

Spiritual Therapies: An Introduction and List of Resources

National Library of Medicine defines spiritual therapies as “mystical, religious or spiritual practices performed for health benefit,” including faith healing, homeopathy, magic, African Traditional Medicine, meditation, mental healing, occultism, shamanism, therapeutic touch, witchcraft and yoga.

Our specialized collection on spiritual therapies is intended to better inform practitioners and their patients about these under-appreciated therapies and how they might be incorporated into current and future treatments.

This collection was developed through a “Back to Books” grant funded with federal Library Services and Technology funds awarded to the Illinois State Library by the Institute of Museum and Library Services.

Please find below a listing of the book titles purchases, all of which may be requested through your local library or checked out with your NUHS library card. In addition, relevant websites and electronic resources are compiled for your convenience.

This bibliography will be updated on a regular basis. Please report any obsolete links to reference@nuhs.edu.

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Additional Electronic Resources

Three Thousand Years of Mental Healing by George Barton Cutten

<http://www.gutenberg.org/ebooks/23101>

African Journal of Traditional, Complementary, and Alternative Medicines

<http://europepmc.org/classic/tocrender.cgi?action=archive&journal=306>

Benson-Henry Institute for Mind Body Medicine

<http://www.massgeneral.org/bhi/>

The doctrine and practice of yoga by swami A. P. Mukerji

<http://www.gutenberg.org/ebooks/13300>

Duke Center for Spirituality, Theology, and Health

<http://www.spiritualityandhealth.duke.edu/>

George Washington Institute for Spirituality & Health

<http://www.gwumc.edu/gwish/index.cfm>

Health, Healing, and Faith by Russell H. Conwell

<http://gutenberg.org/ebooks/36891>

International Association of Yoga Therapists

<http://www.iayt.org/>

International Journal of Yoga

<http://www.ncbi.nlm.nih.gov/pmc/journals/1295/>

An introduction to yoga by Annie Besant

<http://www.gutenberg.org/ebooks/4278>

Laboratory for Advances in Consciousness and Health

<http://www.lach.web.arizona.edu/>

Meditation [video from NIH Senior Health]

http://nihseniorhealth.gov/cam/faq/video/cam3_na.html?intro=yes

Meditation: An Introduction (National Center for Complementary and Alternative Medicine)
<http://nccam.nih.gov/health/meditation/overview.htm>

Meditation: An Introduction
<http://nccam.nih.gov/sites/nccam.nih.gov/files/meditation.pdf>

Meditation and Health (CDC)
<http://www.cdc.gov/Features/Meditation/>

Meditation Practices for Health: State of the Research (2007)
<http://www.ncbi.nlm.nih.gov/books/NBK38360/>

Progress Report on Decade of Traditional Medicine in the African Region
www.afro.who.int/en/downloads/doc_download/6665-afrc61pr2-progress-report-on-decade-of-traditional-medicine-in-the-african-region.html

Samueli Institute Center for Brain, Mind and Healing
<http://samueliinstitute.org/our-research/brain-mind-and-healing>

Scientific Results of Yoga for Health and Well-Being Video [NCCAM]
<http://nccam.nih.gov/video/yoga>

A series of lessons in gnani yoga by William Walker Atkinson
<http://www.gutenberg.org/ebooks/13407>

A series of lessons in raja yoga by William Walker Atkinson
<http://www.gutenberg.org/ebooks/13656>

Spirituality in Cancer Care [NCI brochure]
<http://www.cancer.gov/cancertopics/pdq/supportivecare/spirituality/HealthProfessional/page1/AllPages> [health professional]
<http://www.cancer.gov/cancertopics/pdq/supportivecare/spirituality/Patient/page1/AllPages> [patient]

University of Minnesota Center for Spirituality and Healing
<http://www.csh.umn.edu/>

Yoga for Health [NCCAM brochure]
http://nccam.nih.gov/sites/nccam.nih.gov/files/Get_The_Facts_Yoga_09-11-2012.pdf

The yoga sutras of Patanjali: the book of the spiritual man by Patanjali
<http://www.gutenberg.org/ebooks/2526>