

Spirit

Book: [*Behaving As If the God in All Life Mattered*](#) by Machaelle Small Wright

Book: [*The Secret Teachings of Plants*](#) by Stephen Harrod Buhner

Gabrielle Roth's 5Rhythms® <http://www.5rhythms.com>

Deva Premal's 21-Day Mantra Meditation Journey: devapremalmiten.com

Meditation: Breath and the In-Between: (<https://goo.gl/EXD3hg>)

Book: [*Arcturian Anthology*](#) by Tom Kenyon

The HeartMath Institute: <https://www.heartmath.com>

Global Meditations: <https://globalmeditation.net> and <https://goo.gl/NUGqA9>

[I AM Wishes Fulfilled Meditation](#)

Aethos Sound Meditation: <http://tomkenyon.com/listening>.

Headspace Meditation App: <https://www.headspace.com>

Mind

Book: [*Think and Grow Rich*](#) by Napoleon Hill

Neville Goddard's [books](#)

Zig Ziglar's [books](#)

Favorite Movie: "[What the Bleep do we Know?](#)"

Body

Book: [*Body Types*](#) (<http://www.bodytypes.com>) by Dr. Abravenel.

Book: [*You're Not Sick, You're Thirsty*](#) by Dr. F. Batmanghelidj's

Orgone: <http://www.orgonix23.com>!

Audio Book: [*The Gifts of Imperfect Parenting*](#) by Brenne Brown

Healing

Alternative Healing: Acupuncture, Rolfing, Chiropractic, Naturopathic, Essential Oils, [Nutrition Response Testing](#)

Energetic Healing: [Eden Energy Medicine](#), Reiki, Craniosacral, [Gemstone Energy Medicine](#)

Spiritual Healing: Akashic Records, Healing with Ascended Masters, Healing Channels, [Biogeneology](#), Group Meditation

Daily Routine

Donna Eden's Daily Energy Routine: <https://goo.gl/DwY5G6>