



Sacred Anatomy Energy Medicine Bag

Student Prep: Suggested Reading

Reading for this class

Braiding Sweetgrass

Robin Wall Kimmerer

Milkweed Edition

Deep Play

Diane Ackerman

Random House

Handbook of the Bach Flower Remedies

Compiled & Edited by Philip M. Chancellor

C.W. Daniel Company LTD

Listening to Bodies

A Somatic Primer for Coachers, Managers and Executives

Suzanne Zeman

Shasta Gardens Publishing

Your Sacred Anatomy

An Owner's Guide to the Human Energy Structure

Desda Zuckerman

Spirit Way Press

Please read: Chapters 1-7 and 13 (HEMF)

Optional Reading- to deepen your experience

(This is not required reading- I do not expect anyone to read all of these- but they are amazing books that will only expand your awareness of my approach to shamanic work.)

An Alchemy of the Mind

The Marvel and Mystery of the Brain

Diane Ackerman

Scribner

Guided Imagery and Beyond

Susan Ezra RN, HN-BC and Terry Reed, RN, MS, HN-BC



Outskirts Press

The Smell of Rain on Dust

Grief and Praise

Martin Prechtel

North Atlantic Books

Secrets of the Talking Jaguar

Memoirs from the Living Heart of a Mayan Village

Martin Prechtel

Penguin Putnam Inc.

Of Water and the Spirit

Ritual, Magic and Initiation in the Life of an African Shaman

Malidoma Patrice Some

Penguin

A Shaman's Guide to Deep Beauty

Connecting with the Mojo of the Universe

Francis Rico

Council Oaks Books

The Way of the Shaman

Michael Harner

Harper