

Bibliography of a Journey of Consciousness

Warriors of the Rainbow – William Willoya and Vinson Brown 1962

The first book, besides the Edgar Cayce material, that spoke to a deep place in many of us in the sixties, this little volume is full of Native American prophecies about current times as were the Cayce books.

Warriors of the Heart – Danaan Parry 1991

Thirty years ago this beloved teacher and leader explained a different way of taking on opposition, our own shadow and encouraged us all to do a vision quest. I determined at that time that I would somehow follow this idea and become a warrior for the values I believed.

Plant Spirit Medicine – Eliot Cowan 2014, 1999, 1996

I spent a year of study with Eliot as he wrote the first edition of his book. Our study group learned the fundamentals of the shamanic world, that all things, animate and inanimate, have Spirit within and can be communicated with. The focus of our study were the plants that would help us balance the energy of our clients, particularly their five element causative factor.

Energy Medicine – Donna Eden 2008, 1998

Shortly after being shown this book in 2003 I went to Oregon to study with Donna, and I have never stopped. Her incredible joy and astute clairvoyance connected all the dots in my many energy healing modalities. She teaches practical responses to subtle energetic symptoms.

Earthing – Clint Ober, Stephen T. Sinatra, MD and Marty Zucker 2014

While studying with Donna I participated in a weekend workshop with James Oschman, PhD, who literally wrote the book on the scientific basis of energy medicine. He explained in depth how Earthing works and its many uses in inflammation and anxiety. I became a believer, a practitioner and a proponent of electrically grounding our physical body daily. James wrote the introduction to Earthing.

Power vs Force - David R. Hawkins, MD, PhD 2012, 1985

Dr. Hawkins was my main teacher for many years. The most important thing I got from his teachings was that the power of love was exponentially more powerful than any kind of intellectualism. Instead of trying to get answers and understanding, it is vastly more important to get love operating in your life. Not a lover, Love. Now, how to do that? Next!

The Heartmath Solution, and, Heart Intelligence Doc Childre and Howard Martin, 1999 & 2016

The second book, Heart Intelligence is much easier to read and follow. The science is solid, the heart really is the most important energetic center of the body! I facilitated two different groups based on this material and our results were outstanding.

The Power of Eight – Lynne McTaggart 2017

Take all of the above, practice it in a group and see what happens! For two years we met once a week and practiced lovingkindness to ourselves and others in a meditative way. Our results were wonderful and the practice is now my path. Let's take it to warrior level!

Outrageous Openness: Letting the Divine Take the Lead – Tosha Silver 2016

The title says it all. When you are ready to surrender to the Love of the Divine, your life becomes outrageous! Her teachings on the Divine Warrior are inspirational.