

Rich Stammler's Reference List

(I welcome questions and comments:

write to Rich Stammler at rstammler@gmail.com or call me.)

www.QuantumRegressionTherapy.com

New Age/New Science (other than physics and cosmology)

Arntz, W., Chasse, B., & Hoffman, M. (2004). *What the bleep do we know?* Beverly Hills, CA: Twentieth Century Fox Home Entertainment. An excellent film on the impact of the new science and our understanding of our world.

Bache, C. M. (2000). *Dark night, early dawn: steps to a deep ecology of mind*. Albany, NY: State University of New York Press. If you have read and puzzled over Grof's transpersonal therapy technique, Robert Monroe's description of inner reality in his three books, and the sometimes arcane but often insightful writings of Ken Wilber, Bache, who is a professor of religious studies at Youngstown State University, writes beautifully and insightfully integrating these three transpersonal worldviews and introduces the concept of the species mind/soul that is a part of each of us and arises often in transpersonal therapy. Interesting work.

Chopra, D. (1989). *Quantum healing*. New York: Bantam Books. Deepak Chopra is one of the first and most successful at translating the impact of quantum mechanics and the new science to healing and, reconciling Eastern healing traditions with the Western. This was one of his first best sellers. Also get your hands on some of his addresses to professional groups such as ATP.

Chopra, D. (1991). *Perfect health*. New York: Harmony Books.

Chopra, D. (2004). *The Book of secrets*. New York: Three Rivers Press.

Chopra, D. (Speaker). (1989). *New physics of healing, A New Medical Model*, Cassette Recording. Boulder, CO: Sounds True. Excellent presentation with a detailing of powerful studies.

Delaney, G. (1998). *All about dreams*. San Francisco, CA: Harper San Francisco. An excellent presentation of dreaming and how to incubate a dream.

DiCarlo, R. E. (ed.) (1996). *Towards a new world view: conversations at the leading edge*. Erie, PA: Epic Publishing. Most of the big names of new age, forward thinking, and the new paradigm are in this edited work. Great reading and thinking.

Gilbert, M. (Ed.) (2008). *The 2008 shift report: changing the story of our future*. Petaluma, CA: The Institute of Noetic Sciences. This is the second annual report and details exciting research across all disciplines to describe the evolution of human consciousness. Superb – you will love reading it.

Hapgood, C. H. (1999). *Path of the poles* (2nd Ed.). Kempton, IL: Adventures Unlimited Press. (Originally published 1958 under the title, *The Earth's Shifting Crust*). Hapgood developed the idea that periodically the Earth's magnetic poles shift which is a generally accepted fact. What is not generally accepted is Hapgood's

idea that this happened at times very suddenly causing rapid climate change over specific areas of the globe. His ideas were developed enough that he sent them to Einstein who wrote him back that he thought the ideas intriguing and warranted further study.

- Hapgood, C. H. (1996). *Maps of the ancient sea kings*. Kempton, IL: Adventures Unlimited Press. (Originally published 1966) Why would accurate maps exist that show America both north and south before that land was discovered? Why would an ancient map accurately show Antarctica under the ice sheet which was not mapped with penetrating radar during the last 30 years? The Piri Re'is Map shows all of this and is explored in detail by Charles Hapgood, professor at Keene State College, challenged his students to explain the geography of this early map which he believes was copied from ancient map sources.
- Harman, W. (1988). *Global mind change: the promise of the last years of the twentieth century*. Indianapolis, IN: Knowledge Systems, Inc. This is one of several books that speak to a global shift in consciousness. Harman is the president of the Institute of Noetic Sciences, an organization dedicated to "expanding the knowledge of the nature and potentials of the mind and applying that knowledge to the advancement of health and well-being for humankind and the planet." The book is well articulated and provides new insights.
- Harman, W. & Sahtouris, E. (1998). *Biology Revisioned*. Berkeley, CA: North Atlantic Books. Systems theory, quantum mechanics, and information theory is working a revolution in thinking about all of reality. This describes the theoretical exploration of the implications of these new directions in biology, evolution, and the holon, very good read.
- Huxley, A. (1944). *The Perennial philosophy*. New York: Harper & Row Publishers. An excellent historical reference on new age thinking.
- Krippner, S., Bogzara, F. & de Carvalho, A. P. (2002) *Extraordinary dreams and how to work with them*. Albany, NY: State University of New York Press.
- Kuhn, T. S. (1970). *The Structure of scientific revolutions* (2nd Ed.) Chicago, IL: The University of Chicago Press. Very left brained but excellent discussion of the nature of the scientific process, discoveries, revolutions in thought and the biases attendant with them. Very illuminating.
- Kurzweil, R. (1990). *The Coming merging of mind and machine*. Retrieved June 24, 2007, from <http://www.kurzweilai.net/articles/art0063.html?printable=1>
- Kurzweil, R. (2001). *The Law of accelerating returns*. Retrieved June 25, 2007 from <http://www.kurzweilai.net/meme/frame.html?main=/articles/art0134.html>. Kurzweil is not new age but he is a famous futurist. This is a must read for those who want to understand the acceleration in technology and the implications of that trend, about 60 pages with some astounding charts.
- LaBerge, S. 2004. *Lucid dreaming: A Concise guide to awakening in your dreams and in your life*. Louisville, CO: Sounds True. This is the distillation of years of research and work at his Stanford Clinic. An excellent how to book that is very well written.

- Lewin, R. (1999). *Complexity; Life at the edge of chaos*. Chicago, IL: University of Chicago Press (2nd Ed). This book represents one of the many efforts to integrate the new science of chaos into an explanation of how order is an intrinsic property of complex systems like biological systems. This is one of the disciplines that upset the Newtonian-Cartesian applecart (pun intended).
- Lighthill, J. (1986). The recently recognized failure of predictability in Newtonian dynamics. *Mathematical and Physical Sciences* 407, Issue 1832, 35–48. A most extraordinary paper where this one time occupant of the Isaac Newton chair at Cambridge University (ironically) publically apologizes for the corrosive effect of Newtonian theory on every aspect of our culture. In essence he says that complexity, or chaos, theory has supplanted the Newtonian paradigm.
- Lipton, B. H. (2005). *The Biology of belief: unleashing the power of consciousness, Matter, & miracles*. Santa Rosa, CA: Mountain of Love/Elite Books. There is a rapidly growing body of work that details thought in the cells and evolution as a response to the environment (epigenetics). Bruce Lipton details this trend in this popular book.
- Mishlove, J. (1993) *Roots of consciousness: psychic exploration through history, science and experience*. (Rev. ed.) New York: Marlowe & Company. First published 1975. A definitive work on the breadth of parapsychology and its history. Very well done.
- Myss, C. (2001). *Energy anatomy: The Science of personal power, spirituality, and health*. Computer Disks 1-9. Boulder, CO: Sounds True. For an excellent and entertaining (modern) view of the chakras – this work is unmatched.
- Myss, C. & Shealy, C. N. (1988). *The Creation of health: the emotional, psychological, and spiritual responses that promote health and healing*. New York: Three Rivers Press. This work develops the concept of illness that Dethlefsen articulated. Shealy provides the medical case and Myss develops the transpersonal case for illness.
- Pert, C. (1997). *Molecules of emotion: the science behind mind-body medicine*. New York: Scribner. Pert is a research professor at Georgetown University. The best scientific evidence that mind exists throughout the body and there is such a thing as cellular memory. It also details marvelous insight into the politics of scientific laboratories.
- Powell, D. H. (2009). *The ESP enigma; the scientific case for psychic phenomena*. New York: Walker & Company. It is appropriate that Powell is listed with Dean Radin. Whereas Radin is a scientist Powell is a psychiatrist with excellent credentials. She explains the neurological correlates of ESP, similarities with various normal and abnormal mental states/conditions and what they reveal about ESP in the brain, and here theory based on all that called the M[©]bis Mind.
- Radin, D. (2006). *Entangled minds: extrasensory experiences in a quantum reality*. New York: Paraview Pocket Books. Radin picks up where his previous book, *The Conscious Universe*, leaves off. His mind is incisive and in his book reaches important new conclusions.
- Radin, D. (1997). *The Conscious universe: the scientific truth of psychic phenomena*. New York: HarperCollins Publishers. Dean Radin has dedicated his professional life to parapsychology. In this book he culminates all the research to date (and some that

is not research but historical data) and accomplishes some original research mostly in the form of metaanalysis which powerfully verifies the scientific conclusions that parapsychological phenomena are real and begs for a theoretical construct that explains the phenomena. Fascinating and extremely well presented material. He does an excellent job of detailing the many issues entailed in the skeptics' response to this body of knowledge.

Reynolds, B. (2004). *Embracing reality: the integral vision of Ken Wilber*. New York: Jeremy Tarcher. Ken Wilber is the foremost philosopher developing a beautiful rubric that embraces both Eastern and Western philosophies. Very useful. Until you get his terminology (as is usually the case) he can be tough sledding but the work is worth the effort.

Roberts, J. (1972). *Seth speaks: The Eternal validity of the soul*. San Rafael CA: Amber-Allen Publishing. If you have never read channeled material, or have never read Seth, try this. Seth is in my view the singularly best quality channeled material in existence. Many of our great thinkers and scientists (although many won't acknowledge it) have read this material and are incorporating much of it into their world view. Judge the material not by its purported source but by the quality of the thoughts. There is much to be gained by it. Call/e-mail me if you want to talk about this.

Roman, S. & Packer, D. (1987). *Opening to channel: how to connect with your guide*. Tiburon, CA: H J Kramer, Inc. There are many poor books available on channeling. This is one of the best if you want to enter this realm of reality.

Schwartz, G.E. (2002). *The Afterlife experiments: breakthrough scientific evidence of life after death*. New York: Pocket Books. OK, I never thought I would see a serious researcher (with credentials) take on this one. This is a book about the scientific attempt to ascertain whether psychics can communicate with the deceased. It is interesting to see how this Harvard PhD, and one-time Yale professor attempts to establish some rigor in psychics' attempts to contact the deceased of the experimental subjects.

Schwartz, G.E. & Russek, L.G. (1999). *The Living energy universe: a fundamental discovery that transforms science and medicine*. Charlottesville, VA: Hampton Roads Publishing, Inc. There are a number of theories that come out of advances in scientific thinking one is systems theory, which is what this book is about. The conclusions are startling and the implications could not be more profound. Does the electron have memory – see the research at the end. This is worth digesting.

Schwartz, T. (1995). *What Really Matters, searching for wisdom in America*. New York: Bantam Books. Schwartz is a journalist who like many of us initiated a quest. In the process he met with most of the luminaries in the psychology and new age arena. By putting the segments of the threads together and revealing many of the personal stories of these individual, he does a great service to the understanding of the path of modern psychological (and transpersonal) thinking. Very readable and insightful.

Sheldrake, R. (2009). *Morphic resonance: the nature of formative causation* (4th ed.). Rochester, VT: Ed. Park Street Press. The latest extensively revised edition to the work started nearly 30 years ago titled as *A New Science of Life*. This theory has

more traction than it did before and the experimental results are interesting. Also, an interesting story of the acceptance of new ideas in science.

- Sheldrake, R. (1981). *A New science of life*. Rochester, VT: Park Street Press.
Groundbreaking book which established the idea of morphic resonance, which states that biological species form habits that are shared. The popular version of this is the 100th monkey story.
- Schrödinger, E. (1967). *What is life?* New York: Cambridge University Press. Most (if not all) of the original explorers of quantum physics, the fathers if you will, wrote about their journey, often in mystical terms. This one by Schrödinger doesn't go that far but is an interesting explanation of the niche of physical parameters that allowed life as we know it to be supported.
- Smith, S. (1974). *The Book of James (William James, that is): conversations from beyond*. San Jose, CA: to Excel. There are three channeled works that purport to channel William James the noted Harvard psychologist. One is a part of the great volume of material created by (or through) Jane Roberts [see below] and the other is through this Channel. The sophistication of the material differs considerably but the concepts are similar and interesting.
- Strauss, W. & Howe, W. (1997). *The Fourth turning: what the cycles of history tell us about America's next rendezvous with destiny*. New York: Broadway Books. The authors, historians and Howe an economist, describe a unique generational cycle that they identify is a characteristic of many societies across the globe. In their analysis and careful exposition they detail four generational archetypes that form a repeating cycle of worldviews and cultural visions that shape our social, political and cultural reality. These cycles form predictable patterns that have repeated themselves several times in the American historical milieu. One part of the cycle, the fourth turning between generations is a period of crisis, destruction of social structures and a recreation of those institutions. We are approaching that cycle (or are in it) now. Well worth the read and thought.
- Swann, I. (1991). *Everybody's guide to natural ESP: unlocking the extrasensory power of your mind*. New York: Jeremy Tarcher. Swann does a good job where others fail. He explains the how and the why of psychic powers with some practical suggestions. Very useful if your goal is to foster your remote viewing potential.
- Talbot, M. (1991). *The Holographic universe*. New York: HarperCollins Publishers Inc. An early, powerful book on this concept. It overreaches a bit but well worth the read.
- Talbot, M. (interview) (1999). *Physics of the mind: Holographic realities*. No. 2256. Ukiah, CA: New Dimensions.
- Tart, C. T. (Ed.). (1972). *Altered states of consciousness*. New York: Anchor Books. One of the first academic works on transpersonal psychology (this was the year the Association of Transpersonal Psychology was formed). Many of the seminal minds are included in this work.
- Tart, C. T. (Ed.). (1975). *Transpersonal psychologies*. New York: Harper & Row

Publishers, Inc.

Tiller, W. A. (1997). *Science and human transformation: subtle energies, intentionality and consciousness*. Pavior: Author. This is a Professor Emeritus from the Stanford Applied Physics Department. Tiller is doing hard-nosed rigorous scientific experiments to show that the subtle reality exists and the effects can be measured. As a result Tiller posits a ten-dimensional reality, very important work.

Waggoner, R. (2009). *Lucid dreaming: gateway to the inner self*. Needham, MA: Moment Point Press. Robert is a friend who has done a magnificent job of probing the meaning of the dream state and that very unusual experience the lucid dream state. Well written and very readable, highly recommended.

Wilber, K. (Ed.). (1982). *The Holographic paradigm and other paradoxes; exploring the leading edge of science*. London: Shambhala.

Wilber, K. (1983). *Eye to eye; the quest for a new paradigm*. Boston, MA: Shambhala Publications, Inc.

Wilber, K. (1996). *A Brief history of everything*. Boston, MA: Shambhala Publications, Inc. Wilber provides a rubric to classify all of reality. A unique intellectual work.

Wilber, K. (2006). *Evolving spirituality*. New Dimensions Media, Program #3198. MP3 download from <http://www.newdimensions.org> March 15, 2008.

Wilber, K. (2006). *The Integral perspective*. New Dimensions Media, Program # 3197. MP3 download from <http://www.newdimensions.org> March 15, 2008.

Wolf, Fred Alan. (1987). *The Physics of dream consciousness: Is the lucid dream a parallel universe?* Second Lucid Dreaming Symposium Proceedings/ Lucidity Letter 6, no. 2.

Zweig, C. & Abrams J. (Eds.). *Meeting the shadow: the hidden power of the dark side of human nature*. Los Angeles, CA: Jeremy P. Tarcher, Inc. Many excellent articles by leading transpersonal thinkers to expand on Jung's concept of the shadow.

Cosmology/Quantum Mechanics/Basic Physics

Abbott, E. A. (1884/1992) *Flatland: a romance of many dimensions*. New York: Dover Publications, Inc. This is a somewhat whimsical approach to explaining higher dimensions by detailing the life of two dimensional beings. This was the first to try to do this – charming and revealing.

Aspect, A., Grangier, P., & Roger, G. (1982). Experimental realization of Einstein-Podolsky-Rosen-Bohm gedankenexperiment: A new violation of Bell's Inequalities. *Physical Review Letters*, 49, Issue 2, 91–94. This is the first experiment that famously proved the resolution to the EPR paradox and non-locality.

Capra, F. (1991) *The Tao of physics*. (3d Ed.) Boston, MA: Shambhala Publications, Inc.

First published in 1975, this is one of the seminal works in tracing the impact to our view of reality from the new physics. A powerful work.

Capra, F. (1982) *The Turning point: science, society, and the rising culture*. New York: Bantam Books.

Einstein, A., Podolsky, B., & Rosen, N. (1935). Can quantum-mechanical description of physical reality be considered complete? *Physical Review* 47, 777. This is the famous paper that initiated discussions ultimately leading to the formulation of the test that proved forever the principle of non-locality. As a result an understanding of a fundamental part of our reality has been radically transformed.

Everett, III. H. (1957). 'Relative state' formulation of quantum mechanics. *Reviews of Modern Physics*, 29, 454–462. This is the dissertation that proposed the radical many worlds theory of quantum mechanics, its radical implications are more recently becoming increasingly accepted.

Feynman, R. P. (1995). *Six easy pieces*. Reading, MA: Perseus Books. Richard Feynman has been described as the logical protégé to Einstein. This unconventional physicist won a Nobel prize for his ground breaking work on Quantum Electro Dynamics. When MIT had falling participation in their undergraduate physics course, Feynman agreed to teach one year. This book and a companion tape set are the legacy of that year. These are excellent. The last lesson is on quantum mechanics and is very good (particularly in the audio version).

Feynman, R. P. (1997). *Six not so easy pieces*. Reading, MA: Addison-Wesley. This set is on relativity and quantum dynamics. This is very good (and I am not math oriented.)

Feynman, R. P. (1998) *QED: The strange theory of light and matter*. Princeton, NJ: Princeton University Press. Very readable and some clever explanations of phenomena such as, why does oil on water produce colors?

Folger, T., (2001) Physics' best kept secret [Electronic version]. *Discover*, 22:9.

Glick, J. (1987) *Chaos: making a new science*. New York: Penguin Books. A paradigm breaking book that ushered in the world of fractals, strange attractors, chaos theory and the famed butterfly effect, very readable.

Goswami, A. (1993). *The Self-aware universe: how consciousness creates the material world*. New York: Jeremy P. Tarcher. Of the epiphenomenalism vs. idealistic monism (Goswami's terms), he details very well why and how all of reality arises out of consciousness.

Greene B. (2000). *The Elegant universe: Superstrings, hidden dimensions, and the quest for the ultimate theory*. New York: Vintage. Greene presents the best case anywhere for string theory.

Greene B. (2004). *The Fabric of the cosmos; space time and the texture of reality*. New York: Alfred A. Knopf.

Guth, A. H. (1997). *The Inflationary universe: The Quest for a new theory of cosmic*

origins. Jackson, TN: Perseus Books. Allan Guth's work is getting mainstream and sets the stage for an infinity of universes. In his words, "where in nature do you find one of anything?" His theories explain aspects of the structure of the universe that were not well explained to date. Recent scientific satellite systems have confirmed his ideas. An excellent and very readable book.

Herbert, N. (1993). *Elemental mind: human consciousness and the new physics*. New York: Dutton. One of the theoretical physicists that interpret mind as collapsing the quantum wave function into "real" events and objects. This book is an exploration of consciousness. Worth the read.

Herbert, N. (1985). *Quantum reality: Beyond the new physics*. New York: Doubleday. Very good treatment of the topic. Explains the many thought, as well as actual, experiments that revolutionized this field. One of the first works to do so.

Kaku, M. (1994). *Hyperspace: a Scientific odyssey through parallel universes, time warps, and the 10th dimension*. New York: Doubleday. Kaku does a wonderful job of detailing the search for additional dimensions, culminating in the discipline he promotes, string theory. He reveals how closely we have come in the scientific community to accepting the idea of additional dimensions to our reality, an excellent discussion.

Lightman, A. (1994). *Einstein's dreams*. New York: Warner Books. This is a delightful little book that details many interesting ways that time could express itself in parallel realities.

Livio, M. (2000). *The Accelerating universe: Infinite expansion, the cosmological constant, and the beauty of the cosmos*. New York: John Wiley & Sons Inc. Mario Livio is the Head of the Science Division at the Space Telescope Science Institute which governs the scientific work on the Hubble Space Telescope.. This covers current thought about cosmology, particle physics, string theory, as well as quantum mechanics, relativity, and other powerful concepts in physics to show how they structure the current view of physical reality. The concepts are well presented and a good read for an overview.

Stapp, H. P. (1993). *Mind, matter, and quantum mechanics*. Berlin, Germany: Springer Verlag. One of the original works by Stapp to tie a theory of quantum mechanics into a theory of consciousness. Provides his views of the many traditional experiments, thought experiments and important works in quantum mechanics.

Steinhardt, P. J. & Turok, N. (2007). *Endless universe: Beyond the big bang*. New York: Doubleday. Steinhardt and Turok are string theorists. They present the case in this book that the big bang theory as presented in Guth's inflationary model, which is the dominant model presently for the creation and structure of the universe, is a patchwork of ideas modified regularly to take in radically new data like dark energy and dark matter, and the case that a much more elegant theory is presented by string theory in the form of two universes (branes) that collide causing the big bang over and over in an endless series. The reading is an interesting intellectual exercise.

Van Flandern, T. (1993). *Dark matter missing planets & new comets: paradoxes resolved origins illuminated*. Berkeley, CA: North Atlantic Books. A Yale PhD and lead

astronomer for the Navy Observatory in Washington D.C., Van Flandern is the quintessential non-conventional thinker. In this book he details his many views of the fundamental action of gravity, has a very good description about orbital mechanics (his specialty and counter-intuitive), artificial structures on Mars, and the origin of life on Earth as well as a refutation of the Big Bang. The exercise of going through his ideas taught me much.

Wolf, F. A. (1988). *Parallel universes: the Search for other worlds*. New York: Simon & Schuster. Theoretical physicist Fred Allen Wolf is an out of the box thinker his books are fully in the new age genre and are interesting and fun.

Wolf, F. A. (1994). *The Dreaming universe*. New York: Simon & Schuster.

Zukov, G. (1979). *Dancing wu li masters: An overview of the new physics*. New York: Harper Collins. One of several forward thinkers to express the implications of quantum mechanics and the new physics on our understanding of reality.

Transpersonal Psychology/Therapy

Baldwin, W. J. (2003). *Healing lost souls: releasing unwanted spirits from your energy body*. Charlottesville, VA: Hampton Roads.

Baldwin, W. J. (2003). *Spirit releasement therapy: a techniques manual*. (2nd ed.). Terra Alta, WV: Headline Books, Inc. This is the most comprehensive definitive work on spirit releasement.

Baldwin, W. (1999). *CE-VI close encounters of the possession kind: Interference from the extraterrestrials among us*. Terra Alta, VA: Headline Books, Inc. Bill Baldwin has ventured into an arena that few dare travel. It is the world of possession by non-earth entities and their influence over those they impact. Includes discussion on how to rid the client of them and the implants associated with them. Fascinating work.

Bowman, C. (2003). *Entities among us: unseen forces that affect our daily lives*. Nevada City, CA: Blue Dolphin Publishing, Inc.

Bowman, C. (1997). *Children's past lives: how past life memories affect your child*. New York: Bantam. Excellent treatment and discussion of childhood reincarnational experiences.

Cheek, D. B. (1991) Spiritual explorations lecture series. (Computer Disk) "Vol. 1: Dr. David B. Cheek and the Near Birth Experience," Track 6. 2006 Loving healing Press and AMI/TIRA. An insightful series of lectures from 1991 that reveals the great forward thinker and practitioner that Cheek was.

Cheek, D. B. (n. d.). *Hypnosis and birth imprinting*. (VHS Video Tape). Publisher: David Cheek: MD. Initially an obstetrician by profession, one of the first to regress to the birth process for healing during hypnotherapy. See also Morris Netherton on this interesting approach to healing.

- Crabtree, A. (1997). *Trance zero: the psychology of maximum experience*. New York: St. Martin's Press. This Toronto psychotherapist assesses the various trance states that make up our daily lives. There are new insights in his analysis.
- Crabtree, A. (1985). *Multiple man: exploration in possession and multiple personality*. Toronto, Canada: Collins Publishers. What Crabtree does in this book is one of the earliest systematic treatments of multiple aspects of self and aspects in the personality that are not self. He begins with the old cases of multiple personalities (now DID) and the many aspects of self that come up in hypnosis. Finally he fully explores when external energy aspects intrude on the self. The historical term for this was possession. Crabtree is a little tentative in embracing this concept and modern regression therapy takes a stronger stand. It is worthwhile read.
- Cunningham, J. (1994). *A Tribe returned*. Crest Park, CA: Deep Forest Press. Ever wonder, if reincarnation is real and we tend to reincarnate with a group, why don't we recognize others and that we lived together before? This is such a story of powerful traumatic shared reincarnational events.
- Delaney, G. (1998). *All about dreams*. New York: Harper Collins. This is a good modern book on dreams and a good detail on how to incubate them.
- Dethlefsen, T. & Dahlke, R. (1983). *The Healing power of illness: the meaning of symptoms & how to interpret them*. (tr. 1990) Brisbane, Australia: Element Books Limited. A member of IARRT who was one of the first to propose a spiritual basis for illness and the interpretive significance, a very important work.
- Fiore, E. (1987). *The Unquiet dead: a psychologist treats spirit possession*. New York: Doubleday and CO. Inc.
- Gabriel, M. (1992). *Voices from the womb: Gabriel, M. (1992). Voices from the womb: adults relive their pre-birth experiences-a hypnotherapist's compelling account*. Lower Lake, CA: Aslan Publishing. A very readable account with cases of pre- and peri-natal therapy. Excellent examples of cases.
- Gabriel, M. & Gabriel, M., (1993). Prenatal regression therapy. In W. B. Lucas, (Ed.), *Regression Therapy: Volume II: Special Instances of Altered State Work* (pp. 8-19). Crest Park, UT: Deep Forest Press.
- Gawain, S. (2002). *Creative visualization: Use the power of your imagination to create what you want in your life*. Nataraj, India: New World Library. Creative Visualization. Mental Imagery has proven to be a powerful agent for change in disease, health creation and in bringing desirable things into y our life. She shows you effective and charming ways to accomplish it.
- Givens, A. (1993). Prenatal and birth reprogramming. In W. B. Lucas, (Ed.), *Regression Therapy: Volume II: Special Instances of Altered State Work* (pp. 20-31). Crest Park, UT: Deep Forest Press.
- Goldberg, B. (1998). *New Age hypnosis*. New York: Ballantine Books. One of the early powerful works on past-life regression.

- Goldberg, B. (1982). *Past lives, future lives*. St. Paul, MN: Llewellyn Publications. Some philosophy, techniques, and good advice on how to set up a practice.
- Grof, C. (1993). *The Thirst for wholeness: Attachments, addiction, and the spiritual path*. New York: HarperCollins Publishers. This is the story of Stan Grof's spouse and her road from the depths of addiction and the transpersonal lessons she learned. A useful read if interested in that topic.
- Grof, S. (1985). *Beyond the brain: Birth, death and transcendence in psychotherapy*. New York: State University of New York. A bit pedantic, but Grof is a giant in the transpersonal field and makes the case for the transpersonal in this book. For an excellent encapsulation get his professional presentations on CD or audio tape.
- Grof, S. (Speaker). (1997). *The Healing potential of non-ordinary states of consciousness*. NMT-21. Berkeley, CA: New Medicine Tapes. Very good.
- Grof, S. (Speaker). (1997). *The Sacred and the profane*. NMT-300 Berkeley, CA: New Medicine Tapes.
- Grof, S. (Speaker). (n.d.). *The implications of consciousness research for the theory and practice of psychotherapy*. Cassette Recording, Tape 108. Berkeley, CA: New Medicine Tapes. Excellent.
- Grof, S. (1993). *The Holotropic mind; the three levels of human consciousness and how they shape our lives*. New York: HarperCollins Publishers. A very thorough treatment of the breadth of transpersonal psychology and its implications.
- Grof, S. & Grof, C. (Speakers). (1982). *Hologomic consciousness paradigm*. Cassette Recording: Big Sure Tapes, tape 1, 2. Tiburon: Dolphin tapes. Also very good.
- Grof, S. (1975). *Realms of the human unconscious: Observations from LSD research*. New York: The Viking Press.
- Hickman, I. (1997). *Remote Depossession*. (2nd ed.) Kirksville, MO: Hickman Systems.
- Finkelstein, A. (1985). *Your past lives and the healing process: a psychiatrist looks at reincarnation and spiritual healing*. Malibu, CA: 50 Gates Publishing Company. Adrian Finkelstein is one of the early leaders of past life regression therapy. This is an important reference work for the process.
- Jaffe, A. (Ed.) (1979) *C.G. Jung Word and image*. (Krishna Winston Trans) Princeton, NJ: Princeton University Press. (Original work published 1977). This is an excellent book that details Jung's life and ancestry. This is not a psychological analysis of Jung's background, which is of great interest alone but there are surprises in his background that are very revealing.
- Jung, C. G. (Ed.) (1964). *Man and his symbols*. London: Aldus Book Limited. Excellent presentation of his ideas.
- Krippner, S., Bogzara, F. & de Carvalho, A. P. (2002) *Extraordinary dreams and how to work with them*. Albany, NY: State University of New York Press. An excellent

reference source and survey of all the phenomena of unusual dream events.

Krishnamurti, J. 1984 Truth is a pathless land: a dialogue. New Dimensions Media, Program: #1865, MP3 download from <http://www.newdimensions.org> March 15, 2008.

Krishnamurti, J. 1984 Meditation mastery: a dialogue. New Dimensions Media, Program: #1782, MP3 download from <http://www.newdimensions.org> March 15, 2008.

LaBerge, S. 1993 *Learning lucid dreaming*. In Walsh, R. & Vaughan, F. (Eds.) *Paths Beyond Ego*. New York: Jeremy P. Tarcher.

LaBerge, S. 2004. *Lucid dreaming: A Concise guide to awakening in your dreams and in your life*. Louisville, CO: Sounds True. An excellent book on lucid dreaming and how to do it. LaBerge was the first to show that this phenomenon could be studied scientifically (his Ph.D. dissertation).

Levine, P. A. (1977). *Walking the tiger healing trauma; the innate capacity to transform overwhelming experiences*. Berkeley, CA: North Atlantic Books. A nice exposition on modern thought and approaches to healing trauma. It does not, however, add the transpersonal approach.

Levitan, L. & LaBerge, S. (1991). *Other worlds: Out-Of-Body experiences and lucid dreams*. Retrieved August 31, 2007 From: <http://www.lucidity.com/NL32.OBEandLD.html>

Lucas, W. B. (1993). *Regression therapy: a handbook for professionals*, Vol. I: Past-Life Therapy. Crest Park, CA: Deep Forest Press. This is a professional's reference and it is excellent. All of the big names detail their approaches, give examples (Vol. II), discuss their biography (Vol. I) and theory of this treatment modality. Out of print, you may find it on Half.com (look for any of these books on this site.) This is a must for any professional in this field.

Lucas, W. B. (1993). *Regression therapy: a handbook for professionals*, Vol. II: Special Instances of Altered State Work. Crest Park, CA: Deep Forest Press.

Moody, R. A. (1975). *Life after life*. Seattle, WA: Mockingbird Books. This is the original work on near death experiences, a classic.

Naparstek, B. (1997). *Your sixth sense; activating your psychic potential*. New York: HarperCollins Publishers. She gave a survey to 42 psychics, some well known, to determine biographical commonality and the nature of the experience. Very useful information.

Naparstek, B. (1994). *Staying well with guided imagery*. New York: Warner Books, Inc. The three books on visualization and guided imagery I would recommend is Gawain, Achterberg, and Neperstek. The later provides a useful conceptual rubric and an extensive list of actual scripts. That visualizations are a powerful tool for healing and problem resolution is not in doubt.

Netherton, M. (1996) *Past life awareness & integration: A Teaching manual*. Retrieved July 14, 2004 from <http://www.aapple.com/bookstore/>. A must read for perinatal

exploration in regression for healing.

- Netherton, M. and Shiffryn, N. (1978). *Past lives therapy*. New York: William Morrow and Company Inc. One of the early proponents of regression exploration of natal and peri-natal (and pre-natal) experience and memories. Excellent.
- Newton, M. (1996). *Journey of souls: case studies of life between lives* (5th Ed.). St. Paul, Minnesota: Llewellyn Publications. His three books detail the methodology and practice for between life exploration. His approach has become mainstream in the profession and is very valuable for clients.
- Newton, M. (2000). *Destiny of souls: new case studies of life between lives*. St. Paul, Minnesota: Llewellyn Publications.
- Newton, M. (2004). *Life between lives: hypnotherapy for spiritual regression*. St. Paul, Minnesota: Llewellyn Publications.
- Putnam, F. W. (1989). *Diagnosis & treatment of multiple personality disorder*. New York: the Guilford Press. One of the texts on multiple personalities that provides an interesting parallel to work with past lives to heal.
- Ring, K. (1985). *Heading toward omega: In search of the meaning of the near-death experience*. New York: William Morrow. One of the seminal works on this fascinating phenomenon that forces a reevaluation of life and death. It relates how this phenomenon could be part of a larger picture.
- Sams, J. & Carson, D. (1999). *Medicine Cards*.™ (rev. ed) New York: St. Martin's Press. I use these cards in my therapy and my workshops as well as for personal information. They are uncanny in expressing what I consider information from the inner self.
- Samuels, A., Shorter, B. & Plaut, F. (1986). *A Critical dictionary of Jungian analysis*. London: Routledge and Kegan Paul plc. An excellent summary of terms for true students of Jung.
- Satin, S. (2005). (Speaker) Clearing attachments. (Compact Disk) 2005 International Association for Research and Regression Therapists. Colorado Springs CO: IARRT.
- Schlotterbeck, C. (1987). *Living your past lives: the psychology of past-life regression*. New York: Ballantine Books.
- Semkiw, W. (2003). *Return of the revolutionaries*. Charlottesville, VA: Hampton Roads Publishing Co., Inc. A fascinating account of American forefathers returning to set things right but also an interesting theory of morphological similarities between lives including various personality characteristics and predilections.
- Szasz, T. (1988) *The Myth of psychotherapy: mental healing as religion, rhetoric and repression*. (2nd ed.). Syracuse, New York: Syracuse University Press. This book and its predecessor, *The Myth of Mental Illness*, should be a must read for anyone in the healthcare profession. The interesting thing is that Thomas Szasz is a

psychiatrist who teaches the profession who does a very intellectual incomparable job at explaining the historical roots of psychotherapy (particularly psychoanalysis) and provides a totally unique perspective. Fascinating.

TenDam, H. (1987). *Deep healing: a practical outline of past life therapy*. The Netherlands: Tasso Publishing. This book describes an alternate form of hypnotherapy that does not use a formal induction. Well worth the read with some excellent techniques such as TenDam's aura reading technique.

TenDam, H. (1987/2003). *Exploring reincarnation: the classic guide to the evidence for past-life experiences* (2nd Rev.). London: Rider. Although TenDam has his biases and he expresses them, this is about as good an overall reference as exists in this field. Also does a good job of relating reincarnation and karma to the transpersonal hypnotherapy practice.

Tolle, E. (2005). *The Power of now*. London: Hodder & Stoughton. I've had an opportunity to read many versions of far Eastern thought and with Eckart I got it. I understood it and what it means in my life. Good.

Walsh, R. N. & Vaughan, F. E., (Eds.) (1993). *Paths beyond ego: The transpersonal vision*. New York: Jeremy P. Tarcher. A very nice collection of articles by the leading minds in transpersonal psychology today. A great treatment of what the transpersonal movement is about.

Weiss, B. L. (1992). *Through time into healing*. New York: Fireside.

Weiss, B. L. (1996). *Many lives many masters: The true story of a prominent psychiatrist, his young patient, and the past life therapy that changed both their lives*. Clayton, VIC: Warner Books. Psychiatrist, Brian Weiss was a traditional psychoanalyst who used regression to uncover psychological traumas in early life until he had a young client who, out of frustration, he directed to "go back to when this problem began." The rest is history. A fascinating popular account that should be read by anyone interested in reincarnation.

Weiss, B. L. (1996). *Only love is real: a story of soulmates reunited*. New York: Warner Books. This follows his first book. Worth the read.

Weiss, B. L. (2004). *Same soul, many bodies: Discover the healing power of future lives through progression therapy*. New York: Free Press. Sold on regression into past life to heal, Weiss tells the professionals how to do it. One of the new directions in hypnotherapy is to go to future lives for healing.

Woolger, R. J. (1988). *Other lives, other selves: a Jungian therapist discovers past lives*. New York: Bantam Books. An excellent exposition of Woolger's approach to regression therapy. His method is consistent with the Dutch school (TenDam) and Woolger is one of the therapists who believes that the client must fully experience the past life trauma in order to be free of it.

Woolger, R. J. (1993). Roger J. Woolger, PhD. In W. B. Lucas, (Ed.), *Regression therapy: Volume: I Past-Life Therapy* (pp. 216-248). Crest Park, UT: Deep Forest Press.

Woolger, R. J. (1993). Tracing the karmic source of prenatal programs. In W. B. Lucas, (Ed.), *Regression Therapy: Volume II: Special Instances of Altered State Work* (pp. 32-37). Crest Park: Deep Forest Press.

Woolger, R. J. (Speaker). (1997). No Title. Cassette Recording: NMT 286. Berkeley, CA: New Medicine Tapes.

Hypnosis

Ansari, M. (1982). *Modern hypnosis: theory and practice*. Washington, D.C.: Mas-Press.

Gilligan, S. G. (1987). *Therapeutic trances: the cooperation principle in Ericksonian hypnotherapy*. Philadelphia, PA: Brunner/Mazel. Rather pedantic and not as reader friendly as it could be. But, there are good insights. Recommend the other books with Erickson's interviews or his papers as much better.

Goldberg, B. (1997). *Secrets of self-hypnosis*. New York: Sterling Publishing Co., Inc.

Hadley, J. & Staudacher, C. (1996). *Hypnosis for change* (3d Ed.). Oakland, CA: New Harbinger Publications, Inc.

Haley, J. (1986). *Uncommon therapy: The psychiatric techniques of Milton H. Erickson*. New York: W. W. Norton & Company. Erickson is a giant in the hypnosis field. He often did not use a formal induction technique and an absolute magician at using the client's resistance to achieve the therapeutic goals. He normally worked directly with the unconscious in metaphors and found it unnecessary to discover the etiology of a problem or, even make the cure conscious. Contains many examples of his approach in family and couples therapy.

Haley J. (Ed.). (1985). *Conversations with Milton H. Erickson, M.D.*: Volume 1 changing individuals. New York: Triangle Press. Examples and explanations to professionals of his techniques to treat individuals. Excellent.

LeCrone, L.M. (Ed.) (1948). *Experimental hypnosis*. Secaucus, N.J.: Citadel Press, Inc. A classic in the field with important articles written by some of the famous fathers of the medical hypnosis field.

Rossi, E. L. (Ed.) (1980). *The Nature of hypnosis and suggestion: the collected papers of Milton H. Erickson on hypnosis*. Vol. I. New York: Irvington Publishers, Inc. These are the words of the master on his approach, the significance of hypnosis, and his thoughts on the dynamics. If you read only one Erickson this should be it. Very good.

Rossi, E. L. (Ed.) (1980). *Hypnotic investigation of psychodynamic processes: the collected papers of Milton H. Erickson on hypnosis*. Vol. III. New York: Irvington Publishers, Inc.

Rossi, E.L. & Cheek, D.B. (1988). *Mind-Body therapy; methods of ideodynamic healing in hypnosis*. New York: W. W. Norton & Company Inc. A thorough description of the ideo-motor techniques in hypnosis as used by the medical community. Excellent case descriptions and how-to techniques. For the professional well worth the read.

Reincarnation

- Barnes, W. (2000). *Voyage into history, Titanic secrets revealed thru the eyes of her builder*. Gillette: Edin Books, Inc. One of three very well documented cases of reincarnation.
- Head, J. & Cranston, S. L. (Eds.) (1977). *Reincarnation: The Phoenix fire mystery*. Julian Press/Crown Publishers: New York. In spite of its year of publishing this is the single best reference in the belief and philosophy associated with reincarnation. It leads me to the conclusion that even in western culture and during the Dark Ages reincarnation was believed and promulgated by the luminaries. All religions appear to have held these beliefs in the mystical segment of that religion including Christianity.
- Finkelstein, A. (2006). *Marilyn Monroe returns, The healing of a soul*. Charlottesville, NC: Hampton Roads Publishing Company, Inc. An excellent exposition of one of the landmark cases in reincarnation. Finkelstein is on the faculty at UCLA (psychiatry) and a highly accomplished past-life therapist.
- Semkiw, W. (2003). *Return of the revolutionaries*. Charlottesville, SC: Hampton Roads Publishing Company, Inc. Walter Semkiw, M.D. has posited an interesting proposition, that many of the reincarnations bear a physical resemblance (and may have the same/similar biometrics). Furthermore, many of the fathers of the American revolution have reincarnated now to help us get out of the corner that we have painted ourselves into. Fascinating and fun.
- Shroder, T. (1999). *Old souls, the scientific evidence for past lives*. New York: Simon and Schuster. The psychiatrist, Ian Stevenson (and Helen Wambach), conducted the most systematic studies to yield evidence for the veracity of reincarnation. Shroder accompanied Stevenson on several of his many trips overseas of likely cases of reincarnation (children who spontaneously recall past lives that can be verified and for which there is no other easy explanation). This book is about that search. Also Google Stevenson for his research and books.
- Snow, C. B. (1989). *Mass dreams of the future*. Crest Park, CA: Deep Forest Press. When Helen Wambach died in mid-project, Chet Snow, her student and collaborator, finished the job to access the mass future through hypnotic life projection. Very interesting.
- Snow, R. L. (1999). *Looking for Carroll Beckwith, the true story of a detective's search for his past life*. Emmaus: Daybreak Books. A very interesting story of a man who didn't believe in any of it and, when applying his professional skills as a detective and found conclusive proof of his past life, completely changed his thinking.
- Stevenson, I. (1997). *Where reincarnation and biology intersect*. Westport, CT: Praeger Paperback. In his research Stevenson found a number of interesting cases where the trauma or wound, most often that lead to the death of the previous life appeared to be mirrored in some birthmark, disfiguration or the like in the subsequent life.
- Stevenson, I. (1987). *Children who remember previous lives: a question of reincarnation*. Jefferson, NC: McFarland & Company. Compelling.

Tucker, J. B. (2005). *Life before life: a scientific investigation of children's memories of previous lives*. New York: St. Martin's Press. Tucker is a psychiatrist who has taken over Ian Stevenson's legacy. He participated in more recent research of cases of possible reincarnation as voiced by children worldwide. He summarizes many of these cases and provides fascinating statistics, details and interpretations.

Wambach, H. (1979). *Life before life*. New York: Bantam Books. If you want to explore the evidence for reincarnation; Wambach's and Stevenson's works are a must.

Wambach, H. (1978). *Reliving past lives*. New York: Bantam Books. One of the early creative classics in the field lending powerful and unique support to the theory of reincarnation.

Medical/Other healing approaches

Achterberg, J. (1985). *Imagery in healing: shamanism and modern medicine*. Boston: Shambhala. A classic in summarizing the rationale, history and studies on the impact of imagery (and guided imagery) in healing. Very well done!

Beauregard, M. & O'Leary, D. (2007). *The Spiritual brain: a neuroscientist's case for the existence of the soul*. New York: HarperCollins Publishers. Neuro scientists as a group fall pray to reductionist and materialist thinking which causes them to define higher order emotions and mystical experiences as merely the firing of certain neurons in the brain. The most sensationalistic of these assertions is that of the "God spot" in the brain which this group believes is responsible for religions and mystical experiences. Furthermore, they tend to believe that these experiences are *only* the result of the firing of these brain centers. Beauregard takes on these assertions and presents counter evidence. A great read.

Harner, M. (1990). *The Way of the shaman* (3d Ed.). New York: HarperCollins Publishers. This anthropologist has impeccable credentials and produced this seminal work on shamanism. He now practices and teaches this ancient art.

Hendrix, H. & Hunt, H. L. (2005). *Getting the love you want*. (Workbook). Imago Relationships International: New York.

Hendrix, H. (1988). *Getting the love you want*. New York: Henry Holt and Co. Very good book on relationship therapy and theory.

Ingerman, S. (1991). *Soul retrieval: mending the fragmented self*. San Francisco, CA: Harper San Francisco. If you want to know what the Shamanic journey is all about.

Keleman, S. (1975). *Your body speaks its-mind*. Berkley, CA: Center Press. A follow-on the Reichian view of the body. Gives the therapist a unique perspective on body posture and behavior as it relates to personality.

Klimo, J. (1987). *Channeling: investigations on receiving information from paranormal sources*. Las Angeles, CA: Jeremy Tarcher. An excellent academic treatment of this topic, seminal. The definitive book on this topic.

Monroe, R.A. (1971). *Journeys out of the body*. New York: Doubleday. Absolute classics to understand OOB experiences and a map of inner reality.

Monroe, R.A. (1985). *Far journeys*. New York: Doubleday.

Monroe, R.A. (1994). *Ultimate journey*. New York: Doubleday.

Ornstein, R. (1997). *The Right mind: making sense of the hemispheres*. Orlando, FL: Harcourt Brace & Co. A well written update on the right-left brain hemispheres research and theory. Very engaging and it is not as simple as most depict.

Pearsall, P. (1998). *The Heart's code: tapping the wisdom and power of our heart energy*. New York: Broadway Books. Paul Pearsall was a researcher on transplant patients. The material he presents in this book breaks many old established paradigms. Is there cellular memory? Is there quantum entanglement at the cellular level. This book provides compelling evidence and much more.

Sabom, M. (1998). *Light and death*. Grand Rapids, MI: Zondarvan Publishing House. This is the surgeon who was the physician for the famous Pam Reynolds near death experience case and many others.

Sarno, J. E. (1988). *The Mindbody prescription*. New York: Warner Books.

Sarno, J. E. (1991). *Healing back pain*. New York: Warner Books. An orthopedist with a radically different view of back pain (and related physical issues). If you are one of the great majority with these kinds of problems, read this for a highly effective and simple approach to the disease. The proof is in the pudding and his research bears out the effectiveness of the approach. This approach dovetails nicely with the new age view of illness and physical anomalies.

Sylvia, C. (1997). *A change of heart*. New York, Little, Brown and Company. Do you remember the lady that got a heart lung transplant and found some very strange changes in her tastes and outlook. This is her story and search for the reasons why all this happened. This is a fascinating read and is the single best case of cellular memory and quantum entanglement in the body.

Remote Viewing

Brown, C. (1996). *Cosmic voyage*. New York: Dutton. A unique example of exploring unconventional topics with remote viewing. If you think there is something to this methodology then explore this book.

Brown, C. (1999). *Cosmic explorers*. New York: Dutton. The follow up to the earlier work.

Brown, C. (2005). *Remote viewing*. Atlanta, GA: Farsight Press. A detailed explanation of the process for scientific remote viewing as funded by the government. Because this process is so highly effective, scientists have to rethink their fundamental description of reality.

McMoneagle, J. (speaker), (2003). Remote viewing. Charlotte, VA: The Monroe Institute

McMoneagle, J. (1993). *Mind trek: exploring consciousness, time and space through remote viewing*. Charlottesville, VA: Hampton Roads.

McMoneagle, J. (1998). *The Ultimate time machine: a remote viewer's perception of time, and predictions for the new millennium*. Charlottesville, VA: Hampton Roads Publishing Co., Inc. Once you understand the powerful significance of this scientific work (the gov put \$27 million into proving this is real – that it admits to) read this for fun and speculation. McMoneagle's early work, Remote Viewing Secrets: A Handbook and Brown's book are excellent to learn the hows of this fascinating method for getting information. Once you see the proof of this process an entirely different view of reality must follow.

Morehouse, D. (1996). *Psychic warrior: inside the CIA's Stargate Program: the true story of a soldier's espionage and awakening*. New York, St. Martin's Press. Very good with plenty of insight to remote viewing and much more.

Targ, R. & Katra, J. (1998). *Miracles of the Mind: exploring nonlocal consciousness and spiritual healing*. Novato, CA: New World Library. The first part of this book is a retell of the remote viewing story but with generalization to other forms of ESP or the non-local mind which is Targ's explanation for the reality of remote viewing (I agree with him). The theory is compelling in its own right but the second half of the book is a detailed discussion and analysis of energy healing as discovered and practiced by Jane Katra, Ph.D., an interesting and insightful exposition.

Targ, R. & Puthoff, H.E. (1977). *Mind-Reach: scientists look at psychic abilities*. Charlottesville, VA: Hampton Roads Publishing Company, Inc. I believe remote viewing is the single most important proof by the government (and science) that the mind is non-local temporally and spatially – with *absolutely no limits*. This book details the key aspects to the process but more importantly of the implications and some extensions to these ideas, a must read. With a forward by Richard Bach and an introduction by Margaret Mead – how can they fail?

Creativity

Cameron, J. (1992). *The artist's way: A courses in discovering and recovering your creative self*. New York: Jeremy B. Tarcher/Putnam. If you feel your creativity is blocked or you have yet to discover it, this book is excellent.

Cameron, J. (1998). *The Right to write; an invitation and initiation into the writing life*. New York: Jeremy P. Tarcher. If you are a frustrated writer these short lessons will help.

Edwards, B. (1986). *Drawing on the artist within: A guide to innovation, invention, imagination and creativity*. New York: Simon and Shuster. This Harvard professor wrote this excellent book on drawing and, more importantly, it describes the left brain approach vs. the right brain. There is more right brain – left brain discussion in Schwartz's book.

Edwards, B. (1979). *Drawing on the right side of the brain*. Los Angeles: J. P. Tarcher.

This is an excellent book for teaching drawing as I discovered after working its many excellent lessons.

Mythology

Campbell, J. (1968). *The Hero with a thousand faces* (2nd ed.). Princeton, NJ: Princeton University Press.

Campbell, J. (1990). *Transformations of myth through time*. New York: Harper & Row Publishers.

Campbell, J. (2001). *Thou art that; transforming religious metaphor*. Novato, CA: New World Library. Joe Campbell, the eminent comparative mythologist, details Jung's racial unconscious at work as he shows similar mythologies across diverse and independent cultures and peoples. His work is unique and widely read.

Osborn, D. K. (Ed.). (1991). *The Joseph Campbell companion*. New York: Harper Collins Publishers. Posthumously collected from his many works by Osborn and revealing much of the content of a month-long workshop by Campbell at Esalen. If you have not yet read Campbell I would read this work first.

Prechtel, M. (2002). *Stealing Benefacio's roses*. Berkeley, CA: North Atlantic Books. This work details the charming local Mayan creation myth and the harrowing tale of his escape from a dangerous internecine war where both poles of the conflagration sought to kill various indigenous peoples of the region.

Prechtel, M. (1998). *Secrets of the talking jaguar: a Mayan shaman's journey to the heart of the indigenous soul*. New York: Jeremy P. Tarcher. Martin Prechtel's works are autobiographical and detail a most extraordinary life. Born to a Canadian Indian mother and Swiss father he looks like a blond European but has an American Indian soul. What results is a fascinating story of a soul who's karma is destined for shamanism and in the process he relates the path, the mythology of the Guatemalan mountain Mayans and the complex world of the Mayan shaman. You can get part of the shamanic voice from works like Michael Harner and a slightly different perspective, Castaneda but the window of the soul depicted by Prechtel is unique and mesmerizing.

Waters, F. (1963). *The Book of the Hopi: the first revelation of the Hopi's historical and religious worldview of life*. New York: Penguin Books. One of the best books detailing the extensive and fascinating mythology of an American Indian tribe.

Transmundo

A&E Television Network. (2008). *I Know what I saw*. New York: A&E Television Networks. A very well documented DVD on highly respected witnesses to UFO incidents.

Bauval, R. & Gilbert, A. (1994). *The Orion mystery*. New York: Random House, Inc. This is a classic and provides an explanation of the pyramids that is extremely well

researched and developed. It makes the compelling case that the pharos worshipped the stars and that aspects of the pyramids proves this. So my questions is, Why Orion and why Sirius?

- Beaconsfield, H. (1997) *Welcome to Earth: a guide to walk-ins and starseeds*. Sedona, AZ: Light technology Publishing. Much channeled material on the walk-in phenomenon.
- Cannon, D. (1992). *Jesus and the Essenes*. Huntsville, AR: Ozark Mountain Publishing. Delores Cannon conducts an unusual type of regression in which the subject is so deep (called the somnambulistic) that they do not recall the regression. In this state she talks directly with the unconscious and, often channeling occurs spontaneously. In this case her client had a life as an Essene with some interesting contacts.
- Cannon, D. (1999). *The custodians: "Beyond Abduction."* Huntsville, AR: Ozark Mountain Publishing. The same technique used to explore greater reality.
- Cannon, D. (2001) *The convoluted universe: book one*. Huntsville, AR: Ozark Mountain Publishing. The same technique used to explore greater reality. She has clear opinions on aliens and implants.
- Cannon, D. (2005) *The convoluted universe: book two*. Huntsville, AR: Ozark Mountain Publishing. The same technique used to explore greater reality.
- Carlsberg, K. (1995) *Beyond my wildest dreams: diary of a UFO abductee*. Santa Fe, NM: Bear & Company Publishing.
- Fiore, E. (1989) *Encounters: A psychologist reveals case studies of abductions by extraterrestrials*. New York: Doubleday. There are some surprises in this case study of a variety of UFO experiences. Written by an APRT/IARRT member.
- Fowler, R. E. (1990). *The Watchers: the secret design behind UFO abduction*. New York: Bantam Books.
- Fuqua, E. (1997). *From Sirius to Earth: a Therapist discovers a soul exchange*. Livermore, CA: Inner Eye Books. If you are a professional and want to understand the dynamics of a how such a client presents themselves and the struggle to make sense of it, this is a good read (also for the non-professional who wants to expand their sandbox.)
- Goldberg, B. (2007). *Egypt: an extraterrestrial and time traveler experiment*. Woodland Hills, CA: Bruce Goldberg, Inc. There are a number of regressionist who having accepted that other lives, past lives, future lives are real, employ regression to determine what happened in the past and in the case of, *Mass Dreams of the Future*, what will happen in the future, at minimum, very entertaining.
- Good, T. (1988). *Above top secret: the worldwide UFO cover-up*. New York: Quill William Morrow. This is the most systematic compilation of the evidence for a world-wide cover-up of the UFO phenomenon. There are good reasons why various governments might want to do this which is presented in the book and is quite logical. If you want to see the existing evidence quite comprehensively researched,

this is it.

- Hancock, G. (1998). *The Mars mystery: the secret connection between the Earth and the red planet*. New York: Three Rivers Press. AN interesting fun read. Also see his *Fingerprints of the Gods*.
- Hill, P. R. (1995). *Unconventional flying objects: a scientific analysis*. Charlottesville, VA: Hampton Roads Publishing Co. Inc. With endorsement by Edgar Mitchell. A NASA engineer's serious treatment of the phenomenology of UFOs and inter-stellar travel. Does not include a treatment of superluminal or inter-dimensional travel. Very good.
- Hopkins, B. (1981). *Missing time*. New York: Richard Marek Publishers. This is one of the classics on the topic. Hopkin's books are the classics on using hypnosis to retrieve these experiences.
- Hopkins, B. (1987). *Intruders: the incredible visitations at Copley woods*. New York: Random House, Inc.
- Jung, C. G. (1978). *Flying saucers; a modern myth of things seen in the sky*. R. F. C. Hull (Trans.) Princeton, NJ: Princeton University Press. (Original works published at various times in the 1950s.)
- Koteen, J. P. (Ed.). (1989). *Last waltz of the tyrants: a prophecy*. Kingsport, TN: Beyond Words Publishing, Inc.
- Koteen, J. P. (Ed.). (1991). *UFOs and the nature of reality: understanding alien consciousness and interdimensional mind*. United States: Indelible Ink Publishing.
- Kubis, P. & Macy, M. (1995). *Conversations beyond the light: with departed friends and colleagues by electronic means*. Boulder, CO: Griffin Publishing. Are we making electronic contact with the other side?
- Mack, J. E. (2008). *Touched*. Venice, CA: UFO TV. Riveting and well documented cases of abduction. A documentary with significant segments of Mack commenting. Excellent.
- Mack, J. E. (1999). *Passport to the cosmos: human transformation and alien encounters*. New York: Crown Publishers. Very good treatment on the topic with a firm position on what it means by a Pulitzer Prize winner and Harvard psychiatrist.
- Mack, J. E. (1994). *Abduction: human encounters with aliens*. New York: Mcmillan Publishing Company
- Mandelker, S. (2000). *Universal vision: soul evolution and the cosmic plan*. San Francisco, CA: UV Way. More authoritative information about Wanderers, Walk-ins, and abductees from this health professional.
- McLeod, C., Corbisier, B. & Mack, J. E. (1996). A More Parsimonious Explanation for UFO Abduction. *Psychological Inquiry*, Vol. 7, No. 2. Retrieved June 22, 2007, <http://www.ufoevidence.org/topics/johnmack.html>. This is a rebuttal from Mack et al

to a criticism of him believing that his patients complaining of UFO abduction experienced something real. Very interesting counter from Mack.

- Mendelker, S. Mandelker, S. (1995). *From elsewhere: the subculture of those who claim to be of non-earthly origin*. New York: Carol Publishing. A fascinating discussion about a group that seems to be more and more in evidence, i.e., those who see themselves, often after a tortured life process, as having come from non-Earth origins to help planet Earth and the human species at this critical juncture.
- Mishlove, J. (2000) *P. K. man: the true story of mind over matter*. Charlottesville, VA: Hampton Roads Publishing Company, Inc. This is the true story and attempted interpretation of what most consider bizarre circumstances with this unusual person that was called the PK Man. It is so unusual that Jeffrey Mishlove waited many years to publish the book. He offers interesting conjecture on how these events happened including a unique interpretation of poltergeist activity. Introduced by psychiatrist, John Mack, a fun read.
- Montgomery, R. (1985). *Aliens among us: dazzling true testimony that extraterrestrials are on earth-about to usher in the new age*. New York: Fawcett Crest. A classic work that first introduced the concept of walk-ins. Many unusual experiences – she is a channel.
- Parrish-Harra, C.W. (1983). *Messengers of hope*. Black Mountain, NC: New Age Press. A walk-in tells her story. Every once in a while a very unusual individual comes along and there is an attempt to determine if this guy is legit.
- Rueckert, C.L. (2001). *A Wanderer's Handbook: an owner's manual for ETs and other spiritual outsiders*. (abridged version) Louisville, KY: L/L Research. An A – Z on this phenomenon which is largely composed of channeled material and those that have communicated their wanderer status to the author.
- Sparks, J. (2006). *The Keepers: An alien message for the human race*. Columbus, NC: Wild Flower Press. Introduced by John Mack.
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