

Some Helpful Books in Energy Medicine

Energy Medicine - Donna Eden

This is the classic overview of many forms of energy interventions and energy exercises. Jean Houston called Donna's work, "the most brilliant, comprehensive, and effective system in the genre that I have ever seen."

The Field – Lynne McTaggart

An investigative journalist, McTaggart reveals how we are energy beings and are not distinct and separate from the environment, but "a packet of pulsating power constantly interacting with this vast energy sea." Reads like a detective story.

Vibrational Medicine – Richard Gerber, MD

The #1 handbook of subtle energy therapies for a reason. Gerber was a genius at explaining difficult concepts. The book is written with profound understanding and in simple and readable language.

The Self-Aware Universe – Amit Goswami, Ph.D.

This explanation of quantum physics for lay people is "a model of clarity." He shows the common ground of science and religion, mind and body and our interconnectedness with all of creation from a science background.

The Master Key System – Charles Haanel

Businessman, psychical investigator and bestselling author, Haanel first published this in 1912 as a correspondence course. This is one of the first publications to expound the Law of Attraction and is the main book spoken of in *The Secret*.

Creative Visualization – Shakti Gawaine

One of the most popular books on visualization, now in many printings and including CDs, cards, journals, etc. I found over a dozen variations by Gawaine on Amazon. One of the best simple introductions to the field.

The Biology of Belief – Bruce Lipton, Ph.D.

A most fascinating survey of medicine and cellular biology by a professor of medicine, it explains how our belief systems become embedded in our cellular structure and function. There is also a CD set with Dr. Lipton teaching his discoveries, called *The Wisdom of the Cells*. I highly recommend this CD set, available from Sounds True and Amazon.

Your Body Doesn't Lie – Dr. John Diamond

This is the original little book about body energy and testing. It is an invaluable guide, helping the reader to raise their awareness of their energy body.

Above quotes are from reviews on the books.