

Literature

Links

To see what Cancer Research has to say about the benefits of Spiritual Healing in cancer, click on this link: [Cancer Research Healing](#).

Articles

Could Spiritual Healing Actually Work?

As download in PDF or Word format: PDF 36.96 Kb Word 56.00 Kb

Spiritual Healing in the 21st Century

As download in PDF or Word format: PDF 33.92 Kb Word 36.50 Kb

Stop Suffering (no live link, available as download below)

Although this is not an article about Spiritual Healing as such, it is an invaluable aid for changing thought patterns. Since it is thought patterns that cause dis-ease, healing can only ever be permanent if we also work on changing the way we think. It really doesn't matter that this article is written from a Buddhist point of view, its teachings are valid and accessible for everyone. Even if you just pick from this text whatever is useful and meaningful to you, it can greatly enrich your life. Thank you to Stephen L. Klick for making his article freely available.

As download in PDF or Word format: PDF 355.44 Kb Word 363.50 Kb

Monographs

You Can Heal Your Life, Louise L. Hay (ISBN 1-870845-01-3)

Louise Hay brings great love, gentleness and understanding to her teachings, and the reader benefits greatly from her insight into human nature and the laws of the Universe. This book will help you find the path to healing, which starts with changing old, hurtful thinking patterns that block the healthy flow of one's energies. Find out more on [Amazon.co.uk](#)

Hands of Light, Barbara Ann Brennan (ISBN 0-553-34539-7)

Written by a practicing healer, psychotherapist and former NASA research scientist, this is an extremely comprehensive, in-depth book on the Human Energy Field (HEF) that also serves as a condensed introduction to the science behind energy work. If you are serious about understanding the HEF, this is the only book you'll ever need. Find out more on [Amazon.co.uk](#)

Teach Yourself to Meditate, Eric Harrison (ISBN 0-7499-1328-2)

Meditation is one of the essential tools which can help any of us, should we so wish, to become still, to focus and to change our state of consciousness in order to get in touch with our own (healing) energies and those of the spirit world that surrounds us. Eric Harrison's writing, which is imbued with great knowledge, experience and skill as a practitioner and teacher of meditation, manages to pare everything down to the bare essentials whilst giving the reader a sense of the vast, boundless possibilities of meditation. With many practical exercises. Find out more on [Amazon.co.uk](#)

Your Healing Power, Jack Angelo (ISBN 0-7499-1326-6)

Offers great, simply written exercises for getting in touch with your healing power, backed up by accessible background information as to how and why this power works. Find out more on [Amazon.co.uk](#)

Peace, Love and Healing, Bernie Siegel (ISBN 0-09-974670-0)

Linking his profound understanding of the bravery and beauty behind true healing with his knowledge and experience as a surgeon, Siegel shows each and everyone of us that healing is possible, why it is possible and what is required of the individual in order to heal. By illustrating his views with examples from his medical practice, he pays tribute to all the people who have dared to try and change their lives in order to overcome dis-ease. Loving, comforting words of divine truth from someone who knows that it is not him who heals but only ever the patient him- or herself. Find out more on Amazon.co.uk

Chakra Clearing, Doreen Virtue (ISBN 1-4019-0277-4)

A basic yet extremely useful set for familiarising yourself with the human chakras. The book includes an audio CD with a Chakra Clearing meditation for morning and evening. Find out more on Amazon.co.uk

The Chakra Deck, Olivia H. Miller (ISBN 0-8118-4120-0)

A deck of cards that offers concise, to-the-point information on how to harmonise all the bodies of man, physical and subtle, and how to release energy blockages by linking each chakra, or energy centre, to a small, manageable number of well described yoga exercises. Gives very useful added information from a variety of sources on how to care for our whole being (affirmations, foods, Bach remedies and psychological characteristics amongst others). Find out more on Amazon.co.uk

A Course in Miracles, Foundation for Inner Peace (ISBN 0-670-86975-9)

(Combined Volume: Text/Workbook for Students/Manual for Teachers)

A deep, mystical course in letting go and changing our thinking – so vast that you have to read it to understand. Only for the serious student of life. Find out more on Amazon.co.uk

Magazines

Light of Consciousness (US publication)

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Healing Images

The Angel of Flowing Light, Cecil Collins