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.

(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.)

(Presents a theory of reincarnation. Draws on the works of some excellent authors in related fields.)

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

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


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


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.)


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.)

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]

(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.)

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

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

(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.)

(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.


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

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

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

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


(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.)

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

(A good article summarizing some of the issues. Available as a $3.00 reprint.)

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

(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.

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

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

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