I thankfully acknowledge these reference sources: My daily newspaper, the Sydney Morning Herald (SMH) (Independent. Always. Since 1831). My favourite website, the ubiquitous www.wikipedia.org (the free encyclopedia); I may use whole passages from Wikipedia, i.e. for PACIFISM 2 (yes, I copy & paste; see ECLECTICISM), or use it for definitions. The New Oxford American Dictionary and Oxford American Writer's Thesaurus on my Mac. Universal Wisdom by Dom Bede Griffiths, 1994, Harper Collins, Great Britain (a journey through the sacred wisdom of the world). Everyone is Right by Roland Peterson, 1986, DeVorss & Company, USA (a look at comparative religion and its relation to science). The Perennial Philosophy by Aldous Huxley, 1945, Harper & Brothers, USA (a comparative study of mysticism). The Quiet Revolution by Peter Kirkwood, 2007, ABC Books, Australia (the emergence of Interfaith Consciousness). **Buddha** by Karen Armstrong, 2000, Phoenix (Orion House), Great Britain (an introduction to the Buddha's life and key tenets of Buddhism). Why Buddhism Is True by Robert Wright, 2017, Simon & Schuster, New York (everything we need to know about the science, practice & power of Buddhism). **Essays: Montaigne**, (1580) 1994, Penguin Classics, UK (a survey of one of the giants of Renaissance thought). **Ecce Homo**, by Friedrich Nietzsche, (1888) 2009, Oxford University Press, Oxford, UK (an autobiography like no other; deliberately provocative). The Miracle of Mindfulness by Thich Nhat Hanh, 1975, Random House, London, GB (a manual on meditation & concentration). The God Delusion by Richard Dawkins, 2006, Random House, Australia (focuses on the irrationality of a belief in God and the grievous harm it has inflicted on society). God is not Great by Christopher Hitchens, 2007, Allen & Unwin, Australia (how religion poisons everything). The Book of Atheist Spirituality by André Comte-Sponville, 2008, Bantam Press, Great Britain (an elegant argument for spirituality without God). Waking Up by Sam Harris, 2014, Bantam Press, Great Britain (a guide to spirituality without religion). The Stanford Encyclopedia of Philosophy http://plato.stanford.edu (Center for the Study of Language & Information, Stanford University, USA). Concise Routledge Encyclopedia of Philosophy 2000, Routledge, GB (a reference guide for a new generation, ranging from abstract objects to wisdom). The Oxford Companion to The Mind edited by Richard L. Gregory, 1987, Oxford University Press, USA (contributions of Western and non-Western traditions to concepts of the mind). Consciousness Explained by Daniel C. Dennett, 1991, Little Brown & Co, USA (taken from psychology, neurology, computer science, it is philosophy at its best). 12 Rules for Life by Jordan B. Peterson, 2018, Penguin, Random House (an antidote to chaos). Sapiens by Yuval Noah Harari, 2011, Harvill Secker, Penguin, London, UK (a brief history of humankind). The Precipice by Toby Ord, 2020, Bloomsbury Publishing, London, UK (existential risk and the future of humanity). What We Owe The Future by William MacAskill, 2022, Oneworld books (a million-year view). Dark Emu by Bruce Pascoe, 2014, Magabala Books, Australia (re-examines colonial accounts of Aboriginal People in Australia). Conscious by Annaka Harris, 2019, Harper (a brief guide to the fundamental mystery of the mind). Zen and the Art of Motorcycle Maintenance by Robert M. Pirsic, 1974, Harper Collins, New York (a modern epic of a man's search for meaning). **Siddhartha** by Hermann Hesse, 1922, Picador, GB, (a novel of great beauty; a distillation of wisdom). Cosmos by Carl Sagan, 1981, MacDonald & Co, London, GB (how science & civilisation grew up together). God and the New Physics 1984, The Mind of God 1992, The Big Questions, The Fifth Miracle 1998, What's Eating the Universe 2021, by Paul Davies, Penguin Books (science and the search for ultimate meaning). The Self-Aware Universe by Amit Goswami, 1995, Penguin Putnam (how consciousness creates the material world). The Physics of Immortality by Frank J. Tipler, 1994, Macmillan, GB (with arguments from physics to reconstruct religious beliefs). The World as I see it (Mein Weltbild), by Albert Einstein, 1956 Citadel Press, NY, USA (essays covering topics like the meaning of life, religion & science, good & evil). A Brief History of Time 1988 (for best understanding: indulge in the illustrated version, 1996), The Grand Design 2010, Brief Answers to the Big Questions 2018 (his final book), by Stephen Hawking, Bantam Press, GB (cosmological physics explained). Why does E=mc² ? 2009, The Quantum Universe 2011, Human Universe 2014, Universal 2016, by Brian Cox et al, (you don't need a telescope to explore the cosmos, just these books). The Elegant Universe by Brian Greene, 1999, Random House, GB (matter is generated by the microscopic vibrations of strings of energy). A Universe From Nothing by Lawrence M. Krauss, 2012, Simon & Schuster, New York, USA (why there is something rather than nothing). Peace With Honour by A. A. Milne, 1934, E.P. Dutton & Co., Inc. Publishers, New York, USA (war is wrong). WAR is a force that gives us meaning, by Chris Hedges, 2002, Public Affairs, a member of the Perseus Books Group (bitterly poetic war journalism). Factfulness by Hans Rosling, 2018, Sceptrebooks, GB. (we're wrong about the world things are better than you think). **Enlightenment Now** by Steven Pinker, 2018, Viking, New York, USA (the case for reason, science, humanism, progress). The Sacred East by Scott Littleton, 1996, Duncan Baird Publishers, London, GB (a guide to major spiritual & philosophical traditions of Asia). The Wisdom of Zen compiled by Marc de Smedt, 1996, Abbeville Publishing, USA (Zen means 'meditation': these teachings come down to a single formula: Letting go). An Introduction to Zen Buddism by D.T. Suzuki, 1964, Grove Press, USA (a complete vision of Zen; a framework for living a balanced & fulfilled existence through Zen). **The Daily Stoic** by Ryan Holiday and Stephen Hanselman, 2016 (a richly rewarding spring of practical wisdom), **Stillness is the Key** by Ryan Holiday, 2019, Profile Books Ltd, London, GB (in order to move forward, we must learn to be still). **Meditations** by Marcus Aurelius, 2006 (first published 180), Penguin Books (spiritual reflections to make sense of oneself and the universe). Letters from a Stoic by Lucius Seneca, 2020 (first published 1475), William Collins, London, GB (a handbook of philosophical meditations). At the Feet of the Master by Jiddu Krishnamurti, 1910, the Theosophical Press, Chicago, USA (an initiation to the Path, a guide to righteous living). Freedom from the Known by J. Krishnamurti, 1969, Random House, GB (the truth is found with an empty mind). The Spiritual Path by Osho, 2007, the Ivy Press, UK (a journey of understanding Buddha, Zen, Tao, Tantra). The Tibetan Book of Living and Dying by Sogyal Rinpoche, 1992, Random Australia (a lucid introduction to the practice of meditation, karma, rebirth and the trials and rewards of the spiritual path). The Path of the Masters by J. Johnson, 1939, Radha Soami Satsang Beas, India (a statement of Sant Mat, the teachings of spiritual masters; visit also: www.rssb.org). Tales of the Mystic East by Huzur Maharaj Sawan Singh, 1961, RSSB (tales of Eastern wisdom from India and Arabia). Die to Live by Guru Maharaj Charan Singh Ji, 1979, RSSB (about vacating the body during meditation). **Radha Soami Greetings** spring 1991, Radha Soami Satsang Beas, USA, pages 47 - 48 the full transcript of my Q & A with Charan Singh, March 1987. I also went to: www.religioustolerance.org and www.sacredtexts.com/hin ... the Hindu text The Upanishads elaborates on how soul can be united with the source of creation in meditation. Many thanks to my editors, first Campbell Aitken, Melbourne, Australia and since 2019 Wendy Shopov, Sydney, Australia. Special thanks to my writing coach, the late poet Richard Deutch (Heart with Piano Wire, 2000, Brandl & Schlesinger, Australia). Carsten Burmeister