

## Books

I have included a variety of books and articles here. Some deal with hypnosis, others take a lay approach to the questions of life after death and reincarnation, still others take a scientific or philosophical approach. They are not meant to be on a par with each other, nor am I necessarily in agreement with every author. I do believe that they will provide the inquisitive reader with many rich hours of study.

**Highlighted** items are recommended as good places to begin.

**Almeder, Robert, Beyond Death, Charles C. Thomas, 1987.**

(Dr. Almeder was for many years on the philosophy faculty at Georgia State University. He has taken a philosopher's critical approach to some of the best research and anecdotal data available on the subject. He critiques the arguments which support the hypothesis of life after death, and then critiques the arguments against the hypothesis. If you read just one book on the subject, I would suggest this one or his newer one.)

Bache, Christopher, Ph.D., Lifecycles: Reincarnation and the Web of Life, Paragon House, 1991.  
(Presents a theory of reincarnation. Draws on the works of some excellent authors in related fields.)

Borysenko, Joan, Ph.D., Minding the Body, Mending the Mind, Addison-Wesley Publishing Company, 1987.

(In the genre of books like Love, Medicine and Miracles and Getting Well Again.)

Cerminara, Gina, Many Mansions, William Morrow and Company, 1978.

(A good lay review of the theory of reincarnation, drawing on the readings of Edgar Cayce.)

Ducasse, C.J., A Critical Examination of the Belief in a Life After Death, Charles C. Thomas.

Fiore, Edith, Ph.D., The Unquiet Dead, Ballantine, 1987.

Fiore, Edith, Ph.D., You Have Been Here Before: A Psychologist Looks At Past Lives, Random House, 1978.

(One of the earliest on the subject. She uses a case studies approach to the topic.)

Fisher, Joe, The Case for Reincarnation, Bantam Books, 1985.

Grof, Stan, Beyond the Brain

(Grof did some of the well documented pioneering research with LSD back in the 60's with thousands of subjects, and later found that essentially the same results could be achieved without the use of drugs. Led to his development of a model of therapy designed to do just this kind of transformational work.)

Kubler-Ross, Elizabeth, M.D., Death: The Final Stage of Growth, Prentice-Hall, Inc., 1975.

Lenz, Frederick, Ph.D., Lifetimes: True Accounts of Reincarnation, Ballantine, 1979.

(Like Fiore and Wambach, Lenz states he is not intending to prove or disprove reincarnation, but merely to present the accounts of experiences of other people.)

Lucas, Ph.D., Winafred Blake, Regression Therapy: A Handbook for Professionals, Deep Forest Press, 1993.

Volume I: Past-Life Therapy

Volume II: Special Instances of Altered State Work

Volume I includes a variety of articles by some of the better known therapists who utilize past life therapy including Hazel Denning, Roger Woolger, Edith Firoe, Chet Snow, Tineke Noordegraaf and Barbara Findeisen. Volume II addresses such themes as perinatal [add the rest of this description]

Montgomery, Ruth, and Garland, Joanne, Ruth Montgomery: Herald of the New Age, Ballantine Books, 1986.

(This volume provides an overview of her dozen other books. As such it is a good introduction to her work.)

**Moody, Raymond A., Jr., M.D., The Last Laugh.**

(Dr. Moody notes that this book functions as the final chapter to Life After Life. The two books are best read as a pair.)

Moody, Raymond A., Jr., M.D., Beyond the Light, 1988.

(One of his books on the research evidence for life after life.)

Moody, Raymond A., Jr., MD, Coming Back: A Psychiatrist Explores Past-Life Journeys, Bantam, 1991.

(Moody earned his M.D. from the University of Virginia where Ian Stevenson, MD taught.)

**Moody, Raymond A., Jr., M.D., Life After Life, Mockingbird Press, 1975.**

(Like Sabom's book on the topic, this is one of the classics that first laid out the characteristics of the near death experience. In his recent book The Last Laugh he cautions the reader that the two books need to be read together.)

Moody, Raymond A., Jr., M.D., Reflections on Life After Life, Bantam Books, Inc., 1977.

(His sequel, has some interesting things to say about suicide.)

Myss, Ph.D., Caroline. Anatomy of the Spirit: The Seven Stages of Power and Healing

New in 1997. Includes a discussion of ways to understand the interconnections among the Hindu chakras, the Kabbalah's tree of life and the Christian sacraments.

Ostrander, Sheila, and Schroeder, Lynn, Psychic Discoveries Behind the Iron Curtain, Bantam Books, 1971.

Redfield, James, The Celestine Prophecy, Warner Books, 1993.

(Some love it, some hate it, but it does a nice job of presenting a range of paranormal type possibilities.)

Redfield, James, and Arrienne, Carol, The Celestine Prophecy: An Experiential Guide, Warner Books, 1995.

(The expected sequel for those wanting more direction on how to develop some of the skills described in the original book.)

**Ring, Kenneth, Heading Toward Omega: In Search of the Meaning of the Near-Death Experience, William Morrow and Company, 1985.**

(Compares near death experiences with the kundalini phenomenon from Eastern mystics and proposes.)

Rogo, D. Scott, Leaving the Body, A Complete Guide to Astral Projection, Prentice-Hall, Inc., 1983.

Rossi, Ernest L., editor, The Collected Papers of Milton H. Erickson, Irvington Publishers, 1980.  
Vol I The Nature of Hypnosis and Suggestion  
Vol II Hypnotic Alteration of Sensory, Perceptual, and Psychophysiological Processes  
Vol III Hypnotic Investigation of Psychodynamic Processes  
Vol IV Innovative Hypnotherapy

Rossi, Ernest L., *The Psychobiology of Mind-Body Healing: New Concepts of Therapeutic Hypnosis*, W.W. Norton and Company, 1988.

Rossi, Ernest L., and Cheek, David B., *Mind-Body Therapy: Methods of Ideodynamic Healing in Hypnosis*, W.W. Norton and Company, 1988.  
(Excellent volume for looking at the use of "finger signals" in hypnosis to access historical data and provide therapeutic change. Has some excellent summary pages that describe various techniques.)

Sabom, Michael B., M.D., *Recollections of Death: A Medical Investigation*, Simon and Schuster, 1982.  
(Similar to Moody's research)

Sacerdote, Paul M.D., Ph.D., *Induced Dreams: About the Theory and Therapeutic Applications of Dreams Hypnotically Induced*, Theo Gaus, Ltd., 1967.  
(Instead of dealing with dream recall in therapy sessions, Sacerdote helped patients "dream" during the session. Past life therapy can be understood as an extension of this concept, leaving open the question of whether to understand the "dream" as the patient's projective metaphor, or as factual information from another lifetime.)

Stevenson, Ian, M.D. (1997). *Reincarnation and Biology: A Contribution to the Etiology of Birthmarks and Birth Defects*. Volumes I and II. Praeger Publishing.

Stevenson, Ian, MD (1997). *Where Reincarnation and Biology Intersect*. Praeger Publishing.

Stevenson, Ian, M.D., *American Children Who Claim to Remember Previous Lives*, *The Journal of Nervous and Mental Disease*, 1983, 171, 742-748.

Stevenson, Ian, M.D., *Cases of the Reincarnation Type*, University Press of Virginia.  
Volume I: Ten Cases in India  
Volume II: Ten Cases in Sri Lanka  
Volume III: Twelve Cases in Lebanon and Turkey  
Volume IV: Twelve Cases in Thailand and Burma

Stevenson, Ian, M.D., *Children Who Remember Previous Lives: A Question of Reincarnation*, University Press of Virginia, 1987.

(Stevenson has devoted much of his career to researching this issue. This volume provides both the background and scientific research involved.)

Stevenson, Ian, M.D., *The Explanatory Value of the Idea of Reincarnation*, *The Journal of Nervous and Mental Disease*, 1977, 164(5), 305-326.  
(A good article summarizing some of the issues. Available as a \$3.00 reprint.)

Stevenson, Ian, M.D. *Research into the Evidence of Man's Survival After Death*, *The Journal of Nervous and Mental Disease*, 1977, 165(3), 152-170.

Stevenson, Ian, M.D., *Twenty Cases Suggestive of Reincarnation*, (2nd edition), University Press of Virginia, 1974.

(A companion reader to his book, *Children Who Remember Previous Lives*.)

Stevenson, Ian, M.D., *Unlearned Language: New Studies in Xenoglossy*, University Press of Virginia. (Looks at the phenomenon of people who spontaneously speak fluently in a foreign language that they have never studied.)

**Talbot, Michael, *Holographic Universe***

(Requires rather slow, careful reading. Presents a wealth of carefully referenced research in a fascinating model of how to understand the brain, the individual, and the illusion of separateness between physical reality and internal reality.)

Walsch, Neal, *Conversations With God*

I have found readers to have strongly divergent opinions about Walsch's books. For clinicians, these books offer another tool for understanding and integrating spirituality and clinical interventions.

*Communion With God* deals with a set of 10 illusions and the impact they have in how people perceive life.

Wambach, Helen, Ph.D., *Life Before Life*, Bantam Books, 1979.

(Like Fiore's works, a clinician's case studies providing support for life before life.)

**Wilber, Ken, *The Spectrum of Consciousness*, Theosophical Publishing House (Quest Books), 1985.**

(If you enjoy philosophy, this one should truly whet your appetite.)

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