Energy Medicine and Healing: An Annotated Bibliography

compiled by Deborah Mayaan

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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.


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.


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


Describes the author’s own experiences with the “dark night of the soul,” finding healing through deep transformation.


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


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.

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


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


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.


Introduction to setting intentions yourself or in an intenders circle.


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


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


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.

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 pathwa, 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.


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


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


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


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


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.


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.*

Addresses issues faced by American meditators.

Grossman, Warren, *To Be Healed by the Earth.*

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.

www.guptaprogramme.com

This book, DVD, and CD set teaches tools for retraining the amygdala, the part of the brain that triggers the fight or flight response. This was the final tool I needed myself to get completely better from chronic fatigue and chemical sensitivities, and I am now a trainee coach helping others get better.


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


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


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.

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.


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.


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.


Provides exercises for releasing trauma and reclaiming the body.


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


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


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

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.


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.


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


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


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.


Provides practical meditation instructions.


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

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


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.


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.


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


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.


Introduces feng shui concepts; includes many helpful illustrations.


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

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


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.


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](http://www.perelandra-ltd.com)


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.


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.

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