

JOANNA'S RECOMMENDED READING FOR SPIRITUAL GROWTH & ENLIGHTENMENT

Angel Books and Cards by Angela McGerr

A Harmony of Angels by Angela McGerr, Quadrille Publishing, ISBN 1-84400-033-8. Angela's excellent general introduction to Angelology (as practiced by the Essene's) and how to develop positive angelic guidance in our everyday lives. Signed and/or personally dedicated copies of the book in hardback (£12.99 + P&P) or paperback (£7.99 + P&P) available from Harmony Healing.

Harmony Angel Cards by Angela McGerr, Quadrille Publishing, ISBN 1-903845-82-3. Angel Divination Cards for gentle life guidance enabling the reader to identify which angel will be especially helpful at each stage of our personal spiritual development. Recently reprinted with additional new artwork. Signed and/or personally dedicated copies (£9.99 + P&P) available from Harmony Healing.

Angelic Abundance Kit by Angela McGerr, Quadrille Publishing, ISBN 1-84400-047-8. A specially devised kit enabling the reader to prioritise the aspects of their life which require abundance and develop a strategy for bringing this about. Signed and/or personally dedicated copies (£9.99 + P&P) available from Harmony Healing.

Gold & Silver Guardian Angels by Angela McGerr, Quadrille Publishing, ISBN 1-84400-107-5. 144 Guardian Angel Cards guide your actions and intuitive decisions to bring greater balance to your life. The accompanying *Book of Angels*, contains detailed messages from 100 named angels. Signed/personally dedicated copies (£12.99 + P&P) available from Harmony Healing. *Also available: Angela's guided Angelic Meditation CD for Harmony & Balance* - exclusively available from Harmony Healing

An Angel For Every Day by Angela McGerr, Quadrille Publishing, ISBN 1-84400-226-8. The twelve chapters are based on the months and the zodiac angels who rule them. Signed and/or personally dedicated copies (£12.99 + P&P) available from Harmony Healing.

Heart & Soul Angel Cards by Angela McGerr, Quadrille Publishing, ISBN 1-84400-334-5. *Heart & Soul Angel Cards* provide angelic guidance to link the heart's desire with the soul's purpose. The *Heart & Soul Angel Cards* can be used in combination with the *Harmony Angel Cards* for a double reading to learn your next steps from the angels, or on their own to identify your true heart's desire and soul purpose and work to achieve them. Signed and/or personally dedicated copies (£9.99 + P&P) available from Harmony Healing.

Angel Quest of the Heart by Angela McGerr, Quadrille Publishing, October 2007. Angela writes of her own initiation into the world of angels - how she first became aware of their presence and the quest she undertook through the spiritual labyrinth to find inner peace. The book also guides others through their own spiritual path.

The Angel Almanac by Angela McGerr, Quadrille Publishing, October 2008. Angela here brings together all the many aspects of working with angels in one practical and inspirational volume based around the angelic year. Part one is a guide to the changing energy of the solar and lunar cycles, with appropriate angels to call on and work with at different times. The second part, 'Working with your Guardian Angels', covers the angel rulers of the days of the week (including how to find your birthday angel), the Zodiac angels for each month and the 72 Quinary angels of the Heavens. Part three deals with healing, using sacred geometry, colour healing, angel alphabets and numerology. The appendix includes an A-Z of over 200 angels and their guardianships. Packed within vocations, affirmations and a host of heavenly information, this beautiful package also includes a CD containing angelic meditations to aid life balance and inner peace.

Love and Light Angel Cards by Angela McGerr, Quadrille Publishing, October 2009

Leylines and Earth Mysteries

Chris Street

Gentle introduction to Psychic Phenomena/Mediumship and Life After Death

Talking to Heaven by James Van Praagh, Piaktus Publishing, ISBN 0-7499-1876-4. This renowned medium shares messages and conversations between worlds.

Life on the Other Side by Sylvia Browne, Piaktus Publishing, ISBN 0-7499-2182-X. A compelling tour of the afterlife by this world famous Psychic.

The Spiritual Teachings of Marcus Aurelius by Mark Forstater, Coronet, ISBN 0-340-76676X. A modern re-working of the age-old writing of a Roman Emperor, whose philosophies are surprising relevant today.

The Camino by Shirley MacLaine, Pocket Books, ISBN 0-7434-0921-3. The personal story of Shirley MacLaine's walk along the famous Camino – an ancient pilgrimage route across Spain. Featuring her flashback experiences of previous re-incarnations.

The Celestine Prophecy by James Redfield, Bantam Books, ISBN 0-553-81572-5. A thought provoking novel on the inter-relationship and energy transfer between people and the effect of synchronicity. Also available on tape cassette(s).

The Da Vinci Code by Dan Brown, Corgi Press, ISBN 0-552-14951-9. Presented as a crime novel, this 'fictional' book outlines some astonishing anomalies in the biblical texts and makes proposals many will consider bizarre, but which have been accepted by less outspoken experts for years. A best seller, this book has helped many lay-people to question their religious assumptions.

Diet and Lifestyle related Information Sources and Website Resources

Eat Smart, Eat Raw by Kate Wood, Grub Street Publishing, ISBN 1-904010-12-1 (available from Harmony Healing £10.99 + P&P). Raw foods are currently enjoying growing popularity as more people discover their healing, detoxifying and health-giving benefits. In this book, Kate Wood shares her experiences, advice and over 150 of her nutritionally potent recipes demonstrating that raw foods are far from boring! On line ordering via www.rawliving.co.uk for equipment, supplements and ingredients. *Detox your World* by Shazzie, Raw Creation (available from Harmony Healing £16.99 + P&P). I love this book, a great way to re-think your life strategy! Online ordering via www.detoxyourworld.com also Karen Knowler – the Raw Food coach www.therawfoodcoach.com

www.totalrawfood.com for raw food equipment, ingredients and 'superfoods' plus raw food coaching with Jess Michael, who also runs Chocolate Goddess workshops and raw food workshops. www.fresh-network.com very good online shop for raw food equipment, ingredients, 'superfoods' and supplements. 10% reduction on food items (5% on equipment) for registered subscribers. Together with Shazzie's site and Kate's site, most specialist items should be available.

The PH Miracle by Robert O Young, Time Warner Paperbacks, ISBN 0-7515-3406-4. Robert Young's details his belief that alkalizing your diet leads to miraculous improvements in our health. His full system is somewhat extreme but well worth trying by anyone with serious health challenges, otherwise it is worth reading for the guidelines alone. Specialist title *The PH Miracle for Diabetes: The Revolutionary Diet Plan for Type 1 and Type 2 Diabetics* also available.

Not on the Label by Felicity Lawrence, Penguin Books, ISBN 0-141-01566-7. Via a series of undercover investigations tracking some of the most popular foods we eat, Felicity Lawrence travels from farms and factories to pack houses and lorry depots around the world. I found this very thought-provoking as to the dreadful way our food is packaged in the UK.

The Juice Master: Turbo Charge Your Life in 14 days by Jason Vale, Thorsens, ISBN 0-00-719422-6. Less extreme than a full raw food regime but leads to an energy surge and definite health benefits – we tried it in January with good results. Highly recommended for anyone overweight. www.juicemaster.com

The Biology of Belief by Bruce Lipton, Mountain of Love Publishers ISBN 978-0975991473. A fascinating and gripping voyage into the impact of belief on your cellular functions.

The Magnesium Miracle by Carolyn Dean, Ballantine Books, ISBN 978-0-345-49458-0. A clearly written and practical guide to a mineral, which would appear to be truly miraculous!

Unravelling Esoteric Mysteries – deeper reading material for those with an enquiring mind

Nothing in This Book is True But It's Exactly How Things Are by Bob Frissell, Frog Ltd, ISBN 1-58394-067-7. The title says it all – believe it or not, the choice is yours! An excellent potted overview and easier read than Drunvalo's FOL books (see below), but the very interested readers will want Drunvalo's full story version as well or instead of this version.

The Ancient Secrets of the Flower of Life by Drunvalo Melchizedek, Light Technology Publishing, ISBN 1-891824-17-1. An extremely deep analysis of sacred geometry and some startling truths about what is really going on around us.

Living in the Heart by Drunvalo Melchizedek, Light Technology Publishing, ISBN 1-891824-43-0. This book describes a meditation into the Sacred Space of the Human Heart.

The Mystery of the Crystal Skulls by Chris Morton and Ceri Louise Thomas, Thorsons Publishing, ISBN 0-7225-3486-8. An interesting read unfolding the Crystal Skull mysteries as told by the Mayan Elders.

Power Verses Force by David Hawkins. We may think we live by forces we control, but in fact we are governed by power from unrevealed sources, power over which we have no control. This is the belief of Dr. Hawkins, and in his groundbreaking book you can learn how to get demonstrably true answers to your questions, know what true success is and how to create it. *The Shift: The*

Revolution in Human Consciousness by Owen Waters. Learn how we can influence global spiritual awareness by working on our own path to enlightenment.

The Hathor Material by Tom Kenyon & Virginia Essene, SEE Publishing, ISBN 0-937147-10-9. An introduction from the Hathors briefing us on their unique approach to sound healing for ascension.

The Emerald Tablets of Thoth the Atlantean. Translation and Interpretation by Doreal, Source Books Inc, revised 2006. Deep and encoded material for those enjoying the esoteric approach.

Self-help, the Power of the Mind and Positive Attitude to Life

The Power of Now by Eckhart Tolle, Hodder & Stoughton, ISBN 0-340-73350-0 A This book outlines a powerful system for appreciating the positive aspects of life. Personally I found the repetitive style irritating, but I felt the impact of the message made it worth persevering. Also available on tape cassette(s), I found this more useful; narrated by Eckhart, I found the energy of his voice further enhanced the message. *Practising the Power of Now* by Eckhart Tolle, Hodder & Stoughton, ISBN 0-340-82253-8. A version of the above with practical exercises.

Quantum Healing by Deepak Chopra, Bantam Books, ISBN 0553173324. This book explores the frontiers of mind/body medicine in terms of Quantum Physics; an easier read than it sounds!

The Journey by Brandon Bays, Element Books, ISBN 0-7225-3839-1. In 1992, Brandon Bays was diagnosed with a football sized tumour catapulting her into a remarkable soul searching healing journey. Just 6½ weeks later, she was pronounced textbook perfect – no drugs, no surgery, no tumour!

Cancer – Why We're Still Dying to Know the Truth, by Phillip Day, Credence Publications, ISBN 1-904015-03-4. Phillip Day bluntly exposes the on-going medical, political and economic scandal surrounding cancer, giving simple and inexpensive ideas for self-help.

Dreamhealer – A True Story of Miracle Healing, by Adam, published in the UK by Time Warner, UK.

This is the story of how Adam discovered and developed his healing abilities. At the age of sixteen, he has the unique ability to connect to and influence other people's health from a distance. A compelling read.

The Secret, by Rhonda Byrne available as a book and DVD to help the understanding of the Law of Attraction.

Excuse Me, Your Life is Waiting - Lyn Grabhorn A practical and eminently readable version of the Law of Attraction.

Louise Hay – Heal Your Body, Hay House Publishing, ISBN 0-937611-35-2. A fascinating summary of self-help ideas enabling the reader to determine why different parts of his/her body are manifesting symptoms.

Egyptology

Historical Deception – The Untold Story of Ancient Egypt by Moustafa Gadalla, Bastet Publishing. Moustafa Gadalla, an independent Egyptologist, offers an important reference to the ancient truths about Egypt. I would also recommend Gadalla's other books.

The Land of Osiris by Stephen Mehler, Adventures Unlimited Press, ISBN 0-932813-58-5. Currently, this is the book offering the description of Khemitology closest to Hakim's views.

Light into Darkness by Stephen Mehler, Adventures Unlimited Press,

Om Seti

Omi Seti

Kingdom of the Ark, by Lorraine Evans

Temple of the Cosmos by Jeremy Naydler, Inner Traditions, ISBN 0-89281-555-8. An academic overview of the Egyptian view of the sacred, not an easy read but informative.

[Past Lives, Essenology & Christian Philosophies, explained in terms of Spiritual Phenomena](#)

The Way of the Essenes – Christ's Hidden Life Remembered by Anne and Daniel Meurois-Givaudan, Destiny Books, ISBN 0-89281-322-9. A fascinating 'must read' for anyone wanting to understand the esoteric messages of Jesus

Conversations With God by Neale Donald-Walsh, Hodder & Stoughton, ISBN 0-340-69325-8. Although some find it offensive (even blasphemous) for an author to relate messages *dictated directly* by God, others find this book series helpful in understanding the greater picture.

The Magdalen Manuscript by Tom Kenyon & Judi Sion, ORB communications, ISBN 193103205-X. The personal story of Mary Magdalen and her tantric relationship with Jeshua ben Joseph (a.k.a. Jesus Christ).

Essenes: Children of the Light, Stuart Wilson & Joanna Prentis, Ozark Mountain Publishing, 2005 plus *Jesus & The Essenes*, by Delores Cannon, Ozark Mountain Publishing, 200. I found these two books gave fascinating insights into the life of Jesus Christ and his uncle Joseph of Arimathea.

Power of the Magdalene, Stuart Wilson & Joanna Prentis, Ozark Mountain Publishing, 2009

Many Lives, Many Masters, by Dr Brian Weiss, Paitkus Books, 2004. The True Story of a Prominent Psychiatrist, His Young Patient and the Past-life Therapy That Changed Both Their Lives

Yesterday's Children by Jenny Cockell, Paitkus Press, 1993. *Not the most well-written book, but a touching account of her relentless search for the children she remembered leaving behind.*

Old Souls by Tom Shroder, Simon & Shuster, 1999. I really enjoyed this book, which I felt was very evocatively written and analysed Dr Ian Stevenson's work thoroughly.

Past Lives, Future Lives by Bruce Goldberg, Ballantine Books 1988. Slightly hard reading as technical but informative for those wanting an understanding of karmic influences.

Please note: All of Angela McGerr's books (signed by Angela) are generally available from Harmony Healing (01932 244518). There may be individual copies available of the other titles listed, otherwise check any good bookshop or www.amazon.co.uk to purchase via the internet.