



**Intuitive Guidance | Mediumship Readings | Hypnotherapy
Past Life Regression Therapy | Personal Coaching & Teaching**

Top 10 Resources for Understanding Life and the Soul

I was a career scientist and only fully accepted the reality of the eternal and immortal soul in my late 30s. I butted up against my own layers of resistance for a number of years, even though I had some metaphysical and profound experiences that I knew *deep down* pointed to the reality of the soul.

During my years of seeking answers, I researched avidly, and tested what I could. I was naturally drawn to more scientific information, such as compilations of case studies from regression hypnosis therapy.

Nowadays I am extremely comfortable and confident in my own beliefs – but I can remember what made the greatest impact on me, and what gave me the most comfort during my spiritual awakening.

There are many great self development and metaphysical books, many wonderful spiritual teachers, and an amazing array of enlightening online resources. These are the ones that resonated most with me.

Lee Harris – Lee Harris Energy www.leeharrisenergy.com

Lee is a wonderful channel for a group of wise and loving spirit entities – “the three Zs”. Lee posts free monthly energy forecasts and beautiful annual forecasts on YouTube, along with other channelled messages and excerpts of his events. A book and many MP3 recordings are also available for purchase. Quotes from his amazing channelled messages are posted daily on facebook.

Jennifer Hoffman – Uriel Heals and Enlightening Life enlighteninglife.com

Jennifer is an amazing intuitive and channel for Archangel Uriel. She has a free weekly newsletter, online radio show, and is prolific on facebook! She also has many resources available for purchase – including books, e-books, MP3s and CDs.

Sabrina Reber – How to Raise Your Vibration raiseyourvibration.com

Sabrina posts a wonderful blog about soul ascension, which includes posting chapters from her *Raise Your Vibration* book. I love her facebook page!

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Tuning In – Spirit Channelers in America (2008) www.tuninginmovie.com

This amazing and ground-breaking documentary is compelling viewing! Film maker David Thomas individually asks six channellers to shed light on specific topics, and the entities they each channel deliver a clear and profound message for humankind. *Tuning In Two* (2011) – with different channellers – is also great.

The Spirit Science www.thespiritscience.net

The Spirit Science team produce an amazing array of clear, concise and informative videos. These are available on YouTube, via their website and their facebook page. Many of them are gorgeously animated with their narrator character “Patch”.

What About Me? (2008) – 1 Giant Leap www.1giantleap.tv

This audio-visual feast of music, philosophy, dance, poetry and incredible film making is a must see in my books! Inspirational from start to finish, it is jam packed with amazing insights from well known celebrities, to people on the streets and in remote villages around the world. I simply love 1 Giant Leap and all that they do!

Many Lives, Many Masters – Brian Weiss, M.D.

The true story of how a prominent young psychiatrist’s life was turned upside down when a patient recalled past lives while undergoing regression therapy (hypnosis).

Journey of Souls – Michael Newton, Ph.D.

Case studies from regression therapy clients recalling their life between lives.

Soul Lessons and Soul Purpose – Sonia Choquette, Ph.D.

A channelled guide to why we are here, with exercises to see where you are at.

The Power of Vulnerability – Brené Brown, Ph.D. www.ted.com/talks/Joyful!

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