

# Energy Medicine Diploma Program

## Annotated Resource List

The following titles are good references for further research into specific topics covered in this program. Some of the resources mentioned are required (marked with an \*) and others are not required reading for the course. In deciding what to read beyond the required references choose books to read and sources to investigate that help you vibrationally expand your awareness of what is possible and to access people who hold particular energies you wish to build in yourself. For example, Christian Jacq's *Stone Of Light* series is a good source to investigate the energies of light and darkness and to capture the vibration of the *wise woman* and *spiritual male leader*. Begin to consider books as places from which to access vibrational frequencies as much as they are a good or a bad "read". I have included comments with each reference to assist you in discerning those books that may help you access the energies that are in your highest interests. Many of these books are available on loan for those registered in the Energy Medicine Course. Loan period is one month. I suggest ordering through [alibris.com](http://alibris.com), [amazon.ca](http://amazon.ca), or [chapters.indigo.ca](http://chapters.indigo.ca).

### PRINCIPLES OF SPIRITUAL HEALING

\**The Art of Spiritual Healing*. Keith Sherwood. Llewellyn Publications: St. Paul, MN, ©1985, 209 pages paperback. A good overall discussion of the integration of the physical, emotional, mental and spiritual levels in healing. Presents good general information on the charkras and colour in healing.

### CHANNELING

\**Opening To Channel: How To Connect With Your Guide*. Sanaya Roman and Duane Packer. H.J. Kramer: Tiburon, CA. © 1987. 221 pages paperback. A simple, vibrationally accurate, guide to channeling. This is a kind of classic and there are many more that have been published since which are good at technique. This is recommended as Sanaya's guide, Orin, has a pure, high vibration. All books by these authors are highly recommended.

\**Bridge of Light: Tools of Light For Spiritual Transformation*. Launa Huffines. H.J. Kramer: Tiburon, CA. © 1993. 194 pages paperback.

Excellent meditative tools for expanding your capacity to connect to spirit, channel, or heal with conscious, spiritual assistance.

*New Cells, New Bodies, New Life!* Ed., Virginia Essene. S.E.E. Publishing Co: Santa Clara, CA, © 1991. 208 pages. A diverse collection of channeled messages. Excellent for testing your discernment about "what feels true" and to connect you to your

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spiritual pipeline. Other channeled books may be just as helpful – pick ones you feel drawn to.

### **DISCERNMENT**

**The Chalice and the Blade: Our History, Our Future.** Riane Eisler. Harper: San Francisco, © October 1, 1988, 304 pages. A good source to assist you in discerning the highest truth about history. A thoroughly researched study which cracks many previous writings about men and women and their place in history. It allows the reader to question concepts and “historical truth” in a way that builds personal discernment.

### **REIKI**

**Reiki Fire: New Information About The Origin of The Reiki Power, A Complete Method.** Frank Arjava Petter. © April, 1998. Paperback. The Reiki system, according to the legacy of Dr. Usui.

**The Spirit of Reiki: From Tradition to the Present.** Walter Lubeck. ©Sept., 2001. paperback. Includes some of the original writings of Dr. Usui, symbols, and treatment methods.

**Reiki: The Healing Touch.** William Lee Rand. Spiral bound or  
**Reiki For A New Millennium.** William Lee Rand. Discusses healing attunements, aura clearing, distant symbols.

### **SELF HYPNOSIS & CONSCIOUSNESS**

**The Power of Alpha Thinking.** Jess Stearn. Penguin Books: NY, © 1976, 224 pages paperback. A simple tool to guide you in developing your mind as a powerful, creative tool for conscious manifesting. The techniques are simple, yet very effective.

**Master the Power of Self-Hypnosis.** C. Roy Hunter. Sterling Publishing: NY. © 1998. 160 pages soft cover. Helps to understand the connections between hypnosis techniques and other tools for changing unconscious thoughts. Hypnosis simply refers to actively working in alpha and many regression techniques rely on the alpha state to be effective.

### **ENERGY MEDICINE I AND QIGONG (Also written as *Chi Kung*)**

**\*How To See and Read The Aura.** Ted Andrews. Llewellyn Publications: St. Paul, MN. © 1991 141 pages paperback. A great primer, with practical, how-to steps, to assist you in re-discovering your ability to perceive the aura.

**Hands of Light: A Guide To Healing Through the Human Energy Field.** Barbara Ann Brennan. Bantam Books: NY. © 1987. 294 pages soft cover. A good source to begin to

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link emotional energy with physical conditions. Helps in accepting the length of time it takes to create physical healing by moving through the faster layers of the aura. Good reminder that healers require regular healing! Also see *Light Emerging* by same author.

**\*Qigong: Miracle Healing From China.** Charles T. McGee & Master Effie Chow. MediPress: ID. © 1994. 254 pages paperback. Available from eastwestqi.com. A simple guide to some basic Qigong principles and exercises. Effie Chow is based in San Francisco and also travels to Toronto to teach and conduct 1:1 healing sessions.

**The Way of Qigong: The Art and Science of Chinese Energy Healing.** Kenneth S. Cohen. © 1997. 427 pages paperback. Gives a thorough historical review. Includes a good section on the *The Energy of the Emotions*.

**Mastering Miracles.** Dr. Hong Liu with Paul Perry. Warner Books: NY. © 1997. 292 pages hardcover. The most inspiring Qigong story I've read. An excellent source of inspiration that healing energy can be collected in the body and directed to heal others with profound results. Inspires my Qigong practice.

**Awaken Healing Energy Through The Tao.** Mantak Chia. Aurora Press: Santa Fe. © 1983. 193 pages paperback. An excellent description of the energy channels in the body, with exercises to learn to channel your own energy for healing and higher consciousness. Mantak Chia has many books that assist with taking the Qigong principles and exercises and applying them as a healer.

### ENERGY MEDICINE II

**\*Wheels Of Light: Chakras, Auras, and the Healing Energy of the Body.** Rosalyn L. Bruyere, Jeanne Farrens. © Apr., 1994 paperback.

**The Chakras.** C.W. Leadbeater. Quest Books: IL. © 1927. 132 pages paperback. Although written many years ago demonstrates that the *new age* is not so new and that we have been aware of the energy systems of the body for much longer than we have been actively using this info in the west. Reprinted by Quest in the 90's.

**Why People Don't Heal and How They Can.** Caroline Myss. Harmony Books: NY, NY. © 1997. 263 pages hardcover. Offers several reasons why people consciously or unconsciously resist healing and how these can be addressed. (Note: Consider that many healers are not addressing the core spiritual reasons for dis-ease that will be addressed in your Energy Medicine Class).

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### EXPANDING YOUR MENTAL/EMOTIONAL BODIES

**Don Juan and The Power of Medicine Dreaming.** Merilyn Tunneshende. Bear & Co: Rochester. ©2002. 223 pages paperback. Any of the books about Don Juan (e.g. author: Carlos Castenada) are excellent to assist your mind in letting go of what it thinks is possible.

Assists in understanding the power of the unconscious, dreaming, and healing through a higher, vibrational awareness.

**Living With Joy: Keys To Personal Power & Spiritual Transformation.** Sanaya Roman. H.J. Kramer: Tiburon, CA. © 1986. 193 pages paperback. This book is very pure channeling. A simple read, yet a powerful message that may be used to raise your vibration for helping others to heal.

**Healing The Soul in the Age of the Brain: Becoming Conscious in an Unconscious World.** Elio Frattaroli. Viking (Penguin): NY. © 2001. 454 pages hard cover. Offers an alternate view on the causes and solutions to mental/psychological conditions. A call to end the *prozac madness* and look toward spiritual recovery to aid mental/emotional breakdown.

### AYERVEDA

**The Book of Ayurveda: A Holistic Approach to Health and Longevity.** Judith H. Morrison. Simon & Schuster: NY. © 1995. 191 pages paperback. Ayurveda is an excellent system to understand in order to be able to quickly read clients vibrationally, especially when their issues appear to focus mainly on the physical level. Ayurveda books by Dr. Robert Svoboda are also excellent classics.

### RECOVERY FROM SEPARATION AND GRIEF

**The Tibetan Book of Living and Dying.** Sogyal Rinpoche. Harper: San Francisco. © 1994. 425 pages paperback. A natural philosophy on the stages of death, demonstrating the thorough nature of the Tibetan tradition.

**The Measure of Our Days: A Spiritual Exploration of Illness.** Jerome Groopman. Penguin: NY. © 1997. A good read for exploring the questions of life and death – illustrates that everyone has their own unique *story* to create through their life.

**\*The Grief Recovery Handbook: A Step-by-Step Program for Moving Beyond Loss.** John W. James & Frank Cherry. Harper & Row: NY. © 1988. Still the best approach to healing and understanding loss. Combine this with the *vibrational* approach you'll learn in this *Energy Medicine Course* and you'll have an effective means to help people move through loss and fundamentally heal change.

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**Good Grief Rituals: Tools For Healing.** Elaine Childs-Gowell. Station Hill Press:N.Y. © 1992. 91 pages paperback. An excellent resource for creating powerful rituals to assist people in recovering from grief and loss.

### **SPIRITUAL BUSINESS PRACTICES**

**\*The E Myth Revisited.** Michael E. Gerber. HarperCollins:N.Y. © 1995,2001. 268 pages paperback. Helps you to think through all the hats you have to wear when running your own business. Allows you to identify what skills you may need to enroll from others to supplement your own. A good resource to help you to consider the difference between a *business* and a *practice*.

**Why Aren't You Your Own Boss?.** Paul and Sarah Edwards & Peter Economy. Prima Publishing:CA. 310 pages paperback. A practical guide to the resources and questions to ask yourself in order to create a successful business.

### **HEALING THE DARK SIDE**

**The Stone of Light.** Christian Jacq. Simon & Schuster: NY. © 2000. 388 pages paperback. This is one of four in a series. Jacq also has a five volume *Ramses* series. I recommend all his books as a good vibrational connection to the spiritual pharaohs of the ancient world. They also demonstrate the conflict between darkness and light and the *rewards* of each choice towards one or the other. Also a good *read*.

### **LIFE PURPOSE**

**Soul Purpose: A Practical Guide For Creating A Life You Love.** Janet Amare. Life On Purpose Publishing: Campbellville ©2001. 133 pages hardcover. A practical, sensitive, and inspiring guide to creating a life of happiness, success and fulfillment.