accessibility to a broader audience.

## Church of Latter Day Saints

### Book of Mormon

The Book of Mormon is a sacred text in the Latter-day Saint movement. Considered scripture alongside the Bible, it recounts the religious history of ancient American civilizations. Divided into books, it teaches principles of faith, repentance, and Christ's atonement. Believers view it as a testament of Jesus Christ and a guide to righteous living.

## Muslim

### The Noble Quran in English

The Noble Quran in English is a translation of the Quran, the holy book of Islam. This version seeks to convey the meanings of the Arabic text in clear and contemporary English. It serves as a vital resource for non-Arabic speakers to understand the teachings, guidance, and principles outlined in the Quran, offering insights into Islamic faith and practice.

## Native American and Indigenous

### Native American Wisdom by Kent Nerburn

"Native American Wisdom" by Kent Nerburn is a collection of profound insights and reflections drawn from the wisdom of Native American cultures. Nerburn explores themes of nature, spirituality, and community, presenting the timeless teachings of indigenous peoples. This book serves as a bridge between cultures, fostering understanding and appreciation for the rich heritage and spirituality of Native Americans.

## Protestant

### Bible - NIV

The New International Version (NIV) of the Bible is a widely used and respected translation that balances accuracy and readability. It provides a clear and contemporary rendering of the sacred texts, making it accessible to a diverse audience. The NIV is valued for its linguistic precision and its impact on both individual study and communal worship within the Christian faith.

Bible – King James Version

*The King James Version (KJV) of the Bible is a classic and influential translation first published in 1611. Revered for its literary beauty and linguistic impact, it has shaped English literature and religious expression. The KJV is cherished for its majestic prose and enduring influence on Christian theology, serving as a cornerstone for believers worldwide.*

**General Spirituality Books:**

[The Power of Now](#) by Eckart Tolle

*"The Power of Now" by Eckhart Tolle is a transformative guide to spiritual awakening. Tolle explores the concept of living in the present moment, transcending the past and future. Through practical insights and exercises, he encourages readers to embrace mindfulness, find inner peace, and connect with a deeper sense of consciousness. The book has become a global phenomenon, guiding individuals on a journey to profound self-discovery and spiritual fulfillment.*

[To Bless the Space Between Us](#) by John O'Donohue

*"To Bless the Space Between Us" by John O'Donohue is a poetic collection of blessings and reflections for various life occasions. O'Donohue's words offer solace, wisdom, and inspiration for moments of joy, sorrow, and transition. This book invites readers to contemplate the sacred dimensions of human experience, fostering a sense of connection, gratitude, and reverence for life's diverse and meaningful moments.*

[Tears to Triumph](#) by Marianne Williamson

*"Tears to Triumph" by Marianne Williamson explores the intersection of suffering and spiritual growth. Williamson delves into the human experience of pain, grief, and emotional challenges, offering insights on transforming adversity into opportunities for personal and collective healing. The book encourages a shift from fear to love, emphasizing the transformative power of compassion and forgiveness on the journey to emotional well-being.*

[The Book Awakening](#) by Mark Nepo

*"The Book of Awakening" by Mark Nepo is a soulful guide to navigating life's challenges. Comprising daily reflections and essays, Nepo draws on personal experiences and spiritual wisdom. His writings inspire mindfulness, resilience, and a deeper connection to the present moment. This book serves as a companion for those seeking meaning, authenticity, and a more awakened existence.*

[Ordinary Psalms](#) by Julia Levine

*"Ordinary Psalms" by Julia Levine is a collection of poems that find the sacred in the everyday. Levine's verses explore the profound within the mundane, offering a spiritual perspective on ordinary moments. Through vivid imagery and poignant language, she invites readers to reflect on the divine in everyday life, creating a contemplative space where the ordinary becomes extraordinary.*

[Jesus, Buddha, Krishna & Lao Tzu](#) by Richard Hooper

*"Jesus, Buddha, Krishna & Lao Tzu" by Richard Hooper is a comparative exploration of the teachings of four influential spiritual figures. Hooper examines the commonalities in their wisdom, emphasizing universal truths and shared principles across religious traditions. The book fosters interfaith understanding, encouraging readers to appreciate the profound insights that connect these diverse spiritual perspectives.*

**Please do not remove literature from the Meditation Room or Chapel - Thanks!**