

Chapter 4  
Image 1



The Ecstasy of St. Teresa

## Chapter 4

### Image 2

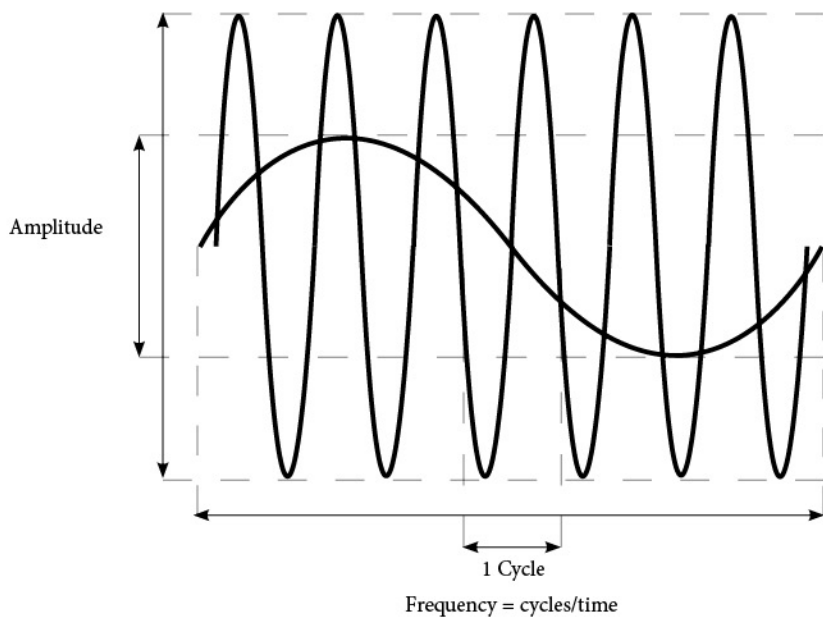


Overview of Seven Major Chakras

# Chapter 5

## Image 1

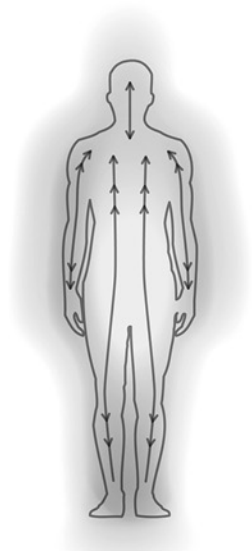
Energy can be described in terms of amplitude and frequency.



Chapter 5  
Image 2



All of these are water:  
ice  $\longleftrightarrow$  water  $\longleftrightarrow$  vapor  
(solid  $\longleftrightarrow$  liquid  $\longleftrightarrow$  gas)



All of these are energy:  
body  $\longleftrightarrow$  chemistry  $\longleftrightarrow$  mind  
(physical  $\longleftrightarrow$  bridge  $\longleftrightarrow$  metaphysical)



Some people believe the caduceus, a symbol commonly used in Western medicine, is actually a depiction of the two flows of energy moving up through the chakras to the crown. Optimal connectivity is achieved as the snakes approach the seventh chakra, as indicated by the wings.

## Supplemental Resources

[www.ReikiBrigade.org](http://www.ReikiBrigade.org)  
[www.Heather-McCutcheon.com](http://www.Heather-McCutcheon.com)

To learn more about the information presented in each chapter, check out the following resources.

### Chapter 3

*The Dark Knight*, starring Christian Bale and Heath Ledger.

*Eyes Wide Shut* starring Tom Cruise and Nicole Kidman.

*The Game* starring Michael Douglas and Sean Penn.

*Nine 1/2 Weeks* starring Mickey Rourke and Kim Basinger.

*The Stepford Wives* starring Katharine Ross and Paula Prentiss.

### Chapter 4

Jill Bolte Taylor. *My Stroke of Insight: A Brain Scientist's Personal Journey*. New York: Penguin Group, 2009.

Donna Eden. *Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy and Vitality*. New York: Penguin Group, Inc., 2000.

David Hawkins. *Power vs. Force: The Hidden Determinants of Human Behavior*. Carlsbad: Hay House, Inc., 2002.

Caroline Myss. *Defy Gravity: Healing Beyond the Bounds of Reason*. Carlsbad: Hay House, Inc. 2009.

### Chapter 5

Sonia Choquette. *True Balance: A Commonsense Guide to Renewing Your Spirit*. New York: Three Rivers Press, 2000.

Barbara Brennan. *Hands of Light: A Guide to Healing Through the Human Energy Field*. New York: Bantam Books, 1997.

Caroline Myss. *Anatomy of the Spirit: The Seven Stages of Pow-*

*er and Healing*. New York: Three Rivers Press, 1996.

Candace Pert. *Molecules of Emotion: The Science Behind Mind-Body Medicine*. New York: Touchstone, 1999.

*Limitless*. Relativity Media, 2011. Starring Bradley Cooper and Robert DeNiro.

*Phenomenon*. Touchstone Pictures, 1996. Starring John Travolta and Kyra Sedgwick.

## **Chapter 6**

Bruce H. Lipton. *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*. Carlsbad: Hay House, Inc., 2005.

Penelope Quest. *Reiki for Life: The Complete Guide to Reiki Practice for Levels 1, 2 & 3*. New York: Penguin Group, 2002.

And these other resources:

*Reiki: Balancing Form and Essence*, Phyllis Lei Furumoto's weekly Internet radio show available here: [www.reikitalkshow.com](http://www.reikitalkshow.com).

*Resurrection*. Universal Pictures, 1980. This two-time Oscar nominee stars Ellen Burstyn and Sam Shepard.

*Powder*. Caravan Pictures, 1995. Starring Mary Steenburgen and Sean Patrick Flanery.

*The Green Mile*. Warner Bros., 1999. Based on Stephen King's novel and starring Tom Hanks and Michael Clarke Duncan.

## **Chapter 7**

Robert O. Becker, and Gary Selden. *The Body Electric: Electromagnetism and The Foundation of Life*. New York: Quill, 1985.

Richard Gerber. *Vibrational Medicine for the 21st Century: The Complete Guide to Energy Healing and Spiritual Transformation*. New York: Harper-Collins, 2000.

Masaru Emoto. *The Hidden Messages in Water*, Hillsboro: Beyond Words Publishing, Inc., 2004.

James L. Oschman. *Energy Medicine: The Scientific Basis*. Edinburgh: Churchill Livingstone, 2000.

Candace Pert. *Molecules of Emotion: The Science Behind Mind-Body Medicine*. New York: Touchstone, 1999.

And this YouTube video, which explains the Double Slit Experiment in fairly simple terms: [www.youtube.com/watch?v=DfPeprQ7oGc](http://www.youtube.com/watch?v=DfPeprQ7oGc)

## **Chapter 8**

Gregg Braden. *Divine Matrix*. Bellevue: Radio Bookstore Press, 1997.

Linda Howe. *How to Read the Akashic Records: Accessing the Archive of the Soul and its Journey*. Boulder: Sounds True, 2009.

Sidney D. Kirkpatrick. *Edgar Cayce: An American Prophet*. New York: Riverhead Books, 2000.

Ervin Laszlo. *Science and the Akashic Field: An Integral Theory of Everything*. Rochester: Inner Traditions, 2004.

Christel Nani. *Guidance 24/7*. Cayucos: L.M. Press, 2005.

*A Beautiful Mind*. Universal Pictures, 2001. Starring Russell Crowe and Jennifer Connelly.

*The Men Who Stared at Goats*. BBC Films, 2009. Starring Ewan McGregor and George Clooney.

*Perception*. TNT, premiered 2012. Starring Eric McCormack.

*Wake Up*, a film that premiered in 2009 and can be found here: <http://wakeupthefilm.com>.

## **Chapter 9**

Sonia Choquette. *Ask Your Guides: Connecting to Your Divine Support System*. Carlsbad: Hay House, Inc., 2006.

David Morehouse. *Psychic Warrior*. New York: St. Martin's Paperbacks, 1996.

Cristal Nani. *Diary of a Medical Intuitive*. Cayucos: L.M. Press, 2004.

Judith Orloff. *Second Sight*. New York: Warner Books, 1996.

*The Living Matrix: The Science of Healing*. Produced, directed, and shot by Gregg and Susan Becker, 2009.



*The Pyramid Code*. Magdalena Productions, 2009. See specifically season 1, episode 2: High Level Technology  
*Walking Between the Worlds*. A two-CD workshop by Gregg Braden.

## **Chapter 10**

Sonia Choquette. *Ask Your Guides: Connecting to Your Divine Support System*. Carlsbad: Hay House, Inc., 2006.

Mary Ann Winkowski. *When Ghosts Speak: Understanding the world of earthbound spirits*. New York: Grand Central Publishing, 2009.

Maureen Hancock. *The Medium Next Door: Adventures of a Real Life Ghost Whisperer*. Health Communications, 2011.

*Long Island Medium*. The Learning Channel, premiered 2011.

*Ghost Whisperer*. CBS, 2005–2010. (Note that this series is most authentic in its early years when it more closely followed the experiences of the show's paranormal investigator consultant and producer Mary Ann Winkowski. There's some shark jumping in later seasons.)

## **Chapter 11**

Lynne McTaggart. *The Field*. New York: Harper, 2008.

Sandra A. Thomson. *Cloud Nine: A Dreamer's Dictionary*. New York: Harper Collins, 2003.

## **Chapter 12**

See the list for Chapter 10.

## **Chapter 13**

Carol Bowman. *Children's Past Lives: How Past Life Memories Affect Your Child*. New York: Random House Inc, 1999.

Caroline Myss. *Sacred Contracts: Awakening Your Divine Potential*. New York: Three Rivers Press, 2002, 2013.

Tom Schroder. *Old Souls: Compelling Evidence from Children Who Remember Past Lives*. New York: Simon & Schuster, Inc., 1999.

Ian Stevenson. *Twenty Cases Suggestive of Reincarnation*. Charlottesville: University Press of Virginia, 1966.

Ian Stevenson. *Where Reincarnation and Biology Intersect*. Westport: Praeger Publishers, 1997.

Brian Weiss. *Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives*. New York: Simon & Schuster, Inc., 1988.

*Cloud Atlas*. 2012. Starring Tom Hanks, Halle Berry, and Hugh Grant.

*Ghost Inside My Child*. LMN (Lifetime Movie Network), series premiered in 2013.

*Mental*. Fox Television Studios, 2009. Season 1, Episode 3: Do Over.

## **Chapters 14 & 15**

Robert W. Alcorn. *Healing Stories: My Journey From Mainstream Psychiatry Toward Spiritual Healing*. Medina: Perception Garden Press, 2011.

Sue Allen. *Spirit Release: A Practical Handbook*. Winchester: O Books, 2007.

Ted Andrews. *Animal Speak: The Spiritual & Magical Powers of Creatures Great & Small*. St. Paul: Llewellen Publications, 2004.

Michael Harner. *The Way of the Shaman*. San Francisco: HarperSanFrancisco, 1980.

Sandra Ingerman. *Soul Retrieval: Mending the Fragmented Self*. San Francisco: Harper San Francisco, 1991.

Terry and Natalia O'Sullivan. *Soul Rescuers: A 21st Century Guide to the Spirit World*. Hammersmith: Thorsons, 1999.

*A Gifted Man*. CBS, 2011–2012.

*The United States of Tara*. ShowTime, 2009–2011.

## **Chapter 16**

Matt Baglio. *The Rite: The Making of a Modern Exorcist*. New York: Random House, 2009.

Scott Peck. *People of the Lie: The Hope for Healing Human*

*Evil*. New York: Simon & Schuster, 1983.

## **Chapter 17**

*Buffy the Vampire Slayer*. Twentieth Century Fox, 1997–2003.

In particular check out late season six and early season seven, the story arc of Spike the vampire as he seeks restoration of his soul and consequently the memories of his misdeeds, and the torment that follows.

*Firefly*. Twentieth Century Fox, 2003–2003. Season 1, Episode 7: Safe.

*Going Clear: Scientology and the Prison of Belief*. HBO

Documentary Films, 2015. In particular check out the 1:57 mark where Marty Rathbun and others reflect on their participation in the seedier practices of the Scientology organization, and the regret and shame they feel for making those decisions. We owe these brave people tremendous gratitude for moving us towards greater transparency overall.

*The Picture of Dorian Gray*. Metro-Goldwyn-Mayer (MGM), 1945. Starring George Sanders and Donna Reed.

## **Chapter 18**

Malcolm Gladwell. *The Tipping Point: How Little Things Can Make a Big Difference*. New York: Little, Brown and Company, 2000.

## **Bibliography:**

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Alcorn, Robert W. *Healing Stories: My Journey From Mainstream Psychiatry Toward Spiritual Healing*. Medina: Perception Garden Press, 2011.

Allen, Sue. *Spirit Release: A Practical Handbook*. Winchester: O Books, 2007.

Andrews, Ted. *Animal Speak: The Spiritual & Magical Powers of Creatures Great & Small*. St. Paul: Llewellen Publications, 2004.

Arntz, William, Betsy Chasse, and Mark Vincente. *What the Bleep Do We Know!?*. Deerfield Beach: Health Communications, Inc., 2005.

Baglio, Matt. *The Rite: The Making of a Modern Exorcist*. New York: Random House, 2009.

Becker, Robert O. and Gary Selden. *The Body Electric: Electromagnetism and The Foundation of Life*. New York: Quill, 1985.

Blackburn Losey, Meg. *The Children of Now*. Franklin Lakes: Career Press, 2007.

Bolte Taylor, Jill. *My Stroke of Insight: A Brain Scientist's Personal Journey*. New York: Penguin Group, 2009.

Bowman, Carol. *Children's Past Lives: How Past Life Memories Affect Your Child*. New York: Random House Inc, 1999.

Braden, Gregg. *Awakening to Zero Point: The Collective Initiation*. Bellevue: Radio Bookstore Press, 1997.

Braden, Gregg. *The Divine Matrix: Bridging Time, Space, Miracles and Belief*. Carlsbad: Hay House, Inc., 2007.

Braden, Gregg. *Walking Between the Worlds: The Science of Compassion*. Bellevue: Radio Bookstore Press, 1997.

Bruyere, Rosalyn. *Wheels of Light*. New York: Simon & Schuster, 1994.

Castaneda, Carlos. *A Separate Reality*. New York: Washington Square Press, 1971.

Cheetham, Erica. *The Man Who Saw Tomorrow: The Prophecies of Nostradamus*. New York: Berkley Books, 1981.

Childre, Doc and Howard Martin. *The Heartmath Solution*. New York: Harper Collins, 2000.

Choquette, Sonia. *Ask Your Guides: Connecting to Your Divine Support System*. Carlsbad: Hay House, Inc., 2006.

Choquette, Sonia. *True Balance: A Commonsense Guide to Renewing Your Spirit*. New York: Three Rivers Press, 2000.

Choquette, Sonia. *Trust Your Vibes: Secret Tools for Six-Sensory Living*. Carlsbad: Hay House, Inc., 2005.

Eadie, Betty J. *Embraced by the Light*. New York: Bantam Books, 1994.

Eden, Donna. *Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy and Vitality*. New York: Penguin Group, Inc., 2000.

Edward, John, *After Life: Answers from the Other Side*. New York, Princess Books, 2003.

Edward, John. *Crossing Over*. San Diego: Jodere Group, Inc., 2001.

Elliot, David. *Healing*. Los Angeles: Hawk Press, 2010.

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Gladwell, Malcolm. *The Tipping Point: How Little Things Can Make a Big Difference*. New York: Little, Brown and Company, 2000.

Goleman, Daniel. *Emotional Intelligence: Why It Can Matter More Than IQ*. New York: Bantam Books, 1995.

Grandin, Temple. *Animals in Translation: Using the Mysteries of Autism to Decode Animal Behavior*. Orlando: Simon & Shuster, 2005.

Grant, Robert J. *Are We Listening to the Angels?* Virginia Beach: A.R.E. Press, 1994.

Hancock, Maureen. *The Medium Next Door: Adventures of a Real Life Ghost Whisperer*. Health Communications, 2011.

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Harper- SanFrancisco, 1980.

Harvey, Andrew. *The Hope: A Guide to Sacred Activism*. Carlsbad: Hay House, Inc., 2009.

Hawkins, David. *Power vs. Force: The Hidden Determinants of Human Behavior*. Carlsbad: Hay House, Inc., 2002.

*Holy Bible: New International Version*. Grand Rapids: Zondervan Bible Publishers, 1991.

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Ingerman, Sandra. *Soul Retrieval: Mending the Fragmented Self*. San Francisco: HarperSanFrancisco, 1991.

Johnson, Linda. *Meditation is Boring?* Honesdale: The Himalayan Institute Press, 2000.

Judith, Anodea. *Wheels of Life: A User's Guide to the Chakra System*. St. Paul: Llewellyn Publications, 1998.

King, Deborah. *Truth Heals: What You Hide Can Hurt You*. Carlsbad: Hay House, Inc., 2009.

Kirkpatrick, Sidney D. *Edgar Cayce: An American Prophet*. New York: Riverhead Books, 2000.

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Myss, Caroline. *Invisible Acts of Power: Channeling Grace in Your Everyday Life*. New York: Free Press, 2004.

Myss, Caroline. *Sacred Contracts: Awakening Your Divine Potential*. New York: Three Rivers Press, 2002, 2013.

Myss, Caroline. *Why People Don't Heal: And How They Can*. New York: Random House, 1997.

Nani, Christel. *Diary of a Medical Intuitive*. Cayucos: L.M.

Press, 2004.

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Nerburn, Kent. **The Wisdom of the Native Americans**. Novato: New World Library, 1999.

Orloff, Judith. **Guide to Intuitive Healing**. New York: Three Rivers Press, 2000.

Oschman, James. L. **Energy Medicine: The Scientific Basis**. Edinburgh: Churchill Livingstone, 2000.

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Pearl, Eric. **The Reconnection: Heal Others, Heal Yourself**. Carlsbad: Hay House, Inc., 2001.

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Peck, Scott. **The Road Less Travelled**. New York: Simon & Shuster, 2003.

Pert, Candace. **Molecules of Emotion: The Science Behind Mind-Body Medicine**. New York: Touchstone, 1999.

Prophet, Elizabeth Clare and Patricia R. Spadaro. **Karma and Reincarnation: Transcending Your Past, Transforming Your Future**. Gardiner: Summit University Press, 2001.

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Radin, Dean. **The Conscious Universe: The Scientific Truth of Psychic Phenomena**. New York: HarperCollins Publishers, 1997.

Roberts, Jane. **The Coming of Seth**. New York: Pocket Books, 1976.

Roberts, Jane. **The Seth Material**. Englewood Cliffs: Prentice-Hall, Inc., 1970.

Rogo, Scott D. **The Return From Silence: A Study of Near-Death Experiences**. Wellingborough: The Aquarian Press, 1989.

Sanford, Agnes. **The Healing Light**. New York: Ballantine Books, 1990.

Schroder, Tom. **Old Souls: Compelling Evidence from Children Who Remember Past Lives**. New York: Simon & Schuster, Inc., 1999.

Schultz, Mona Lisa. *Awakening Intuition: Using Your Mind-body Network for Insight and Healing*. New York: Harmony Books, 1998.

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Stevenson, Ian. *Twenty Cases Suggestive of Reincarnation*. Charlottesville: University Press of Virginia, 1966.

Stevenson, Ian. *Where Reincarnation and Biology Intersect*. Westport: Praeger Publishers, 1997.

Sugrue, Thomas. *Story of Edgar Cayce: There is a River*. Virginia Beach: ARE Press, 1997.

Tolle, Eckhart. *A New Earth: Awakening to Your Life's Purpose*. Novato: Namaste Publishing, Inc., 1997.

Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment*. New York: Penguin Group, 2006.

Virtue, Doreen. *How to Hear Your Angels*. Carlsbad: Hay House, 2007.

Vaknin, Sam. *Malignant Self Love: Narcissism Revisited*. Prague: Narcissus Publications, 2007.

Walsch, Neale Donald. *Conversations with God: An Uncommon Dialogue*. New York: G. P. Putnam's Sons, 1996.

Walsch, Neale Donald. *The Little Soul and the Sun*. Charlottesville: Hampton Roads Publishing Company, Inc., 1998.

Weil, Andrew. *Eating Well for Optimum Health*. New York: Random House, 2000.

Weiss, Brian. *Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives*. New York: Simon & Schuster, Inc., 1988.

Winkowski, Mary Ann. *When Ghosts Speak: Understanding the World of Earthbound Spirits*. New York: Grand Central Publishing, 2009.

Worrall, Ambrose and Olga. *The Miracle Healers*. New York: Harper & Row, 1965.