

APPENDIX

Helpful Books and Websites

These are resources available in bookstores or websites.

- Angela, Ruth. Articles and resources at *TheGurusGift.com*. Web Aug. 2013.
- Bentov, Itzhak. *Stalking the Wild Pendulum: On the Mechanics of Consciousness*. New York: Bantam, 1977. Print.
- Bodri, William. *The Little Book of Hercules: The Physical Aspects of the Spiritual Path*. Reno, NV: Top Shape Publishing. 2011. Print.
- Bragdon, Emma. Ph.D. *The Call of Spiritual Emergency: From Personal Crisis to Personal Transformation*. San Francisco: Harper & Row.1990. Print.
- . *A Sourcebook for Helping People with Spiritual Problems*. Woodstock, VT 05091; Lightning Up Press, 2006. Print.
- Brennan, Barbara. *Hands of Light: A Guide to Healing Through the Human Energy Field*. New York: Bantam Books, 1988. Print.
- Chinmoy, Shri. *Kundalini : The Mother-Power*. Jamaica, NY: Aum Publications, 1992. Print.
- Ferrera, Dan Sifu. "QiGong Training." *developyourenergy.net/about-us/sifu-dan-ferrera/* n.d.Web.11 May 2013.
- Gersten, Dennis, M.D. *Are You Getting Enlightened or Losing your Mind?* New York: Three Rivers Press, 1997. Print.
- Grof, Stanislav, M.D. with Marjorie Livingston Valier, *Human Survival and Consciousness Evolution*, Albany, NY: State University of New York Press, 1988. Print.
- and Christina Grof. Eds. *Spiritual Emergency: When Personal Transformation Becomes a Crisis*: Los Angeles: Jeremy P. Tarcher, Inc., 1989. Print.
- . *The Stormy Search for the Self* Los Angeles, CA:Jeremy P. Tarcher, Inc.,1990. Print.
- Hannigan, Joan Shivarpita. Ph.D. *Kundalini Vidya: The Science of Spiritual Transformation*. 6th Ed. Knoxville, TN: Patanjali Kundalini Yoga Care, 2005. Print.
- Kason, Yvonne, M.D. *Farther Shores: Exploring How Near-Death, Kundalini and Mystical Experiences Can Transform Ordinary Lives*. New York: iUniverse, Inc. 2008. Print.
- Kornfield, Jack. *A Path with Heart: A Guide through the Perils and Promises of Spiritual Life*. New York: Bantam, 1993. Print.
- "Kundalini Stavaha." Chanting. *mysticrebels.com/kundalini/* n.d. Web. 11 May 2013.
- Lukoff, David. Web articles on spiritual emergency at www.spiritualcompetency.com n.d. Web 12 Jul.2013.
- Meyer, Marvin Ed. *The Nag Hammadi Scriptures: The Revised and Updated Translation of Sacred Gnostic Texts*. International Edition. New York: HarperCollins, 2007. Print.
- Morris, Dr. Glenn. "The Institute for the Wholistic Arts." *wholisticarts.org/morris.html* n.d. Web. 11 May 2013.
- Perry, John Weir. *The Far Side of Madness* Dallas, Tx: Spring Publications, Inc. 1974. Print.
- . *Trials of the Visionary Mind: Spiritual Emergency and the Renewal Process*. Albany, New York: State University of New York Press, 1999. Print.
- Rinpoche, Sogyal. *The Tibetan Book of Living and Dying* Eds. P. Gaffney and A. Harvey. San Francisco: Harper San Francisco, 1993. Print.
- Sanella, Lee, M.D. *The Kundalini Experience: Psychosis or Transcendence* Lower Lake, CA.: Integral Publishing, 1976. Print.
- Scott, Mary. *Kundalini in the Physical World*. Boston: Routledge & Kegan Paul, 1983. Print
- Tirtha, Swami Vishnu. *Devatma Shakti (Kundalini): Divine Power* Rishikesh, UP: Murari Fine Art Works, 1962. Print.

SEE the Bibliography for more sources of information.