

Vidya's Library Resources on Indian Spirituality

Ananthanarayanan, T. V. *Learning Through Yoga*. 1983. Chennai: Krishnamacharya Yoga Mandiram.

The best book on teaching yoga to children and teens, and one that certainly can be enjoyed by adults as well. The author combines parables and stories with exercises, gently nudging the reader to ponder the deeper meaning of yoga in an extremely engaging and novel manner.

Demi. *Buddha*. 1996. New York: Henry Holt.

For children, this is a good introduction to the story of Gautama Buddha. Buddha is accepted by Hindus as an enlightened and divine being and an avatar (reincarnation) of God.

Desikachar, T. K. V. *The Heart of Yoga*. 1995. Rochester, NY: Inner Traditions.

An excellent guide to developing the personal practice of yoga; a part of the Hindu philosophical tradition.

Gilmore, Rachna. *Lights for Gita*. 2000. Gardiner, ME: Tilbury House.

A delightful picture book about the meaning of the most widely celebrated Hindu festival, Deepavali.

Gosh, Aurobindo. *The Secret of the Veda*. 1995. Twin Lakes, WI: Lotus Press.

Sri Aurobindo's deep insight into Hinduism came from his own spiritual practices for which he found vivid allegorical descriptions in the Vedas. In this book, he interprets the meaning of the rig Veda (arguably the oldest Sanskrit religious text) and provides an understanding of his own philosophy as well.

Jagannathan, Shakuntala. *Hinduism: An Introduction*. 1984. Mumbai, India: Vakils, Feffer and Simons, Ltd.

Ms. Jagannathan does an incredible job of distilling the essence of Hindu philosophy and presenting its complexity in a captivating manner. She has successfully achieved the daunting task of capturing the depth, beauty, and universality of the Hindu religion in prose that is easy to read and understand. This is one of the best overviews of Hinduism for adults and children.

Kaji, Dhruv S. *Yet Another Book on Vedanta*. 1999. Mumbai, India: Eshwar.

A good overview of the body of literature that constitutes the Vedanta school of Hindu philosophy.

Krishnaswami, Uma. *The Broken Tusk: Stories of the Hindu God Ganesha*. 2006. Atlanta, GA: August House.

A delightful collection of children's stories about the Hindu God Ganesha.

Mascaro, Juan (translator). *The Upanishads*. 1965. New York: Penguin Books.

The Upanishads are spiritual treatises, the oldest of which were probably written in Sanskrit at least as long ago as 800 BCE. Indian Nobel Laureate Rabindranath Tagore said, of this translation, that it “caught from those great words the inner voice that goes beyond the boundaries of words...”

Mascaro, Juan (translator). *The Bhagavad Gita*. 1962. New York: Penguin Books.

The Bhagavad Gita is one of the most widely known Hindu texts. It was written circa 500 BCE. This is one of the better translations of this philosophical treatise.

Mohan, A. G. *Yoga for Body, Breath and Mind: A Guide to Personal Reintegration*. 2002. Boston, MA: Shambhala Publications.

This is a practical and accessible introduction to the richness of the yoga tradition that integrates the three fundamental elements of a complete yoga practice: *asanas* (poses), *pranayama* (breathing practices), and meditation.

Vivekananda. *The Complete Works of Swami Vivekananda*. 2003. Hollywood, CA: Vedanta Press.

A wonderful collection of the books, lectures, letters and poetry of Swami Vivekananda that provide an insight into his wisdom. 9 volumes.

Bhaskarananda. *The Essentials of Hinduism: A Comprehensive Overview of the World's Oldest Religion*. 2002. Seattle, WA: Viveka Press.

An introduction to Hindu Ideas for Westerners.