

Secrets to Energy Vibration



Introduction

There are many people who have had dreams that have come true or seen, heard things that were not there. Many, many stories have been told about the super natural. You may already have had some of these experiences yourself. You are not alone and more and more people are having these experiences. It is believe it is caused from the quickening. This is where the Earths vibration is becoming faster and faster over time. You might have noticed it by how fast a year goes by compared to the past years.

We can all learn these so called Extra Sensory Perceptions or gifts.

My belief is that the bible is the best metaphysical book anyone could read. Everything that I have learned how to do is also listed in the bible, mostly in the Old Testament.

In the New Testament my favourite story is “The Gifts”.

(Corinthians 1, Chapter 12, Verse 4-11)

(Maybe a little differently worded depending on which bible you have).

The variety and the unity of gifts

*There are many different gifts, but it is always the same Spirit; there are many different ways of serving, but it is always the same Lord. There are many different forms of activity, but in everybody it is the same God who is at work in them all. The particular manifestation of the Spirit granted to each one is to be used for the general good. To one is given from the Spirit the gift of utterance expressing **wisdom**; to another the gift of utterance expressing **knowledge**; in accordance with the same spirit to another, **faith**, from the same Spirit; and to another, the gifts of **healing**, through the same Spirit; to another, the working of **miracles**; to another **prophecy**; to another, the power of **distinguishing spirits**; to one, the gift of **different tongues** and to another, the **interpretation of tongues**. But at work in all these is one and the same Spirit, distributing them at will to each individual.*

The New Jerusalem Bible

Energy

What is energy and how can we use it intuitively?

Energy is defined as:

- *forcefulness and vigor in actions or words;*
- *busy activity, to devote one's energies to making a success of an enterprise;*
- *the unifying concept of all physical science that associates with any system a capacity for work either as a result of the motion of mass in the system (kinetic energy), the configuration of masses or charges in the system (potential energy) or the presence of photons in the system (radiant energy).*

There are many scientific books and courses in this field from which a student can learn more information.

Basically, energy is the ability to make things move. There are ten kinds of energy: Magnetic, Electrical, Sound, Gravitational, Elastic, Light, Thermal, Mechanical, Chemical and Nuclear.

These are categorized into three groups of energy:

<u>Potential</u>	<u>Kinetic</u>	<u>Radiation</u>
<i>Stored energy or energy related to position</i>	<i>Energy of motion</i>	<i>Energy without particles</i>
Elastic	Mechanical	Light
Nuclear	Thermal	
Magnetic	Electrical	
Gravitational	Sound	
Chemical		

You will be learning how to work with *light* (energy without particles). You will not necessarily be able to sense that you are doing anything although it will be happening, just as in the examples below.

- Ultra violet light and infrared light are undetectable by the human eye.
- Dogs can hear sounds that we can not hear.
- Animals' sense of smell is also amazing compared to ours.
- At one point in history, humans could not accept the telephone, let alone a cordless one, T.V., computers, airplanes or traveling to the moon.
- Humans could also not accept that the earth was round or that both man and women had exactly the same number of ribs.

Times have proven that more and more is possible. The record of the fastest man is being broken daily. The smallest thing was the atom... now it is a quark...tomorrow it will be...? In Russia, hundreds of miles underground, are laboratories where scientists are studying particles. What will we discover next?

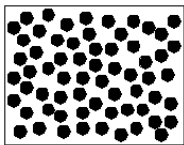
Frequency -Vibration

There are three levels of frequency with which we will be working:

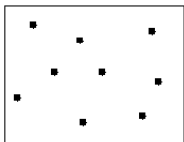
- **Electromagnetic vibration** (the earth's polarity of north and south), on which our bodies function;
- **Physical vibration**, which comprises auras and the energy of what is around us (other people and machines, for example), and
- **Astral-etheric vibration** which is energy from God/Creator/Spirit.

All matter is made of energy that holds a certain vibratory rate. If you wish to understand this further, you will need to refer to chemistry. Everything is made up of atoms; in combination, they are then considered molecules.

Everything we can see and touch is composed of bonded atoms. Think about a metal object, perhaps a metal chair. The molecules are large, are very close together and they move or vibrate extremely slowly. We cannot see the individual molecules but we can feel how solid and strong the structure is.



Now think about air. We do not notice air very often but we know we need it to breathe and we can feel it on a windy day. But can we see it? Perhaps we can imagine that we see air through a window, when the sunshine is hitting it just right and the dust particles are now visible, or sometimes in a dust storm we think we see air moving. The real point is that air molecules are smaller than those of metal, they are not close together and they vibrate very quickly, which is why we can walk through them.



The human body is made of trillions of cells and each of these individual cells is made of molecules. A scientist can look through a microscope at our cellular structure and find that the cells do not touch, but vibrate. There is no way that the human eye can detect this, we can not even feel it. Really, we only imagine a solid mass that makes up the human body.

There are scientists, like Dr. Valerie Hunt, who have discovered that our bodies have a specific healthy body frequency or hertz. She found that a person with let's say, cancer, has half the vibratory rate of an average healthy person and if you raise that person's vibratory rate to a higher energy level, than that person can heal if he/she so chooses.

Spiritual energy is just another frequency that is usually undetectable by the human sensory system. Spiritual energy is minuscule, extremely fast and the particles are very far apart.

There is countless documentation of people having strange experiences which scientists cannot explain.

Thought Energy

These next exercises will help you notice energy.

Exercise

1. Walk around the room as you normally would. Notice how you feel.
2. Stop and take a breath.
3. Now have your intent/thought change to walking as if your feet had cords that go out of them like tree roots that tie to the center of the earth. Now walk and notice if you sense any difference. Again notice how you feel.
4. Stop and take a breath.
5. Now have your intent change to walking as if you were a feather with no weight at all. Again walk and notice if you sense any difference. Notice how you feel.
6. Once you have tried all three, take a breath and let go of the experience; go back to the normal you, or how you want to be.

Exercise

1. With a partner, stand facing each other. Have your partner stand normally. Place your hands on his shoulders and lightly push him backwards. (Be careful not to push him so hard he may fall – push LIGHTLY).
2. Have him think that his feet have cords that go out of them like tree roots that tie to the center of the earth. Then, again, with your hands on his shoulders, lightly push him backwards. Do you notice any difference?
3. Have him think that he is as light as a feather. Once again, place your hands on his shoulders and lightly push him backwards. Do you notice any difference?
4. If you do not notice any difference, try this exercise with a few more people.

The purpose of these exercises is to show you that what you think can change your energy field, even gravitationally. Interesting! What we think is what we create. As I say, “Be careful what you think, you might just get it.”

Breath

Breath is the life force energy, the basis for life. We can live many days without food, a few days without water and only moments without air.

The way you breathe will tell a person many things about you. You may be a shallow breather, which shows impatience. A deep, heavy breather shows intent. Your breathing also determines how well you manifest or create.

Exercise

Notice how you breathe, when you inhale and when you exhale. How do you hold your mouth and how do you let it go?

1. Imagine you have an ostrich feather attached to a pencil (or get a real one, a nice fluffy one).
2. Hold the feather out in front of you about 12 inches or 30 cm.
3. Take a breath. Did the feather move?

This will show you how much energy you put forth when you take a breath or if you are holding in your emotions. This is not a yoga breath; this technique is for a different purpose. You need to open your mouth when you are letting go of negative emotions. This will allow the negative energy to escape with your breath and to release the body's cells at the same time.

Think about what happens when you hold your breath. Not much happens; a person does not release enough energy to change the situation.

To manifest, or create your breath, you will need to move that feather. When you take a breath, it is a signal for change according to your intent. Is it to change a conversation, to run, to swim, to speak publicly, to sing, to say, "I love you", to make a deal...? The cosmic signal for change is breath.

Natural Breathing

Babies breathe in this complete, natural manner. Adults, with their penchant for tight clothing, a sedentary and stressful lifestyle and poor posture, have tended to move away from this form of breathing. The following Yoga exercise, with practice, will become almost automatic.

Exercise

1. Begin by sitting or standing straight in a good posture.
2. Breathe through your nose.
3. As you inhale, first fill the lower section of your lungs. Your diaphragm will push your abdomen out to make room for the air. Second, fill the middle part of your lungs as your lower ribs and chest move forward slightly to accommodate the air. Third, fill the upper part of your lungs as you raise your chest slightly and draw in your abdomen a little to support your lungs. These three steps can be performed in one smooth, continuous inhalation which, with practice, can be completed in a couple of seconds.
4. Hold your breath for a few seconds.
5. As you exhale slowly, pull your abdomen in slightly and lift it up slowly as the lungs empty. When you have completely exhaled, relax your abdomen and chest.
6. At the end of the inhalation phase, raise your shoulders and collarbone slightly so that you are sure that the very tops of your lungs are replenished with fresh air.

Even your Soul needs Homeostasis

Homeostasis / Balance may be emotional, physical, spiritual and/or mental. Many clients go to a professional intuitive to receive direction in life.

A person must be balanced in order to be enlightened. Raising the vibratory rate can be done on four different levels.

- **Mental** – with positive thinking, knowledge
- **Emotional** – with the releasing of negative emotional blocks
- **Physical** – with massage, body aligning, aromatherapy, colour, crystals, energy healing (Reiki), music (sound therapy), vitamins, and food to name a few
- **Spiritual** – with prayer, meditation

Raising your Vibratory rate for Healing...A person with cancer might have radiation to try to cure it but, in many cases, if he or she is “stuck” in a negative mental block or have a lot of emotional issues like anger, the body either will not heal or the cancer will develop in another place in the body.

All alternative methods of natural healing will raise a person’s vibratory rate. Muscle testing or use of a tool like a pendulum, can determine how much and how often healing modality treatments should take place.

Changing Your Vibrational Frequency

Use this technique for enlightenment, intuition or to speak with a beloved one/guide/angel. To be able to communicate, you will need to change your frequency.

Exercise

1. Notice your surroundings (sounds, colour, temperature, for example);
2. Take three deep breaths and make sure you blow out;
3. Notice again your surroundings - any changes?
4. Take three more deep breaths;
5. Notice again your surroundings.

Your senses should heighten with this technique and you should notice more about your surroundings. You should hear better, see in more colour, notice the temperature. With practice, you will learn to hold the new vibrational frequency and stay in it naturally.

Imagine you enter a room in which a heated argument has just taken place. Most people can still sense the vibration of energy for moments after the event; some can even sense this for hours or days after it has taken place. All Masters (Jesus Christ, Buddha, for example) have a very high frequency. They radiate love light energy and people around them are drawn to this frequency of energy.

What is taught in the full workshop:
Empower yourself for life with the Intuitive Life Workshop!!!

Learn all there is to know about yourself:

- **Astrology**
- **Astral Projection**
- **Auras**
- **Automatic Writing**
- **Breathe**
- **Chakras**
- **Channeling**
- **Distant Healing**
- **Intuitive Readings**
- **Guides & Levels**
- **Manifestation**
- **Metaphysics and the Bible**
- **Past Lives**
- **Pendulum**
- **Psychometry**
- **Releasing Negative Energy**
- **Tarot**

Full spiritual enlightenment happens when you understand energy, know how to get answers and use the healing techniques when needed. In the *Intuitive Life* workshop, you will be taught how to help yourself and your loved ones.

Remember, whatever someone teaches you about energy, he/she is giving you some important guidelines. Your own belief system can be enhanced but should never be discarded. What one person believes should be honored but not taken to be the only way. Learn from many teachers and take what works for you.

Integrity and Honesty is the Key! See you in the next module.

Constance Santego

A Glossary of Common Terms

Apparitions

Are appearances of ghosts, spirits or bilocation, which can be seen momentarily by human beings.

Apports

Are physical objects materialized through mind energy by beings from the invisible realms. These objects can be given to human beings who may have them in their possession for years as physical objects but the apports may suddenly disappear. These can be objects which have been either brought through psychokinetic energy from other places on the earth, or which may have been translated from the invisible levels of being.

Ascended Master

An Ascended Master is a being who has become Self-Realized and serves humanity, a being who has raised his/her vibration to a sustained frequency of light. He/she can come and go at will from the earth plane without the Birth//Death cycle.

Astral Healing

Your spirit travels to do the healing.

Astral Possession or Influence

The experience of an individual being taken over, or influenced by, an entity from the astral-mental level of vibration. The possessing entity is usually an earthbound spirit who has lost contact with the higher aspect of himself. He (or she) is, himself, in need of healing. Striving for attention, some sort of self-expression or power, he is often very coercive toward the human being whom he has taken over. He will order the human to do senseless things, frighten him and otherwise abuse his individual freedom of choice. The difference between astral influence and astral possession is a matter of degree. Influence can be pressed upon an individual from outside his aura, and may be sporadic. In such cases, the individual is said to “act like two persons” or to have a “split personality”. In a case of possession, the entity has entered the aura of the human being and has taken over his consciousness. Astral possessions or influence can be healed very simply through techniques of astral healing.

Astral Projection

The ability to send your astral body out into time and travel separate of the physical body.

Belief

A thought accepted as a concept by the subconscious mind. It has become a subconscious attitude toward life, and thus influences the present and future experiences of the individual.

Clairaudience

“Clear hearing”; hearing through the “inner ears” words or ideas from higher vibrational levels, hearing of “etheric music” or the “om” (the basic vibration of the universe), or other sounds of the spiritual universe.

Claircognisance

“Clear Knowing”; the ability to psychically know clearly. (Cognition – the act or faculty of knowing. The product of this act, a perception or insight.)

Clairsentience

“Clear Feeling” (Sentience - Capable of sensation or feeling, conscious or aware of something; for example, sentient beings. From Latin - sentiens from sentire- to feel.)

Clairvoyance

“Clear seeing”; seeing into the higher levels of vibration forms which cannot be seen with the physical eyes, such as visions, auras, energies, or higher beings.

Conditioning

A fixed reaction to an outer stimulus which is crystallized into a pattern of behavior.

Cult

A religion or religious sect generally considered to be extremist or false, with its followers often living in an unconventional manner under the guidance of an authoritarian, charismatic leader.

Dowsing

(Also known as “Witching”) A method of divining the location of water or some underground mineral by the use of rods held by a sensitive. Through mind energy the rods are moved in such a way as to indicate the presence of the sought element. This is done under the direction of a “spirit teacher” or “guide” that is channeling information through the mind and body of the sensitive operating the rods.

Dream Analysis

The ability to analyze the symbols that are in your dreams.

(The Field of) Extra Sensory Perception (ESP)

The apparent power to perceive things that are not present to the senses including telepathy, clairvoyance, clairaudience, clairsentience, precognition, psychometry, astral projection, dream analysis, psychic reading, impressions, soul sensing, and communication with animals and other forms of life. ESP may also be called the “spiritual”.

Facilitator

Person directing the scan of the subject by the scanner and verbally communicating with any found spirits through the scanner during a session.

Ghosts

A ghost is an earth-bound individual who has passed over from the physical life into the celestial world through death. Existing at near-physical level of vibration and usually

trying to gain the attention of human beings in the physical world. Ghosts need love and healing. Ghosts can be healed through astral healing techniques.

Hallucinations

Are pictures of thoughts and figures from the subconscious mind of an individual which appear to him as real. They are thought forms seen with the "third eye". The person seeing them is really conjuring them up out of his own imagination. He is creating these thought forms as he sees them. Hallucinations are many times the result of distorted mental process.

Hypnosis

Is the induction of a trance state through the use of trance induction technique. The hypnotist leads the subject into hypnosis by causing him to relax his conscious mind and his will. The hypnotist then leads the subconscious mind of the subject through the power of suggestion. Allowing oneself to be hypnotized by another person is not recommended as a way to gain self-authority and self-dominion for it gives to another the power of directly influencing one's subconscious mind. Self-hypnosis does not rob us of our self-authority.

Impressions

The ability to sense vibrations, thought-forms and to read them.

Intuition

Intuition is defined as that ability of the mind to develop answers to questions without consciously dealing with the problem at hand. Often a question will provoke your mind to answer without using conscious processing time, and the answer is said to come "out of the blue" or "suddenly, it just struck me". Of all the many abilities of the mind, this is one of the most often used. Just knowing what to do is often an automatic process that occurs without much conscious figuring. Those with stronger intuition make fewer mistakes and can seem luckier, wiser, or more mature.

Karma

The mental register of past experiences, both in present and past lifetimes, which contain error from the past. It includes the memory of cause and effect and judgments of good and evil. It is a law of belief. We are under this law of cause and effect from the past if we believe ourselves to be under it. We can move out from this belief by knowing the truth of our being.

Materializations

Are appearances in the physical world of invisible beings. They have momentarily materialized into forms which can be seen by human beings. This form can be an etheric or a mental body which can be seen clairvoyantly, or a physical body which can be seen and felt physically. Some materializing mediums hold séances in which entities from the mental vibrations appear and speak. These entities wrap themselves in ectoplasm taken from the physical body of the medium, and channel through his subconscious mind to communicate with those who are attending the séance. These appearances are necessarily of the astral-mental level, as the higher Beings have no need to come through human mediums. Spontaneous materialization of Christ and etheric beings happen as

spiritual experiences of learning for the persons thus contacted. Spontaneous materialization (higher Beings materializing without the presence of a psychic medium) can also occur when persons who have passed over (through death) into the higher mental realms come back to the physical world for a “visit” for some specific purpose.

Medium

One who acts as a go-between between the spiritual and physical worlds. A medium uses one or more techniques to mediate between the physical human being and the spiritual being or entity.

Mediumship

One who acts as a passive instrument for spirits to communicate with the physical human being.

Mentalism

A doctrine that mind is the true reality and that objects exist only as aspects of the mind's awareness.

Occult

Refers to dealings with spiritual influences, agencies or phenomena, things which are beyond the realm of normal human perception and generally understood to be available only to the initiate.

Paranormal Healing

Is the healing of a physical condition of illness or injury by other than physical means.

Past Life

Relates to reincarnation, the belief that a human being can survive death to be reborn in a new body, bringing with him past integrated experiences.

(The use of) Pendulums:

A technique for learning, in which a pendulum dangling from a cord held by a sensitive, is set into motion by mind energy, channeled through the autonomic nervous system of the sensitive. This channeling may come from different levels of being, such as the level of spirit or of his subconscious mind.

Poltergeist

Or “noisy ghosts” are entities who are caught by mental fascination on the lower astral level of vibration. Having lost communication with their true sense of identity, they exist in a state of childish playfulness. They find great amusement in upsetting physical objects and playing tricks on human beings, but their humor can be malicious. They are in need of healing, and they can be healed through techniques of astral healing.

Prerecognition

The ability to sense future trends or happenings through the reading of present mental states. This can be done for the self, another individual, a group of people or the whole world.

Projection

As a spontaneous experience, projection is the traveling of an individual, in an inner body, to another place. Sometimes other people can see him there. Projection can occur while the person is either awake or asleep.

Psychic

Capable of extraordinary mental processes, such as extrasensory perception and mental telepathy.

Psychic Readings

The ability to read impressions of the thoughts of another person by sensing the other's mental state. Since present mental states create our future experiences, a "psychic reader" can thus foretell the future and can, by the same process, read the past. It is well to interpolate here that no prediction of the future is final. Changing the present processes can change future trends.

(The Field of) Psycho-kinesis

The influence of thought on plant growth has been investigated by various scientific and religious groups, and many experiments have proven that positive and negative thought definitely influence the growth of plants.

Psychometry

"Mind measure"- the ability to sense and interpret mental vibrations recorded in a physical object or in a certain place. It may be noted that all the sensing faculties of the astral-mental level register communications from the mind to mind. They may not be reliable, since the mind at this level can be conditioned by false thinking.

Regression

Regression is the process of leading a hypnotized subject backwards into past experiences through the power of mental suggestion. The subject becomes able to feel and re-live these experiences. The past experiences can have occurred in either the present or a former lifetime. Regression is sometimes done for the purposes of proving reincarnation or healing past traumas. However, regression is not needed for healing if one understands the principles of scientific prayer.

Reincarnation

Is the return of a soul into the physical world in a new body after the death of one's physical body. A long held concept of reincarnation is that the new incarnation brings back with him or her all of the deep-seated memories of former incarnations, and all of the karmic debts. Thus, the individual comes into the world again with all of the problems which are held over from former lives.

Scanner

A person who is in a hypnotized or mediated state making contact with the subject's energy for the purpose of scanning their emotional, physical, spiritual and mental wellbeing.

Séance

A meeting of people for the purpose of obtaining messages from the spiritual. Usually facilitated by a medium who, with the help of his or her guide, attempts to make contact with a member of the spirit world, be it a deceased friend, family member or famous person. In the past they were sometimes called "circles" because participants, called 'sitters', sat around a table (or on chairs arranged in a circle) in order to link hands, in the belief that this boosted the psychic forces which encourage paranormal manifestations. Since Harry Houdini's death, countless attempts have been made to contact him through séances.

Soul Sensing

The feeling of love and harmony in the soul.

Spiritualism

A religious movement, prominent from the 1840s to the 1920s, found primarily in English-speaking countries. The movement's distinguishing feature is the belief that the spirits of the dead can be contacted by adepts. These spirits are believed to lie on a higher spiritual plane than humans, and are therefore capable of providing guidance in both worldly and spiritual matters.

Subconscious Habit

A habit of thinking which has been subjectified. It becomes a habit of thought and emotion, which plays itself again and again, unless it is dissolved by an opposing thought pattern.

Telepathy

"Tele" means "at a distance" and "pathy" means "feeling". Thus, telepathy is the ability to sense thoughts or emotions at a distance. An example of this is when the telephone rings, knowing who is calling and what another person is just about to say.

Teleportation

Is the movement of physical objects by the use of mind energy alone. This is usually done by beings from the invisible realms. Ghosts and poltergeists sometimes move, throw, or drop objects, open or close doors, turn off or on lights, television sets, radios and so on. Higher beings may also do these things for the purpose of communicating or teaching a lesson of Truth.

A Suggested Reading List

There are many books available to further your learning on the topics covered in this course; those listed here are some suggestions:

Ascended Masters

King, Godfrey Ray

- Unveiled Mysteries (Saint Germain Series; Vol.1).
- 1989 The Magic Presence (Saint Germain Series; Vol. 2).

Sandweiss, Samuel H.

- 1975 Sai Baba: The Holy Man and the Psychiatrist. San Diego, California: Birth Day Publishing Company

Stone, Joshua David

- 1995 Ascended Masters Light the Way. Sedona, Arizona: Light Technology Publications.

Aura and Psychometry

Brennan, Barbara

- 1988 Hands of Light: a Guide to Healing Through the Human Energy Field. Bantam Books.

Butler, W.E.

- 1978 How to Read the Aura, Practice Psychometry, Telepathy and Clairvoyance. Indiana: Warner Destiny Books

Body Scan

Sugrue, Thomas

- 1942 The Story of Edgar Cayce. New York, New York: Dell Publishing Company.

Chakras

Arguelles, Jose

- 1987 The Mayan Factor: Path Beyond Technology.

Beinfield, Harriet and Korngold, Efreem

- 1991 A Guide to Chinese Medicine. New York: Ballantine Books.

Castaneda, Carlos

- 1974 Tales of Power. New York, New York: Pocket Books

Energy Healing

Brennan, Barbara Ann
1987 Hands of Light. New York, New York: Bantam Books.

Guides

Altea, Rosemary
1995 The Eagle and the Rose. New York, New York: Warner Books Inc.

Eadie, Betty J.
1992 Embraced By The Light. New York: Bantam Books.
1996 The Awakening Heart. New York, New York: Pocket Books.

Guggenheim, Bill
1995 Hello From Heaven. New York: Bantam Books.

Van Praagh, James
1997 Talking to Heaven. New York, New York: Penguin Group

Healing

Steiger, Brad
1971 Kahuna Magic. Westchester, Pennsylvania: Whitford Press.

Gienger, Michael
2004 Crystal Power, Crystal Healing. London, U.K.: Blandford

Hay, Louise L.
1988 Heal Your Body. Carlsbad, California: Hay House, Incorporated.

Manifesting

Small Wright, Machaelle
1983 Behaving As If The God in All Life Mattered. Jefferson, Virginia: Perelandra.

Numerology

Adler, Irving
1974 Magic House of Numbers. New York, New York: The John Day Company.

Goodman, Morris C.
1968 Modern Numerology. New York: Paperback Library.

Pendulums

Graves, Tom
1989 The Elements of Pendulum Dowsing. Shaftesbury, Dorset: Element Books.

Lubek, Walter
1998 Pendulum Healing Handbook. Twin Lakes, Wisconsin: Lotus Light Publications.

Psychic

Browne, Sylvia

2000 *Life on the Other Side*. Middlesex, England: Penquin Books.

1999 *The Other Side and Back*. New York, New York: Penguin Group.

Reed, Henry, McGarey, William A. and Thurston, Mark

1996 *Edgar Cayce Guides: Awakening Your Psychic Powers*. St. Martin's Paperbacks.

Sanders, Pete A.

1999 *You Are Psychic*. New York, New York: Fireside

Religion

The Bible – several versions available.

Baigent, Michael; Leigh, Richard and Lincoln, Henry

2005 *Holy Blood, Holy Grail Illustrated Edition: The Secret History of Jesus, the Shocking Legacy of the Grail*. Delacorte Press.

Brown, Dan

2003 *The Da Vinci Code*. New York, New York: Doubleday

Gardner, Laurence

2002 *Blood Line of the Holy Grail: The Hidden Legacy of Jesus Revealed*. Fair Winds Press.

Symbols

Chetwynd, Tom

1982 *Dictionary of Symbols*. London, Paladin Books: Harper Collins.

Summer Rains, Mary and Greystone, Alex

1996 *Guide to Dream Symbols*. Charlottesville, Virginia: Harper Roads Publishing Company.

Tarot

Gray, Eden

1970 *A Complete Guide to the Tarot*. New York, New York: Library of Congress.

Waite, A.E.

2003 *The Pictorial Key to the Tarot*. Kessinger Publishing.

Wirth, Oswald

1985 *The Tarot of the Magicians*. New York, New York: Library of Congress.

Cowie, Norma

1983 *Tarot for Successful Living*

General

Becker, Dr. Robert O. and Gary Selden

1985 *The Body Electric*. New York: Quill, William Morrow.

Cameron, Julia

1992 *The Artist's Way*. New York, New York: Jeremy P. Tarcher/Putnam.

Davidson, Gustav

1967 *Dictionary of Angels*. New York, New York: The Free Press.

Emoto, Masaru

2004 *The Hidden Messages in Water*. Hillsboro, Oregon: Beyond Words Publications.

Kroeger, Hanna

1973 *The Pendulum, The Bible and Your Survival*. Hanna Kroeger Publications.

Morgan, Marlo

1991 *Mutant Message Down Under*. New York, New York: Harper Collins.

Redfield, James

1993 *The Celestine Prophecy*. New York, New York: Warner Books Inc.

Walsch, Neale Donald

1996 *Conversations With God*. New York, New York: G.P. Putnam & Sons.

Suggested Internet Resources

There are literally millions of sites on the internet. You may do a “search” to give you a list of sites which contain your key words. It is only by visiting them that you will be able to determine which are useful to you. Don’t forget that from one site, you can often be directed to related sites.

What follows is simply a sample of Internet Resources. You are encouraged to extend your search on topics of interest to you.

Aura

<http://www.bioenergyfields.org/index.asp?secid=3&subsecid=0>

World Religions

<http://www.mnsu.edu/emuseum/cultural/religion/>

<http://www.religion-cults.com/>

http://en.wikipedia.org/wiki/Major_world_religions

- Islam

<http://images.google.ca/images?svnum=10&hl=en&lr=&q=islam+symbol&btnG=Search>

- Christianity

<http://images.google.ca/images?svnum=10&hl=en&lr=&q=christianity+symbol&btnG=Search>

- Hinduism

<http://images.google.ca/images?q=Hinduism+symbol&ndsp=20&svnum=10&hl=en&lr=&start=60&sa=N>

<http://www.mnsu.edu/emuseum/cultural/religion/hinduism/beliefs.html>

- Buddhism

<http://www.mnsu.edu/emuseum/cultural/religion/buddhism/beliefs.html>

- Judaism

<http://images.google.ca/images?q=judaism+symbols&ndsp=20&svnum=10&hl=en&lr=&start=40&sa=N>

- Traditional Chinese

<http://images.google.ca/images?q=Tao+symbols&ndsp=20&svnum=10&hl=en&lr=&start=80&sa=N>

- Bahai faith

<http://images.google.ca/images?svnum=10&hl=en&lr=&q=bahai+faith+symbol&btnG=Search>

Ascended Masters

<http://www.dci.dk/en/mtrl/saibabaeng.html>

<http://www.srisathyasai.org.in/Pages/SriSathyaSaiBaba/Introduction.htm>

<http://www.greatdreams.com/masters/ascended-masters.htm>

http://en.wikipedia.org/wiki/Ascended_master#Examples_of_ascended_masters

<http://www.theascendedmasters.com/>

http://en.wikipedia.org/wiki/Count_of_St_Germain

Kirlian Photography

<http://images.google.ca/images?svnum=10&hl=en&lr=&q=kirlian+photography&btnG=Search>

Misc. Info

<http://www.zeitgeistmovie.com/Zietgeist>

Suggested Video Resources

The film industry has released many movies which depict metaphysical beliefs and phenomena; just a few of them are listed here. While they are fantasy, they may improve your understanding of topics addressed in this course.

- 1999 What Dreams May Come
Directed by Vincent Ward
- 1999 The Sixth Sense
Directed by M. Night Shayamalan
- 1999 The Matrix
Directed by Andy Wachowski and Larry Wachowski
- 1999 Ninth Gate
Directed by Roman Polanski
- 1999 Patch Adams
Directed by Tom Shadyac
- 1996 Michael
Directed by Nora Ephron
- 1996 Phenomenon
Directed by John Turtletaub
- 1991 Stigmata
Directed by Rupert Wainright
- 1990 Ghost
Directed by Jerry Zucker