

**Recommended Resources and Study Citations  
Health and Human Services Conference 2011**

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**deepeaceduluth.com**

*The Living Matrix: A Film on the New Science of Healing*, [www.thelivingmatrixmovie.com](http://www.thelivingmatrixmovie.com)

*Black Whole*, Film on Unified Theory with Nassim Haraheim, Quantum Physicist, Spiritual Cinema Film Series, Volume 3, 2011 <http://www.facebook.com/spiritualcinemacircle>

*The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles* by Bruce Lipton, PhD

*The Wisdom of Your Cells: How Your Beliefs Control Your Biology* CD Learning Course, Bruce Lipton, PhD

*The Intention Experiment*, by Lynne McTaggart

*The Bond*, by Lynne McTaggart

*The Field*, by Lynne McTaggart (is a concise review of the research out there on The Field)

*Living the Field: Tapping into the Secret Force of the Universe* CD Learning Course by Lynne McTaggart

*The Science of Miracles: The Quantum Language of Healing, Peace, Feeling and Belief* Film by Gregg Braden

*Deep Truth*, Gregg Braden

*The Healing Power of Water*, Masaru Emoto

*The Secret Life of Water*, Masaru Emoto

*Meditation as Medicine: Activating the Power of Your Natural Healing Force*, Dharma Singh Khalsa, MD and Cameron Stauth

*Frequency: The Power of Personal Vibration* by Penny Peirce

*Quantum Healing: Exploring the Frontiers of Mind/Body Medicine*, Deepak Chopra, MD

*Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy and Vitality*, Donna Eden with David Feinstein, PhD (some of the energy exercises we shared came from this source, others from the practice of Qigong and Reiki)

*EnlightenNext: The Magazine for Evolutionaries*, [www.EnlightenNext.org](http://www.EnlightenNext.org) (wonderful magazine that focuses on consciousness evolution, offering new perspectives on how we approach living our lives)

*Awakened Wisdom*, Patrick Ryan

*Quantum-Touch: The Power to Heal*, Richard Gordon

*Reiki Energy Medicine: Bringing Healing into Home, Hospital and Hospice*, Libby Barnett, MSW

## **Transformative Inquiry Practices for Conscious Evolution**

From Integral Enlightenment: Spiritual Practice for an Evolving World (click on link below)

<http://integralenlightenment.com/pages/practices/transform.php>

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### **Study Citations (in order as presented)**

V. Gallese, *The Shared Manifold Hypothesis: From Mirror Neurons to Empathy*, Journal of Consciousness Studies 8, 2011, 33-50

G. Schwartz, *The Energy Healing Experiments: Science Reveals our Natural Power to Heal*, 2007, 67-81

D. Radin and M. J. Schlitz, *Gut feelings, Intuition and Emotions: An Exploratory Study*, Journal of Alternative and Complementary Medicine 11, 2005, 85-91 and *The Intention Experiment: Using Your Thoughts to Change Your Life and the World*, Lynne McTaggart, Chapter 4

L. McTaggart, *The Intention Experiment: Using Your Thoughts to Change Your Life and the World*, 2001, 44

M. Karkovsky, *When feelings go to work*, Wharton Alumni Magazine, Spring 2006

C. Lamm et al., *The Neural Substrate of Human Empathy: Effect of Perspective-Taking and Cognitive Appraisal*, Journal of Cognitive Neuroscience 19, 2007, 42-58

## **Letting go of Anger and Fear, Donna Eden Exercises**

<http://www.heal-with-energy.com/pdf/EM-AngerFear.pdf>