

RECOMMENDED READINGS



Helpful Resources:

Here is a list of books that are recommended in support with the content in GYP Module 2:

- ❖ *Chakras and their Archetypes: Uniting Energy Awareness and Spiritual Growth*, Ambika Wauters, 1997, The Crossing Press, Berkeley CA.
- ❖ *Creating Money, Attracting Abundance*, Sanaya Roman & Duane Packer, 1988, New World Library, Tiburon CA.
- ❖ *Energy Healing, The Essentials of Self-Care*, Ann Marie Chiasson, MD, Sounds True, 2013, Boulder CO.

- ❖ ***Energy Medicine, Balancing Your Body's Energies for Optimal Health, Joy and Vitality***, Donna Eden with David Feinstein, PhD, 1998, Penguin Books, London England.

- ❖ ***The Sevenfold Journey, Reclaiming Mind, Body & Spirit Through the Chakras***, Anodea Judith & Selene Vega, 1993, The Crossing Press, Berkeley CA.

- ❖ ***The Subtle Body, An Encyclopedia of Your Energetic Anatomy***, Cyndi Dale, 2009, Sounds True, Boulder CO.

- ❖ ***The Vortex, Where The Law of Attraction Assembles All Cooperative Relationships***, Esther and Jerry Hicks The Teachings of Abraham, 2009, Hay House, Carlsbad CA.