

# THE WATKINS REVIEW

ESTABLISHED 1893

by WATKINS BOOKS | £4.99



## 100 SPIRITUAL POWER LIST

the most spiritually influential living people

New Books & Recommendations  
Author Articles & Interviews



# the 100 most spiritually influential living people

**We live in an age of lists** - from groceries and obituaries to Facebook friends, resume facts, lists of city capitals and lottery numbers. Of course, lists that classify the past, are easier to compile than lists that attempt to predict the future. With the holy grail of sorting algorithms, the world is sure to be your oyster.

Lists help us organize, explore and perceive our environments. But are so many lists really necessary? It is very much in vogue to publish lists of people: Time Magazine publishes an annual list of the 100 people who most influence the world; Forbes publishes several lists including a Celebrity 100 list, the World's 100 Most Powerful Women, and a list of 1000 Billionaires; Art Review's Power 100 is an annual list of the worlds 100 most powerful collectors, artists, gallerists, etc...

The lists of lists of people, just keep going and going. However, the Watkins Review believes that an important list has been long overdue, and we are delighted to share with you our list of the 100 Most Spiritually Influential Living People. Lists of influential people contribute to the discourse and issues that each person represents, and the Watkins Review hopes that our list will nurture the debates surrounding contemporary spirituality.

There are several factors that were taken into account when compiling the list. Listed below are the main three:

- 1) The person has to be alive
- 2) The person has to have made a unique and spiritual contribution on a global scale
- 3) The person is frequently googled, appears in Nielsen Data, and highlighted in throughout the blogosphere

It's interesting to think about the amount of times that a person is googled; in a sense, being googled is a form of digital voting, and illustrates just how often someone is being sought out.

The Watkins Review plans on publishing the 100 Most Spiritually Influential Living People list on an annual basis, and welcomes your feedback and suggestions at: [review.watkins@gmail.com](mailto:review.watkins@gmail.com)



# The 100 most spiritually influential living people



## Eckhart Tolle

**1.** Tolle does not advocate any particular religion, and has contributed to a wide range of spirituality. Eckhart's profound yet simple teachings have helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. His books, *The Power of Now* and the highly-acclaimed follow-up *A New Earth* are two of the best-selling Mind, Body, Spirit books in the world - more than eight million copies have been sold in North America alone. He deliberately avoided setting up an ashram or centre as he cautions that "one needs to be careful that the organization doesn't become self-serving".

Born in Lünen, Germany;  
16/02/1948 (Aquarius, Rat);  
Modern teacher and writer



## Dalai Lama

**2.** Born Lhamo Dondrub, Tenzin Gyatso is the 14th Dalai Lama. Tibetan Buddhists believe him to be a reincarnation of his predecessors and the Buddha of compassion. He is a vocal activist for Tibetan independence and has made an incredible contribution to global spirituality.



Born in Taktser, Tibet;  
06/07/1935 (Cancer, Pig);  
Spiritual Leader



## Dr Wayne W Dyer

**3.** A self-made success story, Wayne Dyer inspires readers to actualize their potential. He is referred to as a "preacher of self reliance" and is currently focusing on interpreting the Tao Te Ching. He lives in Maui, Hawaii and has eight children.

Born in Detroit, Michigan, USA;  
10/05/1940 (Taurus, Dragon);  
Author and lecturer



## Thich Nhat Hanh



**4.** Buddhist monk, teacher, author and peace activist. He founded the Order of Interbeing and the Unified Buddhist Church, along with monasteries and spiritual centres in Vietnam, the USA and France, where he now lives.

Born in Thua Thien, Vietnam;  
11/10/1926 (Libra, Tiger);  
Spiritual Leader



## Deepak Chopra

**5.** Deepak began as an endocrinologist, and then shifted his career towards alternative medicine. As a writer on Ayurveda, mind-body medicine and spirituality, he has had huge success with titles such as *Ageless Body, Timeless Mind* and *The Seven Spiritual Laws of Success*. Chopra's immense cultural influence spans beyond traditional MBS, from children's books to comics.



Born in New Delhi, India;  
22/10/1946 (Libra, Dog);  
Physician, writer and public speaker

## Louise L Hay

**6.** Louise Hay is a motivational author, and the founder of Hay House. Her best known work is *You Can Heal Your Life*; Hay House has published over 300 books, and has made an immense contribution to mind-body-spirit literature and the New Thought Movement. Thinking positively can definitely make a difference!



Born in Los Angeles, California, USA;  
08/10/1926 (Libra, Tiger);  
Author, speaker and publisher



## Paulo Coelho

**7.** The *Alchemist* is one of the top selling books in history—with over 65 million copies sold, and holds the Guinness world record for being translated in the most languages!

Born in Rio de Janeiro, Brazil;  
24/08/1947 (Virgo, Pig);  
Author



## Oprah Winfrey

**8.** Oprah might be the most influential person in the world. She has discovered and advocated for so many spiritually influential thinkers—from Obama to Eckhart Tolle. We ranked her at only 8th place, because her influence isn't focused on spirituality, but eighth place may act as a metaphor since 8 means infinity in numerous metaphysical paradigms.



Born in Kosciusko, Mississippi, USA;  
29/01/1954 (Aquarius, Snake);  
Talk Show Host

## Ken Wilber

**9.** Wilber has advocated Integral Thought and influenced figures as varied as Bill Clinton, Deepak Chopra, and Billy Corgan. He founded the Integral Institute and has written about adult development, developmental psychology, philosophy, worldcentrism, ecology, and stages of faith.



Born in Oklahoma City, Oklahoma, USA;  
31/01/1949 (Aquarius, Ox);  
Author and Integral Theorist



## Rhonda Byrne

**10.** Well known for *The Secret* book and DVD. Byrne advocates the belief that we can all transcend our suffering by not falling prey to negative thoughts. She has been listed among Times Magazine's list of 100 people who shape the world, and has also produced television shows. Last year she published *The Power* as a sequel to *The Secret*.

Born in Australia;  
12/03/1951 (Pisces, Rabbit);  
Writer and TV/Film producer



“With science we touch the True, the "It" of Spirit. With morals we touch the Good, the "We" of Spirit. What, then, would an integral approach have to say about the Beautiful, the "I" of Spirit itself? What is the Beauty that is in the eye of the Beholder? When we are in the eye of Spirit, the I of Spirit, what do we finally see?”  
- Ken Wilber

**James Redfield**

**11.** Best known for the Celestine Prophecy, which he self-published in 1992. Redfield produced and co-wrote the screenplay, which came out in 2006. Redfield's latest book, The Twelfth Insight, will be available in February of 2011.



**Neale Donald Walsch**

**12.** Prior to the success of his Conversations With God series, Walsch suffered several mishaps and was even homeless for a period. The Conversations with God (CwG) books are written as a dialogue in which Walsch asks questions and God answers.



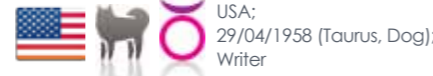
**Richard Bach**

**15.** Bach is the author of Jonathan Livingston Seagull and Illusions, which have been continual best sellers in mind-body-spirit since the 1970s. He is an avid aviator and his philosophy focuses on the notion that our physical limits and mortality are merely illusions. He is in his third marriage and has six children from his first wife.



**Doreen Virtue**

**13.** Doreen Virtue is a best selling author and clairvoyant focusing on the angelic realm. She is the author of Healing with the Angels, How to Hear Your Angels, Messages from Your Angels, Archangels & Ascended Masters, Solomon's Angels, and the Archangel Oracle Cards.



**Alejandro Jodorowsky**

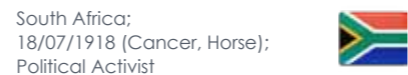
**14.** Jodorowsky's contributions transcend any particular medium and range from philosophy and film to comic books. Jodorowsky is best known for his films, which blend mysticism and surreal images (El Topo, Santa Sangre, etc...) He developed his own spiritual system of "psychoshamanism" and has been writing prolifically on the occult. He is an expert on Tarot and has researched and reconstructed the original form of the Tarot de Marseille.

Tocopilla, Chile; 07/02/1929; Filmmaker, Author



**Nelson Mandela**

**19.** Mandela was an anti-apartheid activist and served 27 years in prison. After his release from prison in 1990, he led his party towards a multi-racial democracy and served as President of South Africa from 1994 to 1999; he advocates compassion and reconciliation and won the Nobel Peace Prize in 1993. He is active in fighting AIDS and racism, and his autobiography, Long Walk to Freedom is still an inspirational best seller.



Portrait of Adi Da Samraj, by Alex Grey

**Alex Grey**

**16.** Grey specializes in spiritual and psychedelic art, which is often associated with the New Age Movement. He is a member of the Integral Institute and works in media including performance art, process art, installation art, sculpture, visionary art, and painting. His paintings are described as a blend of post-modern art, the sacred and visionary art.



**Byron Katie**

**17.** Katie refers to her method of self-inquiry as 'The Work' and promotes the idea that we can liberate ourselves from suffering by not believing/listening to negative thoughts. Katie exemplifies her methods as she has overcome paranoia, suicidal thoughts and severe depression. In addition to her best selling books, she teaches her methods at free public events, in prisons, hospitals, churches, corporations, shelters for survivors of domestic violence, universities and schools, at weekend intensives, and at her nine-day "School for The Work."



**Masaru Emoto**

**18.** Emoto is an advocate for alternative medicine and the idea that words and spiritual energies impact water memory. His best selling books such as Messages from Water are filled with photographs of water crystals next to letters and 'words of intent,' and illustrate the effect of thought and words on the environment.



**Bernie Siegel**

**20.** Dr. Bernie Siegel MD practiced general medicine and pediatric surgery, and used his experiences to write several influential books on the relationship between a patient and his healing-process. He is Academic Co-Director of the Experiential Health and Healing Program at The Graduate Institute, and is married with five children.



**Caroline Myss**

**21.** Myss is described as a medical intuitive and mystic. She is the author of several best selling books such as Anatomy of the Spirit (1996), Why People Don't Heal and How They Can (1998), Sacred Contracts (2002), "Invisible Acts of Power" (2004), and Entering The Castle (2007). Personal quote: "The act of forgiveness is the act of returning to present time. And that's why when one has become a forgiving person, and has managed to let go of the past, what they've really done is they've shifted their relationship with time."



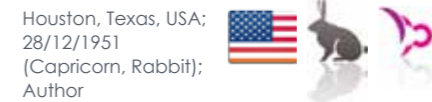
**Mantak Chia**

**23.** Mantak Chia is a Taoist master who refers to himself as a teacher, "who helps his students empower themselves through cultivation of their chi energy." His teachings reinterpret Taoist sexuality in a modern context.



**John Gray**

**24.** John Gray books focus on romantic relationships and his best known book, Men Are from Mars, Women Are from Venus, is being turned into a feature film. Over fifty million copies of his books have sold globally.



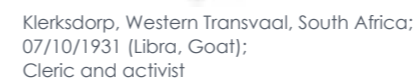
**Stephen R Covey**

**26.** Covey wrote the best-selling The Seven Habits of Highly Effective People. His teachings mix spirituality with business, and he promotes a "character ethic" which aligns values with universal principles. He has nine children and 52 grandchildren.



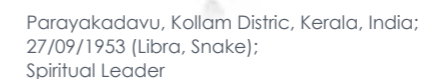
**Desmond Tutu**

**28.** The Most Rev. Dr. Desmond Mpilo Tutu, was the first black South African Anglican Archbishop of Cape Town, South Africa. He has received the Nobel Peace Prize and campaigned to fight AIDS, tuberculosis, homophobia, transphobia, poverty and racism.



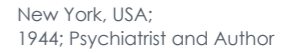
**Mata Amritanandamayi**

**29.** Mātā Amritanandamayī Devī is also known as "Aamma" and as "the Hugging Saint." Quote: "The fight in individual minds is responsible for the wars. So if you can touch people, you can touch the world."



**Brian Weiss**

**22.** While Weiss hails from conventional medicine and is an American psychiatrist (educated at Yale and Columbia), his research focuses on reincarnation, past life regression, future-life progression and survival of the human soul after death. Weiss uses hypnosis to regress his patients to past lives with the goal of helping them overcome embedded traumatic experiences.



**Gregg Braden**

**25.** Braden began his career working with computers for companies such as Cisco; however, for the last two decades he has attempted to bridge spirituality and science. His books include The Isaiah Effect, The God Code, The Divine Matrix, The Spontaneous Healing of Belief and his most recent book, Fractal Time: The Secret of 2012 and a new World Age.

**Marianne Williamson**

**27.** Williamson is a 'spiritual activist' and founded the Peace Alliance and Project Angel Food, which serves homebound people with AIDS in the LA region. Her best selling book is The Age of Miracles: Embracing the New Midlife. Author and activist

**“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.” - Marianne Williamson**

**Philip Berg**

**30.** While Kabbalah has traditionally been taught exclusively to select Jewish scholars, Berg has aimed at sharing and teaching Kabbalah to everyone. His Kabbalah Centre is based in Los Angeles and has fifty branches including London, New York and Toronto. He believes that Kabbalah can supplement any religion. Many celebrities have found inspiration through his Centres including Madonna, Ashton Kutcher, Demi Moore, and Mick Jagger.



**Ervin Laszlo**

**31.** László is the editor of World Futures: The Journal of General Evolution, and has published 75 books. He believes that 2012 will either be the collapse of human civilization or the beginning of a new, quantum consciousness. He is also a trained classical pianist.



Philosopher and Integral Theorist

**Andrew Harvey**



Author and Religious Scholar

**32.** Harvey promotes Sacred Activism, the teachings of Rumi, yoga and practices that will lead to deeper spiritual awareness. His book Hidden Journey was a massive success and made Mother Meera one of the most sought after teachers in the world.



**Don Miguel Ruiz**

**33.** Ruiz has authored several neoshamanistic texts; The Four Agreements promotes integrity, self-love, and peace by way of absolving oneself from responsibility for the woes of others. His fifth agreement is: "Be Skeptical, but Learn to Listen."



Author and Shaman

**Joseph Alois Ratzinger**

**34.** Pope Benedict XVI is the 265th Pope. He has advocated a return to traditional Catholicism; he is also an accomplished pianist and advocate for nuclear disarmament. However, his conservative messages are often criticized as being homophobic.

**Krishna Das**

**35.** Born Jeffrey Kagel, Krishna Das is best known for his Indian devotional music in which he chants the names of God.



Singer and Songwriter

**Drunvalo Melchizedek**

**36.** Drunvalo is the author of four books including The Ancient Secrets of the Flower of Life, Volumes I and II, Living in the Heart and his newest one, Serpent of Light. He also lectures on sacred geometry, human energy fields, spirituality, and meditation.

1941; Author and spiritual teacher

**Sathya Sai Baba**

**37.** Sathya Sai Baba is described by his devotees as an avatar, godman, spiritual teacher and miracle worker. Sathya Sai Baba has claimed to be the reincarnation of the great spiritual guru, Sai Baba of Shirdi, whose teachings were an eclectic blend of Hindu and Muslim beliefs.



Guru

**Jack Kornfield**

**38.** Kornfield trained as a Buddhist Monk in Thailand, Burma and India. He is currently a vipassana teacher in the American movement of Theravada Buddhism, and has taught meditation worldwide since 1974.



Spiritual Teacher

**Dan Brown**

**42.** Dan Brown's novels are infused with motifs of cryptography, keys, symbols, codes, and conspiracy theories. He hopes that his "books promote spiritual discussion and debate [...] as a positive catalyst for introspection and exploration of our faith." His books have sold over 80 million copies and The Da Vinci Code and Angels & Demons were adapted into feature films.



Novelist



**Pema Chödrön**

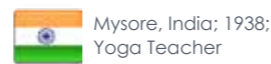
**39.** Chodron became a Buddhist nun in 1981 in the tradition of Tibetan Buddhism. She is a prolific author, who conducts workshops, seminars, and meditation retreats in Europe, Australia, and throughout North America. Pema has two children and three grandchildren.



Author and Spiritual Teacher

**T.K.V. Desikachar**

**40.** T.K.V. Desikachar is the son and primary student of Sri Tirumalai Krishnamacharya, a prominent yogi credited with being a driving force behind the resurgence of Hatha yoga. Teaching regularly in India and overseas, TKV Desikachar has participated in many international conventions and conferences. His books include Health, Healing and Beyond and The Heart of Yoga: Developing a Personal Practice.



Mysore, India; 1938; Yoga Teacher

**Esther & Jerry Hicks**

**41.** The Hicks' have had amazing success promoting the Law of Attraction through their books, DVDs and lecture tours. Esther Hicks says that non-physical entities called Abraham speak through her, and that her teachings (referred to as Abraham-Hicks teachings) are based on this experience. The Teachings of Abraham took off with the release of Ask and It Is Given, the most successful of the partnership books.

**Z'ev ben Shimon Halevi**

**43.** Z'ev ben Shimon Halevi (Warren Kenton) is a founding member of the Kabbalah Society, and a prolific writer on the Toledano tradition of Kabbalah, which developed in 10th through 12th century Spain and France. His influence is widespread and Sinead O'Connor and Prince Charles are among his advocates.

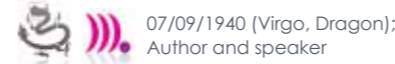


Author



**Diana Cooper**

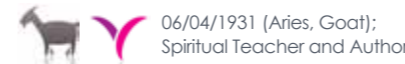
**44.** Diana Cooper's books involve angels, archangels, unicorns, all elementals including fairies and Ascended Masters. She gives lectures worldwide and founded the Diana Cooper School. See her article on page 23.



07/09/1940 (Virgo, Dragon); Author and speaker

**Ram Dass**

**45.** Ram Dass is a Western yogi, and his book Be Here Now is one of the first guides, for those not born as Hindus, to becoming a yogi. Ram Dass also founded the Seva Foundation and HANUMAN Foundation charities.



06/04/1931 (Aries, Goat); Spiritual Teacher and Author

**Andrew Weil**

**46.** Weil founded the Arizona Center for Integrative Medicine and has authored several best-selling books on integrative health and healthy aging. His twitter feed currently has over 100,000 followers and he often contributes articles to Time Magazine and the Huffington Post.



08/06/1942 (Gemini, Horse); Physician and author

**Satya Narayan Goenka**

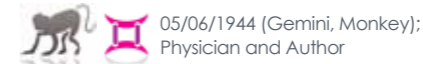
**47.** Goenka is a leading teacher of Vipassanā meditation; he has trained more than 800 assistant teachers. More than 100,000 people attend his Vipassana courses each year.



Spiritual Teacher

**Jon Kabat-Zinn**

**48.** Kabat-Zinn has authored numerous scientific papers on mindfulness as a tool for overcoming illness, anxiety and pain. His best selling books are Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, and Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life.



05/06/1944 (Gemini, Monkey); Physician and Author

**Alan Moore**

**49.** Alan Moore is a countercultural figure, Neopagan, ceremonial magician and the author of the best-selling comics Watchmen, V for Vendetta, and From Hell. Moore follows Aleister Crowley's Thelemite belief in True Will, has studied Kabbalah intensively and often infuses occult symbolism into his own works.



Author

**Dan Millman**

**50.** A former Trampolining world champion, Millman is the author of the semi-autobiographical novel, Way of the Peaceful Warrior which was adapted into a feature film, Peaceful Warrior, in 2006.



Gymnast, Teacher and Writer

**Colin Wilson**

**55.** Prolific author who first came to prominence in 1956 with the publication of his influential book The Outsider. Other notable works include The Occult and Super Consciousness.

**Bruce Lipton**

**51.** Lipton is a developmental biologist, best known for promoting the idea that genes and DNA can be manipulated by a person's beliefs. His book The Biology of Belief is a bestseller.



**Peter Kingsley**

**52.** Kingsley is internationally recognized for his groundbreaking work on the origins of western spirituality, philosophy and culture. His books include In the Dark Places of Wisdom and Reality. See his article on page 32.



Classical Scholar and Writer

**Karen Armstrong**

**53.** A former Roman Catholic nun, Armstrong is the author of many books on comparative religion, most notably A History of God.



Writer and Academic

**Judy Hall**

Author and Crystal Expert



**54.** An internationally known author, astrologer, psychic, and healer, Hall specializes in past life readings and regression. She is probably best-known for The Crystal Bible which has sold over a million copies. See her article on page 21.



Philosopher and Writer

**Joscelyn Godwin**

**56.** A composer, translator and author known for his work on ancient music and paganism, Godwin produced the first complete English language translation of one of the first illustrated printed texts, the Hypnerotomachia Poliphili.



Musicologist and Writer

**James Lovelock**

**57.** Lovelock is an independent scientist, environmentalist and futurologist best known for proposing the Gaia hypothesis through books like Gaia: A New Look at Life on Earth.

Herfordshire, UK; 26/07/1919; Scientist and Writer



**Satish Kumar**

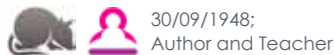
**58.** Former Jain monk who is currently editor of Resurgence magazine and the founder and Director of Programmes of the Schumacher College international centre for ecological studies.



Ecologist and Writer

**Shakti Gawain**

**59.** A pioneer in the field of personal growth, Gawain is the author of the classic Creative Visualization. Her books have sold more than six million copies in thirty languages worldwide.



30/09/1948; Author and Teacher

**Elaine Pagels**

**60.** Pagels is a Professor of Religion at Princeton University. She is best known for her studies and writing on the Gnostic Gospels.



Writer and Academic



Damanhur, Hall of Earth

**Oberto Airaudi 'Falcon'**

**65.** Airaudi is one of the founders of the Italian spiritual and artistic community of Damanhur. He is also the guide and inspiration behind the renowned Temples of Humankind, a collection of subterranean temples decorated in motifs stressing peaceful human collaboration.



Philosopher, Writer and Painter

**Kyozan Joshu Sasaki**

**61.** Sasaki is a Rinzai Zen teacher who has lived in the United States since 1962. He is the founder and head abbot of the Mount Baldy Zen Center in California and of the Rinzai-Ji order of affiliated Zen centers.



Zen Teacher

**Gary Zukav**

**62.** Zukav is a best-selling author and a former Green Beret officer. His book The Seat of the Soul became the #1 New York Times bestseller 31 times and remained on their bestseller list for three years.

Texas, USA; Author and Teacher

**Erich von Däniken**

**63.** Von Daniken is best known for his controversial claims about extraterrestrial influences on early human culture. His first book, Chariots of the Gods, was an immediate best seller. His books have sold more than 62 million copies around the world.



Author

**David Deida**

**64.** Acknowledged as one of the most insightful and provocative spiritual teachers of our time, Deida continues to revolutionize the way that men and women grow spiritually and sexually.



Cleveland, Ohio, USA; 18/03/1958; Author and Teacher

**Stuart Wilde**

**66.** Best known for his work on metaphysics and consciousness, Wilde has written over twenty books, including Life Was Never Meant To Be a Struggle and The Secrets of Life.



Farnham, England; 24/09/1946

**John Bradshaw**

**67.** Bradshaw is one of the leading figures in the fields of addiction/recovery, family systems, relationships, and spiritual and emotional growth. He is credited with popularizing the concepts of the wounded inner child and the dysfunctional family.



Houston, Texas, USA; 29/06/1933

**Jeff Foster**

30/07/1980; Author and Teacher



**68.** Foster is a young, gifted, spiritual teacher who articulates the timeless message of nonduality in a simple, human and down-to-earth way. His books include Life Without a Centre and The Wonder of Being.

**Patrick Holford**

**69.** Holford is a pioneer in new approaches to health and nutrition, specialising in the field of mental health. Widely regarded as Britain's best-selling author and leading spokesman on nutrition and mental health issues, he is also the founder and director of the Institute for Optimum Nutrition in London.

**Andrew Cohen**

**70.** Cohen has developed a unique path of spiritual transformation called Evolutionary Enlightenment. Through working in conjunction with others, he hopes to bring about a new stage of human consciousness and culture. Cohen is also the founder of EnlightenNext and the award-winning magazine of the same name.



Spiritual Teacher and Author

**Vladimir Megre**

**71.** Based on his meetings with Anastasia, a young woman living in the forests of Russia, Megre wrote the Ringing Cedars series of books, which have sold over 10 million copies.



Author

**Thomas Cleary**

**72.** Cleary is a prolific author and translator of Buddhist, Taoist and other Eastern classics. He is probably best known for his translation of Sun Tzu's The Art of War.



USA; 1949; Author and Translator

**“Enlightenment is not a belief, not a state, not a feeling, not an experience... it is the simple recognition of what you already are.”**  
- Jeff Foster

**Daniel Pinchbeck**

**73.** In 2007 Pinchbeck launched Reality Sandwich, an Internet-based magazine offering "a new paradigm for a planetary culture." His books include Breaking Open the Head and 2012: The Return of Quetzalcoatl. See his article on page 37.



15/06/1966; Author and Editor

**Jonathan Goldman**

**74.** Goldman is an authority on sound healing and a pioneer in the field of harmonics. He has produced over 30 albums of his own music and written many books, including Healing Sounds: The Power of Harmonics.



07/12/1949; Writer, Musician and Teacher



**Sonia Choquette**

**75.** Choquette is a gifted psychic and intuitive who actively promotes the sixth sense. Her books have sold over a million copies and include Trust Your Vibes and Diary of a Psychic.

**Seyyed Hossein Nasr**

**76.** Nasr is Professor of Islamic studies at George Washington University, and a prominent Islamic philosopher. He is the author of many books including The Heart of Islam and The Garden of Truth.



Islamic Writer and Academic

**Mother Meera**

**77.** Regarded by her followers as an avatar, Mother Meera gives Darshan, or silent spiritual blessing, to people who come from all over the world to be in her presence.



Spiritual Leader

**Barefoot Doctor**

**78.** Taking the essence of Taoist philosophy, meditation practices, and martial arts and repackaging them for a Western audience, Barefoot Doctor has had huge success with books like Barefoot Doctor's Handbook for the Urban Warrior. See his article on page 46.

13/09/1954; Author

**Richard Bandler**

**79.** Bandler is the co-inventor of Neuro-Linguistic Programming (NLP). He has also developed other alternative psychology and self-help techniques called Design Human Engineering and Neuro-Hypnotic Repatterning.



USA; 24/02/1950; Author and Trainer

**Robert Bly**

**80.** Bly is a successful poet and translator. He is best-known for the book Iron John: A Book About Men.



Minnesota, USA; 23/12/1926; Poet and Author

**Adyashanti**

“There's a great space in which this moment takes place. There's a great silence that is listening to the thoughts.”  
- Adyashanti

**81.** Adyashanti offers spontaneous and direct nondual teachings that have been compared to those of the early Zen masters and Advaita Vedanta sages. His books include *The Impact of Awakening and Emptiness Dancing*.



Zen Teacher and Writer

**Sogyal Rinpoche**

**82.** Sogyal Rinpoche is a Tibetan lama who has been teaching for over 30 years. He is also the founder and spiritual director of Rigpa—an international network of Buddhist centres and groups. He is best known as the author of the best-selling book *The Tibetan Book of Living and Dying*.



Born in Kham, Tibet, 1947; Dzogchen Teacher and Writer

**Li Hongzhi**

**83.** Falun Gong is a system of mind-body cultivation in the qigong tradition. The movement gained popularity in the 1990s, but was suppressed by the Chinese government in 1999. Li Hongzhi now teaches in the US where he now lives.



Founder of Falun Gong

**Sri Bhagavan**

**84.** The Oneness University or the Oneness Movement is a spiritual school in southern India. The focus is on the phenomenon of Deeksha or the Oneness Blessing, said to facilitate the divine intervention necessary to bring the teachings into the personal experience of the students.



Founder of Oneness University

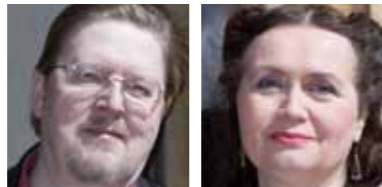
**Rupert Sheldrake**

**85.** One of the world's most innovative biologists, Sheldrake is best known for his theory of morphic fields and morphic resonance, which leads to a vision of a living, developing universe with its own inherent memory.



28/06/1942; Biologist and Author

**John and Caitlín Matthews**



**86.** John Matthews is a historian, folklorist and author. He has produced over ninety books on the Arthurian Legends and Grail Studies. Caitlín Matthews is a writer, singer and teacher and an acknowledged world authority on Celtic Wisdom, the Western Mysteries and the ancestral traditions of Britain and Europe.

**Chögyal Namkhai Norbu**

**87.** Namkhai Norbu is widely recognized as a leading authority on Tibetan culture and has created centres for the study of Dzogchen around the world.



Dzogchen Teacher and Writer

**Kenneth Grant \***

**88.** Occultist and writer, Grant is the head of a number of important magical orders. He is also the author of the influential Typhonian Trilogies series.

\* Kenneth Grant passed away on January 15th, 2011. His extraordinary influence will continue to be felt.

**Stanislav Grof**

**89.** Grof is one of the founders of transpersonal psychology. His research into the use of non-ordinary states of consciousness has led to many insights into the human psyche.



Psychologist and LSD Researcher

“It is essential that we raise the image of sex, which is currently seen as a purely biological affair and often portrayed in its worst manifestations, to that of a spiritually based activity.”  
- Stanislav Grof

**James Hillman**

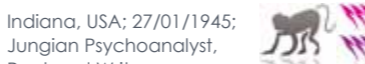
**90.** Hillman developed Archetypal Psychology and his magnum opus, *Re-visioning Psychology*, was nominated for the Pulitzer Prize. The *Soul's Code* made *The New York Times* Best Seller List.



New Jersey, USA; 12/04/1926; Psychologist & Writer

**Clarissa Pinkola Estés**

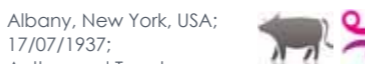
**91.** Best known for her exploration of the Wild Woman Archetype in *Women Who Run With the Wolves*, which was on the *New York Times* Best Seller list for 145 weeks.



Indiana, USA; 27/01/1945; Jungian Psychoanalyst, Poet and Writer

**Stephen Levine**

**92.** Best known for his work on death and dying, Levine and his wife spent a year living as if it were their last. The result was the classic best-seller *A Year to Live*.



Albany, New York, USA; 17/07/1937; Author and Teacher

**Candace Pert**

**93.** Pert discovered the opiate receptor, the cellular binding site for endorphins in the brain. She is also the author of the classic bestseller *Molecules of Emotion*.

USA; 26/06/1946; Neuroscientist, pharmacologist and author



**Barbara Ann Brennan**

**94.** *Hands of Light* and *Light Emerging* are two of the best-selling books on energy healing. Brennan has also opened Healing Schools to train professional healers in Florida, Austria and Tokyo.



19/02/1939; Author, Teacher and Energy Healer

**Coleman Barks**

**95.** His editions have helped to make Rumi one of the best-loved poets in the English-speaking world today.

Chattanooga, Tennessee, USA; 1937; Poet and Interpreter of Rumi

**Robert Thurman**

**96.** Author, editor and translator of Tibetan Buddhist texts and co-founder and president of Tibet House, New York.

Buddhist Writer and Academic



**B.K.S Iyengar**

**97.** The founder of Iyengar Yoga. In 2004, Iyengar was named one of the 100 most influential people in the world by *Time Magazine*.



Yoga Teacher and Writer

**William Bloom**

**98.** Bloom is an experienced teacher, healer and author in the field of holistic development and the founder and co-director of The Foundation for Holistic Spirituality. As well as spending 30 years on the faculty of the Findhorn Foundation, he was co-founder and director of the St. James's Church Alternatives Programme in London.



Born in London, UK, 1948; Author and Teacher

**Lynne McTaggart**

**99.** Wrote the bestselling books *The Field* and *The Intention Experiment*. Lynne has researched and lectures extensively on bridging science and spirituality, and quantum mechanics and medicine.

USA; 1951; Author

**Marion Woodman**

**100.** One of the most widely read authors on feminine psychology, Woodman has also collaborated with authors such as Thomas Moore and Robert Bly. She is also a founding member of The Marion Woodman Foundation, a community of women and men dedicated to the development and promotion of Body-Soul Rhythms and related endeavours.



Jungian Analyst and Author

**List at a glance**

- |                          |                            |                            |                             |                             |
|--------------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|
| 1. Eckhart Tolle         | 21. Caroline Myss          | 41. Esther & Jerry Hicks   | 61. Kyozan Joshu Sasaki     | 81. Adyashanti              |
| 2. Dalai Lama            | 22. Brian Weiss            | 42. Dan Brown              | 62. Gary Zukav              | 82. Sogyal Rinpoche         |
| 3. Dr Wayne W. Dyer      | 23. Mantak Chia            | 43. Z'ev Ben Shimon Halevi | 63. Erich von Däniken       | 83. Li Hongzhi              |
| 4. Thich Nhat Hanh       | 24. John Gray              | 44. Diana Cooper           | 64. David Deida             | 84. Sri Bhagavan            |
| 5. Deepak Chopra         | 25. Gregg Braden           | 45. Ram Dass               | 65. Oberto Airaudi 'Falcon' | 85. Rupert Sheldrake        |
| 6. Louise L. Hay         | 26. Stephen R. Covey       | 46. Andrew Weil            | 66. Stuart Wilde            | 86. John & Caitlín Matthews |
| 7. Paolo Coelho          | 27. Marianne Williamson    | 47. Satya Narayan Goenka   | 67. John Bradshaw           | 87. Chogyal Namkhai Norbu   |
| 8. Oprah Winfrey         | 28. Desmond Tutu           | 48. Jon Kabat-Zinn         | 68. Jeff Foster             | 88. Kenneth Grant *         |
| 9. Ken Wilber            | 29. Mata Amritanandamayi   | 49. Alan Moore             | 69. Patrick Holford         | 89. Stanislav Grof          |
| 10. Rhonda Byrne         | 30. Philip Berg            | 50. Dan Millman            | 70. Andrew Cohen            | 90. James Hillman           |
| 11. James Redfield       | 31. Ervin Laszlo           | 51. Bruce Lipton           | 71. Vladimir Megre          | 91. Clarissa Pinkola Estés  |
| 12. Neale Donald Walsch  | 32. Andrew Harvey          | 52. Peter Kingsley         | 72. Thomas Cleary           | 92. Stephen Levine          |
| 13. Doreen Virtue        | 33. Don Miguel Ruiz        | 53. Karen Armstrong        | 73. Daniel Pinchbeck        | 93. Candace Pert            |
| 14. Alejandro Jodorowsky | 34. Joseph Alois Ratzinger | 54. Judy Hall              | 74. Jonathan Goldman        | 94. Barbara Ann Brennan     |
| 15. Richard Bach         | 35. Krishna Das            | 55. Colin Wilson           | 75. Sonia Choquette         | 95. Coleman Barks           |
| 16. Alex Grey            | 36. Drunvalo Melchizedek   | 56. Joscelyn Godwin        | 76. Seyyed Hossein Nasr     | 96. Robert Thurman          |
| 17. Byron Katie          | 37. Sai Baba               | 57. James Lovelock         | 77. Mother Meera            | 97. B.K.S Iyengar           |
| 18. Masaru Emoto         | 38. Jack Kornfield         | 58. Satish Kumar           | 78. Barefoot Doctor         | 98. William Bloom           |
| 19. Nelson Mandela       | 39. Pema Chödrön           | 59. Shakti Gawain          | 79. Richard Bandler         | 99. Lynne McTaggart         |
| 20. Bernie Siegel        | 40. T.K.V. Desikachar      | 60. Elaine Pagels          | 80. Robert Bly              | 100. Marion Woodman         |

**Legend**

**Western Zodiac**

- |          |           |               |
|----------|-----------|---------------|
| ♈ Aries  | ♌ Leo     | ♎ Sagittarius |
| ♉ Taurus | ♍ Virgo   | ♏ Capricorn   |
| ♊ Gemini | ♐ Libra   | ♏ Aquarius    |
| ♋ Cancer | ♑ Scorpio | ♐ Pisces      |

**Chinese Sign**

- |          |          |           |
|----------|----------|-----------|
| 🐭 Rat    | 🐲 Dragon | 🐵 Monkey  |
| 🐮 Ox     | 🐍 Snake  | 🐓 Rooster |
| 🐯 Tiger  | 🐎 Horse  | 🐶 Dog     |
| 🐰 Rabbit | 🐐 Goat   | 🐷 Pig     |

Male: 76%  
Female: 24%  
Median age: 67 years  
The oldest: 104 years, Kyozan Joshu Sasaki  
The youngest: 30 years, Jeff Foster