L608, Survey of Non-Traditional Beliefs

Agenda:

1. Class I, September 22
   Introduction
   Sources
   Mystical Traditions
   What Is a Mystic
   Classical Elements

2. Class II, September 29
   Karma
   Resolution of Karma

3. Class III, October 6
   Reincarnation
   Akashic Records

4. Class IV, October 13
   Free Will Choice
   Understanding Karma, Reincarnation and Free Will Choice
   Changing Your Energy

5. Class V, October 20
   Changing Your Energy
   Gender and Mental Gender
   Astrology
   Healing Systems

6. Class VI, October 27
   Chakras
   Kundalini
   Energy Layers in Body
   Mystery Schools
   Lesser Mysteries/Greater Mysteries
   Ley Lines

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Changing Your Energy

last week
the class was full of strong dynamics and information
then showed the video of Wendy the talking dog
how did you feel after the video?
said would talk about using these tools in day to day living
if I could give you a take home gift, this would be it
not connected to anything else we have talked about
anyone can use it for anything
Thoughts Are Things

concept
careful what you ask for, you’ll get it
watch what you think, it’s yours
so we get “Thoughts Are Things”
if you think about it, it is yours
two major upgrades in the power of this over last 6 months
implication that need to be careful about what you think
same dynamic as working as a healer or supporting someone
send support:
good luck in your exam
good luck in your job interview
do you want to send out anger?
revenge, do you want to cause something?
then who has the karma for the revenge

Examples:

want to buy a new house
use the thought to create it: floor plan, subdivision, yard
visualize yourself living there
does the floor plan work well for you and things you want to do

need to buy a new car
same kind of process
make your “wish” list
include everything, then prioritize

need to find a birthday gift
think about person, ask help, right gift is there and waiting for you

alternative healing system, if you think it will work, it will
Image/Plan/Implement
use it to do a large project of some kind

**image** of the completed project, using the Thoughts Are Things concepts
what will it look like
will it accomplish what you want it to accomplish
how will it affect people

just a thought form (aka idea) so can easily change at will

if building new room or remodeling and must get the paneling or the tiling
  go look at samples
  can visualize how those samples will look in your image
  can get good understanding of that as a choice
  ask to buy a small sample and live with it for a few days
  sometimes have to let it go over night
for me: colors in needlepoint, gives some tricks on doing this
  will try with the thread colors I am thinking about
then put it on the refrig or place I will see it often during the day
  know that I have to check in the sunlight
look at a distance
look several times at odd moments
one of my choices is clearly right
  or if none are right, start over

**plan** how to do the project
still in your mind
high level–then at the detail level
if run into a major issue, can go back and change the thought form
people to be hired
raw material to buy
guided by what the final image is in your mind

**implement**
begin to assemble the materials you need
start the project
find will have anticipated and worked around a lot of the problems
done in your mind
easier to fix in your mind than in middle of the project
Kybalion
written by “Three Initiates”
supposed based on work of Hermes Trismegistus (Thrice Great Hermes)
actually out of Blavatsky and theosophy

Principle of Polarity
opposite ends of a spectrum
  hot/cold
  wet/dry
  high/low
  east/west
  light/dark
 ..
 ..
 ..
  and the list goes on

if you were feeling cold, what would you do?
  put on a sweater/coat/scarf
  turn up the heat

so if don’t like where you are at a particular moment...
  look for a way to get to the other end of the spectrum you are on
  sad/angry/hurt to happy/laughing
How to change your attitude or energy
quick tools
  something like video we just last week
  will make you laugh
  will always change your energy right away
hard to be angry/sad/hurt and laugh at the same time

so identify things that are funny to you
make a favorite or bookmark if on line
Budweiser Clydesdale ads, 30 seconds and I am chuckling
folder of humorous pieces
cut out a comic
  The Family Circus
    Mom standing outside and wants to go into house, no key
    Billy:  what’s the password
    send a email to this address
    I will give you instructions to reset your password

slower but not really a surface item, can create a feeling of peace
music
something beautiful: flower, photo you love, place you love
remember a walk in the forest
  or create a new walk, what would you like to see
pictures
photos
  for me of Yosemite Valley
powerful place for me
  after every visit I come home more relaxed
  others comment on it
sit at the beach and watch the waves come in
let’s say the issue goes much deeper and it is not one you can change quickly
what tools are there

think about the karma of an action
really makes you stop and reassess
also helps you to stop words before they come out of your mouth
maybe an old situation you need to resolve
step back mentally and watch yourself
think about Thoughts Are Things
do you really want to live in that distress?

people around you are a mirror
if you are feisty, they get feisty
so if someone is feisty to you
stop
what did I say
how did I say it
what is really going on here
why is that person giving back to me that way
turns info what did I do to that person
or
what is going on in that person’s life that is making difficulties

if a lot of this sounds like Mindfulness
it is
go into a meditation type state
to slow down the whirlwind in your brain
mindfulness is watching yourself
then working to change what you don’t like
Gender and Mental Gender
work in progress for me
only child
initially not really understand the male of our species
trying to learn, observation, ask questions
may have left some confusion in discussion last week
may be inconsistencies in what I said
wanted to try to clear that up

men and women in general are different and that is a good thing
think in different patterns
respond differently to various situations
remember this is in general

but when men and women are doing the same kinds of work
should be paid the same
should be respected in the same way for the same work

not sure how I feel about women in combat, especially if have children
if agree to have a child, then are responsible for the child
gender idea out of Kybalion
have modified as worked with it
have modified as tried it out to see how it fits in my world

mental gender is not the same as physical gender
physical: men and women, body characteristics
mental–again in general:
  masculine: drive, get it done, accomplish, make it happen, push
  feminine: creative, new ideas, sensitive, compassionate

everyone has some of both kinds of mental gender
  I can be creative in how to solve a problem or plan for output
    that’s the feminine mental side
  I can also drive and push myself to finish a project or a task
    that’s the masculine mental side
implies that both functioning
  not necessarily simultaneously
  both available to me as needed

idea of sides of the brain and related sides of the body (used in healing)
  right side of the brain is creative, sensitive
    applies to left side of the body
    reason my left hand is stronger for healing energy
  left side of the brain is logical, scientific
    applies to right side of the body

as grow expand your understanding to some of these energies
  end up with pathways in the brain that cross from right to left and left to right
  so then what???
    not sure
    feels like a good thing

recent questions: what is the gender of the soul, does it have one?
  is the soul just male or just female?
  sense that I have a feminine soul
    but have lifetimes as a male so male body with female soul?
Astrology

concept
idea that planets/moon/asteroids can affect our lives
appears to have been developed in Mesopotamia around 3000 BCE
Babylon, areas between Tigris and Euphrates, modern Iraq
compare in your minds to the idea of gravity, planets have pull on each other
basic information is based on locations of the planets on your birthday
for a reading astrologer will ask
birth date and time
location of birth

this is a summary with an explanation of what they are talking about
not my area and won’t be--too much memory
all that follows is based on research
each of the planets have a meaning, often tied to Greek/Roman mythology

<table>
<thead>
<tr>
<th>Planet/Asteroid</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>the self, who you are</td>
</tr>
<tr>
<td>Moon</td>
<td>emotions, sensitivity</td>
</tr>
<tr>
<td>Mercury</td>
<td>communications and mental astuteness</td>
</tr>
</tbody>
</table>
| Venus:          | love but also money  
|                 | (money is considered concretized love by some) |
| Mars            | aggression, drive  
|                 | (war like) |
| Ceres           | grain and harvest, food |
| Pallas          | intelligence, cities |
| Juno            | commitment, interact with spouse/partner |
| Vesta           | keeper of the hearth |
| Chiron          | healer, often included as asteroid |
| Jupiter         | growth, expansion |
| Saturn          | rules, discipline |
| Uranus          | independent |
| Neptune         | altered states, dreaming |
| Pluto           | sex, death, reincarnation |

Pluto and Neptune discovered relatively recently

Pluto discovered on February 18, 1930
- takes 248 years to go through a full orbit
- will complete one cycle through all the planets in 2178

Neptune discovered September 23, 1846
- takes 165 years to go through a full orbit
- completed one cycle through all the planets in 2011
- information not published yet
each of the relationships have a meaning
based on the number of degrees between the planets

<table>
<thead>
<tr>
<th>Glyph</th>
<th>Degrees</th>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>☾</td>
<td>0°</td>
<td>conjunct</td>
<td>two walk in lock step</td>
</tr>
<tr>
<td>☚</td>
<td>30°</td>
<td>semi-sextile</td>
<td>nice but weak</td>
</tr>
<tr>
<td>☦</td>
<td>60°</td>
<td>sextile</td>
<td>better than semi-sextile but weaker than a trine</td>
</tr>
<tr>
<td>☠</td>
<td>90°</td>
<td>square</td>
<td>two planets at cross purposes, not work together well</td>
</tr>
<tr>
<td>△</td>
<td>120°</td>
<td>trine</td>
<td>two planets working very together well, in tune with each other</td>
</tr>
<tr>
<td>□</td>
<td>150°</td>
<td>quincunx</td>
<td>hidden disharmony</td>
</tr>
<tr>
<td>☻</td>
<td>180°</td>
<td>opposition</td>
<td>on opposite sides of everything</td>
</tr>
</tbody>
</table>
each of the signs of the zodiac (aka sun signs) has natures or meanings
sorted by polarity: masculine and feminine
sorted by quality:
cardinal (initiate change)
fixed (stable)
mutable (changeable)
sorted by element:
fire (spiritual)
earth (solid, practical)
air (intellectual, mental)
water (emotional side, flowing)

<table>
<thead>
<tr>
<th>SUN SIGN</th>
<th>DATES (changes about 21st)</th>
<th>POLARITY</th>
<th>QUALITY</th>
<th>ELEMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aries</td>
<td>late March and April</td>
<td>Masculine</td>
<td>Cardinal</td>
<td>Fire</td>
</tr>
<tr>
<td>Taurus</td>
<td>late April and May</td>
<td>Feminine</td>
<td>Fixed</td>
<td>Earth</td>
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<tr>
<td>Gemini</td>
<td>late May and June</td>
<td>Masculine</td>
<td>Mutable</td>
<td>Air</td>
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<tr>
<td>Cancer</td>
<td>late June and July</td>
<td>Feminine</td>
<td>Cardinal</td>
<td>Water</td>
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<tr>
<td>Leo</td>
<td>late July and August</td>
<td>Masculine</td>
<td>Fixed</td>
<td>Fire</td>
</tr>
<tr>
<td>Virgo</td>
<td>late August and September</td>
<td>Feminine</td>
<td>Mutable</td>
<td>Earth</td>
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<tr>
<td>Libra</td>
<td>late September and October</td>
<td>Masculine</td>
<td>Cardinal</td>
<td>Air</td>
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<tr>
<td>Scorpio</td>
<td>late October and November</td>
<td>Feminine</td>
<td>Fixed</td>
<td>Water</td>
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<tr>
<td>Sagittarius</td>
<td>late November and December</td>
<td>Masculine</td>
<td>Mutable</td>
<td>Fire</td>
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<tr>
<td>Capricorn</td>
<td>late December and January</td>
<td>Feminine</td>
<td>Cardinal</td>
<td>Earth</td>
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<tr>
<td>Aquarius</td>
<td>late January and February</td>
<td>Masculine</td>
<td>Fixed</td>
<td>Air</td>
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<tr>
<td>Pisces</td>
<td>late February and March</td>
<td>Feminine</td>
<td>Mutable</td>
<td>Water</td>
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<tr>
<td>Planet</td>
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<td>Earth</td>
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<td>Sol</td>
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<tr>
<td>Luna</td>
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<tr>
<td>Mercury</td>
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<tr>
<td>Venus</td>
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<td>Mars</td>
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<td>Jupiter</td>
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<tr>
<td>Pluto</td>
<td>♀ / ☀</td>
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<table>
<thead>
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<th>Aspect</th>
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<tbody>
<tr>
<td>Conjunction</td>
<td>☄</td>
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<tr>
<td>Opposition</td>
<td>☄</td>
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<tr>
<td>Trine</td>
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<tr>
<td>Sextile</td>
<td>✷</td>
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<td>Quincunx</td>
<td>☐</td>
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<tr>
<td>Semisextile</td>
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<td>Aquarius</td>
<td>♒</td>
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<tr>
<td>Pisces</td>
<td>♓</td>
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</tbody>
</table>
Houses, areas of activity:

<table>
<thead>
<tr>
<th>HOUSE</th>
<th>ACTIVITY</th>
</tr>
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<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>rising sign, coming over ascendent when you were born</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>manage positions</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>neighborhood</td>
</tr>
<tr>
<td>4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>foundation, parents, home</td>
</tr>
<tr>
<td>5&lt;sup&gt;th&lt;/sup&gt;</td>
<td>play, party</td>
</tr>
<tr>
<td>6&lt;sup&gt;th&lt;/sup&gt;</td>
<td>daily routine, health matters</td>
</tr>
<tr>
<td>7&lt;sup&gt;th&lt;/sup&gt;</td>
<td>marriage, partnerships</td>
</tr>
<tr>
<td>8&lt;sup&gt;th&lt;/sup&gt;</td>
<td>crisis-expert</td>
</tr>
<tr>
<td>9&lt;sup&gt;th&lt;/sup&gt;</td>
<td>travel</td>
</tr>
<tr>
<td>10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>reputation, as others see you</td>
</tr>
<tr>
<td>11&lt;sup&gt;th&lt;/sup&gt;</td>
<td>team player, peer groups</td>
</tr>
<tr>
<td>12&lt;sup&gt;th&lt;/sup&gt;</td>
<td>alone, retreat and regroup</td>
</tr>
</tbody>
</table>
Oprah Winfrey
January 29, 1954 / 4:30 a.m. CST / Kosciusko, MS
Placidus Houses

From *Llewellyn’s Complete Book of Astrology* by Kris Brandt Riske, MA, page 269
What does it mean if you are born on the cusp
year not always 365 days long
months vary in length, so zodiac months vary in length
most of the time, the end of the zodiac month can be anywhere from 19th to 23rd
if born in that period, are almost always between signs
may have some attributes of both signs
called being “born on the cusp”
can get clarity from the rest of the chart

also important in chart are the ascendent
sun sign that was just coming over the horizon at time of birth
may tell a lot about you

also important may be the moon sign at time of birth
Moon is about the emotions
moon sign tells about emotional self, about private self
Based on Clement and Bytheriver, *Llewellyn’s A to Z Horoscope Maker and Interpreter*, p 248
Retrogrades

Mercury was retrograde at the start of this class
planet looks like it is going backwards based on our standing on earth
all planets do this except Sun and Moon
if standing on earth and try to see Mercury will have to look back over shoulder

Mercury represents communications/mental alertness
3 three-week periods each year

what does it mean:
all kinds of communication issues
meetings fall through
try to make travel connections can be an issue
all kinds of computer issues
generally mind is not as sharp as usual
need to check and recheck info

other planets do this also but for different lengths of time at different times
mean different things based on the planet that is retrograde
If you want to have an astrology reading
   will get a natal chart that looks like the Oprah Winfrey one
   planets and houses
best do a test reading, then ask yourself
   does it sound like you
   does it make sense to you
   do you like the attitude/concepts of the astrologer
absolutely keep a recording of some kind
   almost impossible to remember everything
   especially helpful if feel that there are things you don’t understand
if you like the astrologer and want annual readings
   ask for “solar return”
       location of the planets at time of your birthday this year
planets will have moved from where they were at the time of birth
   also called a progressed chart

one issue is that readings often (key word) are about people who are younger
   hard to get good data after about 50 years old
   especially if order a computer generated reading
most of the time seniors have already worked through many of the issues
   seniors don’t worry much about work life/job issues
   children are grown and making their own decisions

another issue is that the interpretations are often not consistent
most astrologers doing some kind of research
   find a meaning for a planet or relationship
check with other readings and charts they do
if it works well, they then adopt that info and use it
may or may not share at e.g., at an association gathering
   may or may not be accepted by others
readers have different meanings for the various planets
means will interpret the aspects differently

one can get a computerized reading
   then get interpretations of the person who designed the program
Healing Systems

called Complementary and Alternative Medicine (CAM)
some now covered by insurance
is not covered by Medicare
Part D may cover some types
check your insurance carefully for info

as with any healing system, traditional or not,
if you think it will work, helps to make it work more effectively
back to “Thoughts Are Things”

Healing Prayer
part of how I got into non-traditional beliefs
usually no cost involved
no training required, mostly need a desire to help
as part of a healing prayer group
basically think in a positive way about person with illness/challenge
can send wellness energy
can sending healing
better if think about the person in a positive way, not feeling sick
my own system is to find a visual image for person
support works even if I am still hunting for the image!
all this is distance
may or may not get feedback
may find that the person does not want any assistance
lady with the brick wall
just laid the energy on ground where she could reach it if she wished

use healing prayer because it is a very isolated event and
easy to see the dynamics that were at work
unique issue
get help
see results
but then it depends on whether you expect it to work
Reiki

touch healing system
  Rei means “God’s Wisdom or the Higher Power”
  Ki means “life force energy”
  combined means “spiritually guided life force energy”

developed by Dr. Mikao Usui (1865 - 1926)
  studied various religions
  spiritual experience allowed him to do effective touch healing
  before his death, passed the info to Dr. Chujiru Hayashi (1878 - 1940)
  he then taught Hawayo Takta
    had cured her of a serious illness using Reiki
    she then taught it and her grand daughter, Phyllis Lei Furumoto, carried on

training system of three levels
  Reiki I
  Reiki II
  Advanced Reiki Training/Master (ART/Master)
    used to be that must then agree to teach to others
    not sure of current requirement

have been a number of off shoots or enhancements
  names usually have Reiki in the title of the system
  two from the Reiki Association web site
    Karuna Reiki - “compassionate action”
    Holy Fire Reiki
  reportedly some 300 derivatives world wide
I find it especially effective and worthwhile
lie on a table, wear comfortable clothing
healer touches various energy points on body
    alternate: hands over energy point but not touch, just hover
may ask you to turn over
not invasive in any way
towel or cloth over face so healer can touch face without discomfort
may have more than one healer working at the same time
touch a spot, say forehead or shoulder blades
energy flows from hands of the healer into person being helped
healer holds that position until the flow slows down
    when slows means that there has been sufficient energy
moves to another spot
as person being healed, wonderfully relaxing
once finished, feel very balanced, calm
actually does help
    probably in part that relax totally
    assists body’s own healing systems to be effective
calm, less anxiety about issues
    feel that will improve
is generally a charge
friend who is a Reiki healer, we have talked about this
my healer did not want to be paid
discussed with mutual friend who is also a Reiki healer
there is a balance that occurs with giving and receiving
    if don’t pay, then that balance is upset
person being helped feels a long term indebtedness
    if pay for healing, don’t have that
friend and I usually went out to lunch afterward
    said that if she would not let me pay for healing
        I would not let her pay for her lunch

environment is important
made appointment for a Reiki associated with Sinai in Baltimore
near end, I was so calm and relaxed
healer wanted to try rolfing which was his speciality
    basically aggressively rolled my arm between his hands
destroyed the relaxation of the Reiki
**Therapeutic Touch**

basically same idea as Reiki
difference is that it is taught to nurses mostly for inpatient use
developed by Dolores Krieger, PhD, RN and Dora Kunz
Nurse Healers Professional Associates International, Inc.
parent organization
sets standards and does credentialing
their sessions last no more than 20 minutes
large association
headquarters in Delmar, New York

**Rolfing Structural Integration**

system of deep manipulation of the body’s soft tissue
improves posture
relieves chronic pain
reduces stress
developed by Dr. Ida P. Rolf
Ph.D. in biochemistry in 1920
then learned osteopathy
chiropractic medicine
tantric yoga
Alexander tension reduction through body movement
Korzybski’s concept of altered states
created study of “general semantics”
our awareness limited by structure of nervous system
our awareness limited by structure of language
so what we know is filtered through brain/language
used: I don’t know, let’s see.......  
Dr. Rolf realized that there were a series of integrated series of tissues
needed to work with all them to reduce stress and manifest healing
get them working together
heals what is called myofacial pain
touch points in the muscles and causes pain elsewhere
used deep massage to reshape the myofacial which reduces pain
**Acupuncture**

often part of pain management

insert very thin needles through skin

per those who have done it, feel needle go in or come out

not painful, just aware

done along meridians through the body

Chinese technique to balance qi or chi (pronounced CHEE)

Western practitioners use for stimulation

helps blood flow so natural pain killers function better

practitioner should use a fresh set of needles for each treatment

eliminate any danger of infection from previous use

**Acupressure**

similar to acupuncture but use pressure on the meridian points rather than needles

**Reflexology**

pressure points on the bottom of the feet are matched to organs

pressure on a particular point on foot sends healing to that organ

however, listed in University of Minnesota with article

list has supportive research

Quack Watch on Google

but then he did not expect it to work, so of course, it didn’t
Naturopathy

Naturopathy, or naturopathic medicine, is a system of medicine based on the healing power of nature. Naturopathy is a holistic system, meaning that naturopathic doctors (N.D.s) or naturopathic medical doctors (N.M.D.s) strive to find the cause of disease by understanding the body, mind, and spirit of the person.

Source: University of Maryland Medical Center

very wholistic, i.e., treat the whole person
practitioners are licensed

Homeopathy

Homeopathy is based on the idea that "like cures like." That is, if a substance causes a symptom in a healthy person, giving the person a very small amount of the same substance may cure the illness.

Source: WebMD

per NIH, little support evidence for any specific issue
remedies are regulated by FDA but not for safety or effectiveness

Ayurveda

believe that illness comes from lack of balance in energy types:

per University of Maryland Medical Center energy types include:

Vata -- Energy that controls bodily functions associated with motion, including blood circulation, breathing, blinking, and heartbeat. When vata energy is balanced, there is creativity and vitality. Out of balance, vata produces fear and anxiety.

Pitta -- Energy that controls the body's metabolic systems, including digestion, absorption, nutrition, and temperature. In balance, pitta leads to contentment and intelligence. Out of balance, pitta can cause ulcers and arouse anger.

Kapha -- Energy that controls growth in the body. It supplies water to all body parts, moisturizes the skin, and maintains the immune system. In balance, kapha is expressed as love and forgiveness. Out of balance, kapha leads to insecurity and envy.
General Resources:

Local classes:  http://www.peaceabledragon.org/class-archives/virginia-classes/

http://www.takingcharge.csh.umn.edu/
Univ of Minn
comprehensive list of the various types of CAM, with links
research and support for various types

Johns Hopkins, Different Types of CAM
http://www.hopkinsmedicine.org/healthlibrary/conditions/adult/complementary_and_alternative_medicine/types_of_complementary_and_alternative_medicine_85,p00189/

NIH, exceptionally long list sorted by medical problem and various solutions
https://nccih.nih.gov/health/atoz.htm

WebMD
http://www.webmd.com/balance/what-is-alternative-medicine

Thoughts Are Things:
Dick Sutphen with Tara Sutphen, Soul Agreements, Hampton Roads Publishing Company, 2005
Three Initiates, Kybalion, The Yogi Publication Society, Masonic Temple, Chicago, IL
Alice Steadman, Who’s the Matter with Me

Astrology
Associations for Astrologers:
American Federation of Astrologers
seems to have a training and testing program
may be easier to use one of their astrologers
none in the DC, one in Virginia area, are several in Maryland

Reiki:
http://medical-dictionary.thefreedictionary.com/Reiki
general info, good summary
http://www.reiki.org/
International Center for Reiki Training

Therapeutic Touch:
http://therapeutic-touch.org/
Rolfing:
http://www.rolf.org/about
http://medical-dictionary.thefreedictionary.com/Rolfing

Acupuncture:
http://www.mayoclinic.org/tests-procedures/acupuncture/basics/definition/prc-20020778
  includes information on risks and potential side effects
http://www.webmd.com/fibromyalgia/tc/acupuncture-topic-overview
  topic says fibromyalgia but article is about acupuncture
http://www.medicalnewstoday.com/articles/156488.php
  lots of info

Acupressure:
http://www.acupressure.com/
  a number of images on people using the pressure points
http://www.drweil.com/drw/u/ART03230/Acupressure.html

Reflexology:
http://www.takingcharge.csh.umn.edu/explore-healing-practices/reflexology
http://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/what-is-reflexology/faq-20058139

Naturopathy:
https://umm.edu/health/medical/altmed/treatment/naturopathy
  lots of info with good references
https://nccih.nih.gov/health/naturopathy
  what a naturopath does and how he/she works
Homeopathy:
http://www.nationalcenterforhomeopathy.org/

https://nccih.nih.gov/health/homeopathy
  comprehensive discussion

Ayurveda:
www.chopra.com/our-services/ayurveda
http://www.webmd.com/balance/guide/ayurvedic-treatments
https://umm.edu/health/medical/altmed/treatment/ayurveda
  comprehensive article