

# Chakra and the Tarot Book List

## **Tarot Books**

- “The Everything Tarot Handbook”, by MJ Abadie, Adams Media Corporation, 1999.
- “The Tarot Handbook” by Angeles Arrien, Tarcher Putnam, 1987.
- “The Tarot Bible”, by Sarah Bartlett, Sterling 2006.
- “Tarot for Yourself” by Mary Greer, New Page Books, 2002.
- “Tarot Wisdom”, by Rachel Pollack, Llewellyn 2009.
- “Motherpeace” by Vicki Noble, Harper & Row, 1983.
- “Qabalistic Tarot” by Robert Wang, Weiser, 1987.

## **Polarity Therapy Books**

- “Astrology, Psychology and The Four Elements”, by Stephen Arroyo, CRCS, 1975.
- “Polarity Therapy Workbook”, by Dr. John Beaulieu, Biosonic Enterprises, 1994.
- “Human Tuning”, by John Beaulieu, Biosonic Enterprises, 2010.
- “Energy Exercises”, by John Chitty and Mary Louise Muller, Polarity Press, 1990.
- “The Polarity Process” by Franklyn Sills, Element Inc., 1989.
- “Polarity Therapy, The Complete Collected Works” Volumes 1 & 2, by Dr. Randolph Stone, CRCS Publications, 1986 - (original works 1954-'57).
- “Health Building”, by Dr. Randolph Stone, CRCS, 1985.

## **Ayurvedic Books**

- “The Yoga of Herbs”, by Dr. David Frawley and Dr. Vasant Lad, Lotus Press, 1986.
- “Yoga & Ayurveda”, by David Frawley, Lotus Press, 1999.
- “The Complete Book of Ayurvedic Home Remedies”, Vasant Lad, Harmony Books, 1998.
- “The Book on Ayurveda”, by Judith Morrison, Fireside, 1995.
- “The Ayurvedic Guide to Polarity Therapy”, by Amedea Morningstar, (Lotus Press) 2001.

## **Chakra Books**

- “Opening to Spirit” by Caroline Shola Arewa, Thorsons (Harper Collins) 1998.