Healing Touch Program
Recommended Reading List

**Purpose:** The booklist was compiled to support the Healing Touch students, apprentices, and practitioners, as well as to provide information helpful in understanding the theories and principles behind the work of Healing Touch.

*Janet Mentgen’s Recommended Books

**Healing Touch Course Work**


**Energy Medicine/Holism**

- Energy Healing: The Essentials of Self-Care, 2013. Chiasson.; Weil. (Foreword)
- Esoteric Healing: A Treatise on the Seven Rays. Bailey (1953)
• Spontaneous Evolution: Our Positive Future and a Way to Get There From Here. Lipton and Bhaerman (2010)
• The Biology of Belief: Unleashing the Power of Consciousness. Lipton (2007)
• The Bond: Connecting through the Space between Us. McTaggart (2011)
• The Energy Cure. Bengston (2010)
• The Intention Experiment: Using Your Thoughts to Change Your Life and the World. McTaggart (2008)
• The Hidden Messages in Water. Emoto (2005)
• The Spiritual Power of Empathy: Develop Your Intuitive Gifts for Compassionate Connection. Dale (2014)

Additional Books for Continuing Study: Energy Medicine/Holism

• Energetic Approaches to Emotional Healing (Nurse As Healer Series). Hover-Kramer, Shames (1996)
• The Energetics of Healing. DVD. Myss. (2004)

Quantum Physics

• Dancing Wu Li Masters: An Overview of the New Physics. Zukav (2001)
• The Holographic Universe. Talbot (1992)
• The Quantum Doctor: A Quantum Physicist Explains the Healing Power of Integral Medicine. Goswami; Foreword by Chopra (2011)

**Spiritual Development**

• All is Well. Hay & Schulz (2014)
• Fire in the Heart: Healers, Sages, and Mystic. Markides (1992)
• Healing Words. Dossey. (1997)
• Homage to the Sun: The Wisdom of the Magus of Strovolos. Markides (1988)
• Sacred Mirrors: The Visionary Art of Alex Grey. Grey, Wilber, & McCormick. (1990)
• The Sacred Purpose of Being Human. Small (2005)
• The Seat of the Soul. Zukav. (1990)
• The Chakras. Leadbeater (1973)
• The Uncommon Touch. Harpur (1995)
• Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice. Artress (2006)

**Additional Books for Continuing Study: Spiritual Development**

• The Miracle of Mindfulness. Nhat Hanh (1999)
• The Healing Gifts of the Spirit. Sanford (1984)
• The Healing Power of Prayer. Meehan (1988)

**Professional Development**

• Angel Detox: Taking Your Life to a Higher Level through Releasing Emotional, Physical, and Energetic Toxins. Virtue and Reeves (2015)
• Angels of Abundance: Heaven’s 11 Messages to Help You Manifest Support, Supply, and Every Form of Abundance. Virtue and Virtue (2014)
• Assertiveness for Earth Angels. Virtue (2014)
• Becoming the Healer: The Miracle of Brain Injury. Schlag (2012)
• Don’t Let Anything Dull Your Sparkle. Virtue (2015)
• Feelings Buried Alive Never Die. Truman (1991)
• Mirror Work: 21 Days to Heal Your Life. Hay (2016)
• The Healer Within. Jahnke. (1999)
• The Power of Intention. Dyer (2005)
• The Spiritual Entrepreneur. Morgen. (2008)
• *The 7 Habits of Highly Effective People. Covey (2004)

Additional Books for Continuing Study: Personal/Professional Development

• Nanda Nursing Diagnoses: Definitions and Classification 2005-2006 (Nanda Nursing Diagnosis). Nanda Staff (no publisher information is available) (2004)
• Principle-Centered Leadership. Covey (1992)
• The Path to Love: Spiritual Strategies for Healing. Chopra (1998)

Journaling

• *Journal to the Self: Twenty-Two Paths to Personal Growth - Open the Door to Self-Understanding by Reading, Writing, and Creating a Journal of Your Life. Adams (1990)
• *Life's Companion: Journal Writing as a Spiritual Practice. Baldwin (1990)
• Writing Down the Bones: Freeing the Writer Within. Goldberg (2006)
• Writing Down Your Soul. Conner. (2009)

Ethics

• Creating Healing Relationships: Professional Standards for Energy Therapy Practitioners, Hover-Kramer (2011)
• Ethics for the New Millennium. The Hon. Dalai Lama (2001)