



## **Helen Hamilton's Books**

### **Suggested Reading Order**

Here is a list and description of the books that I have written and the suggested order of reading. We start first with a list of books that I recommend are read in a certain order for greatest benefit to the student.

The order is only a suggestion and may be most beneficial to anyone new to non-duality. If you feel strongly called to read certain books out of sequence, follow that guidance if you can.

Books that should be read in the following order:

#### **1 - Dissolving the Ego**

This book is a great introduction to these teachings and outlines the style of meditation we use to help move us out of suffering and into peace. This book makes meditation available to everyone and is also good for anyone new to non-duality.

The book looks at 14 different ways to access the real Self that we are and how to navigate resistance, obstacles and challenges along the path. This simple way of bringing attention back to what is real is groundbreaking and life-changing.

(This book also compliments Lesson One of the Dissolving the Ego Course.)

#### **2 - Now That You Are Formless**

This book helps us to explore what it means to realise that we are the Formless Infinite Being. There are many guided explorations to help us move more deeply into peace, abundance and a total lack of suffering. Often, we may see that we are not a separate being but do not know how that changes our lives. This book helps us explore all that it means to be the Infinite Being and deepen our awakening into constant and effortless peace.

Do you need help realising you are not the doer or allowing infinite abundance? Do you struggle to see you cannot die or that you are ultimately safe? This book deals with all of these subjects and more. We are the Infinite Self already, and we may as well have the benefits of realising this!

### **3 - Transcending the Mind**

This book takes us through the 7 stages of transcending the mind. What if there are only 7 thoughts that keep the mind thinking? What if, when you came to see why these thoughts are not true, the mind would fall silent?

*This book deals with how the mind can be used to transcend the mind and can be read and applied at this stage but also can be used at any time as a pathway of its own. This book can even be used by someone who hasn't done any previous spiritual practice at all.*

### **4 - Reality Check**

This book is appropriate for those who are nearing the end of their search for Truth or those who want the most direct pathway. We look at how to transcend the idea that form and formless are two different things. This last dualistic idea (that there are two basic substances of form and formlessness) is the root of all suffering, and this book focuses on this idea only.

“Reality Check” is extraordinarily direct and comprehensive in its capacity to destroy all remaining illusion. It is most helpful when we have seen that we are Formlessness itself, and that all forms are simply appearances arising inside of the formless Self, but it will help anyone that is drawn to it.

(This book also complements Lesson Four of the Dissolving the Ego course.)

### **5 - The Story of I**

The Story of I describes the various stages of identification that the sense of “I” goes through in this awakening. Each stage is explored in one chapter, and some contemplation points are given to aid in understanding and assimilating this stage. The knowledge of the imaginary journey that the “I” goes through will help us see our own awakening in a different context and come out of illusion much quicker.

This book has very simple guidance and is aimed at helping us open up and change the way we think. As such, it is not a book to read once and put down but rather to come back to again and again as our awakening deepens.

This second list of books can be read at any time by anyone.

### **1 - Top Ten Myths About Enlightenment**

Ever wondered what ideas about awakening are true and which are not? Have you been wasting time trying to achieve something or chasing an idealised picture of enlightenment? What are the myths about awakening and what is actually true? This book explores some of the biggest myths that have been perpetuated and have held true seekers back from freedom for so long.

Each chapter explores a different myth and then explains how and why it is not true. When we know what is true and what is a myth, we need not waste any more time on the pathway.

## **2 - The Hamilton Gita**

This book is a beautiful collection of short writings from the One Being, for the One Being. It is my attempt to inspire, uplift and ignite a fire within to experience the Truth of who we are. It was never really intended to be published and was written as passages that I wrote some mornings after meditation in my journal. Over time, as I shared some of it with students, they asked for it to be published as it was inspiring and beautiful.

This is not a book to be read and put away but rather to be savoured, enjoyed and read lovingly. Read this book as you would listen to some beautiful music or admire an exquisite sunset or the laughter of innocent children together.

This is a call to you from your real Self, calling you Home. Will you answer? This is a letter from the Beloved just for you.

## **3 - How To Fall In Love With Yourself**

Do we really know what love is? How do we define it and how does it change as our awakening deepens? Many, many times I see people who can be loving and compassionate to everyone else but themselves, and yet awakening will ask us to fall back in love with ourselves.

What is the highest expression of love? How does love emerge during our awakening? What are some simple ways to begin to love ourselves right now? How will loving ourselves help us on our own journey and help the world too? All these subjects and more are covered in this life-changing book.

## **4 - The Empowerment Courses Handbook**

This book was written to help us with three challenging areas that many people struggle with during the awakening process. In my own journey, there were so many misconceptions about these three subjects, and much time and energy was wasted along the way.

The book contains 3 powerful mini-courses and consists of the following:

- **Forgiveness Course**

Do you really know what forgiveness is? Do you feel that you cannot forgive yourself or others? This course takes a look at what forgiveness really is and gives practical steps to learn this skill. Forgiveness is its own path to enlightenment, and this course will change your life.

- **Transcending the Vasanas Course**

This is a condensed version of the "Transcending the Mind" book and explains what these vasanas (karmic patterns) are and how to transcend them easily. Each stage is laid out systematically and shows us the basic assumptions that we believe that keep the mind talking and going around in circles.

What if you could use your mind to transcend your mind in seven stages? Like a house of cards, the whole structure of the mind falls silent when these assumptions are seen to be untrue.

- **Abundance, Manifestation and Desire Course**

What are desires, and how do we work with them? Are we even supposed to have desires as the Infinite Self? How do we make things manifest once awakening is deepening?

If you have ever wondered about this subject or have unfulfilled desires, this is the perfect course for you. All life is moving by desire, even the urge to find awakening is a desire. It behooves us to know how to consciously work with desires and how to let go of any ideas that are holding us back in this area. Life is meant to be abundant!