

RESOURCES REFERENCED IN THE “INNER SECRETS FOR A STRESS-FREE LIFE” SERIES

The links in this document *are live*, so if you open it on your computer and have access to the internet, you can go right to the web location or download/open the documents referenced. The * indicates resources you will get a coupon for at the end of the class.

Session #1: The Power of Thought

- Chapter excerpts from [Chapter 9, The Parents Toolshop](#)
- Thought Engines, by John Speck <http://www.serenitycode.com/>
- Audios from Dr. Joe Dispenza's *Evolve Your Brain* radio show, based on his book of the same name: <http://www.drjoedispenza.com/>
- [The Power of Now](#) series, by Eckhart Tolle
- Cybernetic Transposition Techniques (Tree exercise and Base Reframing / Past Perception Revision process)
 - Invented by Stuart Lichtman, in the "[Get Money Fast Book](#)" (site sounds like hype, but the ebook is solid)
 - Best learned from Monique Gallagher, [Highest-Potential Training](#) (*class coupon)

Session #2: The Biology of Emotion

- [What the Bleep Do We Know? I](#), DVD, theatrical movie only
- [Diamond in Your Pocket](#), book by Gangaji (Drop the Story)
- Audios from Dr. Joe Dispenza's *Evolve Your Brain* radio show, based on his book of the same name: <http://www.drjoedispenza.com/>

Session #3: Basic Strategies for Relieving and Managing Stress

- Meditation basics from [Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind](#)
- [Sedona Method](#), by Hale Dwoskin
 - Read *at least* pages 8 & 9 in [Sedona Method](#) transcript
- Guided Imagery Resources at [Health Journeys: http://www.healthjourneys.com/](#)
- Hemi-Sync CD for ADHD, insomnia, etc. at <http://store.hemisyncforyou.com/>
- Chakra connections provided by Eva Polichany, [Healing Touch](#) practitioner (*class coupon)
- "Tons of Techniques" from [Anne Steffen](#) (*class coupon)
- Relaxation Technique from Maria Bakari (*class coupon)
- Massage with Ruth Ann Pinnick at Comprehensive Massage (*class coupon)
- Relaxation CD by Lisa Monaghan (*class coupon)
- Audios from Dr. Joe Dispenza's *Evolve Your Brain* radio show, based on his book of the same name: <http://www.drjoedispenza.com/>

Session #4: Advanced Strategies for Eliminating Stress & Deprogramming Trauma and Phobias

- [EFT manual](#), at least through Part I. (*Click link in body of text that says "free download"*)
 - [Diagram of EFT Handout](#) from Lisa Monaghan, LCSW, EFT practitioner
- “What is NLP”? <http://www.nlpinfo.com/> On that page find “What is NLP” → click on “Introduction to NLP” or [download just that document](#).

- "What is EMDR"? <http://www.emdr.com/> From that page, read the following pages:
 - General Information → What is EMDR → [What is EMDR](#)
- NLP & EFT audios from Andrea Amador, www.TheJuicyWoman.com
- Audios from Dr. Joe Dispenza's *Evolve Your Brain* radio show, based on his book of the same name: <http://www.drjoedispenza.com/>

Session #5: Become the Director of Your Own Life Story (Law of Attraction)

- Summary of the Law of Attraction by [Eva Gregory](#)
- [The Secret](#) DVD or book.
- [On Being: The Creator of Your Own Destiny](#), by [Peggy McColl](#)
- [Change Your Life in 30 Days](#), by [Rhonda Britten](#)
- [I'm Rich Beyond My Wildest Dreams! I AM, I AM, I AM!](#), by Thomas & Penelope Pauley. When you order it, buy a couple spiral binders to do the exercises. It *really* helped!
- [The Success Principles](#), by Jack Canfield, co-author of *Chicken Soup for the Soul*. I love his exercise on writing your life's purpose!
- [The Attractor Factor](#), by Joe Vitale applies these principles to our businesses and working/marketing with integrity.
- Audios from Dr. Joe Dispenza's *Evolve Your Brain* radio show, based on his book of the same name: <http://www.drjoedispenza.com/>

Session #6: How to Be Healthy, Wealthy and Stress-Free for the Rest of Your Life

- Audios from Dr. Joe Dispenza's *Evolve Your Brain* radio show, based on his book of the same name: <http://www.drjoedispenza.com/>
- [Frequency](#), by Penney Peirce
- [What the Bleep Do We Know? I](#), DVD, theatrical movie only
- [What the Bleep Do We Know II](#), DVD, theatrical movie + animated lessons + 5 hr. interviews with experts.

After Class Resources:

Get Ongoing Support:

- Join and attend a local meetup group:
 - [Down-To-Earth Spiritual Discussion Meetup Group](#)
 - [Dayton Law of Attraction Meetup Group](#)
- Get a [list of all of Dr. Joe Dispenza's radio shows](#).
- *Feel It Real!* Book and "[Free Daily Uplifters](#)," daily inspirational messages customized to whatever you want to attract. By Denise Coates.
- [Notes from the Universe](#) by Mike Dooley and the TUT Adventurer's Club (Totally Unique Thoughts)

Continue Learning!

More about Healing

- [You can Heal Your Life](#), by Louise Hay. Check out other resources there, too, like the affirmation cards I shared with you in class.
- [Hands of Light](#) by Barbara Brennan

- More about the topics mentioned in class:
 - [Healing Touch](#)
 - [Quantum Touch](#)
 - [Body Talk](#)
- [Matrix Energetics](#)
- Local doctor who can do nutritional testing and treatments: Dr. Van Merkle. Listen to his weekly radio show on WHIO every Saturday morning in the Dayton area (1290AM and 95.7FM). <http://www.3000health.com/>

More about the *Law of Attraction*

- Resources mentioned in Session 5.
- Authors featured in *The Secret*. www.TheSecret.tv
 - See the list and links at: <http://thesecret.tv/teachers.html>
- **Law of Attraction Meetup Groups:**
 - Dayton: <http://www.meetup.com/LOAInAction/>
 - West Chester: <http://www.meetup.com/Law-of-Attraction-and-The-Secret-Group-1/>

More About The Science Of Mind-Body

- [Dr. Joe Dispenza](#)
- [Biology of Belief](#) by Bruce Lipton
- *Anything* written by [Gregg Braden](#)
- [Frequency: The Power of Personal Vibration](#) by [Penney Peirce](#)
- The Silva Method: <http://www.silvamethod.com/>

More about *Spirituality*:

- *Diamond In Your Pocket* and retreats, audios, videos by [Gangaji](#)
- *The Power of Now* and *A New Earth* by [Eckhart Tolle](#)
- *The Untethered Soul*, by [Michael Singer](#)
- *The Shift* DVD and other books by [Wayne Dyer](#)