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Chapter Seven

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Other Recommended Readings

Siegel, Bernie *Faith, Hope and Healing: Inspiring Lessons Learned from People Living with Cancer* (Hoboken, NJ: Wiley, 2009); *Love, Medicine and Miracles: Lessons Learned about Self Healing from a Surgeon's Experience with Exceptional Patients* (NY: Harper Collins, 1988); and *365 Prescriptions for the Soul: Daily Messages of Inspiration, Hope and Love* (New World Library, Feb 2009).

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McTaggart, Lynn *The Field* (NY: Harper Collins, 2003). A good introduction to the energy grid, which is the basis of axialtonal attunement. <http://www.poetryfoundation.org/archive/poet.html?id=5130>

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Kornfield, Jac. *A Path with Heart: A Guide through the Perils and Promises of Spiritual Life* (NY: Bantam Doubleday Dell Publishing Group, 1993).

Salzberg, Susan *Loving-Kindness: The Revolutionary Art of Happiness* (Boston, MA.: Shambhala Publications, Inc., 1995).

Epstein, Mark *Thoughts Without a Thinker: Psychotherapy from a Buddhist Perspective* (NY: Basic Books, 1995).

Friends in Recovery. *The Twelve Steps – A Spiritual Journey* (San Diego, CA.: Recovery Publications, Inc., 1988).

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Musical Internet Treats

If you have not experienced this internationally circulated video of many musicians performing Stand by Me, please do yourself a favor:

<http://www.flixxy.com/peace-through-music.htm>

Some favorite You Tube sites:

Wintley Phipps version of Amazing Grace is not to be missed: youtube.com/watch?v=DMF_24cQqTO

Paul Potts, a mobile phone salesman from South Wales wanted to fulfill his dream to sing opera, to do what he is here to do, so he auditioned for Britain's Got Talent:

<http://www.youtube.com/watch?v=1k08yxu57NA>

Susan Bowle's performance of I Dreamed A Dream on Britain's Got Talent also never ceases to inspire: http://www.youtube.com/watch?v=U_xFNa7YKDw

The Washington Post orchestrated and video taped a social experiment about perception, taste and priorities of people. Joshua Bell, one of the best musicians in the world, played some of the most acclaimed and intricate pieces ever written in a busy subway stop, with a violin worth \$3.5 million. As you watch this video, consider whether you would have been amongst the few to stop and appreciate the beautiful music, to recognize talent and experience awe in an unexpected environment. During the 45 minutes Joshua Bell played in the subway, only six people paused to relish this gift. About 20 people offered a tip, which totaled \$32. When he completed this masterful performance no one seemed to notice; no one applauded or expressed any recognition that a special event had occurred. Two nights before Joshua Bell

In the 45 minutes the musician played, only six people stopped and stayed for a while. About 20 gave him money but continued to walk their normal pace. He collected \$32. When he finished playing and silence took over, no one noticed it. No one applauded, nor was there any recognition. Two days before he performed in the subway, Joshua Bell sold out at a theater in Boston, where the seats averaged \$100 each.

The Washington Post experiment challenges us to ask ourselves: "If we do not believe we have a few minutes to listen to one of the best musicians in the world, play some of the best music ever written, on one of the best violins ever made How many other things in life are we missing?"

<http://www.youtube.com/watch?v=7EYAUazLI9k>

More than 200 dancers perform their version of "Do Re Mi", in the Central Station of Antwerp, Belgium. Just another fun display of connecting creatively with a multi-sensorial experience in the midst of the rat-race!

Other Recommended Diet Books and Websites

McDougall, John A. and Mary A. McDougall *The McDougall Plan* (La Vergne, TN: Ingram Book Company, 1983); 1st edition.

Ornish, Dean *Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease* (NY:Random House,1990)

Schlosser, Eric *Fast Food Nation* (NY:Harper Perennial,2005)

To support your local farmers and find food in your area check out:

<http://www.localharvest.org/> and www.eatlocal.net and www.ams.usda.gov/farmersmarkets/map.htm

To stay current on organic news, and informed as to who is really organic, check out:

The Cornucopia Institute; <http://www.cornucopia.org/>

To obtain your own pocket-size, colorful and complimentary copy of most contaminated produce (thus the most important to buy organic), simply order it from www.organic-center.org/reportfiles/TOC_Pocket_Guide.pdf

Adult Children of Alcoholics (ACOA); <http://www.adultchildren.org/Meetings.s>

<http://greenerchoices.org/eco-labels/>

<http://www.greenpeople.org/MyAccount/signin.cfm>

Real Food Media is a blog network that publishes stories about food and cooking, food politics, farming and producing food, health and nutrition, and green living.

The Institute for Responsible Technology's Campaign for Healthier Eating in America mobilizes citizens, organizations, businesses, and the media, to achieve the tipping point of consumer rejection of genetically modified foods.

Organic Bytes, a publication of Organic Consumers Association, is a free weekly update on local and national food and health concerns. <http://www.organicconsumers.org/>

Meditation and Educational Healing Tapes & CD's

Jon Kabat-Zinn. Mindfulness Meditation Practice Tapes. May be obtained from website www.MindfulnessTapes.com or by mail from Stress Reduction Tapes, P.O. Box 547, Lexington, MA 02420 or from www.ricediet.com

Thich Nhat Hahn Plum Village Meditations: With Thich Nhat Hahn & Sister Jina Van Hengel. Sounds True (1997).

Thich Nhat Hahn Classic Dharma Talks: Parallax Press

Looking Deeply: Mindfulness and Meditation.

Truly Seeing

Being Peace

Touching Peace

MacNutt, Francis and Judith School of Healing Prayer: Level I (12 CD set). Christian Healing Ministries, Inc., P.O. Box 9520, Jacksonville, FL 32208; (904) 765-3332; www.christianhealingmin.org

Wolf, Fred Alan Dr. Quantum Presents: A User's Guide to Your Universe; Sounds True Audio Learning Course, 6 CDs; 800 333-9185.

The best educational videos I know on the condition of our food supply are the following DVDs: Food, Inc.

The Future of Food; Garcia, Debra Koons. *Lily Films* 2004.

Unnatural Selection

Our Daily Bread (Icarus Films, 2005)

Practitioner Resources

Todd Brazee, breath therapist, toddbrazee@hotmail.com. Todd works in private practice in Santa Monica and Malibu, California, and is also involved in university research projects relating to the reduction of severity of trauma and addiction symptomology. His work also includes nationwide lectures, experiential workshops, and private session tours. Todd travels throughout the country to work with individuals and families suffering from emotional trauma.

Karen Winstead, practitioner of axialtonal attunement, is associated with the Institute for Research and Development of Alternative Healing. To learn more about her, visit www.innersolutions.org. She can also be reached at (828) 773-7556.

Carolyn Craft has years of experience as a minister, counselor, broadcaster, speaker, corporate executive, and spiritual leader and brings many skills to her work at the Rice Diet Program. From her years of interviewing nationally known leaders in the holistic field, from Deepak Chopra to Caroline Myss, to her facilitation of Nonviolent Communication, Hakomi therapy, Mindfulness Practice, and HeartMath Techniques, she counsels with great wisdom. Carolyn has a private spiritual counseling practice in Durham, North Carolina, and can be reached at www.carolyncraft.com and (919)612-8899.