**References Materials**

**Books**

Black Women’s Liberatory Pedagogies, Sharon L. Bethea and Barbara M. Scott

The Four Agreements, Don Miguel Ruiz

Mastery of Self, Don Miguel Ruiz

The Four Spiritual Laws of Prosperity, Edwene Gaines

Jambalaya, Luisah Teish

I Feel Your Pain, Niki Elliott

The Tao of Pooh, Benjamin Hoff

The Te of Piglet, Benjamin Hoff

Herbs for Cooking, Roger Phillips and Martyn Rix

Powers of the Orishas, Migene Gonzalez-Wippler

The Tao Te Ching of Lao Tzu, Translated by Brian Browne Walker

The Sioux Chef’s Indigenous Kitchen, Sean Sherman

Carnival of the Spirit, Luisah Teish

**Videos**

Dr. Joy DeGruy: Thomas Jefferson’s stance: (<https://www.youtube.com/watch?v=TI7LyhTAktM>) 8 minutes long

Dr. Joy DeGruy: If You Want to START trying to understand Black People in America and the Disapora
<https://www.facebook.com/akilthemc/videos/10155159142551186/>

Sarah Jakes Roberts – Get You Some Boundaries: <https://www.facebook.com/SarahJakesRoberts/videos/1305951669551505/>

Why Women of Color Are Trying to Get Out of the US: <https://www.youtube.com/watch?v=jhQI4w1eV80>

Are you ready for you? Michael Beckwith
<https://www.facebook.com/Michael.B.Beckwith/videos/10155931784779785/>

Eckhart Tolle: What can professionals do to avoid having their energy sapped by clients?
<https://www.eckharttollenow.com/new-home-video/default.aspx?free=%2F771982126%2F>
Maintaining awareness of Presence during professional interactions can help keep one from getting caught up in the mental and emotional streams of others.

Why Iyanla Vanzant says you have to be good to yourself first if you want to be of service in life: <https://www.facebook.com/SuperSoulSunday/videos/1483816101665905/>

Shine Your Light – Lisa Nicols: <https://www.facebook.com/goalcast/videos/1758333317577184/>

Dohi Lee singing: <https://www.facebook.com/events/1395905527191508/permalink/1474017442713649/>

Norma Wong’s 10 Step Tai Ji Instruction (Moon over Mountain – 20 mins): <https://www.youtube.com/watch?v=riq6f5tcHjk&feature=youtu.be&list=PL0ctk5Ah401mQRkqJlKjb7Ak2dvn31M6A>

Norma Wong’s 10 Step Tai Ji Instruction (Moon over Mountain – 6 mins): <https://www.youtube.com/watch?v=iI4UYnrZMSk>

**Articles**

Harriet’s Squad: Black Women Using Ancient Healing Methods as Resistance: <https://www.elle.com/culture/career-politics/a46954/harriets-apothecary-ancient-healing-resistance/>

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Aint I a Woman: Indigenous and African descendants Women Lead America in “Decency Agenda”: <https://www.huffingtonpost.com/entry/aint-i-a-woman-indigenous-and-african-descendant_us_5a31545fe4b06a512dd69c96>

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Earthing: <https://wellnessmama.com/5600/earthing-grounding/>

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**Websites:**

Earthing Institute: <http://www.earthinginstitute.net/research/>

Luisah Teish: <http://www.yeyeluisahteish.com/>

Niki Elliott, Innerlight Sanctuary: <https://innerlightsanctuary.com/niki-elliott-ph-d/>

**Online Articles – That I couldn’t print**

8 Things Positive People Do Differently: <https://www.southernliving.com/syndication/positive-people-habits>

Black Women Do Not Exist to Save You: <https://writesomeshit.com/2017/12/13/black-women-do-not-exist-to-save-you/>

7 Benefits of Drinking Hot Water: <https://blackdoctor.org/486928/benefits-of-drinking-hot-water/>

No, talking about women’s role in white supremacy is NOT blaming women, Laura Smith at Timeline: <https://timeline.com/no-talking-about-womens-role-in-white-supremacy-is-not-blaming-women-f16739c46665>

Health and Wellness: The Indigenous Way, Antonia Gonzales, National Native News: <http://www.nativenews.net/health-wellness-indigenous-way/>

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4 Ways to Eliminate the Fear of Failure: <https://www.pickthebrain.com/blog/4-ways-to-eliminate-the-fear-of-failure/>

The Recommended Sleep Times According to the National Sleep Foundations: <http://healthyfoodstar.org/recommended-sleep-times-according-national-sleep-foundation/>

5 Ways to Make Your Brain Stop Worrying: <http://www.healthguidegenius.com/here-are-some-tips-on-how-to-train-your-brain-to-stop-worrying/> (don’t download – they asking for all your business)

This Recipe Improves Vision and Cleanses the Liver and Colon: <http://realpositiveexperience.com/recipe-vision-liver-colon/>

“The Workplace is Killing People and Nobody Cares, Dylan Walsh: <https://www.gsb.stanford.edu/insights/workplace-killing-people-nobody-cares>