

## SPIRITUALITY AND HEALING FROM CANCER

This is only a short list of all the information available regarding spirituality and healing. Usually we embark on either the healing or spiritual journey, or both, because we are suffering in some way. We're in pain that may take the form of physical illness, longing for something more, looking for answers, our life is not working. Spiritual awakening and healing go hand in hand. The practice of waking up spiritually heals us, and as we heal our relationship to life we wake up. Healing is any effort toward wholeness and restoration of harmony wherever harmony has been disturbed. This doesn't necessarily mean curing although this may also happen.

Best wishes on your journey.

The Light Inside the Dark, John Tarrant  
The Untethered Soul, Michael Singer  
The Biology of Belief, Bruce Lipton  
The Field, Lynn McTaggart  
Lunchtime Enlightenment, Prigato Dove  
Kabbalistic Healing, Jason Shulman  
Mind into Matter, Fred Alan Wolf  
The Message from Water, Masaru Emoto  
Books by David Bohm , Karl Pribram, Deepak Chopra, Larry Dossey  
Molecules of Emotion, Candace Pert  
SoundsTrue , Soundstrue.com  
Books by Caroline Myss  
Guided Meditation, Jack Kornfield  
Lovingkindness, Sharon Salzberg  
Books by Tich Nhat Hanh  
Books by Bernie Siegel  
Books by Pema Chodron  
Books by J. Krishnamurti  
Books by Lama Surya Das  
Books by Stephen Levine  
Books and tapes by Adyashanti  
Scienceandnonduality.com  
The Power of Now, Eckhart Tolle  
Kitchen Table Wisdom, Rachel Naomi Remen  
The Heart's Code, Paul Pearsall  
Joy's Way, W. Brugh Joy