Instructions:

The Way of Selflessness Distance Studies Course (WOSDSC) is designed to introduce you to the universal principles and practices of the world’s great mystics as taught by Joel Morwood. It is divided into 8 phases. The basic course materials consist of Joel’s book, *The Way of Selflessness*, and 64 recorded talks by Joel. The course is divided into 8 phases. Joel’s book is also divided into 8 parts, and the 64 talks are divided into 8 volumes. In each phase you will read a corresponding part of Joel’s book, and listen to a corresponding volume of talks. So, for example, in Phase 1 of the course, you will read Part I of Joel’s book and listen to Volume #1 of the talks.

There are also 5 Volumes of supplemental talks. It is recommended (though not required) that Supplemental Volume #5 “Liberating Emotions” be listen to during Phase 6 of the course. It is also recommended (though not required) that you listen to either Supplemental Volume #3 “Inquiry” or Supplemental Volume #4 “Devotion” during Phase 7 of the course, depending on whether you identify yourself as being primarily a jnani or a bhakta.

You may also want to supplement *The Way of Selflessness* with additional reading for each phase of the course. We recommend the following books which are arranged in the order of their accessibility, with the most accessible listed first. Note that some of these books may be available for loan from your local library or a friend.

WOS Course Phase One:

**Main Text:**

**Supplemental Reading:**

**Listening:**
See the recording list for the 8 recordings that correspond to this phase of the course

WOS Course Phase Two:

**Main Text:**
SUPPLEMENTAL READING:


(Availability as of August, 2008: Bodhi Tree Bookstore; Blue Dove Foundation. Also available from Anandamayi Ma's Books On-Line.)


LISTENING:
See the recording list for the 8 recordings that correspond to this phase of the course

WOS COURSE PHASE THREE:

MAIN TEXT:

SUPPLEMENTAL READING:


LISTENING:
See the recording list for the 8 recordings that correspond to this phase of the course

WOS COURSE PHASE FOUR:

MAIN TEXT:

SUPPLEMENTAL READING:


**LISTENING:**
See the recording list for the 8 recordings that correspond to this phase of the course

**WOS COURSE PHASE FIVE:**

**MAIN TEXT:**

**SUPPLEMENTAL READING:**


**LISTENING:**
See the recording list for the 8 recordings that correspond to this phase of the course

**WOS COURSE PHASE SIX:**

**MAIN TEXT:**

**SUPPLEMENTAL READING:**


**LISTENING:**
See the recording list for the 8 recordings that correspond to this phase of the course

**WOS COURSE PHASE SEVEN:**

**MAIN TEXT:**

**SUPPLEMENTAL READING:**


**LISTENING:**

See the recording list for the 8 recordings that correspond to this phase of the course

**WOS COURSE PHASE EIGHT:**

**MAIN TEXT:**


**SUPPLEMENTAL READING:**


**LISTENING:**

See the recording list for the 8 recordings that correspond to this phase of the course

**OPTIONAL SUPPLEMENTAL READING:**

If you are interested in reading other books, please see our comprehensive bibliography of recommended reading.