

# The Music Inside

FREE

Further Resources



Jenny Clift

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(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

If you have any comments or questions please don't hesitate to contact me at [jenny@jennyclift.com](mailto:jenny@jennyclift.com) .

For more articles, resources and information please visit my website [www.jennyclift.com](http://www.jennyclift.com) .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

*Jenny*



## Links to books and courses.

*Some of the links included in this resource are affiliate links. This means that if you click on them and purchase the book or course, I receive a small commission from the sale (without affecting the price that you pay).*

### Part 1, chapter 1. Introduction

In this chapter I mention the videos, CDs, online courses and recordings that I have created over the past few years. Here is where to access those:

My Curious.com teacher profile with two video courses, 'Christmas Songs for Violin' and 'How to Play Violin for Adult Beginners' and more online teaching videos.

<https://curious.com/415050>

The Laurus Freestyle Duo CDs, 'Laurus Freestyle Duo' and 'Take 2', can be bought on my website (for the hard copy CD) at <http://www.jenniferclift.com/en/discs-rec/> or from Amazon (MP3s) at <http://amzn.to/201blw3>

My Youtube channel is Jennifer Clift

<https://www.youtube.com/channel/UCTZgRRARYmQiZDEIwlDSDVA>

### Part 1, chapter 4. Background – Teaching years

In this chapter I mention the following **books, all of which have guided, informed and inspired me over the years:**

'Feel the Fear and Do It Anyway' by Susan Jeffers.

<http://amzn.to/1WUZUWA>

'The Road Less Travelled' book series by M. Scott Peck.

<http://amzn.to/1PNGGTs>

'The Dragon doesn't live here Any More' by Alan Cohen.

<http://amzn.to/1NJtNSy>

'Your Erroneous Zones' by Wayne Dyer.

<http://amzn.to/1NJuuLR>

'You Can Heal Your Life' by Louise Hay.

<http://amzn.to/1NJuDPe>

<http://www.louisehay.com/>

'The Inner Game of Music' by Barry Green and Timothy Gallwey.

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<http://amzn.to/1PNHVSu>

'Change Your Life in Seven Days' and

<http://amzn.to/1WV18>

'I Can Make You Thin'

by Paul McKenna.

<http://amzn.to/201dibP>

## **Part 2, chapter 1. EFT**

Abraham is an 'Entity' channeled by Esther Hicks.

<http://www.abraham-hicks.com/lawofattractionsource/index.php>

### **The EFT experts I mentioned are:**

David Childerley.

<http://www.davidchilderley.com/>

Gary Craig (Founder of EFT)

<http://www.emofree.com/>

Carol Look (Who offers EFT programs on just about everything!)

<http://www.carollook.com/>

Her books: Attracting Abundance

<http://amzn.to/1WV1jfX>

Enough is enough: How to stop Emotional Eating

<http://amzn.to/1NJvf7I>

Andy Bryce (A Canadian, now based in Britain.)  
Youtube

See his moving story on

<https://www.youtube.com/watch?v=OR78UjWfur8>

Gary Williams (Runs the 'EFT Hub'.)

<https://www.facebook.com/mytappinghub/app/307339332686535/>

Margaret Lynch

<http://margaretmlynch.com/>

(Her fantastic book: Tapping into Wealth.)

<http://amzn.to/1OZfzKA>

Dawson Church (Has done work with many PTSD sufferers.)  
<http://dawsonchurch.com/>

Nick and Jessica Ortner. (Created the film 'The Tapping Solution' and the Tapping Solution Foundation for the families of the victims in Newtown, Connecticut.)  
<http://www.thetappingsolution.com/>

Their books:

The Tapping Solution (Nick Ortner)

<http://amzn.to/1NJvz6l>

The Tapping Solution for Weight Loss & Body Confidence (Jessica Ortner)

<http://amzn.to/201dN5J>

Brad Yates <http://bradyates.net/>

Brad's books:

The Key to Success: A Guide to Achieving What You Really Want In Life

<http://amzn.to/1WV1OGI>

The Wizard's Wish: Or, How He Made the Yukkies Go Away.

<http://amzn.to/201dR5k>

The EFT Wizard's Big Book of Tapping Scripts

<http://amzn.to/1WV1U11>

Freedom at Your Fingertips. (Coauthor)

<http://amzn.to/1WV1SX2>

## **Part 2, chapter 3. Limiting Beliefs to Liberating Beliefs**

Curious.com <https://curious.com/>

My page in Curious <https://curious.com/415050>

Paul Santisi <http://paulsantisifreemusic.info/>

One of his 3D meditations. 'I am.'  
<https://www.youtube.com/watch?v=ab71jw25KLM>

'A Return to Love' by Marianne Williamson

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<http://amzn.to/1WV1YoK>

## **Part 2, chapter 4. Following Your Heart**

‘The Science of Growing Rich’ by Wallace D. Wattles.

<http://amzn.to/1NJw6VT>

## **Part 3, chapter 2. Writing**

‘The Only Diet There Is’ by Sondra Ray.

<http://amzn.to/201e5JI>

<https://www.sondraray.com/>

## **Part 3, chapter 5. Meditation**

On Youtube:

Jeremy Woodall.

<https://www.youtube.com/channel/UCRXpmRoeGR8mkHfJL8Tbt9g/videos>

Linda Hall.

<http://www.audiomeditation.co.uk/>

<http://www.themeditationprogramme.com/>

(<https://zparkl.com/course/about/support-programme-for-chronic-illness/> (New online programme for Chronic Illness. Just released.)

<https://www.youtube.com/user/AudioMeditation/videos>

<http://www.the-guided-meditation-site.com/> (General resource for guided meditations.)

Mindah-Lee Kumah, ‘The Enthusiastic Buddhist’

<http://www.enthusiasticbuddhist.com/>

<https://www.youtube.com/user/EnthusiasticBuddhist/videos>

Lori Granger.

<https://www.youtube.com/user/centerformindfulness>

<http://www.thecenterformindfulness.com/>

‘Guided meditation on Joy’ by ‘MindfulPeace’.

<https://www.youtube.com/watch?v=tCpG2VkOjW8>

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Paul Santisi's 3D-sound meditations.

<https://www.youtube.com/user/directimpactshow/videos>

### **Part 3, chapter 8. Five Stage Meditation**

Mindah-Lee Kumah

<http://www.enthusiasticbuddhist.com/>

Christie Marie Sheldon

<http://christiesheldon.com/users/editorialdisp.php?mn=110377&fn=unlimitedabundancejourney>

Dr. Kristin Neff

<http://self-compassion.org/>

### **Part 4, chapter 2. Making your blueprint**

Derek Rydall (see Courses in Pt 5, ch 1)

<http://derekrydall.com/>

### **Part 4, chapter 3. Mindmapping**

Chandler Bolt Self-Publishing School

<http://www.self-publishingschool.com/>

### **Part 5, chapter 1. Get Inspired**

#### **On Youtube:**

Tara Brach (Wonderful talks and books on Buddhist thinking and meditation.)

<http://www.tarabrach.com/>

<https://www.youtube.com/user/tarabrach/videos>

Her book 'Radical Self-Acceptance:

<http://amzn.to/1NJwjrX>

Dr Kristin Neff

Her TED talk 'The Space between Self-Esteem and Self-Compassion can be seen at

<https://www.youtube.com/watch?v=IvtZBUSplr4>

Her book 'Self-Compassion' is available at

<http://self-compassion.org/self-compassion-kristin-neff/>

or <http://amzn.to/1NJwIAi>

## **Workshops:**

Brad Yates <http://JENNYCLIFT.laurus.hop.clickbank.net>  
Rachel Jayne Groover <http://rachaeljayne.com/RJ/>  
T.Harv Eker <http://www.harveker.com/>

## **Online Courses:**

EFT.

‘Beyond Belief’ series. by Brad Yates.

‘Belief Beyond Belief’

<http://bradyates.net/products.html>

‘Confidence Beyond Belief’ with Steve G Jones.

<http://bradyates.net/products.html>

‘Money Beyond Belief’ with Dr. Joe Vitale.

<http://JENNYCLIFT.beyond1.hop.clickbank.net>

‘Love Beyond Belief’ with Nicole Whitney

<http://bradyates.net/products.html>

‘Body Beyond Belief’ with Christopher Pinkley

<http://JENNYCLIFT.cpinckley.hop.clickbank.net>

‘Golf Beyond Belief’

<http://bradyates.net/products.html>

‘Sales Beyond Belief’

<http://bradyates.net/products.html>

‘Business Beyond Belief’

<http://JENNYCLIFT.bizbyndblf.hop.clickbank.net>

‘Love your Body’

<http://JENNYCLIFT.bodylove11.hop.clickbank.net>

Books read by Brad Yates with tapping sessions/rounds.

‘The Artist’s Way’ by Julia Cameron.

‘The Science of Getting Rich’ by Wallace D Wattles.

‘The Science of Being Great’ by Wallace D Wattles.

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<http://bradyates.net/products.html>

Brad Yates' 'Magnificent Tappers Club'

Monthly tapping teleclass and hundreds of tapping audios in the archives.

[Join the Magnificent Tappers Club!](#)

Meditation.

'Soul-Centred: Transform Your Life in 8 Weeks with Meditation' by Sarah McLean.

<http://amzn.to/1NJwMKV>

'Secrets of Meditation' by Matt Clarkson and Kevin Schoeninger .

<http://www.secretsofmeditation.com/>

Planning and goal setting.

'Emergineering' by Derek Rydall.

<http://www.lawofemergence.com/emergineering2.html>

'Your Soul-Purpose Blueprint' by Derek Rydall.

<https://yoursoulpurposeblueprint.com/>

Emergence: Seven Steps for Radical Life Change (Book)

<http://amzn.to/201enAm>

Money.

'The Spiritual Laws of Money' by T. Harv Eker.

<http://www.harveker.com/>

Secrets of the Millionaire Mind (Book)

<http://amzn.to/1OZh6Y2>

'Unlimited Abundance' by Christie Marie Sheldon.

<http://www.unlimitedabundance.com/products>

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Life.

‘Liberate Your Life’ by Chris Cade.

<http://www.chriscade.com/rishi/?section=liberate-your-life&page=outline#TopOfPage>

Increasing body, energy and vocal stage presence, making videos.

‘Fearless Feminine Presence’ by Rachael Jayne Groover.

<http://theartoffemininepresence.com/>

Powerful and Feminine: How to Increase Your Magnetic Presence and Attract the Attention You Want (Book)

<http://amzn.to/1NJx9oT>

Motivation and Success.

‘100 Day Challenge’ by Gary Ryan Blair.

<http://www.100daychallenge.com/>

‘Yes! To Success’ by Debra Poneman.

<http://www.yestosuccess.com/>

Yes! To Success (Book)

<http://amzn.to/1NJxiZl>

Parenting teens and preteens.

‘Powerful Girl Within’ by Jill Hope.

<http://www.ishinekids.com/powerfulgirlwithinprogram/>

Writing, Self-publishing and Marketing.

‘Self-Publishing School. Masters’ Program’ by Chandler Bolt.

<http://www.self-publishingschool.com/>