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Healing Touch Program Recommended Reading List

Purpose: The booklist was compiled to support the Healing Touch students, apprentices, and practitioners, as well as to provide information helpful in understanding the theories and principles behind the work of Healing Touch.

*Janet Mentgen's Recommended Books

Healing Touch Course Work

- The Subtle Body: An Encyclopedia of Your Energetic Anatomy. Dale. (2009)
- *Hands of Light: A Guide to Healing Through the Human Energy Field. Brennan. (1988)
- Joy's Way, A Map for the Transformational Journey: An Introduction to the Potentials for Healing with Body Energies. Joy (1979)

Energy Medicine/Holism

- Anatomy of the Spirit: The Seven Stages of Power and Healing. Myss (1997)
- Consciousness and the Source of Reality. Jahn, Dunne. (2011)
- The Creation of Health: The Emotional, Psychological, and Spiritual Responses That Promote Health and Healing. Myss, Shealy, (1998)
- Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self. Judith (2004)
- Energy Anatomy, Audio CD. Myss.Sounds True; CD & Sg edition (2002)
- Energy Healing: The Essentials of Self-Care. 2013. Chiasson.; Weil. (Foreword)
- Energy Medicine: The Scientific Basis. Oschman (2000)
- Healing Touch: Essential Energy Medicine for Yourself and Others. Hover-Kramer. (2011)
- Esoteric Healing: A Treatise on the Seven Rays. Bailey (1953)
- Holistic Nursing: A Handbook for Practice. Dossey. 4th edition (2004)
- Intuitive Self-Healing: Achieve Balance and Wellness through the Body's Energy Centers. Manuchehri. (2012)
- Letting Go: The Pathway of Surrender. Hawkins. (2014)
- Light Emerging: The Journey of Personal Healing. Brennan. (1993)
- Pendulum Power: A Mystery You Can See, A Power You Can Feel.Nielsen, Polansky. (1987)
- Spiritual Alchemy: How to Transform Your Life. Page (2005)

- Spontaneous Evolution: Our Positive Future and a Way to Get There From Here. Lipton and Bhaerman (2010)
- The Anatomy Coloring Book. (3rd Edition). Kapit, Elson (2001)
- The Art of Healing: Uncovering Your Inner Wisdom and Potential for Self-Healing. Siegel, (2013)
- The Biology of Belief: Unleashing the Power of Consciousness. Lipton (2007)
- The Bond: Connecting through the Space between Us. McTaggart (2011)
- The Emotion Code. Nelson (2007)
- The Energy Cure. Bengston (2010)
- The Healing Path: A Soul Approach to Illness. Barasch (1995)
- The Intention Experiment: Using Your Thoughts to Change Your Life and the World. McTaggart (2008)
- The Hidden Messages in Water. Emoto (2005)
- The Power of the Mind to Heal. Borysenko, Borysenko. (1995)
- The Secret Language of Your Body: The Essential Guide to Health and Wellness. Segal; Siegel. (Foreword) (2010)
- The Spiritual Power of Empathy: Develop Your Intuitive Gifts for Compassionate Connection. Dale (2014)
- The Subtle Body Practice Manual. Dale (2014)
- Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies. Gerber. 3rd ed. (2001)
- Wheels of Life: A User's Guide to the Chakra System (Llewellyn's New Age Series) Judith (1999)
- Wheels of Light: Chakras, Auras, and the Healing Energy of the Body. Bruyere. (1994)

Additional Books for Continuing Study: Energy Medicine/Holism

- Caring Science as Sacred Science. Watson. (2004)
- Energetic Approaches to Emotional Healing (Nurse As Healer Series). Hover-Kramer, Shames (1996)
- Hands of Life: Use Your Body's Own Energy Medicine for Healing, Recovery, and Transformation. Motz. (2000)
- Invisible Helpers. C. W. Leadbeater The Theosophical Publishing Society, London; Third Reprint, (1912)
- The Energetics of Healing. DVD. Myss. (2004)

Quantum Physics

- * The Field: The Quest for the Secret Force of the Universe. McTaggart (2003)
- The Body Electric: Electromagnetism and the Foundation of Life. Becker, Selden. (1998)
- Dancing Wu Li Masters: An Overview of the New Physics. Zukav (2001)
- Energy Medicine in Therapeutics and Human Performance. Oschman. (2003)
- Molecules of Emotion: The Science Behind Mind-Body Medicine. Pert (1999)
- Quantum Healing: Exploring the Frontiers of Mind/Body Medicine. Chopra (1990)
- Quantum Reality: Beyond the New Physics. Herbert (1987)
- The Holographic Universe. Talbot (1992)

- The Quantum Doctor: A Quantum Physicist Explains the Healing Power of Integral Medicine. Goswami; Foreword by Chopra (2011)
- New Physics of Healing. Audio CD. Chopra. Sounds True (2002)

Spiritual Development

- All is Well. Hay & Schulz (2014)
- Called Into Healing: Reclaiming Our Judeo-Christian Legacy of Healing Touch, 2nd edition. Linda L Smith (2006)
- Fire in the Heart: Healers, Sages, and Mystic. Markides (1992)
- Healing from the Heart: A Guide to Christian Healing for Individuals and Groups .Graham (1998)
- Healing Words. Dossey. (1997)
- Homage to the Sun: The Wisdom of the Magus of Strovolos. Markides (1988)
- Sacred Mirrors: The Visionary Art of Alex Grey. Grey, Wilber, & McCormick (1990)
- The Art of Empathy: A Complete Guide to Life's Most Essential Skill. McLaren (2013)
- The Path of Transformation. Gawain Revised edition. (2000)
- The Power of Now: A Guide to Spiritual Enlightenment. Tolle (2004)
- The Sacred Purpose of Being Human. Small (2005)
- The Seat of the Soul. Zukav. (1990)
- Spiritual Madness: The Necessity of Meeting God in Darkness. Audio CD Myss. Sounds True. (2002)
- The Chakras. Leadbeater (1973)
- Chakra and the Human Energy Fields. Kragulla, Gelder Kunz (2002)
- The Gift of Change: Spiritual Guidance for Living Your Best Life. Williamson (2006)
- The Uncommon Touch. Harpur (1995)
- Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice. Artress (2006)
- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life. Kabat-zinn. (2005)

Additional Books for Continuing Study: Spiritual Development

- Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life. Moore (1994)
- Love and Survival: The Scientific Basis for the Healing Power of Intimacy. Ornish (1999)
- The Miracle of Mindfulness. Nhat Hanh (1999)
- Serving Humanity: A Compilation. Bailey (1999)
- The Healing Gifts of the Spirit. Sanford (1984)
- The Healing Power of Prayer. Meehan (1988)

Professional Development

- Angel Detox: Taking Your Life to a Higher Level through Releasing Emotional, Physical, and Energetic Toxins. Virtue and Reeves (2015)
- Angels of Abundance: Heaven's 11 Messages to Help You Manifest Support, Supply, and Every Form of Abundance. Virtue and Virtue (2014)

- Assertiveness for Earth Angels. Virtue (2014)
- A Return to Love: Reflections on the Principles of "A Course in Miracles". Williamson (1996)
- Becoming the Healer: The Miracle of Brain Injury. Schlag (2012)
- The Bodymind Workbook: Exploring How the Mind and the Body Work Together. Shapiro (1990)
- Born to Serve: The Evolution of the Soul through Service. Trout (1997)
- Business Mastery: A Guide for Creating a Fulfilling, Thriving Business and Keeping it Successful. 3rd edition. Sohnen-Moe. (1997)
- Creating Affluence: The A-to-Z Steps to a Richer Life. Chopra, Carlson (1998)
- Creative Imagery for Nurse Healers: Nurse as Healer Series. Shames. (1995)
- Don't Let Anything Dull Your Sparkle. Virtue (2015)
- Essential Guide for Healers. Audio CD. Myss (2006)
- Feelings Buried Alive Never Die. Truman (1991)
- Heal Your Body, 4th edition. Hay. (1984)
- Healers on Healing: New Consciousness Reader. Carlson (1989)
- Inspiration: Your Ultimate Calling. Dyer (2006)
- Mirror Work: 21 Days to Heal Your Life. Hay (2016)
- Profiles of Nurse Healers. Keegan, Dossey (1997)
- The Extraordinary Healing Power of Ordinary Things: Fourteen Natural Steps to Health and Happiness. Dossey (2006)
- The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing. Guarneri (2007)
- The Healer Within. Jahnke. (1999)
- The Power of Intention. Dyer (2005)
- The Spiritual Entrepreneur. Morgen. (2008)
- *The 7 Habits of Highly Effective People. Covey (2004)
- *Wishcraft: How to Get What You Really Want, 2nd ed. Gottlieb (2003)
- You Can Heal Your Life. Hay (1984)

Additional Books for Continuing Study: Personal/Professional Development

- Excuse Me, Your Life Is Waiting: The Astonishing Power of Feelings. Grabhorn (2003)
- Nanda Nursing Diagnoses: Definitions and Classification 2005-2006 (Nanda Nursing Diagnosis). Nanda Staff (no publisher information is available) (2004)
- Principle-Centered Leadership. Covey (1992)
- Spiritual Economics: The Principles and Process of True Prosperity, 3rd ed. Butterworth (2001)
- The Path to Love: Spiritual Strategies for Healing. Chopra (1998)
- Your Sixth Sense: Unlocking the Power of Your Intuition. Naparstek (1998)

Journaling

- The Artist's Way: A Spiritual Path to Higher Creativity, 10th Anniversary Edition. Cameron (2002)
- *Journal to the Self: Twenty-Two Paths to Personal Growth - Open the Door to Self-Understanding by Reading, Writing, and Creating a Journal of Your Life. Adams (1990)
- *Journal to the Soul: The Art of Sacred Journal Keeping. Offner (1996)
- *Life's Companion: Journal Writing as a Spiritual Practice. Baldwin (1990)

- *The Nurse's Meditative Journal: Nurse as Healer Series. Kahn (1995)
- *The Creative Journal: The Art of Finding Yourself, 2nd revised edition. Capacchione (2001)
- The Power of Your Other Hand: A Course in Channeling the Inner Wisdom of the Right Brain. Capacchione (2001)
- The Well Being Journal: Drawing upon Your Inner Power to Heal Yourself .Capacchione (1989)
- Visual Journaling: Going Deeper Than Words. Ganim (1999)
- Writing Down the Bones: Freeing the Writer Within. Goldberg (2006)
- Writing Down Your Soul. Conner. (2009)

Ethics

- Creating Healing Relationships: Professional Standards for Energy Therapy Practitioners, Hover-Kramer (2011)
- The Ethics of Touch: The Hands-on Practitioner's Guide to Creating a Professional, Safe and Enduring Practice. Sohlen-Moe, Benjamin (2004)
- Ethics for the New Millennium. The Hon. Dalai Lama (2001)