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Energy Medicine and Healing: An Annotated Bibliography

compiled by Deborah Mayaan

Anthony, Carol K., and Hanna Moog. *I Ching: The Oracle of the Cosmic Way.* Stow, Mass.: Ichingbooks, Imprint of Anthony Publishing Co., 2002.

Restores the original Taoist meanings of the text, and introduces traditional and new methods of working with the I Ching to identify and clear limiting beliefs and thought forms.

Aron, Elaine, N. *The Highly Sensitive Person: How to Thrive when the World Overwhelms You.* New York: Carol Pub. Group, 1997.

Teaches how to work with sensitivity in a positive manner by recognizing its benefits, developing ways to deal with overwhelm, and finding the optimal level of stimulation for you to function at your best.

Becker, Robert. *Cross Currents: The Promise of Electromedicine, the Perils of Electropollution.* Los Angeles: Tarcher, 1990.

Explores scientific basis of energy work, use of electromagnetic energy in healing, and the need to reduce electromagnetic pollution.

Borysenko, Joan. *Fire in the Soul: A New Psychology of Spiritual Optimism.* New York: Warner Books, 1993.

Describes the author's own experiences with the "dark night of the soul," finding healing through deep transformation.

Brennan, Barbara Ann. *Hands of Light: A Guide to Healing Through the Human Energy Field.* New York: Bantam, 1993.

Teaches how to work with the chakras and aura. Includes exercises and study questions; in-depth guide for serious study.

Brennan, Barbara Ann. *Light Emerging: The Journey of Personal Healing.* New York: Bantam, 1993.

Complements Hands of Light; covers the stages of healing, goals of the healer, physician, and therapist, creating a healing plan, healing and relationships, and healing on the level of intention/life purpose.

Bruyere, Roslyn L. *Wheels of Light: A Study of the Chakras*. New York: Simon & Schuster, 1994.

Describes of the functioning of the chakras and techniques for energy healing. Focuses extensively on the first chakra.

Burmeister, Alice, with Tom Monte. *The Touch of Healing: Energizing Body, Mind, and Spirit with the Art of Jin Shin Jyutsu*®. New York: Bantam Books, 1997.

Provides easy-to-follow explanations of theory and instructions for self-help practices.

Burroughs, Tony. *The Code: Ten Intentions for a Better World: Intentions in Action*. Ashland, Ore.: Pass Along Concepts, 2006.

Outlines a course of conduct that transcends spiritual belief systems, including support life, seek truth, set your course, simplify, stay positive, synchronize, serve others, shine your light, share your vision, and synergize.

Burroughs, Tony. *The Intenders Handbook: A Guide to the Intention Process and the Conscious Community*. Hilo, Hawaii: Dolphin Press, 1997.

Introduction to setting intentions yourself or in an intenders circle.

Campbell, Don. *The Roar of Silence: Healing Powers of Breath, Tone & Music*. Wheaton, Ill.: Theosophical Publishing House, 1989.

Teaches theories and exercises for toning-working with healing sound. Abridged version available on audiocassette.

Chan, Luke. *101 Miracles of Natural Healing: ChiLeI™ Qigong*. Videorecording available from www.chilel.com.

Features the first medicineless hospital—one which relies solely on qigong. Teaches several qigong routines.

Chopra, Deepak. *Quantum Healing: Exploring the Frontiers of Mind Body Medicine*. New York: Bantam, 1990.

Discusses meditation as a way for the mind to experience gaps between thoughts which allow the mind to shift into a new way of being. Describes quantum healing as a shift in frequencies, similar to how a violin string can vibrate at a new pitch. Includes interesting discussions of the role of neuro-peptides in the body.

Co, Master Stephen and Eric B. Robins with John Merryman. *Your Hands Can Heal You: Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery from Common Health Problems.* New York: Free Press, 2002.

Emphasizes healing through clearing rather than energizing, with the thinking that removal of blockages lets things flow without the risk of over-energizing an area. Includes highly structured procedures for removing of negative energy picked up while working. . Uses a chakra system that differs from the prevalent one. Includes practices that can be helpful, even if not following the whole pranic healing pathwya, such as exercises for increasing hand sensitivity, pranic breathing to increase energy, direct clearing, meditations, dealing with karmic aspects of illness, and karmic acceleration as part of the spiritual growth process.

Cohen, Ken. *The Way of Qigong: The Art and Science of Chinese Energy Healing.* New York: Ballantine Books, 1997.

Provides history of the development of qigong, scientific studies of its effectiveness, and fundamentals of practice, including meditation and visualization.

Covey, Stephen R. *The 7 Habits of Highly Effective People* [sound recording]. New York: Simon & Schuster Sound Ideas, 1989.

Teaches how to cultivate seven habits for more effectively reaching goals.

Dossey, Larry. *Healing Words: The Power of Prayer and the Practice of Medicine.* San Francisco, Calif.: HarperSanFrancisco, 1993.

Presents scientific studies linking prayer and healing. Discusses methods of prayer with greatest potential for healing.

Dyer, Wayne. W. *The Power of Intention: Learning to Co-create Your World Your Way.* Carlsbad, Calif.: Hay House, 2004.

Teaches theory and practical exercises for connecting to the field of intention, removing obstacles, and putting intention to work.

Eden, Donna, with David Feinstein. *Energy Medicine: Balance Your Body's Energies for Optimal Health, Joy, and Vitality.* New York: Jeremy P. Tarcher/Putnam, 1998.

Explains theories and healing exercises for the chakras, meridians, aura, five rhythms of Chinese medicine, and the strange flows. Also discusses changing one's habit field, dealing with electromagnetic fields, and the roles of pain and illness.

Gerber, Richard. *A Practical Guide to Vibrational Medicine: Energy Healing and Spiritual Transformation.* New York: Quill, 2001, 2000.

Provides an overview of many vibrational modalities. Includes an exercise for calling back the spirit (pp. 92-93), and basic channeling healing energy (pp. 398-402).

Goldstein, Joseph. *Insight Meditation: A Psychology of Freedom*. Boston: Shambhala Publications, 1993.

Addresses issues faced by American meditators.

Grossman, Warren, *To Be Healed by the Earth*. New York: Seven Stories Press, 1998.

Provides a range of exercises for healing through connection with the earth; includes practical instructions for year-round practice in very cold climates. Includes the author's story of transformation through life-threatening illness, and his change of career from psychotherapist to healer.

Hagemann, Anneliese Gabriel. *Dowsing/Divining, the Golden Key to Tapping Energies*. Wautoma, Wisc.: 3 H Dowsing International, 2000.

Introduces basics of dowsing/divining that includes practices for increasing your accuracy.

Hagemann, Anneliese Gabriel, and Doris Katharine Hagemann. *To Our Health: Using the Inner Art of Dowsing in the Search for Health-Happiness-Harmony in Body-Mind-Spirit*. Wautoma, Wisc.: 3 H Dowsing International, 1999.

Provides an extensive set of lists to help dowse for what is out of balance and what is needed to restore harmony.

Hawkins, David R. *Power Vs. Force: The Hidden Determinants of Human Behavior*. Carlsbad Calif.: Hay House, rev. ed. 2002

Presents data about testing the effects of various words on large populations of people, showing that healing concepts and people make all people stronger. Rates the levels of consciousness of ideas and emotional states. Teaches an arm-resistance method of muscle testing.

Ingerman, Sandra. *Medicine for the Earth: How to Transform Personal and Environmental Toxins*. New York: Three Rivers Press, 2000.

Includes practical exercises for self-transformation. Discusses how people going through this preparation process have been able to change the pH of water when working as a group.

International Foundation of Bio-Magnetics. *Bio-Magnetic Touch Healing™*. Tucson, Ariz.: International Foundation of Bio-Magnetics, 2000.

Teaches a very simple hands-on healing technique. As well as a home-study book and video, IFBM centers in Tucson and Honolulu also offer training classes and offer sessions on a donation basis. See <http://www.justtouch.com>

Kohanov, Linda. *Riding Between the Worlds: Expanding Our Potential Through the Way of the Horse*. Novato, Calif.: New World Library, 2003.

Includes stories of transformation achieved by learning the message behind emotions, and provides resource for developing emotional agility—the ability to be aware of an emotion, find the message behind it, use that information to make changes in our lives, and then to let go of the emotion.

Laszlo, Ervin. *Science and the Akashic Field: An Integral Theory of Everything*. Rochester, Vt.: Inner Traditions, 2004.

Describes how what physics calls the Zero Point Field corresponds to ancient wisdom traditions teaching on the Akashic Field, in which all matter, energy, and information in the universe is interconnected. Author also has more extensive works with more information on research and connections to current scientific theories, including general systems theory.

Levine, Peter A., with Ann Frederick. *Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences*. Berkeley, Calif.: North Atlantic Books, 1997.

Provides exercises for releasing trauma and reclaiming the body.

Linn, Denise. *Sacred Space: Clearing and Enhancing the Energy of Your Home*. New York: Ballantine, 1995.

Teaches steps of clearing a space: use of fire, water, air, earth, and sound: placement; and home protectors and energizers.

Linn, Denise. *Space Clearing A-Z: How to Use Feng Shui to Purify and Bless Your Home*. Carlsbad, Calif.: Hay House, 2001.

Introduces a wide range of modalities and tools for clearing and enhancing energy in a space.

Lundberg, Paul. *The Book of Shiatsu*. New York: Simon & Schuster, 1992.

Teaches the basics of Zen shiatsu, for working on yourself and others.

Mayaan, Deborah. *Environmentally Safer Living*. Tucson, Ariz.: Three Points Press, 2000.

Provides resources for environmentally healthier options and creating environmental access; teaches a method of dowsing using the body, which does not appear to be in print elsewhere. Available at: www.deborahmayaan.com. (Note: I now offer an updated/expanded version of the dowsing chapter as a separate document).

Mehl-Madrona, Lewis. *Coyote Healing: Miracles in Native Medicine*. Rochester, Vt.: Bear & Co., 2003.

Discusses the conditions under which miracles occur, and the process of creating space for them through the journey through the medicine wheel. Explores spirit, emotion, body, mind, community, and the power of ceremony.

Motz, Julie. *Hands of Life: An Energy Healer Reveals the Secrets of Using Your Body's Own Energy Medicine for Healing, Recovery, and Transformation*. New York: Bantam Books, 1998.

Tells stories of doing energy work in the operating room. Deals with preparing patients for surgery, saying goodbye to removed organs, working with energetics in the OR. Emphasizes repressed emotions surfacing for healing, including prenatal memories. Discusses theories of correlations between emotions and fundamentals of the universe (time, space), and associated fluids and tissues of primary and defensive emotions.

Myss, Caroline. *Anatomy of the Spirit: The Seven Stages of Power and Healing*. New York: Harmony Books, 1996.

Synthesizes understanding of the chakras from Hindu, Christian, and Jewish Kabbalistic approaches.

Myss, Caroline. *The Energetics of Healing*. Boulder, Colo.: Sounds True Video, 1997. Videocassette (two part).

Helps identify what issues you need to resolve with regard to each of the seven chakras. Includes practical exercises.

Myss, Caroline. *Why People Don't Heal and How They Can*. New York: Harmony Books, 1997.

Discusses obstacles to healing and how to move through them. Introduces the idea of "woundology"--identifying by and making connections based on our wounds or illnesses, versus by our strengths and what we love.

Nhat Hanh, Thich. *The Miracle of Mindfulness: A Manual of Meditation*. Boston: Beacon Press, 1987.

Provides practical meditation instructions.

Oksana, Chrystine. *Safe Passage to Healing: A Guide for Survivors of Ritual Abuse*. New York: Harperperennial, 1994.

Provides a wide range of resources for healing from extreme abuse; perspectives may be helpful for healing from any kind of trauma.

Parenti, Cat. *Healthy Lymph System: A Lay Person's Guide to Lymphatic Drainage*. Premium Source Publishing, 2001.

Explains the basic functioning of the lymph system, and gives instructions for several self-help methods to get lymph flowing optimally.

Pearl, Eric. *The Reconnection: Heal Others, Heal Yourself*. Carlsbad, Calif.: Hay House, 2001.

Discusses a type of healing work that does not involve doing anything for protection or for releasing negative energy, which he sees as fear-based.

Pettis, Chuck. *Secrets of Sacred Space: Discover and Create Places of Power*. St. Paul, Minn: Llewellyn Publishers, 1999.

Covers how to dowse for water and ley lines, theory and methods for creating stone circles and other earth monuments for the purpose of facilitating spiritual experience and healing the earth.

Quan Yin, Amarah. *The Pleiadian Workbook: Awakening Your Divine Ka*. Santa Fe, N. Mex.: Bear & Co, 1995.

Provides instructions for basic grounding, boundary-strengthening, and clearing exercises, followed by Pleiadian Lightwork exercises.

Rosenberg, Marshall B. *Nonviolent Communication: A Language of Compassion*. Del Mar, Calif.: PuddleDancer Press, 1999.

Teaches how to identifying people's feelings and the needs that they are attempting to get met. When the focus is on needs, people find that they can find solutions that meet everyone's needs, rather than engaging in conflicts over strategies.

Rossbach, Sarah, and Lin Yun. *Feng Shui Design : From History and Landscape to Modern Gardens & Interiors*. New York: Viking, 1998.

Introduces feng shui concepts; includes many helpful illustrations.

Seligman, Martin E. P. *Learned Optimism: How to Change Your Mind and Your Life*. New York: Vintage Books, 2006.

Teaches skills that are effective in increasing optimism (and reducing depression), which has beneficial effects on physical health, relationship satisfaction and success at work.

Woods, Walter. *Letter to Robin: A Mini-Course in Pendulum Dowsing*. Oroville, Calif.: The Print Shoppe, 1990; 2001. Booklet available from the American Society of Dowsters 1-800-711-9530. Or download at: <http://www.lettertorobin.org>

Provides basic dowsing instructions. Includes corrections for negative reactions to substances or noxious energies, and instructions for how to not influence your dowsing.

Wright, Machaelle Small. *MAP: The Co-Creative White Brotherhood Medical Assistance Program*. Warrenton, Va.: Perelandra, Ltd., 1990.

Teaches how to set up healing sessions with your personal MAP team. Wright did not coin the term "the white brotherhood" and explains that this phrase was not invented by the group of highly evolved souls of diverse races and genders that are willing to be assistance to all people seeking healing. All of Wright's books also explain how to do a type of muscle testing (kinesiology) that you do on yourself.

Wright, Machaelle Small. *Perelandra Garden Workbook II: Co-Creative Energy Processes for Gardening, Agriculture and Life*. Warrenton, Va.: Perelandra, Ltd., 1990.

Teaches energy processes that are helpful in working with land, or with growing the garden of your life, your health, your business, or anything else. These processes involve an investment in sets of Perelandra flower essences, and in minerals used in balancing. If applying the processes to something other than gardening/agriculture, it is advisable to start by viewing their Video 3: Working with Nature in Soil-less Gardens. <http://www.perelandra-ltd.com>

Wright, Machaelle Small. *Perelandra Microbial Balancing Program Manual*. Warrenton, Va.: Perelandra, Ltd., 1996.

Teaches how to heal through achieving harmony with the microorganisms in and on our bodies, and in buildings, bodies of water, etc., rather than through an adversarial relationship.

Zukav, Gary. *The Dancing Wu Li Masters: An Overview of the New Physics*. New York: William Morrow and Co., 1979.

Introduces quantum physics concepts in non-mathematical terms. This can help in understanding parallels between the new theories in physics and teachings from systems of spiritual healing