

Resources for self-healing

A short list of titles and authors which offer a practical rather than a theoretical approach to self-healing, recognizing that learning to approach our suffering with wisdom and compassion is a fundamental aspect of the process of awakening. This material, although simple and practical, is also powerful and challenging. The gentle practices described make an excellent accompaniment or even foundation for your spiritual life.

Many of the titles below are available in audio or book format, as a Google search on the author's name, or a visit to one of Amazon websites, will reveal. No publisher details are given below, as the material may be available in many editions, sometimes with different publishers.

Allione, Tsultrim: www.taramandala.com.

Teacher of the Chöd practice, in the lineage of Machik Lapdron.

Feeding Your Demons

Cutting through Fear (audio only)

Chodron, Pema: <http://pemachodronfoundation.org>

Teacher in the lineage of Chogyam Trungpa. Note especially the 'Tonglen' practice, described in the books and recordings mentioned below. There are many more titles by this exceptionally fine teacher, available in many different formats.

When Things Fall Apart

Comfortable With Uncertainty

Good Medicine (audio only)

Kornfield, Jack: <http://www.jackkornfield.com/>

A Path With Heart

After the Ecstasy, More Laundry

Levine, Stephen: See www.levinetalks.com and www.livingdharmatapes.co.uk

Healing Into Life and Death

A Gradual Awakening

Guided Meditations, Explorations and Healings

Who Dies?

Forgiving me, forgiving you (audio)

Do also visit the website www.harryedwards.org and consider signing up for distance healing if you are in physical, mental, emotional or spiritual pain. It is free or by donation and their work over more than 50 years has helped many hundreds of thousands of people.