

## Recommended Resources

One of the questions facilitators are asked most often is, "what can a participant do to enhance or deepen their AIM experience?" Over time, facilitators accumulated resources they found effective in supporting the AIM process. This list is a dynamic, living document, and as you participate in AIM, we encourage you to share with your facilitator any resources you found helpful in supporting your process.

While these are resources that pertain to topics closely related to AIM, it's good to remember that in a quantum world, guidance and healing can come to you through any medium, since it is your consciousness that does the perceiving. So keep an eye out – once you're on AIM, anything can contain a message for you.

### BOOKS

**Sanctuary: The Path to Consciousness** by Stephen Lewis and Evan Slawson is written in novel format and describes the spiritual technology and quantum physics forming the basis of the AIM Program. Also visit the EMC2 website at [www.energeticmatrix.com](http://www.energeticmatrix.com)

**There is a Spiritual Solution to Every Problem** by Wayne Dyer is one of his latest books, and is also available as an audiobook series. Dr. Dyer talks about many fascinating topics, many of them having to do with energy and our use of it, including Stephen Lewis, the AIM Program and "Sanctuary".

**Natural Cures** by Kevin Trudeau is an overview of many different alternative and natural healing programs and resources. Kevin is a long time AIM Program participant and his book contains a very positive review and recommendation of AIM.

**Power versus Force** by David R. Hawkins teaches us about Kinesiology (muscle-testing) and explains the theory that supports the type of yes/no testing our QED device uses to evaluate your Life Force.

**Excuse Me Your Life is Waiting** by Lynn Grabhorn is about the Law of Attraction and how we create our lives with each thought that we think.

**The Holographic Universe** by Michael Talbot makes Quantum Physics more easily understood by those of us who are not scientists. Along with many other theories, it will help you understand the science behind using your photograph to represent you on AIM.

**Vibrational Medicine** by Richard Gerber explains how frequencies work to assist us in our healing. This comprehensive book is considered one of the basic "textbooks" on energetic and alternative healing, and Richard Gerber has an AIM testimonial on our testimonial page.

**The Quantum Doctor: A Physicist's Guide to Health and Healing** by Amit Goswami is an intelligent book that reinterprets the leading modalities of alternative medicine as well as conventional medicine from the viewpoint of quantum physics. He shows how these diverse modalities can be integrated into a new model of healing.

**No Ordinary Moments** by Dan Millman will help you to understand how we create barriers to our energetic well-being. These profound yet simple exercises and insights help move us forward in our healing and appreciation of the process.

**Radionics and Radiesthesia** by Jane Hartman helps us to better understand the delivery of the balancing frequencies. Radionics is one of the basic energetic healing modalities that Stephen Lewis studied as he began to develop the AIM Program.

**Infinite Mind: Science of the Human Vibrations of Consciousness** by Valerie V. Hunt published by Malibu Publications - speaks for itself.

Stephen Lewis often refers to **The Isaiah Effect** by Gregg Braden. Science and miracles are explained using principles only recently recognized in Quantum Physics.

### MOVIES & VIDEO

"**What the Bleep Do We Know?**" Check [www.whatthebleep.com](http://www.whatthebleep.com) for movie theaters near you. It's all about God! The DVD is due out in March 2005. It's a movie within a documentary all about quantum physics and how our thoughts affect our reality.

### AUDIO TAPES

**The Abraham Tapes:** We recommend the "Starter Set" for people unfamiliar with or new to Abraham's teachings. Go to [www.abraham-hicks.com](http://www.abraham-hicks.com) or call 830-755-2299 and ask for their introductory tape.

For more information, please contact:



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