

These are mostly free. A good portion of the books can be found on places like archive.org, [PDF.com](https://pdf.com) or a local library digital app.

Books and Authors

- Healing the Fragmented Selves Of Trauma Survivors by Janina Fisher
- Dan Siegal's work (the practice of being able to notice those sensations)
- Teal Swan's Completion Process (basically somatics with guided visualization and presence with emotions)
- Dark side of the Light Chasers Debbie Ford
- Psychic Self Defense and other books by Dion Fortune
- The Human Aura Astral colours and Thought Forms + Genuine Medium or The Invisible Powers By William Walker Atkinson (public Domain Book)
- Thought Forms By Charles Webster Leadbeater (public Domain Book)
- Cosmic consciousness and healing with the quantum Field by Darshan Baba
- Emotion or Body Code by Dr. Bradley Nelson
- Quantum Touch By Richard Gordon
- Mastering Mediumship Albert Olson
- I am Word series by Paul Selig
- Joe Dispenza Breaking the Habit of being yourself
- Matrix reprogramming with EFT tapping
- The body keeps the score by Bessel van der Kolk
- Waking the tiger by Peter Levine
- Whatever Arises by Matt Khan

Topics

The law of the one channeled text of Ra is easy to Google. I enjoyed the study guide

Anything Quantum Mechanics

Somatic exercises/experiencing and Bioenergetics

Veil of reality bernhard guenther has good psycho-spiritual information

YouTube I will not put too much here as part of your journey will be finding people who resonate best with you per topic

- Zen Rose Garden/David A. Caren - has Great self-love, psychic and mediumship information. I am still part of their FB group. They had a lot to do with the beginning of my journey.
- Aaron Abke condenses some of the RA and other spiritual teachings in an easy-to-understand and apply way.
- Irene Lyon-great somatic understanding and practice information
- Astral Door Way