

Resource List For Wellness

Articles/Web Pages/Videos

Positive Affirmations: Louise Hay (books, website LouiseHay.com/affirmations)

Interviews on YouTube or Gaia with Eckhart Tolle, Bruce Lipton, Joe Dispenza, Gregg Braden, Wayne Dyer, Marianne Williamson, Sadhguru, and others.

<https://www.thetappingsolution.com> to learn about EFT/Tapping

Music for raising energy/frequency, meditations: Solfeggio frequencies, Tibetan Singing Bowls, Michael Tyrell (WholeTones), Tom Kenyon, HoloSynch

HeartMath.com for Heart-Brain coherence

Gaia.com: (subscription) meditation, yoga, documentaries

<http://thespiritscience.net/2016/05/18/speak-with-love-how-your-words-literally-restructure-your-brain/>

Books

Full Catastrophe Living, Jon Kabat-Zin

Mindfulness Based Stress Reduction Workbook, Stahl and Goldstein (based upon work by Jon Kabat-Zin)

The Highly Sensitive Person, Elaine Aron, PhD (and others by her)

Words Can Change Your Brain, Newberg and Waldman

You Are the Placebo, and Becoming Supernatural, Joe Dispenza

The Mindbody Prescription; Healing the Body, Healing the Pain, John Sarno, MD

The Hidden Messages in Water, Masaru Emoto

The Power of Now, A New Earth, Eckhart Tolle

You'll See It When You Believe It, Wayne Dyer

Various authors on HayHouse.com