

Rich Stammler's Reference List

(new September 2008)

(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., and 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.

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.

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.

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.

Huxley, A. (1944). *The Perennial philosophy*. New York: Harper & Row Publishers. An excellent historical reference on new age thinking.

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.
- 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.
- 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.
- 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.
- 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. and 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, 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. (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.

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.

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. and 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.

Capra, F. (2000) *The Tao of physics*. 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.

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. (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.
- 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.
- 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. (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., (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.
- 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.
- 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, Shakti, (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, S. (1993). *Holotropic mind; the three levels of human consciousness and how they shape our lives*. San Francisco, CA: HarperSanFrancisco. This is a seminal work that lays out the basis for and extend of the non-local mind.

- 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. and Grof, C. (Speakers). (1982). Holonomic 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.
- 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).
- Levitan, L. and 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. Jr. (1973). *Life after life*. New York: Bantam Books. This is the original work on near death experiences, a classic.

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 Shiffirin, 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.

Samuals, 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.

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). *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.

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. (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. and 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.

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.

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.

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.

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!

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. and 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.

Jung, C. G. (Ed.) (1964). *Man and his symbols*. London: Aldus Book Limited. Excellent

presentation of his ideas.

- 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.
- 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.

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

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

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.

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.

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.

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

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 a non-professional who wants to expand their sandbox.
- 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.
- 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. (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
- 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. (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.
- 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.
- Sparks, J. (2006). *The Keepers: An alien message for the human race*. Columbus, NC: Wild Flower Press. Introduced by John Mack.
- Temple, K. G. (1976). *The Sirius mystery: was Earth visited by intelligent beings from a planet in the system of the star of Sirius?* Rochester, VT: Destiny Books. How do the Dogan, an obscure tribe in North central Africa, intimately know about the astronomical complexities of the Sirius star system including the fact that a brown dwarf star is a part of that binary system 3000 years before it was confirmed by modern astronomical instruments? Tough sledding in places but a fascinating story.
- Thompson, K. (1991). *Angels and aliens*. New York: Ballantine Books. A beautifully crafted discussion about the paradox that is this phenomenon.
- Walton, T. (1979). *Fire in the sky: one of the best documented cases of alien abduction ever recorded*. New York: Marlowe and Company. Excellent documentation of a famous case of encounter. The television version was not true to the facts.