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ENERGY MEDICINE UNIVERSITY PROFESSOR

EMP 806: ENERGY MEDICINE INTERNSHIP
(3 credits)

Learning Objective:

The goal of the ENERGY MEDICINE INTERNSHIP is to permit the student to demonstrate professional competency in an Energy Medicine (EM) specialty. Real world experience can never be fully comprehended as a purely academic endeavor. Often professionally trained academics enter their chosen EM field after rigorous study and discover that the real-world aspect of the application of their knowledge is not suited for their professional goals or ideals. This internship gives the student the opportunity to investigate and examine the living aspects of their EM specialty in preparation for entering the career of an Energy Medicine practitioner.

Overview:

The range of specialties in Integrative and Holistic Health practice are arrayed across a broad spectrum of methods and disciplines. Examples of practice in which a student may choose to study with an internship include, but are not limited to Acupuncture, Acupressure, Apometrics, Aroma Therapies, Biofeedback, Color Diagnosis and Therapy, Electromagnetic Therapies, Herbology, Homeopathy, Kinesiology, Medical Intuition, Meditation & Stress Reduction, Music Therapy, Naturopathy, Psychometry, Reiki, Therapeutic Touch, Qigong, etc

Evaluation of locations and organizations in which student internships are appropriate is based on the standards of good practice that are particular to the special field. The professional societies or associations active in the field service as community arbiters of good practice and these standards are used to evaluate candidate internship sites. In addition, either active faculty with education and experience in the practice, or consulting faculty with education and experience in the practice, can serve as program and location evaluators of candidate internship sites.

Internship course faculty includes both the supervising faculty member and a field-site supervisor. The field-site supervisor will provide monthly student performance reports to the course supervising faculty member, and also provide a semester final assessment of student performance. Assessments by the on-site supervisor will provide evaluation of the student's integration and demonstration of professional competence, and accomplishment of program goals and objectives.

The student will provide to the course supervising faculty member an assessment of their own learning and performance, and also a scholarly paper investigating the tools, techniques, knowledge, and practices experienced during the specialty internship.

Course grading is determined by a final oral exam, the coursework papers, field-site supervisor and instructor assessment of integration and demonstration of professional competence during the Energy Medicine internship.

Communicating With Instructor

Telephone Contact: Students should arrange all telephone communications with the instructor by email beforehand. An initial phone contact to clarify course objectives and develop a schedule should be made prior to beginning the course. This contact should be scheduled within the first few weeks of commencement of the semester. After this, periodic telephone communication can be arranged with instructor. All telephone calls will be at student's expense.

Email Contact: Reflection on and questions about the coursework papers and field placement internship should be addressed via email monthly or as needed. Students are always encouraged to contact the instructor via email whenever a problem arises.

All lessons, coursework and papers must be copied to lessons@energymedicineuniversity.org from both the student and professor.

Internet Threaded Discussion: There is also an on-going Internet threaded discussion among the students and faculty for the entire semester which creates a larger feedback mechanism of communication. It may be accessed anytime. The thread page is located at: http://groups.yahoo.com/group/Energy_Medicine

Length of Internship:

Length of Energy Medicine internship practicum or professional practice is five (5) months or one (1) semester. Internship should accrue a minimum of 150 hours.

Audience:

Open to all students in the doctoral program.

Internship Placement:

It is the responsibility of the student to locate a professional organization for internship. The organization and placement of student must be approved by the faculty professor assigned to monitor the internship. Student must be under the guidance of an approved sponsor or mentor at the field internship site. A written provision of your internship signed by your on-site supervisor or mentor must be provided to your instructor before approval to commence the internship is granted.

Internship Insurance

The majority of programs at the University are conducted by 100% distance learning and do not require field or internship studies. However, this course in field studies was deemed essential to retain program completeness and integrity. Enrollment in this course is dependent upon the student obtaining prior comprehensive insurance coverage, which protects the student, the University, and any outside institution from liability claims.

Procedure

1. The student will submit an application to an appropriate insurance company in his or her region, requesting comprehensive insurance coverage for proposed field internship activities. This coverage must protect the student, the University, and any host institution in which internship studies are to be conducted.
2. Insurance is to be at the student's expense.
3. Documentation must be approved and signed by the student's Internship professor, and then a copy forwarded to the University office for approval with a copy added to the student file.

Coursework Papers and Instructor Examination:

1. Write a narrative paper describing how you communicate, define, and explain to both colleagues and lay-people/clients the practice of your Energy Medicine profession. Write the paper with an emphasis on: 1) describing your EM specialty and 2) explaining your EM specialty in reference to at least three other EM specialties. Include an annotated bibliography of books relevant to your EM specialty.

2. Using language from EM specialties and from Western/Allopathic Medicine create a list of analogous terminology. Provide definitions for each term on the list.

3. Determine which journals, periodicals, magazines, and so forth maintain and support your current understanding and continuing education in your EM specialty. Prepare a 10-page scholarly paper which describes the mission of each journal, periodical and magazine. Within the paper include a synopsis of articles or papers, or an excerpt from each which covers the relevance of the noted article or paper to your EM Specialty as well as to the overall field of EM.

4. Determine which conferences and organizations support your current understanding and continuing education in your EM specialty. Attend at least one conference or join at least one organization and prepare a 10-page descriptive paper which reports on the conference and/or the organization outlining how your continuing education in EM is supported by the organization or by attendance at the conference.

5. This is to be prepared at the end of your five month internship as the final paper: Write a 10-page self assessment of your EM Internship. Deliver this assessment paper to your field site supervisor or mentor and request that the supervisor or mentor make comments and email or postal mail the paper with his or her comments to your EMU internship faculty professor.

6. This is to be requested at the end of your five month internship: Ask your on-site supervisor or mentor to write an assessment of your internship. The assessment should include your overall performance and suggested directions for strengthening your professional performance in the EM profession. The assessment should also note your total internship hours. Ask your supervisor or mentor to directly postal mail or email the

assessment to your monitoring professor. See the evaluation letter to be handed to your internship supervisor within this syllabus. Print it and hand to your supervisor.

7. Final oral examination with instructor:

Please prepare a short comprehensive overview of your personal field study objectives and whether you estimate that you have accomplished those objectives. This oral communication will also include a few key questions that the instructor will ask you to respond to in regards to your internship practice.

8. Final Course Paper:

Using a current APA style manual write a 20 page scholarly paper describing your intuitive processes, impressions and personal critique of what you have learned and experienced. In the paper emphasize which tools, techniques, knowledge, practices, and so forth have been most efficacious in application of your Energy Medicine specialty during this Internship.

Time Line for Coursework Papers:

The length of this 3 credit course is five months in order to allow the student time to accrue 150 on-site internship hours. The papers should be completed in a timely manner according to your instructor's direction. A suggested timetable is to complete and submit to your instructor one of the five papers every month. This will give you ample time to both absorb your professional internship experience and as well, to develop the language of a professional Energy Medicine practitioner which can be communicated verbally and also delivered in written form to both colleagues and patients.

Research Texts:

It is recommended that the student research texts which are appropriate to their Energy Medicine specialty. A comprehensive, but not exhaustive, list is included at the end of this syllabus.

Grading:

Course grades are based on the following elements of a student's participation and accomplishment. Course grading determined by final oral exam, the coursework papers, field-site supervisor and instructor assessment of integration and demonstration of professional competency during the Energy Medicine internship. An evaluation letter for you to hand to your field-site supervisor is included within this syllabus.

In determining grades the following formula will be used:

Reading texts – 20%

Email and Internet Discussions – 15%

Course Papers or Project – 30%

Final Oral Examination with Instructor – 20%

Field Site Supervisor and Self-Assessment Papers – 20%

Using this technique, there will be 100 points assigned to the course. Final semester grades will be calculated as follows:

92-100 points = A range

86-91 points = B range

80-85 points = C range

70-80 points = D range

Under 70 points = F

0 points Incomplete = I

Credits:

This course awards 3 semester credits.



P.O. Box 564
Mill Valley, California 94942 USA

TO: EMU Intern Field-Site Mentor

RE: Your field-site supervision/mentorship evaluation of the integration and demonstration of the professional competency of the EMU intern within your program.

Dear Mentor:

Thank you for accepting our student into your internship program. The quality of our program is highly dependant on the performance of our student in a real-life an Energy Medicine modality. For this reason we would appreciate your thoughtful evaluation of this student. We would be grateful for a prompt response. Please respond via email if possible or postal mail a letter which addresses, but is not limited to, the following topics:

1. Integration and demonstration of the professional competency of the intern within your program.
2. How long and in what capacity have you known the student intern?
3. Did the intern meet the goals and objectives within your program?
4. Please provide your full name, title, affiliation, contact information: contact number, postal and email address.

ENERGY MEDICINE Specialties Book list from EMU library

Acupuncture, Acupressure & Chinese Medicine

- Beinfeld, H., & Korngold, E. (1992). *Between heaven and earth: A guide to Chinese medicine*. New York: Ballantine Books.
- Hammer, L. (1991). *Dragon rises, red bird flies: Psychology, energy and Chinese Medicine*. Kingston, NY: Barrytown/Station Hill Press.
- Jarett, L. S. (1999). *Nourishing destiny: The inner tradition of Chinese medicine*. Highland, IN: Spirit Path Press.
- Matsumoto, K., & Birch, S. (1983). *Five elements, ten stems: Nan Ching theory, diagnostics and practice*. Brookline, MA: Paradigm Publishers.
- Teeguarden, I. M. (1978). *Acupressure way of health: Jin shin do*. Tokyo: Japan Publications.
- Teeguarden, R. (1984). *Chinese Tonic Herbs*. Tokyo: Japan Publications.
- Tierra, M. (1998). *The Way of Chinese Herbs*. New York: Pocket Books/Simon & Schuster.

Angels and Archangels

- Quinn, G. (2001). *May the angels be with you: A psychic helps you find your spirit guides and your true purpose*. New York: Harmony Books.
- Schneider, P., & Gerhard, P. (2000). *Archangels and earthangels*. Twin Lakes, WI: Lotus Press.

Altered States

- Gagan, J. M. (1998). *Journeying: Where Shamanism and psychology meet*. Santa Fe, NM: Rio Chama Publications.
- Hughes, J. (1999). *Altered States: Creativity under the influence*. New York: Watson-Guptill Publishing.
- Weil, A., & Rosen, W. (1998). *From Chocolate to Morphine: Everything you need to know about mind-altering drugs*. Boston: Houghton Mifflin Co.

Anatomy

Kapit, W., & Elson, L. M. (1977). *The anatomy coloring book*. New York: A Canfield Press.

Schlossberg, L., & Zuidema, G. D. (1977). *The Johns Hopkins atlas of human functional anatomy*. Baltimore: The Johns Hopkins University Press.

· **Apometrics**

Zacharias, R. K. (2002). *Jesus among other Gods: The absolute claims of the Christian message*. W. Publishing Group.

· **Aroma Therapies**

Bach, E. (1973). *The medical discoveries of Edward Bach physician*. London: The C. W. Daniel Company.

Bach, E. (1974). *Heal Thyself: An explanation of the real cause and cure of disease*. London: The C. W. Daniel Company.

Worwood, V. A. (1991). *The complete book of essential oils and aromatherapy*. San Rafael, CA: New World Library.

· **Astrology**

Greene, L. (1985). *Astrology of fate: A Jungian astrologer with an intuitive and insightful commentary on each signs fate*. Boston: Samuel Weiser.

Greene, L. (1980). *Relating: An astrological guide to living with others on a small planet*. Boston: Samuel Weiser.

Hone, M. E. (1951). *The modern textbook of Astrology*. Essex, England: L. N. Fowler & Co.

Spiller, L. (1997). *Astrology for the soul*. New York: Bantam.

· **Aura**

Brennan, B. A. (1987). *Hands of light: A guide to healing through the human energy field*. New York: Bantam.

Brennan, B. A. (1993). *Light emerging: The journey of personal healing*. New York: Bantam.

Butler, W. E. (1978). *How to read the Aura: and practice psychometry, telepathy, and clairvoyance*. Rochester, VT: Destiny Books.

Regush, N. M. (Ed.). (1974). *The human aura*. New York: Berkeley Publishing.

· **Biofeedback**

Green, E., & Green, A. (1977). *Beyond Biofeedback*. New York: Delacorte.

Wise, A. (2002). *Awakening the mind: A guide to mastering the power of your brain waves*. New York: J. P. Tarcher/Putnam.

· **Body/Mind/Spirit**

Dychtwald, K. (1977). *Bodymind*. New York: J. P. Tarcher/Putnam.

Gerber, R. (2000). *A practical guide to vibrational medicine: Energy healing and spiritual transformation*. New York: Harper Collins.

Hay, L. L. (1982). *Heal your body: The mental causes for physical illness and the metaphysical way to overcome them*. Carlsbad, CA: Hay House.

Rosenberg, J. L. (with Rand, M. L. & Asay, D.). (1987). *Body, self, and soul: Sustaining integration*. Atlanta, GA: Humanics Limited.

Sternberg, E. M. (2001). *The balance within: The science connecting health and emotions*. New York: W. H. Freeman.

Strassman, R. (2001). *DMT: The spirit molecule: A doctor's revolutionary research into the biology of near-death and mystical experiences*. Rochester, VT: Park Street Press.

· **Bodywork**

Bahr, R. (1984). *Good hands: Massage techniques*. New York: Signet.

Cantu, R. I., & Alan, J. (1992). *Myofascial manipulation: Theory and clinical application*. Gaithersburg, MD: Aspen Publications.

Lawrence, A., & Lawrence, L. (1994). *Huna: Ancient miracle healing practices and the future of medicine*. New York: Hanover House.

Miller, R. D. (1975). *Psychic Massage*. New York: Harper & Row.

Namikoshi, T. (1969). *Shiatsu: Health and vitality at your fingertips*. Tokyo: Japan Publications.

Stillerman, E. (1996). *The encyclopedia of bodywork: From acupressure to zone therapy*. New York: Facts on File.

Tappan, F. M. (1988). *Healing massage techniques: Holistic, classics and emerging methods*. Norwalk, CT: Appleton & Lange.

Upledger, J. E., & Vrederoogd, J. D. (1983). *Craniosacral therapy*. Seattle, WA: Eastland Press.

Willis, P. (1995). *The Reflexology manual*. Rochester, VT: Healing Arts Press.

· **Brain Mapping**

Atkinson, W. W. (1913). *Mind-power: The secret of mental magic*. Advanced Thought Publisher.

Franklin, J. (1987). *Molecules of the mind: The brave new science of molecular psychology*. New York: Bantam Doubleday Dell.

Grigsby, J., & Stevens, D. (2000). *Neurodynamics of personality*. New York: Guilford Press.

Hunt, V. V. (2000). *Infinite mind: Science of human vibrations of consciousness*. Malibu Publications.

Hutchinson, M. (1986). *Mega brain: New tools and techniques for brain growth and mind expansion*. New York: Ballantine Books.

Perlmutter, D. (2000). *Brain recovery.com: Powerful therapy for challenging brain disorders*. Author.

· **Chakras**

Bruyere, R. L. (1994). *Wheels of light: Chakras, auras, and the healing energy of the body*. New York: Fireside.

Campbell, J. (1972). *Myths to live by: How we re-create ancient legends in our daily lives to release human potential*. New York: Penguin Books.

Dale, C. (1996). *New Chakra Healing: The Revolutionary 32-Center Energy System*. St. Paul, MN: Llewellyn Publishing.

Judith, A. (1987). *Wheels of life: A user's guide to the Chakra system*. St. Paul, MN: Llewellyn Publications.

Mercier, P. (2000). *Chakras: Balance your body's energy for health and harmony*. New York: Godsfield Press.

Myss, C. (1996). *Anatomy of the spirit: The seven stages of power and healing*. New York: Harmony Books.

Myss, C. (2001). *Sacred contracts: Awakening your divine potential*. New York: Harmony Books.

Leadbeater, C. W. (1994). *The Chakras*. Wheaton, IL: Theosophical Publishing House.

Tansley, D. V. (1994). *Chakras: Rays and radionics*. London: C. W. Daniel/Beekman.

Wauters, A. (1997). *Chakras and their archetypes: Uniting energy awareness and spiritual growth*. Freedom, CA: The Crossing Press.

Channeled Information

Clow, B. H. (1995). *The Pleiadian Agenda: A new cosmology for the age of light*. Rochester, NY: Bear & Company.

Foundation for Inner Peace. (1975). *A Course in Miracles®: Text, workbook for students, and manual for teachers*. Mill Valley, CA: Author.

Kilmo, J. (1998). *Channeling: Investigations on receiving information from paranormal sources*. Berkeley, CA: North Atlantic Books.

Marciniak, B. (with Marciniak, K. & Thomas, T.). (1948). *Earth: Pleiadian keys to the living library*. Santa Fe, NM: Bear & Company.

Marciniak, B. (1948). *Bringers of the dawn: Teaching from the Pleiadians*. Santa Fe, NM: Bear & Company.

Marciniak, B. (1948). *Family of light*. Santa Fe, NM: Bear & Company.

Ramer, A. (1997). *Revelations for a new millennium: Sainly & celestial prophecies of joy and renewal*. San Francisco: Harper San Francisco.

Chiropractic

Copland-Griffins, M. (1991). *Dynamic Chiropractic today: The complete and authoritative guide to the major therapy*. Wellingborough, England: Thorsons Publishers Limited.

Koch, W. H. (1995). *Chiropractic: The superior alternative*. Calgary AB, Canada: Bayeux Arts.

Rondberg, T. A. (1996). *Chiropractic First: The fastest growing healthcare choice...before drugs and surgery*. Chandler, AZ: The Chiropractic Journal.

Color Diagnosis and Therapy

Amber, R. B. (1964). *Color therapy*. New York: Samuel Weiser.

Birren, F. (1978). *Color in your world*. New York: Collier Books.

Ouseley, S. G. J. (1975). *The power of rays: The science of colour-healing*. London: L. N. Fowler.

· **Consciousness**

Bentov, I. (1988). *Stalking the wild pendulum: On the mechanics of consciousness*. Rochester, VT: Destiny Books.

Bentov, I. (2000). *A brief tour of higher consciousness: A cosmic book on the mechanics of creation*. Rochester, VT: Destiny Books.

Bucke, R. M. (1956). *Cosmic consciousness: A study in the evolution of the human mind*. New York: E P Dutton.

Grof, S. (with Bennett, H. Z.). (1990). *The Holotropic mind: The three levels of human consciousness and how they shape our lives*. New York: Harper Collins.

Hunt, V. V. (1989). *Infinite mind: Science of the human vibrations of consciousness*. Malibu, CA: Malibu Publishing Co.

Merrell-Wolf, F. (1944). *Pathways through to space: A personal record of transformation in consciousness*. RR Smith.

Ornstein, R. E. (1972). *The psychology of consciousness*. New York: W. H. Freeman.

Rost, E. R. (1930). *The nature of consciousness*. New York: Williams and Norgate.

· **Cosmology ~ Structure of the Universe, Neuroscience, Biofeedback**

Benyus, J. M. (1997). *Biomimicry: Innovation inspired by nature*. New York: William Morrow.

Brown, G. (1999). *The energy of life: The science of what makes our minds and bodies work*. New York: Simon & Schuster.

Newberg, A., D'Aquili, E., & Rause, V. (2001). *Why God won't go away: Brain science and the biology of belief*. New York: Ballantine Books.

Pinker, S. (1997). *How the mind works*. New York: W. W. Norton & Company.

· **Creativity**

Cameron, J. (1992). *The artist's way: A spiritual path to higher creativity*. New York: Jeremy P. Tarcher/Putnam.

Francesco, A. (Ed.). (1972). *Chinese art*. New York: Octopus Books.

· **Death and Dying**

Caine, L. (1988). *Being a widow*. New York: Penguin.

Kubler-Ross, E. (1969). *On death & dying: What the dying have to teach doctors, nurses, clergy and their families*. New York: Simon & Schuster.

Kubler-Ross, E. (1991). *Life after death*. Berkeley, CA: Celestial Arts.

Lewis, C. S. (1961). *A grief observed*. San Francisco: Harper San Francisco.

Praagh, J. V. (1999). *Reaching to heaven: A spiritual journey through life and death*. New York: Dutton/Penguin/Putnam.

Ring, K. (1980). *Life at death*. New York: Quill Publishing.

Rinpoche, S. (1993). *The Tibetan Book of Living and Dying*. New York: Harper San Francisco.

· Divination Tools

Arrien, A. (1987). *The Tarot handbook*. Sonoma, CA: Arcus Publishing.

Loughans, S. (1995). *The healing Runes: Tools for the recovering of body, mind, heart and soul*. New York: St. Martin's Press.

· **Dreams**

Bethards, B. (1995). *The dream book*. Boston, MA: Element Books.

Colton, A. R. (1973). *Watch your dreams*. Glendale, CA: ARC Publishing.

Delaney, G. (1991). *Breakthrough dreaming*. New York: Bantam.

Sams, S. (1999). *Dancing the dream: The seven sacred paths of human transformation*. New York: Harper Collins.

· **Eastern Philosophy**

Barks, C. (Trans.). (with Moyne, J.). (1995). *The essential Rumi*. New York: Harper Collins.

- Batchelor, S. (Ed.). (1987). *The jewel in the lotus: A guide to the Buddhist traditions of Tibet*. London: Wisdom Publications.
- Batchelor, S. (1994). *The awakening of the west: The encounter of Buddhism and western culture*. Berkeley, CA: Parallax Press.
- Bays, G. (Trans.). (1983). *The voice of the Buddha: The beauty of compassion* (Vols. 1 & 2). Berkeley, CA: Dharma Publishing.
- Besant, A. (1908). *Hints on the study of the Bhagavad-Gita*. Wheaton, IL: Theosophical Publishing Society.
- Boorstein, S. (1996). *Don't just do something, sit there: A mindfulness retreat with Sylvia Boorstein*. San Francisco: Harper San Francisco.
- Budge, E. A. W. (Trans.). (1960). *The book of the dead*. University Press.
- Burton, W. (Trans.). (1993). *The lotus sutra*. New York: Columbia University Press.
- Carus, P. (1973). *The gospel of Buddha*. LaSalle, IL: The Open Court Publishing.
- Clark, B. (Trans.). (1995). *The quintessence tantras of Tibetan medicine*. Ithaca, NY: Snow Lion Publications.
- Das, L. S. (2000). *Awakening the sacred*. New York: Broadway Books/Random House.
- Dening, S. (1997). *The everyday I Ching*. New York: St. Martin's Griffin.
- Evans-Wentz, W. Y. (Ed.). (1927). *The Tibetan book of the dead*. New York: Oxford University Press.
- Ghose, A. (1936). *Bases of Yoga*. Twin Lakes, WI: Lotus Press.
- Gyatso, T. (H. H. the Dalai Lama). (1988). *The union of bliss and emptiness: A commentary on the Lama Choepa guru yoga practice* (T. Jinpa, Trans.). Ithaca, NY: Snow Lion.
- Gyatso, T. (H. H. the Dalai Lama). (1990). *Freedom in exile: the autobiography of the Dalai Lama*. New York: Harper Collins.
- Gyatso, T. (H. H. the Dalai Lama). (1990). *A policy of kindness*. Ithaca, NY: Snow Lion.
- Gyatso, T. (H. H. the Dalai Lama). (1991). *Ocean of wisdom: Guidelines for living*. Clearlight Publishing.
- Gyatso, T. (H. H. the Dalai Lama). (1994). *A flash of light in the dark night*. Boston: Shambhala.

- Gyatso, T. (H. H. the Dalai Lama). (1998). *The art of happiness*. New York: Riverhead Books.
- Gyatso, T. (H. H. the Dalai Lama). (1998). *The art of living*. New York: Riverhead Books.
- Gyatso, T. (H. H. the Dalai Lama). (1999). *Ethics for a new millennium*. New York: Riverhead Books.
- Gyatso, T. (H. H. the Dalai Lama). (2001). *How to practice: The way to a meaningful life* (J. Hopkins, Trans.). New York: Pocket Books/Simon & Schuster.
- Gyeltsen, G. T. (2000). *Mirror of wisdom: Teachings of emptiness*. Lama Yeshe Wisdom Archive.
- Hanh, T. N. (1987). *Being peace*. Berkeley, CA: Parallax Press.
- Hanh, T. N. (1995). *Living Buddha, living Christ*. New York: Riverhead Books/Putnam.
- Hart, W. (1990). *The art of living: Vipassana meditation*. Singapore: Vipassana Publications.
- Kongtrul, J. (1987). *The great path of awakening: An easily accessible introduction for ordinary people: A commentary on the Mahayana teaching of the seven points of mind training* (K. McLeod, Trans.). Boston: Shambhala.
- Loden, G. A. T. (1996). *The fundamental potential for enlightenment in Tibetan Buddhism*. Melbourne, Australia: Tushita Publications.
- Lodrö, G. G. (1992). *Walking through walls: A presentation of Tibetan meditation* (J. Hopkins, Ed. & Trans.). Ithaca, NY: Snow Lion Publications.
- Müller, F. M. (Ed.). (1962). *The Upanishads: The sacred book of the east* (Vols. 1 & 2). New York: Dover Publications. (Original work published 1879 & 1884)
- Prabhavananda, S., & Mentor, F. M. (Trans.). (2002). *The Upanishads: Breath of the internal*. New York: Signet Classics.
- Rampa, L. (1990). *You forever*. Boston: Samuel Weiser.
- Redfield, J. (1999). *The secret of Shambhala: In search of the eleventh insight*. New York: Warner Books.
- Rinchen, G. S. (1997). *The thirty-seven practices of Bodhisattvas* (R. Sonam, Trans.). Ithaca, NY: Snow Lion Publications.
- Rinpoche, B. (1993). *Death and the art of dying in Tibetan Buddhism*. San Francisco: Clear Point Press.

- Rinpoche, K. K. (1986). *The Dharma: That illuminates all beings like the light of the sun and the moon* (J. Gyastso, Trans.), (The Kagyu Thubten Choling Translation Committee, Eds.). Albany, NY: State University of New York Press.
- Rinpoche, K. K. (1997). *Luminous mind: The way of the Buddha* (M. Montenegro, Trans.). Boston: Wisdom Publications.
- Sapolsky, R. M. (1994). *Why zebras don't get ulcers*. New York: W. H. Freeman.
- Selandia, E. (Ed.). (1994). *Gently whispered: Oral teachings by the very venerable Kalu Rinpoche*. New York: Stanton Hill Press.
- Shah, I. (1971). *Thinkers of the East*. New York: Penguin.
- Sivnanada, S. S. (1969). *The Bhagavad-Gita*. Divine Life Society.
- Sparham, G. (Trans.). (1983). *The Tibetan Dhammapada: Sayings of the Buddha* (B. L. Simon, Ed.). London: Wisdom Publications.
- Spalding, B. T. (1944). *Life and teaching of the masters of the far east* (Vols. 1-5). Los Angeles, CA: Devorss & Company.
- Thurman, R. A. F. (Trans.). (1984). *The central philosophy of Tibet: A study and translation of Jey Tsong Khapa's : Essence of true eloquence*. Princeton, NJ: Princeton University Press.
- Trungpa, C. (1984). *Shambhala: The sacred path of the warrior*. New York: Bantam Books.
- Watts, A. W. (1958). *This is it: And other essays on Zen and spiritual experience*. New York: Vintage Books.
- Wei, H. (1982). *The guiding light of Lao Tzu: A new translation and commentary on the Tao Teh Ching*. Wheaton, IL: The Theosophical Publishing House.
- Wilhelm, R., & Baynes, V. F. (Trans.). (1967). *The I Ching or book of change*. Princeton, NJ: Princeton University Press.
- Yeshe, L. (1995). *The Tantric path of purification*. Wisdom Publications.

Electromagnetic Energies

- Becker, R. O., & Selden, G. (1985). *The body electric: Electromagnetism and the foundation of life*. New York: William Morrow.
- Payne, B. (n.d.). *How to use body magnets*. Sonoma, CA: Dowling Magnets.

Emotional Body

- Barrick, M. C. (2002). *Emotions: Transforming anger, fear, and pain: Creating heart-centeredness in a turbulent world*. Corwin Springs, MT: Summit University Press.
- Bennett-Goleman, T. (2001). *Emotional alchemy: How the mind can heal the heart*. New York: Harmony Books.
- De Rohan, C. (1984). *Right use of will: Healing and evolving the emotional body*. La Grange, GA: Four Winds Publications.
- Goleman, D. (1995). *Emotional Intelligence: Why it can matter more than IQ*. New York: Bantam.
- Pert, C. B. (1997). *Molecules of Emotion: Why you feel the way you feel*. New York: Scribner.
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