RESOURCES

Session I: Introduction, Sources, Mystical Traditions, What is a Mystic

General:

<http://www.themystica.com/mystica/default.html>

Awarded from: Britannica.com; Criteria: Editors selected site as one of the best on the Internet for quality, accuracy of content, presentation and usability. See home page in the bottom left for the search feature

<http://www.crystalinks.com/>

look under A-Z on menu bar to find a directory

<http://www.ancient-wisdom.com/>

<http://www.encyclopedianomadica.org/>

Carol E. Parrish-Harra, Ph.D., *New Dictionary of Spiritual Thought*, Sparrow Hawk Press, Tahlequah, Oklahoma, 2002

an excellent dictionary with entries on just about anything in spiritual and esoteric

concepts and thought from a number of religions, clear and easy to understand

*Kybalion,* Three Initiates

actual authorship uncertain, primary candidate is William Walker Atkinson

not a book to sit down and read through, better to read a chapter and then think

about it for awhile

however, it is a book that one can go back to again and again

ADK Luk books (Alice Schutz)

To purchase:

<http://www.alohapeace.com/lawoflife.aspx>

not necessarily an easy read

lots of very detailed information on the Masters of the White Brotherhood

(mystical beings who are often mentioned in various discussions)

Mystical Traditions:

http://holybooks.lichtenbergpress.netdna-cdn.com/wp-content/uploads/The-Origin-of-Western-Mysticism.pdf

about Plotinus

long but interesting, good definition and understanding

<https://westernmystics.wordpress.com/>

read thoroughly, some things hidden in this I think

not clear what they mean by the term “mystic”

<http://plato.stanford.edu/entries/mysticism/>

erudite, good resource so may be helpful

search on how to obtain a mystical experience

<http://www.sawka.com/spiritwatch/cehsc/ipure.htm>

Bruce B Janz, Ph.D. Professor, University of Central Florida

<http://pegasus.cc.ucf.edu/~janzb/mysticism/>

resources for Bruce Janz’s class on Western Mysticism, University of Central Florida

lots of info, links and cross references

under section on Academic Study of Western Mysticism, first subsection:

click on Mysticism, PPT presentation

Evelyn Underhill

<http://www.evelynunderhill.org/>

Underhill, Evelyn, *Mysticism,* 12th EDITION, New York, Meridian Books, 1955

Janz: “an old classic but later works fulfill this project better”

Underhill, Evelyn, *Practical Mysticism*, New York, E.P. Dutton, 1915

Janz: “good introduction, kind of a primer on mystical life”

Rabbi Amy Scheinerman

<http://scheinerman.net/judaism/Ideas/index.html>

click on Kabbalah in the list on her web site

Recommended reading:

Daniel C. Matt*, The Essential Kabbalah: The Heart of Jewish Mysticism*

Lawrence Kushner*, The Way into Jewish Mystical Tradition*

Zev ben Shimon Halevi, *The Work of the Kabbalist*

Moshe Idel*, Kabbalah: New Perspectives*

per Rabbi Scheinerman, not recommended are:

The Kabbalah Centre

Michael or Yehuda Berg

Session II: Karma, Resolution of Karma

<http://www.aaos.org/news/aaosnow/jan14/managing3.asp>

American Academy of Orthopaedic Surgeons

<http://definitions.uslegal.com/g/good-samaritans/>

https://www.princeton.edu/~achaney/tmve/wiki100k/docs/Good\_Samaritan\_law.html

see also Wikipedia article, Good Samaritan law, various articles

NOTE: did use Wikipedia, every country and state is different, only site with a summary

Session III: Reincarnation, Akashic Records

Reincarnation

ARE, Association for Research and Enlightenment, Virginia Beach

Edgar Cayce, (March 18, 1877 – January 3, 1945)

<https://www.edgarcayce.org/>

Sugrue, Thomas, *There is a River, The Story of Edgar Cayce*

Tucker, Jim B, M.D., *Return to Life*

also: <http://www.jimbtucker.com/>

Dr. Ian Stevenson, (October 31, 1918 – February 8, 2007)

preceded Dr. Tucker at University of Virginia

several entries under Google search for his name, among them:

https://www.near-death.com/reincarnation/research/ian-stevenson.html

Akashic Records (also in the first handout)

<http://www.themystica.com/mystica/default.html>

https://www.themystica.com/mystica/articles/a/akashic\_records.htm

Awarded from: Britannica.com; Criteria: Editors selected site as one of the best on the Internet for quality, accuracy of content, presentation and usability.

see list at Contents >> Index of Articles >> A

Session IV: Free Will Choice, Understanding Karma, Reincarnation and Free Will Choice

Dick Sutphen with Tara Sutphen, *Soul Agreements*, Hampton Roads Publishing Company, 2005

Owen K. Waters, Spiritual Dynamics Academy

<http://www.spiritualdynamics.net/about.htm>

Session V: Chakras, Kundalini

General:

<http://www.themystica.com/mystica/default.html>

open for topic you wish to see

actually pretty comprehensive, uses and has awards from Encyclopedia Britannica

see home page in the bottom left for the search feature

to see the list, click on Contents > Index of Articles > Chakras

<http://www.crystalinks.com/directory.html>

open for topic you wish to see

Mark Olson Chart and Article

<http://www.neurotrekker.com/anatomy/chakra2.pdf>

Kundalini

<http://www.swamij.com/index-yoga-meditation-kundalini.htm>

most detailed info I found, especially good on Kundalini

Session VI: Astrology, Healing Systems

Astrology

Associations for Astrologers:

See list at: <http://stariq.com/PageTemplate/t1.asp?PageID=799>

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

Healing Systems

Local classes: http://zen.thisistruecs.com/about-kris-brinker/peaceable-dragon/

<http://www.takingcharge.csh.umn.edu/>

University of Minnesota, see “try holistic practices”

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>

Alice Steadman, *Who’s the Matter with Me*

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/>

Healing Touch Program™

<http://www.healingtouchprogram.com>

15439 Pebble Gate San Antonio, TX 78232

Phone: 210-497-5529

Rolfing:

<http://www.rolfusa.com/rolfing.html>

<http://medical-dictionary.thefreedictionary.com/Rolfing>

http://www.drweil.com/drw/u/ART00472/Rolfing-Dr-Weils-Wellness-Therapies.html

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.webmd.com/balance/guide/acupressure-points-and-massage-treatment

<http://www.acupressure.com/>

a number of images on people using the pressure points

Reflexology:

<http://www.takingcharge.csh.umn.edu/>

University of Minnesota, see under “try holistic practices”

http://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/what-is-reflexology/faq-20058139

Naturopathy:

<https://nccih.nih.gov/health/naturopathy>

what a naturopath does and how he/she works

Homeopathy:

<http://www.nationalcenterforhomeopathy.org/>

<http://www.webmd.com/balance/guide/homeopathy-topic-overview>

<https://nccih.nih.gov/health/homeopathy>

comprehensive discussion

Ayurveda:

[www.chopra.com/our-services/ayurveda](http://www.chopra.com/our-services/ayurveda)

<http://www.webmd.com/balance/guide/ayurvedic-treatments>

<http://www.takingcharge.csh.umn.edu/>

University of Minnesota, see under “try holistic practices”

<https://nccih.nih.gov/health/ayurveda/introduction.htm>

comprehensive article